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Rolling Thunder returns



Rolling Thunder reprises Australia in the Vietnam War © Jeff Busby

by Allen Newton

THE Vietnam War is a time of confused memories for Australians who weren't directly involved.

Huge peace protests, horrific images of the first televised war, Phan Thi Kim Phuc running naked from a napalmed village, wave after wave of helicopters, conscientious objectors and the disdain of many Australians for the returning soldiers, were all a part of those turbulent times.

But for the conscripts, the Vietnam Vets, who fought against the Viet Cong in the 1960s and 1970s the war left a lifelong indelible impression.

Sydney theatre producer Rebecca Blake, who was a child herself during those war years, is the driving force behind Vietnam War theatrical production *Rolling Thunder* which is heading to Perth

in May.

Rebecca aims to give audiences an idea of what the war was like through the eyes of three soldiers, using the extraordinary music of the era, four big screens and a cast of six.

"People come to this show without a real understanding of what it is because it encapsulates so much," Rebecca says.

Rolling Thunder covers a timeline from the late sixties, through the early seventies, when troops were being packed off to South East Asia; it delves into conscription, combat, protest and homecoming with stories based around interviews the producers carried out with veterans.

"We wanted to keep the authentic history of everything so it all comes from their letters, because back then there weren't mobile phones to communicate with, it

was purely by letter so the main theme of the story is this letter writing, each character on stage is telling you their journey through letters."

War footage and photographs from Vietnam veterans and music of the era from five musicians help outline the journey of three soldiers. "One is a U.S. Marine, the other is conscripted who has a mother in *Save Our Sons* and then we have Johnny the larrikin who's a country boy who goes to war leaving his fiancé behind.

"The heart of the story is a love story between those two.

"People get immersed in the stories of the three soldiers because each one is telling you their journey.

"Vietnam was dubbed the Rock'n'Roll War so we have a lot of the best songs from *Steppenwolf*, Marvin Gaye, *Credence*, Jimmy Hendrix, *The Animals* and our fi-

nale song is *Bridge Over Troubled Water* by Simon and Garfunkel and that is beautiful.

"We have projections, so it is very insightful of that era and a lot of young people come, school groups and you get the older crowd in their sixties and over."

This will be the third time the show has come to Perth, previously in 2014 and 2016.

The title of the show, *Rolling Thunder*, comes from a sustained bombing campaign of North Vietnam by the United States and it is also the name of Harley Davidson's biggest U.S. motorcycle event.

Around half a million Harleys drive down Memorial Avenue in Washington DC from the annual *Rolling to Remember Run* each year to bring awareness to U.S. veterans highlighting the plight of those who committed suicide.

continued on page 52

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From the managing editor's desk



Jen Merigan and Ron Reddingius

IT'S been an emotional month for me, firstly my dear friend Marlene Robins died on March 11 which was a great personal loss to me. I have written a vale to her on page 4. The following week I had the great joy of marrying my long-time partner Ron with family and friends coming together to celebrate our special day. I had much time to reflect on life through the rollercoaster of feelings from both events and I share this quote from His Holiness The Dalai Lama which I think sums up life so well...

"We are visitors on this planet. We are here for 100 years at the very most. During that period, we must try to do something good, something useful with our lives. If you contribute to other people's happiness, you will find the true meaning of life."

★★★

Vice president of Laugh WA, Janni Goss has been in touch to share that her organisation will be celebrating World Laughter Day on Sunday May 7 promoting world peace and uniting with people in 120 countries. Post Covid, Laugh WA is making a comeback and is celebrating 23 years of Laughter Yoga in WA this year. Join the team for a celebration at Kings Park between 12pm and 2pm on Sunday May 7 for this free event. The venue is just below Zamia Café on the Sheoak Lawn. Call Janni on 9277 7922 for details.

★★★

If you enjoy stargazing then don't miss the Cervantes Dark Sky Stargazing Night on Friday April 14 at the Cervantes Community Recreation Centre, 2 Aragon Street. It's a free event from 6.30pm but bookings are essential. Food is available from 5.30pm. For more information call 9652 0870.

★★★

Mandurah seniors can register for \$25 for the Seniors Recreation Council of WA (SRCWA) Peel branch Winter Fit and Flexi program 2023. Registrations are held at the Bortolo Park Hall in Greenfields on Thursday morning June 1. The Fit and Flexi program is run by instructor Robyn Ackroyd and is held each Thursday morning from 8.30am to 9.30am from June 8. Program runs through the months of June, July, August and September and will incorporate resister band, ball work and exercises to music. Further enquiries to Jan McGlenn OAM on 0427 088 615.

★★★

The Peel branch SRCWA Strong on Your Feet program is a falls prevention exercise class for people who are experiencing mobility problems.

The program is delivered in a group format by trained peer leader volunteers. SRCWA Peel branch require several new volunteer peer leaders. Training will be provided with a local physiotherapist and mentoring. No cost is involved, other than your time (about four – six hours weekly) and enthusiasm for the program. SRCWA Peel currently run 10 classes throughout various locations within the region. If you are interested in being a volunteer peer leader, or to learn more about this volunteer role, please contact Jan McGlenn OAM 0427 088 615 as soon as possible.

★★★

For readers who are on Facebook – the *Have a Go News* page offers a variety of entertainment, giveaways, jokes, artwork and information there on a regular basis. Join us by following our page at www.facebook.com/Haveagonews/

★★★

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★★★

Every Friday night I join Tod Johnston on his Nightshift program on Radio 6PR for a regular entertainment spot listing a variety of events around town. It airs around 8.40pm and we have a lot of fun, so please tune in.

★★★

Have a healthy and happy month.

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

Great West Aussies - Did you know?

DOCKERS star Matthew Pavlich, a six-time All-Australian in a 353-game career, was appointed to the AFL's All-Australian selection committee in 2023. He joined West Coast legend and two-time All-Australian, Glen Jakovich, on the panel.

Ageing snippet

The new life stages in Australia - getting old is getting older

IN the 1950s lives could be dissected into three distinct categories – child 0 to 12, adult 13 to 60 and old 61+. By 1990 that changed to four stages child 0 to 12, teen 13 to 19, adult 20 to 64 and old 65+.

A new report from The Demographic Group commissioned by AMP has found that in 2023 we have six life stages.

Childhood remains from 0 to 12, adolescence, or training spans from 13 to

28, adulthood is 29 to 55, a lifestyle period covers those aged 56 to 64. Retirement extends from 65 to 76, and old age comes in at 77.

The Baby Boomer generation, and possibly the one before, are the first generations that have to deal with retirement. In the 1950s and 1960s life expectancy was less. It's time to celebrate our longer lives!

Have a Go News Quick Quiz

Questions

1. Which river runs at Guilderton?
2. Who has art galleries at Vasse Felix Winery and in Perth?
3. The world's longest passenger flight is from Singapore to...?
4. Which infamous ship struck a WA reef in 1629?
5. Which player became Dockers football boss in 2000s?
6. Federal Cabinet met in which northern WA town in 2023?
7. What supermarket product is A2?
8. Which former One Direction heart-throb came to Perth in 2023?
9. WA has how many islands (1,747? 2,747 or 3,747)?
10. Australia has how many islands (5,300, 7,665 or 8,222)?

See page 46 for answers.

Noongar Words

Garrang – Passion
Nooba – Lovers

Noongar Season

Djeran - Cooler time in April and May

Quote of the month

"SOME cause happiness wherever they go, others whenever they go."

Oscar Wilde

Word of the month

Lachrymose

LAK-ruh-mohss

adjective

LACHRYMOSE is used to describe someone who tends to cry often, or something that tends to cause people to cry.

Example

The more lachrymose mourners at the

funeral required a steady supply of tissues.

First used around 1727 Lachrymose and lachrymal come from the Latin noun lacrima, meaning "tear." Lachrymose has a scientific counterpart: its relative lachrymal means "of, relating to, or marked by tears," or (often spelt lacrimal) "of, relating to, or being glands that produce tears."

Do you need a second opinion?

Obtaining a second opinion reflects the patient's desire to obtain the best medical treatment.

Obtain your second opinion from Robert Vander Kraats, he has an undergraduate degree in physiotherapy, a Masters in Sports Physiotherapy, a Certificate in Integrative Medicine and was awarded the title by the Australian Physiotherapy Association of a Sports and Exercise Physiotherapist with AHPRA (the national regulatory body). He is currently undertaking a research degree and was a past board member of Spinal Cord Injuries Australia and was a past committee member of the Northern Suburbs Stroke Group. He belongs to the following professional groups: aquatic, disability, mental health, neurological, sports and exercise and orthopaedic, along with the Australian Physiotherapy Association.

Read the article in Healthy Living written by Robert Vander Kraats

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📍 Suite 4, 5, 6/3 Castlegate Way, Woodvale



Robyn Nevin directs much-loved theatre classic *The Mousetrap*



Robyn Nevin © Hugh Stewart

about some of the people who have revealed a lot about themselves during the play, but others remain a mystery. I found that fascinating.

"It meant in rehearsals we were able to crack open deep into backstories and layers of secrecy and burdens these people carry so it was very interesting doing it. I loved doing it but it was tricky because while Christie characteristically leads you around little garden paths and there are red herrings everywhere for the audience, it is similarly so for the director and actors. Not all questions are answered by Agatha Christie.

"She didn't need to answer them all but as actors, of course, we are curious about our characters: where they have been and who they are, all feeds into the final performance."

The Mousetrap is a murder mystery play which opened in London's West End in 1952 and ran continuously until March 16, 2020, when stage performances were temporarily discontinued because of the Covid pandemic. It reopened on May 17, 2021 and has by far the longest run of any play in the world.

A whodunit, the play has a twist ending, which audiences are traditionally asked not to reveal after leaving the

theatre. There are eight cast members and, by 2012, more than 400 actors and actresses had played the roles.

Melbourne-born Robyn Nevin AO has been recognised with the Sidney Myer Performing Arts awards and the JC Williamson award at the Helpmann awards for her outstanding contributions to Australian theatre performance art.

Former head of both the Queensland Theatre Company and the Sydney Theatre Company, she has directed more than 30 productions and acted in more than 80 plays, collaborating with internationally renowned artists, including Geoffrey Rush, Dame Julie Andrews, Richard Wherrett, Simon Phillips, Jennifer Flowers and Cate Blanchett.

Robyn says she usually follows *Mousetrap* performances around the country since its Sydney opening, but won't be available for the Perth season because of overseas commitments.

"Whenever they go to a new theatre, I see the cast into the new venue because there are always variations.

"The show is incredibly well maintained by the actors, they are just marvellous and I love them all. There is a wonderful esprit de corps that is palpable, they love each other and they are very

bonded. The show itself stays as it was and yet becomes deeper and richer every time I see it."

Robyn says she had never seen *The Mousetrap* in London but now people approach her and talk about their experience.

"The audiences are very interesting because I sit out in the audience and become involved with people sitting either side of me and they sometimes turn to perfect strangers and give their theory as to "whodunit". I don't tell them."

"Each of the actors are very different in the way they work. That is a pleasure too because they are all very willing and open and ready to work. It was a happy rehearsal period."

Robyn says that she and actor Geraldine Turner, who plays Mrs Boyle in *The Mousetrap*, are old friends who go back a long way, the pair appearing together in a film *Careful He Might Hear You* and in a Noel Coward play. There is also Gerry Connolly (Mr Paravicini), Anna O'Byrne (Mollie Ralston), Alex Rathgeber (Giles Ralston), Laurence Boxhall (Christopher Wren), Adam Murphy (Major Metcalf), Charlotte Friels (Miss Casewell), Tom Conroy (Detective Sergeant Trotter), as well as Jack Bannister, Elisa Colla and Chris Parker.

"There are two new-

comers, Charlotte Friels, fresh out of NIDA apart from a small film, and Laurence Boxhall from Melbourne. It's interesting working with young actors. I worked with Anna O'Byrne in *My Fair Lady* directed by Julie Andrews when I played Mrs Higgins. A lot of the actors are from musical theatre.

"We looked at the post war 1952 period in which *The Mousetrap* is set, it was a difficult period for many Londoners. Part of the West End was heavily bombed and there were

still ration books. Men stood up for women on public transport so we talked about all those things."

Why has *The Mousetrap* survived? "It is acceptable to so many people, they have to exercise their minds. The plot carries you forward and engages your imagination. It's a thoroughly satisfying evening in the theatre."

The Mousetrap plays at His Majesty's Theatre from April 8 to 16. Visit themousetrap.com.au for tickets.

by Josephine Allison

ACTOR, director and stage producer Robyn Nevin is regarded as the first lady of Australian theatre. When she received an offer to direct the long-running Agatha Christie classic *The Mousetrap* - she says she responded straight away "and that doesn't happen all the time."

"I was attracted to *The Mousetrap* because

of the not-so-apparent depth of the characters and they have all carried with them the burden of a secret," Robyn tells *Have a Go News* from her Sydney home before heading overseas.

"None of them are who they seem to be and so they are all mysterious to a degree. Even by the end of the play when we think we know them, if you really think back, you realise you know a lot

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A life well lived - vale to Marlene Robins



Left to right; Marlene Robins receiving her Paul Harris Fellow - Tahlia Merigan, Jennifer Merigan and Marlene Robins working at the WA Seniors Awards in 2016

by Jennifer Merigan

FRIEND, confidante, volunteer and the woman I always referred to as my aunty, Marlene Robins passed away on March 11.

I was on my way to the hospital to see her when I received the call to say she had gone. I was honoured to be able to see her after her passing and say goodbye.

Marlene has been part of my life and this newspaper for the last 30 plus years. We have worked together, socialised – she came to every one of my family dinners, birthdays, we spent every Mother's Day together, Father's Day, every Boxing Day and many more events in-between. She was a life force who I loved dearly.

My personal loss is palpable but the loss to the community is where the end of a 'life of service' will be really felt.

Marlene showed me and many others that a life of service can also be a lot of fun. She spread herself far and wide in the community, here's some of the organisations that she volunteered with...

A former legatee herself Marlene volunteered for many years for Legacy WA where she coordinated

the widows' lunches and activities among many other tasks.

She volunteered at this newspaper over the years, organising concerts, helping with *Have a Go Day*, compiling the Friend-to-Friend section following Helen Jones' retirement and was a wonderful ambassador for this newspaper.

She organised the Scarborough Carols by Candlelight for some 20 years and was also a life member of the Scarborough Beach Association.

She worked closely with the Buddhist Council of WA, is the immediate past president of the organisation among many other duties.

In 2019 she was honoured by Rotary with the Paul Harris Fellow for her life of service and I had the pleasure of attending that ceremony with her.

In between her voluntary commitments she went swimming with the Watermans Bay Whalers every morning, she had four children, three grandchildren, two sisters and many, many friends. She was a great friend, mother, aunty, nanna and volunteer.

She was a conduit to connecting so many people and had this unique gift of being able to talk to

anyone from any walk of life.

In July 2022 Marlene was diagnosed with mesothelioma. She received much assistance from Melita Markey and the team at the Asbestos Diseases Society of Australia (ADSA) but this disease is insidious and she was gone far too soon.

She wanted to share her story about her diagnosis particularly for women and in November 2022 when I interviewed her she said...

"I have lots of things to keep me busy which I will continue to do as long as I can, including volunteering at *Have a Go News* and Legacy. I will maintain my mantra of keeping busy and connected," said Marlene.

Marlene did this up to her final days.

I personally feel her loss greatly but I will take many positives out of being a part of her life.

She taught me that service is fun and is important for the community. Marlene believed that being connected and volunteering in the community gives you more than you will ever know, she always loved and lived in the moment.

Great life lessons from a great woman!

Rest in peace dear friend.
Marlene Robins 27/3/43 – 11/3/23.



Annual Norseman reunion on again

THE annual Norseman Reunion held in Mandurah is on Sunday May 7 from 10am at the Clubhouse, St Ives Retirement Village, 22 Carnegie Place, Greenfields.

As usual BYO food and drinks, any memorabilia of interest and please wear a name tag. Advise Bill King on 9534 9913 or email newbill13@bigpond.com if attending so that extra parking arrangements may be organised if needed.

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Marking the ANZACS - a Western Australian's plight in the Gallipoli campaign



Left; Tom Stanley - Right; Tom serving in WWI

by Lee Tate

IN 1915, the Allies were deadlocked with Germany on the Western Front and their ally, Russia, was struggling.

First Lord of the British Admiralty, Winston Churchill, wanted to strike at the Central Powers on a new front in south-eastern Europe by seizing the Dardanelles, getting Allied ships to fire on Constantinople and open Russia's route from the Black Sea to the Mediterranean.

The nearly 11 disastrous months of the Anglo-French effort to take the Ottoman Empire out of the war cost more than 141,100 dead and wounded soldiers.

Australia lost more than 8,700 dead and 19,400 wounded - nearly half the AIF servicemen

who served in the campaign. The Ottoman Empire lost at least 86,000 dead and 164,000 wounded.

Tom Stanley rose amid the ranks of young West Aussies in 1914, walking off farm jobs into World War I on behalf of their nation and the British Empire.

Among the great war heroes of the Great War, Tom Stanley was a shining light.

But first, he faced the hurdle of getting into Army uniform after telling his wheat farm employer, Cecil Peisse, that he was going into Katanning to enlist.

Cecil told Tom he was more valuable growing wheat but Tom wouldn't listen. He fronted-up to the Army recruiting officer in Katanning only to discover he was his em-

ployer's brother, Harold. Tom backed away and caught a train to Perth and enlisted at Blackboy Hill.

Tom landed on Anzac Beach, Gallipoli, on July 18, 1915, surviving long enough to be part of the final evacuation in December 1915. But not before being either injured or ill three times, being evacuated for hospital treatment and returned to battle each time.

Notably, Tom was engaged in the Battle of Hill 60 (Kaiajik Aghala) on August 29-30, 1915, with vicious hand-to-hand fighting for 37 bloody hours.

A report said: "Tom displayed great coolness and bravery and when, finally, a withdrawal was necessary, he was last to leave the trench."

Tom, fought shoulder-to-shoulder with WA's Hugo Throssell, who was awarded the Victoria Cross, and received a Distinguished Conduct Medal. Tom twice received Special Mentions in Despatches for 'gallant and distinguished services in the field'.

After each major ailment, Tom was stretched out, patched-up

and returned to duty.

When, unconscious and suffering from severe shell shock, Tom was given hospital treatment in Egypt including electric shocks to release congealed blood from his head injury.

Tom was officially reported 'missing, believed killed' and was listed as 'Killed in Action' on the Katanning War Memorial. But he managed to pacify his loved ones by writing a note to them on the back of a cheroot box:

"Sept 8 1915. Dear Aunt Jennet and all. Suffering from shock and debility result of last charge. Not hurt and not real bad. Guess I must be as thin as you are but I 'mafished' [finished] four poor Turks and never used the steel. Winning slow but sure. Weather getting cooler. Best love, Brooke (his middle name)."

Thomas Brooke Stanley, born in Sheffield, England, on May 12, 1892, was called Brooke (his mother's maiden name) until he came to Australia, aged 21. His mother died within days of his birth.

Tom worked in an English solicitor's office and on his grandfather's

farms. He also founded the Stocksbridge scouts.

Brooke, 21, arrived in Fremantle on July 3, 1913 and scored a job as a farm hand at Jitaming, near Wickepin. He then farmed with the Piesse family at Kobeelya in Katanning and at Kwobrup, further east.

Tom became a regimental signaller for the 10th Light Horse Regiment and was sent to Broadmeadows Camp near Melbourne. After training in 1915, he headed to Albany where he took leave to attend an Easter Sunday Service in the Anglican Church.

After a quick train trip back to Katanning he sailed from Albany to Perth where he departed for Egypt on April 24, 1915.

All through the Gallipoli campaign, Tom made notes:

"Gently it snowed that night and you can imagine what the saps were like underfoot and the efforts to make a fire with nothing dry..."

"Everyone resigned himself to the obvious inevitable... we were there for keeps."

"But the routine went on, with not much diversion, and a very lightly-manned front line, where it was necessary to make extra noises of all sorts and send a few extra bullets whizzing out from one point and

another to give the enemy the idea of an unmanned line appearing to be manned.

"Then came the great silence... three days and three nights were prescribed. No shovelling of sweepings, no speech - only signs, no hot drinks or food, no smokes... Did they think we were preparing to come

bouncing over, and where? Blankets were rigged and just tossed casually down with booty string attached to the pin of a bomb and other man traps to lure the Turks out - but none came."

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Bindaring - celebrating 60 years of selling second-hand clothing for charity



by Allen Newton

IT'S no longer a case of 'Second Hand Rose' as the 1921 song from the Ziegfeld Follies goes.

While Fanny Brice's 'Rose' bemoaned the fact that the clothes she was wearing had been worn by someone else before her, which made her feel abused, these days Rose could be justifiably proud of her recycled vintage clothing.

Although the Bindaring Clothing Sale is celebrat-

ing 60 years of its one-day sale this year, on Saturday May 20, it doesn't go quite as far back as 'Second Hand Rose'. Spokesperson Karen Leary says it has been around long enough to see attitudes change towards second-hand clothing.

Billed as Perth's original and largest fashion event the sale originated in 1963 in a garage on Bindaring Parade, Claremont, in one of the founder's homes.

Since then, it has grown into a hugely successful

fundraising event selling designer, vintage, pre-loved and new fashion for women, men and children.

Karen has been volunteering with the group for around five years and says even in that time attitudes have changed.

In its early years most of the emphasis was on fashion parades rather than clothing sales.

"But the fashion parades got harder and harder so it was a lot of work and as the sale itself got bigger and bigger they had to find a bigger location and now it's in the biggest pavilion at the Showgrounds," Karen says.

Since 1991, the permanent home for the Bindaring Clothing Sale has been the 4000m² Robinson Pavilion at the Royal Agricultural Society Claremont Showground and Karen says they always manage to fill the space.

"We get around 10 tonnes of donations every year so there are a lot of clothes that have to be sorted. It's like a big military operation."

The clothes come from a variety of sources, many of them through personal donations from people who have an attachment to them and know it's going to a good cause.

"There are people with pretty fancy wardrobes who just donate and don't want any recognition, all their clothes are beautifully folded into black bags and you open them up and there are two Chanel jackets or Dolce, all these

high-end brands with clothes in perfect condition.

"We also have quite a few shops, some of them donate anonymously, so they may have end-of-season stock, sometimes they just get one or two sizes left in clothing runs and it's hard to sell when you only have one or two items hanging in a particular style in the shop."

Karen says the sale gets a fairly good mix of clothing.

"A lot of people think Bindaring is just high-end clothing but we also get quite a bit of vintage clothing as well, some of it is genuine vintage and some of it is vintage style that's been custom made."

"We have shops within the sale, so we have a designer section, we have an emporium section which is all vintage and you get a bit of bric-a-brac jewellery and shoes and handbags, so there is a mix, but there has always historically been vintage style clothing."

"We have actually received a big donation of vintage clothing that came through a bit earlier in the year from a shop that closed down out of the metro area. They donated all of their vintage clothing to us."

"The rest is generally a mix, it might be day-wear, we get a reasonable amount of menswear clothing and while men only make up less than five per cent of our shoppers it's definitely growing. Men are catching on to

second-hand clothing and a little bit of vintage clothing as well.

"We get a bit of what you might call op-shop, t-shirts and jeans, items that would be \$10 or less."

Karen says views towards second-hand clothing have undoubtedly changed.

"I think people are much more conscious of economic circumstances off the back of Covid, but also people are becoming more environmentally conscious, and they are aware of the whole fast fashion concept and how much fashion actually goes into landfill."

"Australia is one of the worst countries for dumping a huge volume of clothes into landfill so we're pretty proud that the 10 tonnes that we get is 10 tonnes that is saved from going to landfill."



The clothing is a fraction of the cost of buying new.

"Just at the beginning of Covid we were donated these two Chanel jackets that would sell for \$3,500 to \$4000 and we sold them in perfect condition for \$900 and they flew

off the rack, somebody queued up just to get them."

The Bindaring Clothing Sale is the largest single-day fundraising event for the Australian Red Cross.

In its earlier years, the sale was held in local churches and town halls from Fremantle to Perth and included a popular fashion parade and auction to showcase the high-end investment pieces.

Karen says Bindaring receives a staggering volume of new and pre-loved donations every year, which 200 volunteers, sort through, mend, clean and price to get ready for the sale.

"The quality and volume of our donations are what make us special. We spend countless hours sorting everything into six different areas depending on style, designer, and price. Each item is quality checked, often cleaned, and sometimes mended before the clothes meet the 'Bindaring Standard' and are considered ready for sale," Karen says.

When the sale opens at 9am, on Saturday May 20, Karen says there will have been people queuing up to get in since 5.30am with 400 or 500 people lined up when the doors open, dedicated to getting a bargain and knowing the quality of what's on sale.

Among the volunteers is founding member, the first president, Jane Morrison, who still participates and works at the sale. She is now in her eighties but helps out, along with enthusiastic grandparents, handy partners, corporate volunteers, and university and school students.

"Last year our youngest volunteer was nine years old and our most mature, 92 which is a testament

to the culture we strive for at Bindaring. Working together as a family, respecting each other's strengths and challenges, we focus on creating a successful Bindaring sale, year after year."

Over the years the Bindaring Clothing Sale has raised more than \$2.4 million for the Australian Red Cross to fund essential community services in Western Australia.

Funds from the 2019 sale purchased a custom-fitted, new soup patrol van, now operating 365 days a year in the Perth and Fremantle area. Additional funds also supported 'Nan's House' in Calista where a group of grandmothers come together to support each other, their families, and the community.

In previous years money has gone towards vehicles for youth education services, disaster and emergency services, provision of baby capsules for families in need and training programs for emergency services.

Karen says around 80 per cent of the clothing gets sold on the day and the balance goes to the Red Cross stores.

To find out more: www.bindaringsale.com.au/.



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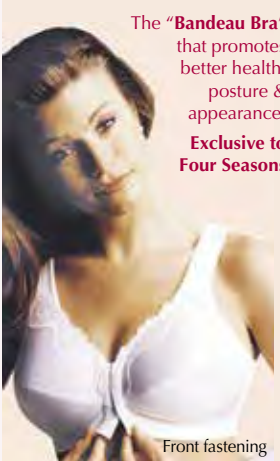


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Perth author tells compelling story based on great-aunt's war-time legacy



Anthea Hodgson

died soon after. Bullwinkel was reunited with survivors of the *Vyner Brooke*.

The War Nurses has been painstakingly pieced together through years of research. Every anecdote, event and character is inspired by the real experiences of the nurses and tied together in a compelling work of fiction.

Anthea Hodgson says that as a child she was always aware of her great-aunt Minnie.

"She was one of our family stories but I didn't know too many stories about her. My granddad Jim was her brother and he was never all that forthcoming about our family history and we never thought to ask.

"I grew up knowing about her but when I was older and had kids of my own and ANZAC Day came around, I was able to tell my kids stories about these nurses on Bangka Island and they were so engaged with it.

"I thought this is a story really being lost and it was important to me and

stayed with me. I became a writer (I have written several novels) and I thought this is a novel I do want to write.

"I started doing research and went to the Canberra War Memorial and spoke to my mum, who is the family historian, so I pieced together bits and pieces about Minnie. I decided I wanted to tell the story about these girls from the time they left Australia all the way through to Radji Beach but also the incredible years they spent in the camps.

"These women were so strong and supportive of each other and I really wanted to show those strokes."

Anthea says women of Minnie's generation were extremely low key and practical.

"I think they would probably say what a lot of fuss we are all making, my aunt in particular. During research I visited her old school, Presbyterian Ladies College and talked to the archivist there. She said she had a

school report about Minnie which had 'satisfactory' written on it.

"I knew in the family story she had a fight with the headmistress possibly over the report and then left school and ran away and got herself home to Yealering. Apparently, she walked up the driveway and we are not sure how she did it.

"I did take from that she was a very headstrong, brave and determined person and I think she would be one of those practical people you would want in your camp. She finished her schooling at Methodist Ladies College."

There are several missing years in Minnie's life but Anthea established Minnie was several years older than the other nurses when she graduated.

"She did her nursing training in Subiaco and ended up matron at Kon-dinin.

"Another family story is Minnie had a soft spot for a farmer from Kulin but he was not interested and moved on with someone else. She joined the army and was 33 when she died and would have been 31 or 32 when she went away."

Anthea says it took three or four years of research before she started writing the book.

"Initially there were four main characters which I cut down to two, Minnie and Margot McNea.

Minnie is commemorated by a plaque on the Lake Yealering memorial gates, and a park in West Leederville will soon be named in her honour.

The War Nurses will

be launched at a special event at RAAFA estate, Bullcreek, on Wednesday, April 12. Anthea Hodgson will also speak at several other literary events in Perth.

The War Nurses (rrp\$32.99, Penguin Random House) will be available at all good bookstores.



by Josephine Allison

IT was a long road for Perth author Anthea Hodgson when she started researching a novel based on the tragic death of her great-aunt Minnie Hodgson in the 1942 Bangka Island massacre by the Japanese on Radji Beach east of Sumatra.

"*The War Nurses* is something I have wanted to write for a long time," Anthea tells *Have a Go News*. "It took a while to achieve, there is a lot to fit into a small book. It was a challenge to leave some details out but, hopefully, I have included the good bits."

The War Nurses is an

unforgettable story of friendship and courage based on the true story of the World War II nurses who evacuated Singapore on the naval ship the *Vyner Brooke*. These women were bombed, beaten, imprisoned, raped and murdered, but never lost their courage, their loyalty or friendship.

The only nurse to survive the Bangka Island massacre was Sister Vivian Bullwinkel (1915-2000) who was struck by a bullet and pretended to be dead. She hid with a wounded British private for 12 days before deciding once again to surrender. They were taken into captivity, but the private

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Where Opinions Matter - thinking about the progress of cars



by Lee Tate

YOU don't have to be a petrol-head to take an interest in cars.

The revolution sparked by fuel efficiency, computers and electric cars still has a way to go. What a great time for the world to look at the big picture of motoring.

For starters, what would it take for vehicles, worldwide, to fall into conformity and all be either right-hand-drive or

left-hand-drive?

This would make it easier and cheaper for the big car, bus and truck manufacturers to produce and ship their vehicles. Especially in left-hand-driving Europe, being just across the channel from right-hand-driving Britain and Ireland.

And what about speed, the great motoring killer?

With growing populations, we should mandate slower suburban speed limits. Speed limits of 60kph through suburban streets are too dangerous and make little sense, making small differences to arrival times.

Limits of 50 kph or 40 kph would improve safety and reinforce the "slow-down" message.

We have a mentality of speeding when we are in a hurry – naturally! But we need to learn to plan our trips. Something obviously better instilled at a young age (with school-time reinforcement).

Speaking of speed, especially with super-fast electric cars, should cars for learners and new drivers be fitted with speed-moderating devices?

The smallest and cheapest cars have excessive high-speed capability. Perhaps drivers should earn faster speed limits with experience. And why do all cars have high speed capacity that most of us, even on open roads, would never want or need to achieve?

And, for safety, how

about we change the colour of vehicle tail-lights to blue or green? In streams of traffic at night with rows of red tail-lights facing us, there isn't a huge visual impact when drivers hit the brakes. Red flashes on red. Little contrast.

But red brake-lights flashing over green or blue tail-lights would alert the brain.

Car design is already under serious consideration. Cars don't have to be designed around the engine anymore if they are powered by batteries. Batteries in e-cars are under the floor and centred to give the car balance.

Without the need for the front bonnet, occupants' seats can be

moved forward to the front. Safety design would obviously be critical but occupants' vision would be improved. (They won't be steering with driverless cars).

With passengers at the front of cars and trucks, it leaves a long, flat space inside, offering more options for back-seat passengers and goods.

Self-driving cars (aka autonomous cars or robotic cars) are inevitable. In WA, the RAC has been testing them successfully for years. Mastered by computers, driverless vehicles are likely to be far safer than humans are at the wheel.

The role that cars have played all our lives, cannot be understated. But our much-loved cars



RAC's Intellibus © <https://rac.com.au/about-rac/advocating-change/initiatives/automated-vehicle-program>

have come at enormous cost in lost lives, injuries and pollution.

The world is demonstrating that mighty motoring changes can be made for the greater good (albeit with un-

solved issues such as what to do with millions of dead batteries) but more adjustments make sense.

What do you think?
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Days of stealing changed this columnist's life...



by John Rando, lawyer, musician, existential philosopher

BEFORE I became a criminal defence lawyer, I was arrested for stealing a water pistol and marbles from Woolworths, Hay Street, Perth.

The arresting police officer said I was in serious trouble.

After taking my details, he said he would take

me to jail where I would be spending 21 days before I was released.

It seemed to me, that my short life, aged 12, was about to come to an abrupt, sorry end. My end was near.

At that time, Saturday mornings was the low and high point of my life. I caught the bus from Mount Hawthorn to Perth for my piano accordion lesson from Mr Stefanni who taught at the Bon Marche building.

Following that boring, monotonous lesson, I moved on to meet my mates at the Perth Town Hall.

The next couple of hours were the highlight of my week, stealing, plundering, pilfering

and pillaging toys and books from Coles and Woolworths. All items were within arm's reach, very tempting. We would then catch the bus back home, proudly displaying stolen items on the way.

My days of stealing came to a sudden, unexpected, dramatic end when I felt a heavy hand on my left shoulder as I stuffed a water pistol and marbles into my pocket, intending to leave the store without paying.

I was interviewed in Woolworths main office where I explained how sorry I was for stealing, and that I would never, ever steal again.

The officer explained that I was in very se-

rious trouble as I had been stealing for several weeks. I heard him telephone Perth Central Police Station. Clearly, I overheard their conversation.

"Bring this boy down to the station and I will take him off to the prison. I expect he will spend the next three weeks in jail before he is released."

Suddenly, my heart stopped beating. The arresting officer put down the phone and said he would take me straight down to the station.

I began to howl and wail, uncontrollably, like a dog. It seemed my life was about to come to an abrupt dismal end.

I figured that on my release from prison my tough Sicilian father would almost murder me.

My life was about to come to a sorry, dismal end.

The arresting officer offered me a handkerchief as I continued to babble and cry hysterically. I explained how my life was about to come to an unexpected end. He must have felt sorry for me.

"If I cancel the arrest, will you ever steal again?" he asked.

"Of course not," I howled.

He rang the police station back and cancelled my arrest.

That was the day I decided to change my ways and obey the law and become a lawyer when I grew up.

My dream came true. I have been a lawyer now for fifty years. My life changed that Saturday morning.

In those days, I enjoyed watching Perry Mason, criminal defence lawyer, on television every Sunday evening. I figured that when I grew up, I could become a lawyer and make enough money to pay for toys from Woolworths so I didn't have to steal in future.

So, I decided to follow Perry Mason's career and become a lawyer.

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Storytellers - leaving lasting memories behind for loved ones



Steve Mummery with his mum who provided the inspiration for Storytellers

the holidays we had as a family when I was young, heading to Port Elliot in the caravan over the summer school holidays," Steve says.

"A year or so later when she was staying with us in Perth, I decided it would be good to capture her on video talking about her life, so I sat her in a comfy chair and we spent a couple of hours chatting about her life growing up as a kid in her family through her adulthood, meeting dad, starting their family and how life progressed through the years."

As Steve sat listening to his mum recount the stories of her life it made him wonder why should only famous people have their stories told in the TV documentaries that we see?

"Everybody has a story that deserves to be told. So, after mum went back home, I sat and created a business plan and website to bring the vision to life."

"The one thing people say after a loved one dies is that they miss the voice."

"These days we might have a bit of it on our phone from a quick

10-second video that we took at a birthday party where you hear mum's voice, and you say 'I miss her' but other than that there's often no real record."

"We should take the time and effort to get it down so it can be passed down through the generations - and you have their voice and the vision of them actually saying it, to be able to watch when you feel a bit sad or whenever you want."

"It really came home to me after Mum died last year. I put the video together for the funeral and my sister Lee just watched it over and over, it felt like she was coming home from work every day and putting it on, just to watch the pictures of Mum's life."

But it was important that people considered doing it while they were still able to.

Each story takes some time to pull together. "You want it to be a proper product, you've got to be proud of it and you can't just slap the raw footage together," Steve says.

"The other thing I love

about it is when that person passes, for their funeral there can be a couple of grabs that are prepped to put into the slideshow of that person reflecting on their life."

"How powerful is that, to have the person at their funeral reflecting on their life?"

"But people need to think far enough ahead."

Most of the work for Steve is in the preparation and production of each story, but it only needs a couple of hours from the client.

There are just two meetings. The first is for Steve to get to know the storyteller and their life so he can put together the questions he'll later record.

The first meeting helps the client to build a connection with Steve so they are more relaxed on recording day and he is not a stranger.

The second meeting is the day the storyteller is recorded on video and involves setting up some camera equipment which can be done either at the client's home or at Steve's

home where he is already set up.

"I video them answering questions that I talked about in the first meeting with them and basically listen to their stories. It's a simple two-hour session but can take longer if the person has lots of stories to tell."

Steven says the end result though is only as good as the talent.

"It's not really a good outcome for someone quiet and introverted."

It will take Steve several weeks to complete the video for handover and

he will also provide a link to the final video for their children to download a copy.

If clients have requested a memorial video to be played at their funeral, Steve will provide a digital copy to be left with their important personal documents like their will and will also provide them with a letter that has specific instructions about the video to be provided to the funeral director.

Prices start at \$1500. More information is available at www.story-tellers.au/

by Allen Newton

A KEY element of many funerals these days are the photographic tributes that get played, but celebrant Steve Mummery says technology allows for more personal farewells to be made at funerals.

And not just for funerals.

Steve has used the media skills he learned over a 30-year career in radio and television and in recent years as a marriage celebrant, to launch *Storytellers* as a way for clients to record lasting mem-

ories to leave behind for their loved ones and future generations.

He first got the idea for the business when he was on a trip to Adelaide to see his mum. She was sitting at the dining table after lunch one day talking about the old days and Steve took the opportunity to record it as audio on his iPhone.

"I thought to myself, one day I won't be able to hear her voice anymore and this moment will be nice. I captured a good 15-minute chat about

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Letters to the Editor

See page 14 for more letters...

Dear Editor,
I READ with interest an adverse comment in *Have a Go News* March issue from another reader against someone else.

I agree everyone has a right to freedom of speech or opinion

but it is not worth it, it will backfire on you.

I used to write letters to a daily Perth newspaper. I thought some of my letters were good compared to other readers' letters, but not all letters can be

printed and few of my letters were accepted for print.

After submitting an adverse comment regarding my letters not being printed, from that moment my letters were totally banned to this day, six years on.

Even apologising to the editor for my adverse comment made no difference, I continued to write but must be on a total banned list.

**Frank Cherry
Southlake**

An Invitation to Afternoon Tea

We would like to invite you to be our guests for Tea (or Coffee) and Scones

At an Information Session
on
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What Can They Offer
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**3.30pm Tuesday 2nd May
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Being a bored boy was I... reflecting on the days lived without technology



by Jon Lewis

AS I have become more and more interested in being less and less distracted, I find myself remembering the days of being a little boy and being a little bored.

I recall long summer days sitting in my bedroom with my toys, not that I had

many you understand, but the toys I had could become many other toys. You see, I loved Lego, Meccano and my colouring books. These would entertain me for many hours as I intently created and coloured my world.

What is more, it made the less mundane and methodical events in my life a lot more exciting.

For example, the excitement and delight of a knock on my door with mum announcing dinner is ready, was certainly a thrill. There was no way I was already full from snacks, as there were not any.

Even as, I look back to Saturday morning shopping, that too could

be exciting.

On reflection, I actually believe being bored lowered my expectation to excitement.

When true excitement finally did arrive, it was quite wonderful and astounding, almost unbelievable.

I recall the thrill of my first new bicycle after many years of a hand-me-down scooter and a hand-me-down rusty white bike (which I would polish and clean proudly).

The wonderful arrival of my first new golden bike took place on a warm Christmas morning. Father Christmas must have realised it was far too big to be brought inside. I had to look outside, to the patio

to see what had been left for me, and just for me. It was wonderful. Wow, now I was free to explore the far distant reaches of our street and perhaps even the street beyond.

Beautiful memories, do you remember your first bike?

Lately I have noticed so many electronic distractions, in the form of notifications, updates, alarms to keep you fully informed of things that you have less than a mild interest in.

These things are relentless in their attack on my senses. Bleep, buzz, ping, whurr... whurr...

I am now actively engaging in removing many of these distractions from

my life. I am also removing, while I am at it, the multiple forms of contacting me. My last count was 10 ways, surely a phone number, email and mailing address are enough?

It seems also that I am not alone in this digital devastation as there has been a psychological push from professionals afar to remove excessive artificial dopamine deliveries.

Technical people, electronic people and the people in Silicon Valley have been gently encouraged to remove digital technology from their lives for a few hours a day, perhaps even a whole weekend. Imagine that.

They call it a detox of

digital dopamine.

I can't think for one moment that all of these alarms, reminders and updates are here for my benefit, not for one moment. So, if they are not for my benefit, then who's benefit are they here for?

I do also wonder about little children who have been denied the important learning tool of 'calm boredom'. They seem to always have a digital device in their hand or in easy access. Are they really engaged in these devices or are they instead becoming addicted? I now believe these alarms/alerts increase our fear of missing out. It troubles me that this fear could perhaps lead

to anxiety.

It is OK to miss out now and then, it's good for us, it just means someone else, perhaps more deserving enjoyed it instead. Then you can be relaxed knowing you are a good person by letting that happen and imagine their joy.

In reality, when all is said and done, I personally struggle just to give my bedroom alarm clock the full attention it so rightly deserves - buzz, buzz, buzzzz (snooze).

Let me know, please, if you find the alarming increase in alarms, alarming.

And now join me in pressing... snooze... All the best.

Volunteers required for Global Chat Radio station



The recording studio: Nirmal Singh interviewing BB Bakare. He has recorded six interesting programs on Nigeria.

THE search is on for a new station manager and other volunteers for Global Chat Radio (GCR) based at Tuart College in Tuart Hill.

Spokesman Franco Smargiassi said the station manager had recently retired and Global Chat Radio, supported by the WA Multicultural Association, was

looking for someone to replace him and other people interested in community radio activity.

"We would love to have more volunteers to create programs and promote the station," he said. "There is a richness of cultures in Western Australia and the basic aim of GCR is to make this available to the whole community for everyone's enjoyment."

"The intent is to make the radio station a platform for interaction and collaboration and invite all cultures to take part in the radio station and other activities. This is a good opportunity for anyone interested in our rich multicultural community to make it better known and more enjoyable for everyone here and the rest of the world."

GCR plays music from around the world 24/7 and can be heard from its website <https://www.global-chat-radio.webnode.com/>

People Interested in working at the station or wishing to take a tour and have a chat at Tuart College should contact Franco 0407 160 287.

Bunbury Family History Expo returns



The Bunbury Museum and Heritage Centre will host the Bunbury Family History Expo on Saturday, May 27. This is a free community event.

BUNBURY Museum and Heritage Centre will be packed full of family history fun on Saturday, May 27 as the Bunbury Family History Expo returns for a second year.

Bigger and better than ever, this free community event offers the chance to discover local organisations including the Bunbury Historical Society, Streets of Bunbury Project, Dardanup Heritage Collective, Bunbury Cemetery Board, Ron Maidment Archives and many more.

The day will include a program of kids' activities, demonstrations, readings from the South West Historical Writers Group and other special guest speakers, all with the theme of Women in Family History.

This is your chance to connect with an extensive range of local history and research groups from the Greater Bunbury Region, meet with other like-minded family historians, and learn how to discover and share your family story.

Owned and operated by the City of Bunbury, the Museum opened in November 2016 with a mission to inspire, educate and entertain the community and visitors about the history and cultural heritage of the Bunbury region.

For more information, visit the Bunbury Museum and Heritage Centre website at www.bunburymuseum.com.au or contact the museum team at museum@bunbury.wa.gov.au or call (08) 9792 7284. The museum is located at 1 Arthur Street, Bunbury, and is open Tuesday to Sunday, 10am to 4pm and closed on public holidays. Entry is always free.



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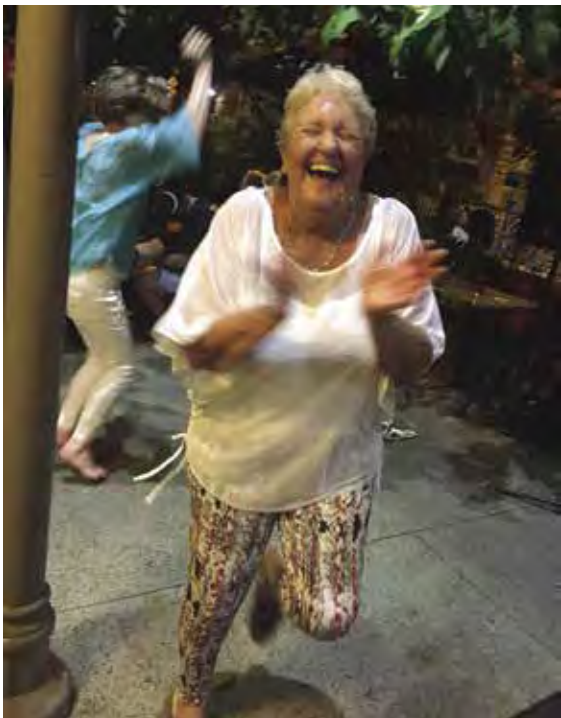
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The Legacy commemoration and vale to good friend Marlene Robins



Marlene dancing at one of Rick's gigs

paigned, covering approximately 55,000km, with over one hundred stops and more than 1500 torch-bearers pays homage to, and acknowledges the veterans families' – saluting their sacrifice.

The torch will leave Pozieres and will travel to London before heading down under to arrive in Albany Tuesday 2 May. From Albany via Fremantle the torch will arrive in Perth and be celebrated with a family orientated concert held at Wellington Square Park Saturday May 6.

It is expected the Premier, our Lord Mayor and senior politicians will attend along with some top-class entertainment for all ages. The Legacy Centenary Perth Community Day will run from 10am till 2pm. There will be food trucks, coffee, hot drinks, and market stalls. Kids can indulge in craft corner, with face painting, balloon

twisting, roving entertainment and more.

As far as we can tell, with the global instability, post pandemic endeavours, monumental earthquake and the start of the footy season, Perth's ANZAC Day is almost back to what we remember, with Kings Park, a proper parade, gunfire breakfast and the 'ale with mates' to help us remember not to forget. The Perth Blues Club will be running a special ANZAC night show at its long-time home, the Charles Hotel.

However, this year will be different as the world, Perth City, Stirling City, Legacy, seniors, *Have a Go News*, Buddhists, the Waterman's Bay Whalers swimming club, country music, Scarborough Carols and more will be missing the unique human dynamo who was Marlene Robins. Affectionately known as Marls, she was

a vivacious, tenacious and beautiful, generous friend to many. She had one of the best smiles ever, was an inspiration and tireless community worker who served with love and wisdom. Our world feels a lot smaller with her passing. She lived her life to the fullest.

"Fly high Marls like you did in life!" Those are a few quotes I borrowed from some of her many friends...

My association with Marls began in the early eighties through country music and continued through to the nineties when I became involved with Legacy and I was invited to perform at many of the senior concerts she ran at the Perth Casino. Her support for me through 40 plus years in the rough 'n' tumble of the music industry was, like everything she did, consistent, real, and a

genuine welcome blessing.

My quote: "The world lost big time the day Marls passed!"

I can always tell when a major Christian festival is coming by the amount of advertising paraphernalia that is stuffed in my letter box. A waaskilly wabbit wants me to eat more chocolate because Jesus has risen. Apparently, I should drink and save and save drink, cause Easter is a great time to drink. I can get \$50 off the price of a car jack cause Jesus is back. The Lord wants you to get 50 per cent off your new portable fridge freezer to celebrate his son's return and you can put your Easter cheap grog in it.

Katy Perry, Delta Goodrem, Kylie Minogue and even Emma Wiggle have all dropped the price on their fragrance to show they care, and you can save five dollars to get a

clean and fresher toilet for the special weekend. I nearly choked on my hot cross buns. Ugggh!

When you recover from Easter, please prepare yourself for ANZAC Day and the torch relay. Saturday April 22 Rick Steele and crew embark on their infamous "Rollin' on the River" cruise aboard the paddle steamer *Decoy*. Boarding Mend Street at 1.30pm. Departs 2pm and returns 5pm. Fun times guaranteed.

Meanwhile Fremantle will be having a major family kiddy show to highlight the extraordinary *Highway to Hell* lifestyle and notoriety of one of their favourite sons who drank himself to death. Incidentally King Charles gets crowned that day.

Find someone in Freo who cares... "It's a long way to the shop if you want a sausage roll..." Cheers dears.



by Rick Steele

"LOOK after the missus and the kids" An Ozzy promise made on the battlefield in Pozieres, France

during World War One has endured and inspired a global organisation which celebrates 100 years this year.

The first Legacy club was established in Melbourne in 1923, by Stan Savage. There are now 44 Legacy clubs throughout Australia and the ANZAC Day the 'Legacy' torch will visit all, finishing at the Shrine of Remembrance, Melbourne Friday October 13.

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INDEPENDENCE MATTERS IF YOU ARE PREPARING FOR RETIREMENT



If you are recently retired or expect to retire in the next few years Association of Independent Retirees (A.I.R.) Limited and Nick Bruining (of ABC Radio and *The West Australian* newspaper fame) can assist you. Nick will provide information on what you need to consider in retirement, how to best to prepare for retirement in the last few years of your working life and how much do you need to live on in retirement.

AIR aims to advance and protect the interests and independent lifestyle of Australians in or approaching retirement.

AIR seeks equitable economic, taxation and social environment outcomes that recognise and address the specific issues faced by those who fully or partly self-fund their retirement by representing the views and concerns of our members to government at all levels on issues relevant to the living standards and lifestyle.

AIR also provide opportunities for members to meet and share views on a range of matters in a welcoming, inclusive social atmosphere at our branch meetings.



If you are interested in attending a forum: **PREPARATION FOR RETIREMENT IN 2023** with Nick Bruining, Saturday 13 May, WA State Library, 10.30am-12.30pm Tickets: \$20 Bookings: Eventbrite | marghw@iinet.net.au | 0487 290 097

Win a \$200 shopping voucher



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 30/04/23.

Congratulations to Florence Krueger, of Ocean Reef our February Ad Words winner.

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

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

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

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

1. Summerlin Audiology
2. Emprise Mobility
3. CPE Group
4. Juniper
5. HBF
6. Hospitality Esperance
7. Villa
8. Queen of the Murchison Guest House
9. Bradford Exchange
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11. Morning Melodies

Entrants can enter via email with Adwords in the subject line at win@haveagonews.com.au or write

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See the real life rewards of giving back to the local community



Volunteer extraordinaire and Bridgetown resident, Jennie Linto with her Senior Citizen of the Year award certificate



by Karen Majer

JENNIE Linto is involved in so many volunteer activities in her home town of Bridgetown that she has difficulty keeping count. Asked about her 'project', she laughed. 'Oh, I have about a dozen!'

The great grandmother came to Bridgetown 17 years ago, 'literally on a whim'.

"I had been working as the first neurological research nurse in WA at Royal Perth Hospital," she said. "I was lucky enough to get a job down here as one of the neurological nurses for the South West, a job I truly enjoyed. I worked in various jobs until I officially retired somewhere about six years ago. I use the word 'retired' rather loosely as I have never been so busy in my life."

"I have many volunteering jobs, in fact about 12," she told me. "Having said that, some are only once a year but still a commitment. I sing in the community choir which sings at the hospital, aged care and Silver Chain throughout the year and this year

even at the Blues Festival. I belong to the community garden, the parish council at St Brigid's Church and regularly read and do the flowers at the church.

"I have been involved with the Section 95 pre-release prisoners who come down to volunteer at Bridgetown. I do Meals on Wheels. I have volunteered at both primary schools here, at the breakfast club and in the classrooms in a 'granny' role. I volunteer for the Tour of the Blackwood, The Blackwood Marathon, The Blues, and the Banquet on the Bridge. I water the pot plants down the main street, although that's temporarily on hold. I've been on various committees over the years.

"There are also once-off things I sometimes do."

One of these was organising seedlings to be delivered to Yarloop after the 2016 fires destroyed homes, so that residents could replant their gardens. Another was to arrange a plaque outside the church with an Acknowledgement of Country.

Jennie began volunteering about 10 years ago.

"I just do it as a means of giving back to this wonderful country we live in and the community to which I belong."

She is inspired by the place where she lives: "every season is different, from the lush green of winter to the blonde of summer. The best part of my local environment is

coming down into Bridgetown about half way from Greenbushes," she said. "I let out a sigh and think out loud sometimes: Oh my gosh, I'm home."

Jennie received the shire's Senior Citizen of the Year award in 2022 in recognition of her contribution. She says that giving is so rewarding.

"You don't expect thanks or recognition but hey, it's a great honour if you do. I often find that the people who do the least amount for are the ones who are most appreciative. In fact there are so many more volunteering jobs I would like to do. I think I'm one of those people who see a hand go up when they ask for volunteers and then realise it is mine."

I asked Jennie what she would say to people thinking about becoming a volunteer in their community.

"Just do it. You get to work with like-minded people, meet people you probably otherwise wouldn't who perhaps can't get out, and if you need to feel good that opportunity is there as well. "Why do I volunteer? Because I can and there are things in life you just have to do."

If you know of someone who is making a difference in their community or in taking care of the environment, I'd love to hear from you. Email karen.majer1@gmail.com.



Friendship and fun with flowers

WHAT a lovely way to head into autumn with this stunning design by one of our very talented members, Anna Stokes, who is also a qualified floral art judge.

This design is classed as a monochromatic design as it features the tints, tones and shades of one colour only – in this case autumn.

Our website www.wafloralart.org.au contains a wealth of information about our society and artform and it also has a 'contact us' facility if you would like to know more.

We would love to hear from you.

Denise Shelbourn, President, West Australian Floral Art Society Inc.

Try getting 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.

perience, 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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Centrelink update - Medicare Safety Nets and updating your bank details



by **Hank Jongen,**
General Manager,
Services Australia

I RECENTLY shared how you can reduce the costs

of your medicines once you and your family reach the Pharmaceutical Benefits Scheme (PBS) safety net threshold.

Did you know there's also a Medicare Safety Net? Similar to the PBS Safety Net, when you spend over a certain amount on out-of-hospital medical expenses in a calendar year, you get a higher rebate from Medicare.

If you're part of a family or a couple, you need to register as a family to

combine your costs for the Medicare Safety Net. This means you're more likely to reach the threshold sooner to help lower your out-of-pocket medical costs.

Medicare keeps a tally of your how much you've spent in order to determine when you've reached the threshold for your registered family members. If you're single with no dependents, you don't need to register. Reaching a Safety Net threshold won't

change the cost of your doctor's visit or test. You'll pay the same amount up front, but you'll get a higher Medicare rebate.

You can keep track of how close you are to reaching the safety nets on either your Medicare account linked to your myGov record, your myGov app, or in your Express Plus Medicare app.

Updating your Medicare bank details

There's currently around \$200 million in

unclaimed Medicare benefits and some could be yours.

Medicare payments are held by Services Australia when someone hasn't provided bank details or the details are incorrect. The good news is if you're one of those people, it's easy to make sure you're not missing out.

You just need to make sure your current bank details are registered with Medicare.

The easiest way to up-

date your bank details is online through your Medicare account linked to myGov. You can also use your myGov app or your Express Plus Medicare app.

Once you've recorded your bank details with Medicare, any refunds you're owed will be paid to you automatically within three business days.

So be sure to check - it only takes a few minutes, and could mean some extra money comes

your way. You can find more information by searching 'Medicare Safety Nets' and 'Getting Medicare benefits' on our website, servicesaustralia.gov.au. Until next time.

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

Lots of socialising and paddles at week-long annual canoe club camp



Members at the annual camp

by **Janet Gatt**

THE Over 55 Canoe Club week-long annual camp was a resounding success. Twenty-two paddlers, some with non-paddling companions, converged on Augusta on the southwest tip of Western Australia and enjoyed moderate, sunny weather, while they explored the surrounding rivers and beaches.

Prior to arrival nine members had paddled 24km on the Donnelly

River and spent overnight at the Snottygobble forest campsite.

Most paddlers stayed at the Turner Caravan Park, which was the camp base. In the stillness of warm, late afternoons, the group gathered on the grassed area of the park foreshore, adjacent to the picturesque inlet, and enjoyed drinks and nibbles, good conversation, pleasant company and lots of laughter.

Official dinners were

well patronised, first at The Colour Patch and on Saturday night at the Augusta Hotel.

With deference to the weather forecast the next day's paddle destination was announced at the evening get-togethers.

The day after arriving the group launched at the caravan park beach and paddled up the Blackwood River to Molloy Island. The following day was an excursion to Chapman's Pool which is a river pool

where the Blackwood River meets Chapman Brook.

A variation of scenery was the paddle round the inlet, encountering birdlife, sandbars, and some shallow water as we inspected Swan Lake and a previous river mouth now silted up.

The rivers in the region run through dense forests and the reflection of the trees and undergrowth on the still water was awe inspiring. However dense vegetation made it harder to locate a clearing to beach our kayaks for our essential morning tea break and chat.

Most paddles commenced early in the morning to avoid excessive wind or heat and after finishing a paddle we would load our kayaks onto cars, then enjoy an onsite picnic lunch.

We were normally back at Augusta by early afternoon, in time for a nap, maybe a swim at Hamelin Bay, an inspection of the historic Cape Leeuwin Lighthouse or even a visit to one of several nearby caves. Augusta is a delightful little town, with a lot to offer.

On Sunday morning

paddlers departed extra early. They wanted to launch at the mouth of the Margaret River and would have to compete with surfers and tourists for parking. They then enjoyed a memorable paddle up this beautiful waterway.

The following day we drove to a clearing close to the caravan park and paddled the moat alongside Malloy Island before entering the Scott River for a magnificent paddle flanked by forest.

Several members were departing Augusta a day early so the club provided a delicious, cooked breakfast, barbecued in a park near the town jetty. We were all sated with good food and a

great atmosphere.

On the final day six members, including three very competent octogenarians, undeterred by a two to three metre swell, launched their kayaks near the Cape Leeuwin Lighthouse and paddled out to sea in front of the lighthouse. This area, notorious for dangerous currents, is supposedly where the Great Southern and Indian Oceans meet. Our intrepid paddlers enjoyed the challenge.

This was my first opportunity to attend the annual camp and it was terrific. The members are a diverse, interesting, likeable, and good-humoured group. The paddling excursions were fantastic

with some members paddling more than 100km and the social life very enjoyable. I look forward to the 2024 camp at Walpole.

If you are interested in paddling with the Over 55 Canoe Club contact president Chris Cocker on 0410 479 024, or secretary Dale Winn on 0420 733 024.

For more information visit www.over55canoeclub.org.au



Free training for bushwalking guides...

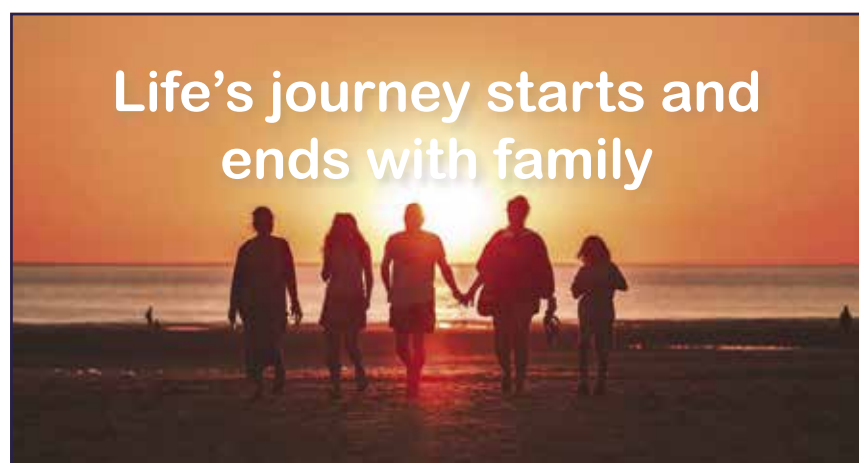
BIBBULMUN Track Foundation is pleased to be offering free training to new and aspiring bushwalking guides.

The course is aimed at people who have no prior experience or formal training in leading bushwalks. Participants might be involved with youth groups or clubs in a volunteer capacity or may even aspire to working in outdoor recreation.

The one-and-half day course provides a mix of theory and practical sessions and participants will receive adequate training and information to safely lead walks on marked trails.

The introductory course is being offered in five locations around the State including Mundaring, Dwellingup, Wongan Hills, Albany and Carnarvon.

For more information and to register your interest go to the Bibbulmun Track website at www.bibbulmuntrack.org.au/news/latest/beginners-guide-training-course-bushwalking/ or email events@bibbulmuntrack.org.au



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The Lions Skin Cancer Screening Team will again reach out into the country areas of WA to provide this free service to those people concerned with the possibility of having or do have suspect lesions that may concern them.

So much is published about skin cancer with the ever-important statistics telling us we lead the world in melanoma and other suspect lesions, and inevitably there is a reference to the need for 'early detection' and that is the focus of the Lion's valuable service to our outer city patients.

Many of our patients are found to require a referral to their General Practitioner for further attention after our qualified Screeners have found what they know to be a 'suspect' lesion, on many occasions we have received not only thanks but confirmation that what we believed to be a serious threat was just that, so bottom line is that we do help to save lives.

Patients that in their early years who worked in the sun day in day saw that exposure to the UV rays of the sun doing early damage to their skin and now sun spots and other marks appear and some are recognized as 'somewhat unusual'.

Replacement Coach

This year we come to the end of our 3 year Pledge Plan which requested monies from our Lions Clubs and they honored the amounts pledged which together with a number of corporate donations has lifted us to the a financial position that will see us placing an order by mid-year for a replacement mobile skin cancer screening coach, this will guarantee our services for the next 25 years. Our thanks to our Clubs and those donors.

Funds to help continue our service are always appreciated.

By Bank transfer
Westpac Bank
BSB 036081 ACC 183738

Garry K Irvine
Business Development Director
www.lionscancerinstitute.org.au



Letters to the Editor

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



Dear Editor,
I APPLAUD your response to Michael Potter's condemnation of David Rudman. I too disagree with the views (rantings) expressed by Mr Rudman on vaccines, etc, but in the now hackneyed words mistakenly attributed to Voltaire, "I disapprove of what he says, but I will defend to the death his right to say them."

Naturally in practice there have to be limits, but Mr Rudman has not overstepped them.

Mr Potter's descent into personal insult (little snowflake, boof head) says more about the insulter than his target.

Incidentally, we oldies are exhorted to keep our minds active; I exercise mine by deliberately reading books and articles with which I know I will disagree so that I can work up contra-arguments – in polite terms of course!

**Lionel Dowler
Morley**

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

Dear Editor,
I HEAR the Labor government complaining about the deficit they inherited, as indeed every newly elected administration does. However they were very, very silent when the whole country was being 'locked down' and our economy being needlessly trashed by false information and experts who were frequently very wrong.

**Chris Bunch
Gingin**

Dear Editor,
Re Photo ID Card – declined by banks

ON December 2022 BankWest Armadale asked for a photo ID for me to prove who I was. As I didn't have a driver's licence, I had to apply for a photo identification card from the Department of Transport. The post office refused to assist me and I was told only Cannington or Joondalup could help. Both impossible for me to get to.

I checked the website about the photo ID

card and found a GP could be a witness and sent off the information – it was then returned as the GP had not individually signed all the documents and I sent it off again.

Photo ID card arrived in February and I was then told by BankWest Armadale they could not accept it as it had an initial for my middle name and apparently they wanted all three names in full.

My current bank Westpac will do nothing to assist me.

Dear Editor,
A LITTLE bird tells me that I won't be able to use my self-preservation 'Peace and Love' tactics in regards to Michael Potter's straight to the point letter, he's obviously made of sterner stuff.

Nevertheless, though, do I detect a touch of the good old mass formation psychosis, that is sadly ubiquitous and obligatory nowadays?

Believe TV, believe the papers, believe Big Pharma, believe Big Tech, believe our governments – but, don't believe in yourself. Why have we lost the ability to think critically?

It is not only imperative, but drummed into us ad infinitum that we listen to the experts.

And how often have they been shown to be fallible?

There is, however more than enough

Dear Editor,
ONE of the downsides to abandoning of the ever-faithful landline phone is the geographical anonymity of the caller.

Tradies and others now list their mobile number as their only contact option. I have always tried to deal with and support

a local person or supplier where possible by noting their general location by the phone number prefix, now the person you're calling could be based on the other side of the moon for all I know, and charge travelling time accordingly.

Another worrying facet

evidence available to confirm that what we've been told over the past three years is incorrect and personally, I would love to be proved wrong.

If Michael would care to join this boof head for a pint, perhaps we could shoot the breeze and he could quite possibly teach me the error of my ways! At the very least I'd like to persuade him to carry on reading your excellent newspaper. Heaven forbid you lose a reader over me.

To paraphrase Margaret Thatcher – This snowflake's not for turning. Well, Maybe?

Yours sincerely,

**David Rudman
Port Kennedy**

P.S. I was black-balled from The Flat Earth Society



Dear Editor,
I READ Tony McManus's car column in the *Have a Go News*.

I was going through my old photo albums recently and came across a picture of my then new husband, Tom (on the right) and his mate Billy with Billy's 'S' Series Valiant, which had a push button transmission.

There was a dent on each side of the bonnet, which they are concealing for the photo. It was taken in the summer of 1971–72 in Malvern, Victoria.

A bunch of us would regularly pile into the Valiant and drive from Melbourne to Echuca and stay with friends for the weekend, singing along to hits like *The Pushbike Song* on the radio.

I loved the look of the Valiant. Thought I would share it with you.

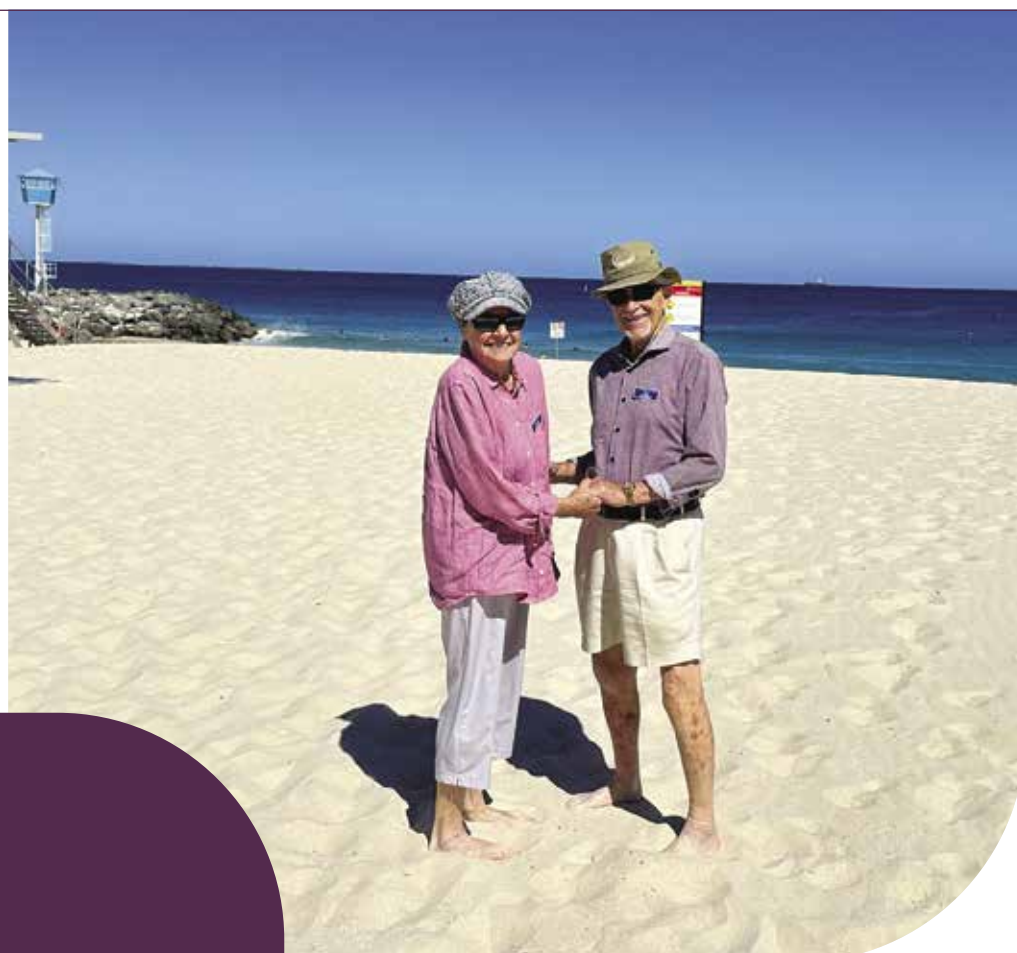
Maria Bonar

Response from Tony Mac

Thanks Maria, The Valiant is also a personal favourite of mine. Wonderful memories of early 70's motor-ing.

Dear Editor,
I FULLY agree with Christopher Oades' letter in last month's *Have a Go News*. We should adopt the *I am Australian* song as our anthem. It is a uniting song and united we stand, divided we fall.

**Rose Hope
North Beach**



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For Ken, it's the strength to dip his toes in the water.

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6
DAYS

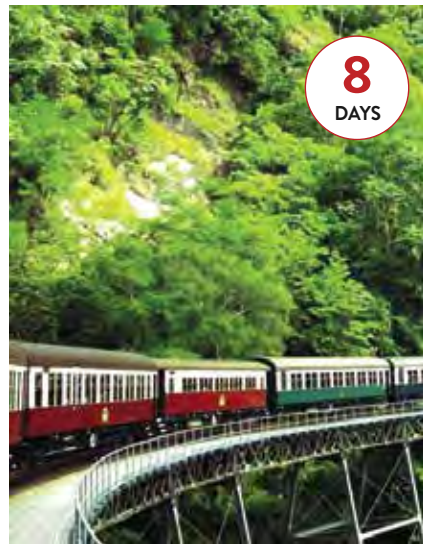
SYDNEY'S VIVID LIGHTS FEATURING THE CENTRAL COAST

HIGHLIGHTS & INCLUSIONS

- ★ Home pick-up and return by Private Car
 - ★ Fully Escorted by a Kings Tour Manager
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 - ★ 2-nights at The Quarters Forrester's Beach on the Central Coast
 - ★ Breakfast daily, 3 Lunches & 5 Dinners
 - ★ Sightseeing and entry fees as per itinerary
- ✓ Tour of Sydney Opera House
 - ✓ Dinner at the Sydney Tower Restaurant
 - ✓ Wharf tour and lunch at Q Station Retreat, Manly
 - ✓ Vivid Lights Dinner Cruise
 - ✓ Discovery experience at Broken Bay Pearl Farm
 - ✓ Tour and lunch at The Chocolate & Nougat Factory Gosford
 - ✓ Gallery Tour at the Ken Duncan Gallery
 - ✓ Morning Tea tour at the Alison Homestead
 - ✓ Lunch at the Wyong Milk Factory Cafe
 - ✓ Chocolate and wine pairing tastings at Firescreek Fruit Wines

6 TO 11 JUNE 2023

\$4590* Per Person Twin Share
Single Price \$5450*



8
DAYS

CAIRNS WINTER GETAWAY

HIGHLIGHTS & 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
- ✓ Wander the Cairns Botanic Gardens and enjoy lunch at Botanic Gardens Restaurant Café
 - ✓ Embark on a One Way Kuranda Scenic Railway & One Way Skyrail Rainforest Cableway
 - ✓ Enjoy a guided Coffee Tour at Jaques Australian Coffee
 - ✓ Visit the Curtain Fig Tree
 - ✓ Cruise on Lake Barrine including lunch
 - ✓ Enjoy a guided tour on the Daintree River including morning tea
 - ✓ Enjoy lunch at Daintree Teahouse Restaurant
 - ✓ Visit Mossman Gorge
 - ✓ Tasting at Gallo Dairyland, Atherton Tablelands
 - ✓ Enjoy a tour and lunch at Paronella Park
 - ✓ Enjoy a dinner cruise with Spirit of Cairns
 - ✓ Visit the Cairns Aquarium

24 TO 31 JULY 2023

\$4450* Per Person Twin Share
Single Price \$5850*

WHITSUNDAYS & O'REILLY'S RETREAT

HIGHLIGHTS & 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

21 TO 27 AUGUST 2023

\$4790* Per Person Twin Share
Single Price \$5650*

- ✓ 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 mystical 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



7
DAYS



5
DAYS

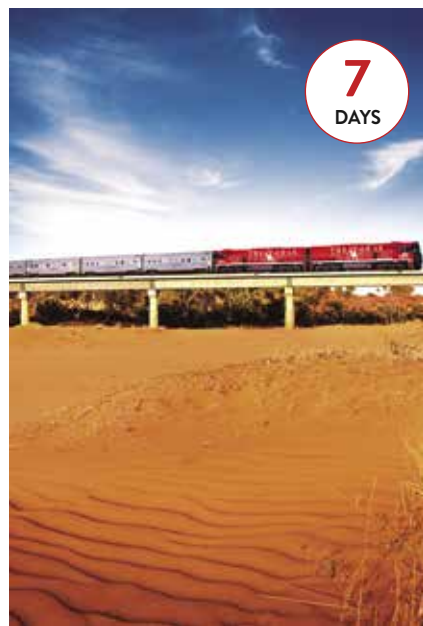
KIMBERLEY COUNTRY - KUNUNURRA

HIGHLIGHTS & INCLUSIONS

- ★ Home pick-up and return by Private Car
 - ★ Fully Escorted by a Kings Tour Manager
 - ★ Return Economy Airfares and taxes
 - ★ 4 nights' accommodation at the Country Club Kununurra
 - ★ Breakfast daily, 3 lunches and 4 dinners
 - ★ Sightseeing & entry fees as per the itinerary
- ✓ 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

23 TO 27 JULY 2023

\$3890* Per Person Twin Share
Single Price \$4550*



7
DAYS

GHAN EXPEDITION

HIGHLIGHTS & 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 the Adina Hotel Darwin Waterfront
- ★ 3 nights' on board the legendary Ghan in Gold Service
- ★ All-inclusive dining in the Queen Adelaide Restaurant, Off Train Excursions and Outback Experiences
- ★ Access to the Outback Explorer Lounge for beverages and socialising
- ★ All-inclusive Australian wines, beers, spirits and non-alcoholic beverages
- ★ In-cabin music channels and journey audio commentary
- ★ Complimentary Australian bathroom amenities
- ★ 1 nights' accommodation at the Stamford Grand Glenelg
- ★ Transfers throughout
- ★ Breakfast daily, 3 lunches and 5 dinners

- ✓ 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
- ✓ Explore Nitmiluk Gorge's powerful natural wonders and rich Indigenous culture
- ✓ Venture into the underground opal mining town of Coober Pedy
- ✓ City sights tour of Adelaide

11 - 17 SEPTEMBER 2023

\$6250*

Per Person Twin Share or Single

26 APRIL TO 01 MAY 2024
(PRICE TO BE RELEASED)

SINGAPORE CHRISTMAS LIGHTS

HIGHLIGHTS & INCLUSIONS

- ★ Home pick-up & return by private Car
- ★ Kings Tour Manager
- ★ Return Economy Airfares and taxes flying Qantas
- ★ Return Airport/Hotel Transfers
- ★ 6-nights at the Five-Star, Swissotel the Stamford, Singapore
- ★ Breakfast daily, 1 Lunch, 1 High Tea & 3 Dinners
- ★ Sightseeing and Entry Fees as per the itinerary

29 NOVEMBER TO 5 DECEMBER 2023

\$5490* Per Person Twin Share
Single Price \$6990*

- ✓ Half Day Singapore City Tour with Morning Tea at the National Orchid Garden
- ✓ Enjoy a Night Safari including dinner at Singapore Zoo
- ✓ Colonial Past Tour with High Tea at Raffles Hotel
- ✓ Visit Gardens by the Bay, a scenic paradise
- ✓ Christmas Wonderland at Gardens by the Bay
- ✓ Morning tour of Sentosa Island
- ✓ Ride on the Singapore Flyer and enjoy a Singapore Sling
- ✓ Farewell Dinner at Lawry's Restaurant



7
DAYS



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Seniors Recreation Council Jottings



LiveLighter Seniors Activity Information Day Bunbury 2023

On Friday March 17 SRCWA Bunbury branch conducted a Seniors LiveLighter Activity/Information Day thanks to our major partner LiveLighter Healthway at the Southwest Sports Centre. Around 500 enthusiastic and active seniors came along and enjoyed visiting the static displays and taking part in the activities.

The event was opened by Member for Bunbury the Hon Don Punch MLA who was very impressed with the event organisation and happy to see so many people attending. He encouraged everyone to take advantage of everything that was available to 'have a go' during the event. Thank you to South West Women's Information and Health Centre's Di Tate who was the MC for the day and roved around talking to the static display representatives and attendees.

There were 40 plus static displays including APIA, nbn Co., Lions Hearing Van, Wild Life display, WA Police, South West Women's Information and Health Centre, Dragonfly Coffee Van, Aged Care Agencies, Northern Suburbs Community Legal, COB Green Waste, Injury Matters, Vocal Fusion, SRCWA / LiveLighter Healthway, TransWA, and more.

Activities on the day included indoor archery, Exergaming, Heart Sports and pole walking to name a few. It was wonderful to see so many people "Having a Go" at the variety of activities.

Thank you to SRCWA Bunbury branch president Barbara Fleay, committee and volunteers, state office volunteers and staff.

A special thank you to the sponsors: LiveLighter Healthway, nbn Co, South West Women's Health and Information Centre, Barr and Standley Real Estate, City of Bunbury, Government of WA and *Have a Go News*.

VALE: Marlene Robins 27.03.1943 to 11.03.2023

MARLENE was a great friend and supporter of SRCWA and worked tirelessly on behalf of WA seniors and the wider community. She was highly respected and her work in the community over many years was appreciated by everyone who knew her. Marlene will be greatly missed. All her friends and family are in our thoughts at this sad time.

SRCWA Annual Seniors Ball – Postponed

Please note the ball which was previously advertised as a diary note to be held on Wednesday June 7 at Crown Perth, has been cancelled and will be rescheduled in the future. Once we have secured a date and a suitable venue SRCWA will advertise the event and contact all previous attendees.

Annual Seniors Camp 2024

The 2024 Annual Seniors Camp at Quaranup will be held from February 4-9 to in Albany for five nights. Camp Quaranup is a picturesque spot and it provides the perfect launch-pad for regional excursions in the Great Southern and offers unique heritage accommodation. It is set in a Class A nature reserve on the Princess Royal Harbour, with panoramic views across to Albany. The natural coastal bushland and the pristine beach environment present a fantastic venue for recreation. 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. This will ensure you receive early notification when registrations open.

LiveLighter Aged Care Games Bunbury

The LiveLighter Aged Care Games in Bunbury will be held at the Southwest Sports Centre on Thursday April 20 10am to 1.30pm. Teams are getting ready to take part in LiveLighter Aged Care Games. We are looking forward to welcoming everyone to the games and to see what the participants themes will be. Teams consist of 10 members and any six can 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.

Retirees Club News & Recreation



Find out about Australia's contribution to Polar exploration

THE heroic age of Antarctic exploration and the contribution made by the legendary explorer Douglas Mawson and the lesser known George Wilkins is the subject chosen by guest speaker Peter Alcock for presentation at the meeting to be held in May by the Western Australia Self-Funded Retirees Association (WASFR).

An exploration geologist himself by profession, Peter took an interest in the early exploration of remote areas and the contribution made by the Australian ex-

plorers who were both knighted for their efforts.

His presentation will cover Mawson's leadership role in polar exploration over many years and will include his outstanding discoveries and achievements and the dangers and extreme hardship he endured while pursuing them.

Although less well known, George Wilkins' career can only be described as incredible. As well as being involved in earlier polar exploration as a pho-

tographer and ornithologist, he later gained prominence during WWI as an official war photographer and outstanding war hero.

After the war he returned to the Antarctic and in later years devoted his attention to the Alaska-Arctic Regions.

His involvement and contribution in these areas was recognised by American Scientific Institutes and in 1959 as a measure of the esteem in which he was held, the US Navy nuclear submarine Skate conveyed his

ashes to the North Pole where upon surfacing they were scattered in accordance with his wishes.

Visitors are welcome to attend the meeting to be held at 10am on Friday May 12 at the Cambridge Bowling Club, Chandler Avenue, Floreat. Entry to the function is free and there is ample free parking onsite.

Further information may be obtained from Ron de Gruchy on 9447 1313 or Margaret Harris on 0417 991947.

Not always diplomatic – the life and times of a diplomat

IF you are lucky then you may have heard Sue Boyd give her presentation already. If not, you have another opportunity at the meeting of the Mandurah regional branch of the Association of Independent Retirees (AIR) at the Halls Head Bowling Club, 2 Sticks Boulevard, Halls Head, Mandurah.

Sue had a career in the Department of Foreign Affairs, which included appointments as the head of the Australian Diplomatic Missions in Bangladesh, Vietnam, Hong Kong and Fiji. Sue is a great speaker and embellishes her presentation with great stories and experiences from her

long career.

Currently Sue is mentoring students of international relations at WA Universities.

The AIR meeting will start at 9.30am on April 24.

Contact Norm Hodgkinson on 9527 2383 for more details.

Find out about the heroes, villains and vagabonds of Perth's past

COLOURFUL characters of Perth's past will be the topic presented by renowned historian, Richard Offen, at the next meeting of the Association of Independent Retirees (Perth Branch) (AIR) on Friday 21 April at 10am.

The aim of the Association is to protect and advance the in-

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

Besides the meeting and morning tea there is a guest speaker, and over the year they embrace many interesting top-

ics related to finance, travel, health, community and special interests of members.

Members (\$2) and visitors (\$5) are encouraged to bring the correct money and their own coffee mug. Visitors are welcome. Enquiries can be addressed to Margaret (marghw@inet.net.au).

On Friday 19 May a spokes-

person from Carers WA will speak about services designed to assist the many family members who are caring for loved ones.

An AIR sub group will meet on Wednesday 12 April at the same venue. Enquiries can be addressed to John (johnkwellis@gmail.com).

Join the friendly gang at Morley Wider Vision Club

PERTH'S friendliest Seniors Social Club celebrates its 29th birthday this year.

The non-political and non-religious Morley Wider Vision Club meets weekly on Thursday 9.30-11.30am for morning tea in the Morley/Noranda Recreation Club, 85 McGilvray Avenue, Noranda, followed by guest speakers, entertainers, quiz questions, bingo, barbecues, jokes and

subsidised lunches.

The club invites people to check them out at a free morning tea, and don't be shy, guests are welcome to bring a friend.

Program April-May 23

April 13th Maintaining mental and general health as we age – Anthea Hodgson (Alan and Judy, butcher/daughter)

20th Propagation of plants – Chris Newell

27th Anniversary lunch

May 4th Social morning – bingo

11th Butterflies – Eric McCrum

18th Mother's Day – pizza

25th Production of *Have a Go News* – Jennifer Merigan (Editor)

New members are always made welcome. Phone Rhonda on 0419 225 688 for details.

COMMUNITY NOTEBOOK

FREE THE BEARS QUIZ NIGHT

May 13, 7pm \$25
SOUTH Perth Community Centre

Come along and help support our 270 bears
Raffles, prizes and games.
Booking link tinyurl.com/freethebearsquiz2023
Phone 9244 1096

THE FACIAL PAIN AND TRIGEMINAL NEURALGIA SUPPORT GROUP MIDLAND

April 15, 2pm
The Ascension Church Hall,
Spring Park Road.
DO you suffer from face pain?
Join us for a chat and a cuppa.
Contact Julie 0468 348 191

**DARLING SCARP ARTISANS
MOTHER'S DAY FAIR**
**Saturday May 13 & Sunday
May 14, 10am-4pm both days**
Lesmurdie Sports Club
LOVELY handcrafted gifts locally made. Bistro and cafe on site.

DARLING RANGE SENIORS HUB

WEEKLY activities within the City of Kalamunda
0492 807 603
www.darlingrangrseniorshub.com.au

MOONDYNE FESTIVAL TOODYAY

Sunday May 7, 9am- 4pm
free event
THE festival transforms the town of Toodyay into a lively all-day festival.
Song and dance laughter and fun for the whole family.

YORK HERITAGE FESTIVAL

**Saturday April 22
and Sunday April 23,
10am-4pm**
ALL heritage events, displays and exhibitions are free.
Check out the historic buildings and fascinating shop displays.
0418 936 214
yorkbusassoc@gmail.com

YORK MOTORCYCLE FESTIVAL

Sunday April 16, 10am-4pm.
FREE family event held at Avon Terrace
Motor bike stunt shows, vintage collective markets lots more plus a charity motorbike for Beyond Blue.
Enq 9386 9666

SAVOY OPERA CHORALE

CHORALE singing every Tuesday from 7.30pm-9pm all ages.
Considering joining our choir?
Come along to the G&S WA Hall corner of Lemana Road and Ravenswood Court Nollamara before rehearsals starts at 7.30pm.
Contact Roger Starbuck 0428 763468

BEDFORDALE BUSH MARKETS

**Every second Saturday from
March to October 9am-1pm
and November's market will
be 3pm-7pm.**
At the Bedfordale Hall.

November's market will be a Twilight Christmas Market.
0400 885 578

KARRINYUP SWAPMART

RUN by the Rotary Club of Scarborough entry \$1.
Opens at 7am every Sunday for buyers, located at the car park off Davenport Road.
Contact 0459 582 840

FLINDERS AUTUMN OUTDOOR MARKETS

**Sunday April 16,
11am-3.30pm.**
Flinders Square Shopping Centre
30 Wiluna Street, Yokine

KYILLA COMMUNITY FARMERS MARKET

Every Saturday 8am-11.30am
Kyilla Park
Cleveland Street, North Perth



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



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Our valued volunteers are the backbone in our support of over 55,000 West Australians in need each year.

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volunteer@svdpwa.org.au

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Sign up instore or online VINNIESWA.ORG.AU

Vinnies WA is an eligible mutual obligation provider.

As it happened – beyond the stories... a look at WA's oldest intact railway station



by Lee Tate

WHEN the first train on Perth's new airport rail line pulled into Claremont, it sidled up against the 135-year-old grand dame of the rail network.

Claremont station, with its unique stone station-master's building, is WA's oldest intact railway station.

While the world kept changing around it from the 1800s, the station-master's building held its ground with dignity and is now a centrepiece to the \$1.86 billion Metronet project.

Outside the historic stone building, a placard tells us that the station was a hive of activity in the early 1900s with: "steam trains, troop trains, signal men, goods yard, cattle yards, five platforms and a

horse and carriage dock."

The building retains its traditional, all-lever, signal cabin, the only one still in its original location in the metro area.

Five years after the railway line opened in 1881, the State's most eminent architect in the Federation period, George Temple Poole, produced his design for the magnificent building.

Photographs show Sir John Forrest leaving the station in 1902 and crowds milling there in 1905, on the way to the Showgrounds.

The station opened in 1881 as Butlers Swamp station but was renamed Claremont in 1883. A new station was constructed 300 metres to the east three years later.

The Royal Show was relocated to the Claremont site in 1905 when a third platform was added. Then, in 1954, the Showgrounds got its own

rail station.

The Fremantle line took a belly-blow when it was controversially closed in September 1979, but it was re-opened after immense public pressure on July 29, 1983, and the station building was restored.

The rail line was electrified in 1991 and the station was cut back to a one-island platform.

After Claremont's council chambers were gutted by fire in 2010, its administration staff moved into the old stationmaster's building. The former goods shed was converted into a cultural centre and cafe.

Five years ago, the State Government announced an upgrade to the station. This involved new train turnback facilities west of the station to allow airport line trains to turn around. It also added future-proofing for an extension of the platform to accept six-carriage trains.

For its latest incarnation, Claremont Station was closed for stabilisation and support works. The delicacy of the work required hand tools.

"These heritage works are so important to the history of our oldest train station and they need to be done properly," PTA spokesman David Hynes said.

One of the few artisans in WA able to complete the works was engaged and as a sole operator and skilled tradesman, he required time to obtain and fashion the timber.

Metronet, the single largest investment in Perth's public transport, will see 72km of new passenger rail and 23 new stations.

"Metronet is a catalyst to turn more than 8,000ha of land around new stations into desirable places to live, work and play," says the PTA.

Funded by the state



Claremont station

and federal governments, Metronet includes in its first stage: completing the Forrestfield-Airport Link, extending the Joon-dalup Line to Yanchep and the Thornlie Line to Cockburn Central, a new Morley-Ellenbrook Line, taking the Armadale Line to Byford, relocating Midland Station and stretching the Midland Line to Bellevue.

A new station at Kar-nup will be added to the

Mandurah Line and level crossings will be removed on the Armadale, Midland and Fremantle lines.

The project includes planning for an inner-sub-urb light rail system, improving bus services and circle routes and creating better synergies between cycling infrastructure and public transport.

The stationmaster's building remains the one constant.

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Ukrainian refugee calls Perth home thanks to help from Vinnies WA

JUST a year ago, Stanislav Khomich thought of Australia as a distant land he would probably never visit. Now the 35-year-old Ukrainian calls Perth home, far away from the horrors of war and occupation.

'Stas', as his friends and family call him, worked as a legal assistant in the city of Cherkasy, about 150 kilometres southeast of the capital, Kyiv. When Russian forces invaded his homeland on

February 24 2022, he helped his community organise supplies.

But when the situation got worse, he fled to Romania, then to Germany. He heard that some friends had come to Australia, and early one morning in July last year, he stepped off the plane in Perth.

Since his arrival, he has been supported by a partnership between Vinnies and the Ukrainian Association of WA, and its made

a real difference.

"This is not a holiday for me and for other Ukrainians who have fled the war. The support is very meaningful to me, to us," Stas says.

Vinnies considers the needs of individuals and families, and then provides them with the assistance they require. To date, almost 50 Ukrainians have received help with things like food and clothing.

Ukrainian Association president Mykola Mowczan is proud of the partnership with Vinnies.

"It's been so important to the Ukrainian community here in WA," he says.

"It just gives people that little bit extra to help them get by."

Stas now attends English classes at TAFE, and he loves exploring his new home by visiting places like Yanchep National Park and Elizabeth Quay.



MUST WATCH PROGRAMS THIS APRIL



TODAY PERTH

Wake up with Karl Stefanovic and Sarah Abo for Australia's most talked about breakfast show! Includes the latest news, sport, weather, opinion and analysis.

WEEKDAYS FROM 5.30AM



9NEWS WA FIRST

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

WEEKDAYS 5.00PM



9NEWS

Join Michael Thomson and the 9News team for the full story. Perth's comprehensive live one-hour bulletin covering the latest in news, sport, and weather.

NIGHTLY 6.00PM



A CURRENT AFFAIR

See stories covering the realms of politics, crime, human rights, science, technology, celebrities and entertainment. Hosted by Ally Langdon.

WEEKNIGHTS 7.00PM



LEGO MASTERS: GRAND MASTERS

Australia's favourite entertainment show is back for its biggest season yet where winners and top teams from previous seasons will face off in a supersized competition to determine the best of the best.

SUN 7.00PM, MON - TUE 7.30PM



RPA

The leading and captivating real-life series filmed at Royal Prince Alfred Hospital shows everyday workings of this major hospital in Sydney, Australia detailing the sickness and operation procedures of its patients.

MONDAYS 9.00PM



FROZEN PLANET 2

Presented by Sir David Attenborough, this documentary series observes the amazing species that thrive in freezing frontiers, and captures the wildlife dramas that play out in the coldest parts of Earth.

TUESDAYS 9.00PM



ESCAPE TO THE CHATEAU

Join Dick and Angel Strawbridge for a heart-warming family adventure, innovative renovations and spectacular celebrations inside their rundown French chateau.

FRIDAYS 7.30PM



DESTINATION WA

For its 14th series, explore the very best of the west, with host Trevor Cochrane and the Destination WA team as they try new eateries, visit scenic travel spots and explore historic locations.

SUNDAYS 5.30PM

* Broadcast times subject to change. Please check local guides.

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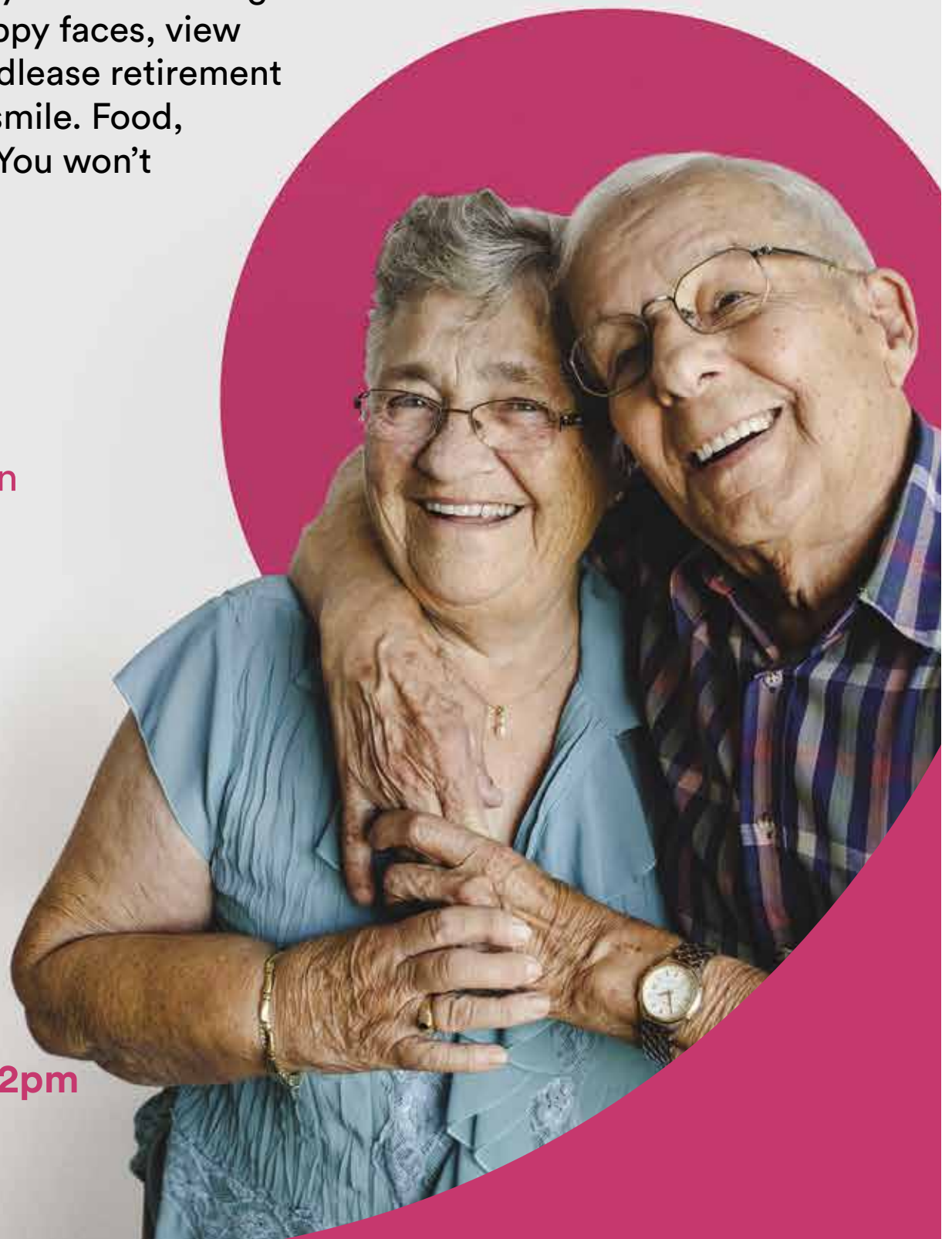
Find answers to your questions as you stroll through our welcoming spaces, chat to happy faces, view homes and see why living in a Lendlease retirement village gives residents reasons to smile. Food, entertainment and a goodie bag? You won't want to miss it!

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146 Strickland Street, Bunbury

Parkland Villas Ellenbrook
Friday 28 April, 11am - 1pm
25 The Parkway, Ellenbrook

Parkland Villas Woodlands
Saturday 29 April, 10:30am - 12pm
52-54 Liege Street, Woodlands



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living



HBF is supporting members to better manage symptoms from knee or hip osteoarthritis.

HBF offers eligible members* access to osteoarthritis support programs at no extra cost.



The GLA:D program®

In partnership with Life Ready Physiotherapy, this evidence-based¹ program uses in-clinic group exercise and education sessions delivered by a trained physiotherapist.



Osteoarthritis Healthy Weight for Life

Guided 18-week program to promote long-lasting behaviour change. Supporting products and materials are sent to your home, with a dedicated support team accessible via phone, SMS, private online message board and email.



Stand Up to Joint Pain

Personalised exercise plan aimed at improving muscle strength and reducing joint pain and stiffness. All consultations are delivered via telephone or telehealth by an experienced physiotherapist.

Call **1300 886 513**

Email **hbfhealthprograms@hbf.com.au**



* HBF members who hold eligible hospital covers and meet the program eligibility criteria. Members may only participate in each HBF health support program once per lifetime. Waiting periods and other terms and conditions may apply.

¹ <https://gladaustralia.com.au/key-evidence-surrounding-glad/>

Danish program offers a non-surgical pathway for osteoarthritis management



Dr Daniel Heredia

by Dr Daniel Heredia, Executive General Manager Insurance and Health Services, HBF

AN education and exercise program developed by researchers in Denmark is providing an alternative to surgery for Australians liv-

ing with osteoarthritis (OA). The biggest risk factors for OA are age, inactivity and obesity. It's more common in people aged 40+ or those with a prior joint injury. Family history can also contribute. For some, symptoms are mild, but for others they're on-

going and debilitating.

The good news is that, for most people, OA can be effectively managed and the outlook is very positive.

Clinical guidelines recommend joint replacement surgery only once conservative management options (patient education and exercise therapy, combined with weight reduction if necessary) have been exhausted. Howev-

er, the provision of lifestyle management support is relatively rare in Australia.

Physiotherapy can be prohibitively expensive and even when exercise is recommended, it is sometimes deemed to have failed without individuals having had the opportunity to complete a full course of prescribed exercise.

To support members and healthcare providers seeking high quality con-

servative management for OA, including a prescribed exercise plan, HBF now offers the internationally-recognised Good Life with osteoArthritis: Denmark (GLA:D) program to eligible members at participating Life Ready Physiotherapy clinics in WA.

What is GLA:D?

GLA:D is an education and exercise program developed by Danish clinical researchers and offered in Australia since 2017 to help people with hip or knee OA manage or reduce symptoms.

Physiotherapists or exercise physiologists who have been trained and certified by GLA:D Australia deliver two group education sessions and 12 small group exercise sessions over six weeks.

GLA:D is based on compelling research supporting the use of education and exercise therapy to manage hip and knee OA. While surgery can be a highly effective option for some living with OA,

GLA:D provides individuals with quality support that can prevent the need for surgery.

Why GLA:D?

GLA:D's efficacy has been recognised globally; the program also runs in Denmark, Canada, China, Switzerland, New Zealand, and Germany.

Between January 2018 and December 2021, more than 10,400 people participated in the program across Australia. After three months and 12 months:

- average knee/hip pain intensity decreased and was maintained
- medication use decreased and was maintained
- average joint-related quality of life increased
- participation in and confidence undertaking physical activity increased.

A substantial proportion of participants who desired surgery at baseline had not had surgery and no longer desired it after the program – reflecting a shift in

attitudes and suggesting a clear opportunity to avoid unnecessary surgery.

Delivering GLA:D locally

HBF is the first private health insurer to offer GLA:D as a fully covered health support program to members holding eligible hospital products, meaning they can access an evidence-based exercise program while retaining their physiotherapy benefits for other health needs.

GLA:D is safe for mature adults and has advantages beyond OA management. Many Australians with OA have at least one other chronic disease – most commonly cardiovascular disease, back pain and mental health conditions, all of which can benefit from increased physical activity.

Talk to your GP or physiotherapist if you believe GLA:D would benefit you; alternatively, HBF members can find out more via 1300 886 513 or hbf-healthprograms@hbf.com.au.



Find out more about bushwalking and hiking at expo

HIKEWEST the not-for-profit peak body for hiking and bushwalking in WA, will be delivering the WA Hiking Expo at 9am to 2pm on Sunday April 30 at the DBCA Perth Hills Discovery Centre venue in the beautiful setting of Beelu National Park, near Mundaring Weir.

Lovers of the outdoors won't

want to miss this popular entry-free event for the whole family in a wonderful forest setting.

It's an Expo of hiking information and opportunities, a great range of outdoor gear, an abundance of trails experts, hiking groups, guided hikes and much more. The Expo encourages people of all ages to discover

the pleasure and benefits of hiking. Find out how to get started into hiking or trail running; where to hike and who to hike with, and what gear you'll need.

It's never too late to start hiking and reap the health and well-being benefits. There will be fun and activities for all. Book online now for one

of the Expo's wide range of guided walks; enjoy the live bush band, or join the kids in mastering the rock-climbing wall or visiting the nature club and native animal display.

Then refuel at the food and coffee vans.

Go to www.wahikingexpo.com.au for details.

WA FIRST 5.00

SEE THE FULL STORY 6.00

Let's go motoring - another SUV to review - this time the Isuzu MU-X



The Isuzu MU-X delivers the goods



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

"ALL through my life I've had this strange unaccountable feeling that something was going on

in the world, something big, even sinister, and no one would tell me what it was."

"No," said the old man, "that's just perfectly normal paranoia. Everyone in the Universe has that."

"Everyone?" said Arthur.

"Well, if everyone has that perhaps it means something!"

"Perhaps somewhere outside the Universe we know..."

"Maybe. Who cares?" said Startibarfast before Arthur got too excited.

"Perhaps I'm old and tired," he continued, "but I always think that the chances of finding out what really is going on are so absurdly remote that the only thing to do is to say hang the sense of it and just keep yourself occupied."

Douglas Adams, *The Hitchhiker's Guide to the Galaxy*

The above piece reminded me of my bleak appreciation of Western Australia's (now) decade's long attraction to SUV's. Even as I type, it remains

beyond my grasp to fully comprehend. I know I am well in the minority.

Most of them clutter our WA roads and seem merely dim versions of LandCruisers. (Kings of the Road for a reason).

The majority of SUVs often feel ordinary, the drive experience, pedestrian. And the heft seems mostly unnecessary. However, in the words of The Eagles masterpiece, *The Last Resort*; "Jesus, people bought them".

Intellectually I get it; but not enamoured.

So it was with healthy indifference that an Isuzu MU-X arrived in the driveway. First reaction; surprisingly smart looking and it didn't frighten the dog!

Prices start from around \$48,900 moving up to top of range at \$61,400; where you get heaps of bells and whistles for your buck.

Dual-zone climate control, leather steering wheel, leather seats, darker glass and imposing 9.0-inch media display. The digital radio is remarkable with Android Auto and Apple Car-Play.

Connectivity is a piece of pelican.

Isuzu MU-X is an acceptably decent size, 4.85m front to back, 1.87m wide and a tall 1.83m. With a 3.00-litre, turbo-diesel (140kW and 450Nm) 4-cylinder engine and six-speed auto transmission which found the gears effortlessly.

At first the 3.0-litre engine sounded a little noisy. Curiously, after a few days of Perth city and suburban driving, less so. Perhaps the nature of the beast?

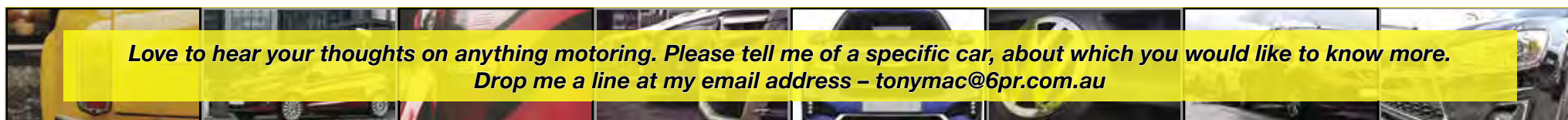
There is no hiding the

fact, MU-X is a large, seven-seater SUV. Which seems to be the attraction for millions. Plenty of room for a growing family, with second row and (surprisingly roomy) third row seats.

Grandchildren, jump in and go for your lives.

Overall, the top of the range Isuzu MU-X is a smart, attractive and affordable package; with a reassuringly, comfortable drive experience.

Hundreds of West Australians will own one and most unlikely regret it.





Mother's DAY SUNDAY 14 MAY

Let's face it, you LOVE your golf and you love your MUM... problem solved!!

Mother's Day Buffet Breakfast

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Make the day extra special by adding a picnic grazing box, filled with deli meats, cheeses, crackers, dips, fresh fruit, and antipasto. And why not elevate the experience with sparkling wine to share with Mum?

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Book tickets online or at the gate to secure your spot and create lasting memories this Mother's Day at Outback Splash!

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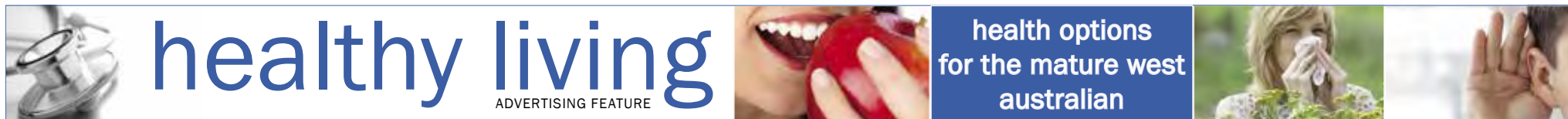
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healthy living

ADVERTISING FEATURE

health options
for the mature west
australian

A second opinion is almost always worthwhile



by Robert Vander Kraats,
Sport Physiotherapist

OBTAINING a second opinion reflects a patient's desire to obtain the best medical treat-

ment. The initial diagnosis and management plan can vary between health professional based upon education, past cases, and expertise.

This is evident from discrepancies between the initial diagnosis and management plan and a second opinion. Discrepancies do not occur all the time and a second opinion can simply be sought for reassurance and further education. A study published in

the *British Journal of General Practice* surveyed 1033 patients who had been involved in the health care system in Japan, where 41 per cent of people obtained a second opinion. Further, in a recent study published in the *Medical Care Journal*, close to 1.4 million health records in Israel were analysed in which 18 per cent of people acquired a second opinion.

Several people I have consulted with in the past have made the comment that health professionals are often rushed in giving a diagnosis and devising a management

plan. Consequently, little or no time was spent on explaining the actual diagnosis. In this case the second opinion would not be around the diagnosis or the management plan, rather more on education about the complaint.

Obtain your second opinion from Robert Vander Kraats, he has a degree in physiotherapy, a Masters in Sports Physiotherapy, a Certificate in Integrative Medicine and was awarded the title by the Australian Physiotherapy Association of a Sports and Exercise Physiotherapist

with AHPRA (the national regulatory body).

He is currently undertaking a research degree and is a former board member of Spinal Cord Injuries Australia and committee member of the Northern Suburbs Stroke Group. He belongs to the following professional groups: aquatic, disability, mental health, neurological, sports and exercise and orthopaedic, along with the Australian Physiotherapy Association.

Robert was recently featured on Channel 10 News, watch the recording at www.ngp.net.au or

on the *Have a Go News* Facebook page.

With years of experience, Robert has most likely seen your presenting problem before. Therefore, in combination with recent research, he can give a second opinion, or simply an explanation of your diagnosis. Clinical experience and research suggests that a patient has improved outcomes if they understand their condition better and there is no ambiguity.

To book in for your second opinion, either call 9203 7771 or visit www.ngp.net.au.

Complimentary afternoon tea with home care packages explained



IF you are considering a Home Care Package or have already started to apply, you may have found there is a wealth of information on how to proceed and navigate your way through it all, but it isn't so easy. However, with a few signposts showing the way, it need not be too difficult.

Dôme Café in Kingsley is holding a complimentary afternoon tea and information session on My Aged Care Home Care Packages on Tuesday 2 May at 3.30pm.

This is a step-by-step guide

covering who is eligible, what the package can provide, how to apply, how to find a provider and how you can transition to another provider if you change your mind.

It's for anyone thinking of applying for a package, has a friend or family member who could benefit from a package or anyone who already has one and would like more information.

Dôme have invited the team from CPE Group Home Care to come along not as representa-

tives of CPE Group but wearing their community service hats to answer all your questions. This is the opportunity to find the information you need over a cup of tea and without any commitment. Dôme Kingsley invite you to be their guests too.

Home Care Packages aren't just for personal care but may be able to provide someone to mow the lawn, weed the garden, do the laundry, remove the flyscreens and clean all those windows for you if you are finding it a little more

difficult to do everything at home yourself.

Packages range from \$9,179 to \$53,268 per year so it's well worth considering whether this is something for you.

Places went very quickly for the last session, so please call and leave a message or text Linda on 0448 110 922 for more information or to reserve a seat.

If you would like to know more about CPE Group Home Care, you can find them at www.cpegroup.biz.

Could you benefit from Women's and Men's Health Physiotherapy?

Nothing is unusual, from severe incontinence requiring a pad, to preparation for prolapse surgery, pelvic floor weakness, pelvic pain or rehabilitation after prostate surgery; our goal is to make you feel as comfortable as possible.

As these matters can be very embarrassing and personal, Janet (a 60 year old) will always accompany Robert (a physiotherapist with 17 years of experience, with a post-graduate qualification).

Next Generation Physiotherapy uses an Ultrasound Machine to ensure the assessment accuracy of the pelvic floor is always achieved.

For appointments call 9203 7771 or book online at www.ngp.net.au

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Nestled within beautiful gardens and overlooking parklands and a nearby golf course, Brightwater Inglewood is home to 128 residents in eight individual houses across two levels, featuring:

- State-of-the art private rooms
- Spacious communal areas and intimate dining rooms
- Physio and gym room, hairdresser and much more.



Based on the concept of a social model of care, Brightwater Inglewood has been designed with individual households, each home to a small community of just 16 residents with shared spaces where you and your family and friends can come together and connect.

Exceeding Australian standards, the heating, air conditioning and ventilation system is able to exhaust indoor air at a rapid rate, instantly bringing clean, fresh air in when required.

Brightwater's care is backed up by our dedicated Research Centre and their university partners, assisting us to discover new ways to improve the wellbeing and quality of lives of our residents, care does not get any better than at Brightwater Inglewood.



healthy living

ADVERTISING FEATURE

health options
for the mature west
australian

Shop around for a good deal for hearing health

WHY the cost-of-living crisis shouldn't cost you your hearing health

IN these challenging times, the last thing anyone needs is to be paying more for expert hearing care and hearing aids. That's why Specsavers Audiology is imploring Australians to shop around to ensure they're getting the best price and service to meet their needs, and not paying for features that they don't need.

Failing to do so could create unnecessary budget stress.

Specsavers Audiology is committed to

providing upfront prices online and before an appointment, because Australians deserve to know what they'll be paying at the start of their journey to better hearing. They put their customers first by offering value for money and expert care throughout the hearing journey.

Their qualified and fully accredited audiology professionals work closely with customers to unearth what they need, ensuring they are fitted with the right level of technology for their needs. The price of hearing aids is based on its technology and features, not

the severity of hearing loss, and there is no value in paying for unnecessary features.

If a hearing assessment identifies that hearing aids may benefit, Specsavers are available to help find the most appropriate solution based on the level of hearing loss, lifestyle and budget. Their team is dedicated to helping customers find the right solution tailored to you.

If you have any concerns about your own, or a loved one's hearing, visit your local Specsavers store or www.specsavers.com.au/hearing.



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Why pay full retail prices for your specs?

CHOOSE Factory Direct Specs (WA).

With so many competitors in the optical industry, Factory Direct Specs (WA) stands out in the crowd as an independent optician with onsite lab offering you products and services at better than retail prices.

They cut out the middle man to save you more. Your new (or your own existing) spectacles are manufactured onsite using state of the art edging machinery. They are continually striving to offer valued customers, the best value and the best service every time you visit the showroom.

Owner operator Ja-

son is a fully qualified optical technician and advanced optical dispenser with a wealth of knowledge and experience in the optical industry. Seeing a niche in the market, Jason established the business from scratch in 2015. He has nearly 30 years experience in the industry both here in Perth and in the UK, working for both corporations and independent opticians.

Whether you're looking for a new pair of spectacles, prescription sunglasses or sports eyewear or just to re-use your existing frames, they can help.

Factory Direct Specs have a fantastic range

of prescription spectacles and sunglasses catering for every budget. The onsite HICAPS machine allows you to claim directly from your Health fund*; more times than not, single vision spectacles are fully covered. Although they offer a range of budget frames, they also stock quality optical brands and latest designs for the fashion conscious. All at great value for money.

If you have a frame that you love but the prescription has changed, Budget Factory Specs can fit new lenses into the existing frame. They know that you can't leave your only pair of glasses

while new lenses are being ordered, as is with most optical stores taking anywhere from one to two weeks to have them back to you from the laboratories over east.

They will take all the measurements of the frame and give them back to you until your lenses are ready. Once the lenses are in, they contact you and arrange a convenient time to bring in your frame, and will fit your new lenses while you wait. This edging process takes only 20-30 mins*. Go have a coffee or lunch, you will only be without your glasses for the shortest time.

*Conditions apply

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At Regis, we believe a good life is built on great relationships.

That's why we've been nurturing trusted connections with our employees, clients, residents and their families for nearly 30 years. Through our range of tailored aged care services, we are committed to helping people realise their wellbeing goals and lead meaningful lives.

We focus on every person as an individual so we can provide the best possible care and help them find the smile in every day.

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Why not eat a little meat for good health and a long life...



Increase your longevity by eating meat...

by Frank Smith

MANY people have reduced their consumption of meat due to concerns about the effect of methane belched by ruminants (cattle, sheep and goats) on climate warming.

There are also claims that a vegetarian diet aids longevity. However, this claim has recently been disputed by scientists.

However, consuming meat regularly can reduce the risk of early death and increase longevity,

according to a study led by University of Adelaide scientists of more than 218,000 adults from more than 50 countries around the world.

The researchers found that the consumption of energy from carbohydrate crops (grains and tubers) does not lead to greater life expectancy, and that total meat consumption correlates to greater life expectancy, independent of the competing effects of total calories intake, economic affluence, urban advantages and obesity.

Dr Wenpeng You, researcher in biomedicine, says humans have evolved and thrived over millions of years because of their significant consumption of meat.

sumption of meat.

"We wanted to look more closely at research that has thrown a negative spotlight on meat consumption in the human diet," he says.

"Looking only at correlations of meat consumption with people's health or life expectancy within a particular group, and or, a particular region or country, can lead to complex and misleading conclusions.

"Our team analysed the correlations between meat eating and life expectancy, and child mortality, at global and regional levels, minimising the study bias, and making our conclusion more representative of the general health effects of

meat eating."

Senior author of the study, Emeritus Professor, Maciej Henneberg, says humans have adapted to meat-eating during more than two million years of evolution.

"Meat of small and large animals provided optimal nutrition to our ancestors who developed genetic, physiological, and morphological adaptations to eating meat products and we have inherited those adaptations," he said.

The complete nutritional profile of meat and human adaptation to meat eating have enabled humans to gain many physical benefits, including greater life expectancy.

Research has shown vegetarian diets may

result in longevity, but almost all vegetarians consume some animal protein in the form of dairy products, eggs or fish.

Vegan diets contain no animal products but need to be carefully supplemented with relatively exotic ingredients to include all essential nutrients.

Co-author Dr Arthur Saniotis says the findings are in line with other studies that show cereal-based foods have lower nutritional value than meat.

"While this is no surprise to many of us, it still needs to be pointed out," he said.

Meat not only provides energy but also all essential amino acids and other nutrients contributing to

our overall health. Without meat in our diet, we may not thrive.

"Our take home message is that meat-eating is beneficial to human health provided that it is consumed in moderation and that the meat industry is conducted in an ethical way, said Dr Saniotis.

Meat cultured from lab-grown animal cells may provide a solution for people who are ethically opposed to killing animals. However, religious authorities are unclear as to whether cultured meat is Kosher or Halal (compliant with Jewish or Islamic dietary laws).

The research was published last year in the *International Journal of General Medicine*.



Do you suffer from arthritis? Heart disease? Diabetes?

THE National Institute of Health has identified 74 diseases that are treatable by stem cell-based therapies. So, therefore it makes sense to increase the number of stem cells available.

There is a great natural product that people can take to assist their own adult stem

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Stem cells are the only cells in our body capable of repair and renewal. We need them for every day tissue repair and renewal. Cells are constantly breaking down and being re-

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be released into the bloodstream. This has been proven. This is potentially an extra four to 10 million stem cells in circulation.

If you would like to find out more about how Stem Cell Nutrition can transform your life Phone Sandra Barnsley 0412 479 156.



Embracing hearing solutions for age-related hearing loss

long-term conditions associated with ageing.

One in six Australians over 60 has some form of hearing loss, which increases with age. By the age of 85 years, more than half of Australians have some degree of hearing loss. Hearing loss is not only widespread but also has a significant impact on an individual's quality of life and overall well-being.

Don't let hearing loss limit you

As we age, it's not uncommon for our bodies to start to fail us in various ways. For many people, this can be a frustrating and challenging experience. However, one of the most difficult aspects of ageing is the feeling that we have that our minds are still sharp and alert while our bodies at times can no longer keep up.

This disconnect between mind and body can be particularly challenging,

as it can make it difficult to engage in activities that we once enjoyed and can limit our ability to experience life to the fullest. While there is no denying that ageing can be challenging for some people, it's important to remember that there are also many opportunities to continue to learn, grow, and enjoy life regardless of the limitations that age may bring.

Age-related hearing loss can impact our ability to communicate with others and participate in social activities. This can be isolating and may lead to feelings of frustration. However, it's important to remember that hearing loss is a common issue that affects many people as they age. With the help of modern hearing solutions, such as hearing aids and cochlear implants, it's possible to overcome these challenges, continue engaging in social activities, and maintain strong connections

with loved ones.

By seeking out solutions and not allowing hearing loss to hold us back, we can continue to enjoy life to the fullest, regardless of our age.

Preserving your hearing for life

Protect your hearing – limit your exposure to loud noises, such as power tools, to protect your hearing.

Maintain a healthy lifestyle – a healthy diet, regular exercise, and stress management are all factors in maintaining good hearing health.

Manage health conditions – underlying health conditions such as high blood pressure and diabetes can increase the risk of age-related hearing loss.

Quit smoking – smoking is a known risk factor for age-related hearing loss and has many other detrimental effects on health.

Have regular hearing assessments

– regular hearing tests can help detect hearing loss early and allow for early intervention.

Use assistive devices – if you already have hearing loss, use assistive listening devices, hearing aids or cochlear implants to help you hear better and minimise the impact of hearing loss on your daily life.

By taking these preventive measures, people can reduce their risk of developing age-related hearing loss and maintain their hearing health and well-being as they age.

Age-related hearing loss is a significant issue affecting the ageing population of Australia. It impacts on an individual's quality of life, communication and well-being. It is important for individuals to seek early treatment and support to help manage their hearing loss and maintain their independence and well-being as they grow older.

AGE-RELATED hearing loss is a common health concern and affects as much as one-third of the world's population. It is one of the most common

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ADVERTISING FEATURE



travel options for the mature west australian



L-R: Swan Valley in Singapore, City of Swan Deputy Mayor Mel Congerton (third from left) and Mayor David Lucas (sixth from right) with Swan Valley business owners and representatives - Bibbulmun Track celebrates 25 years in 2023



THIS month we visit the Avon Valley with a special

feature on some of the events happening in the area over the next couple of months. The Avon Valley is close to Perth with its many lovely historical towns. The cooler months offer the best of the valley so check out this special feature.

Tim Dave features the last story in his series on the Greek Islands and it has been informative following

him around this special part of the world. Frank Smith looks at travelling with a disability and we have loads of other great reading inside this section.

Indonesia Air Asia will fly Perth to Jakarta with a four times weekly service from Perth starting on June 2 using the airline's Airbus A320 aircraft. Tickets for the new



services are on sale now.

This marks the 13th new international air service secured by the Western Australia government since borders reopened last year.

Last month we had many guests arriving from interstate - I think we went to the airport eight times in two weeks. Interesting one of our guests was returning to the UK and with all the talk of expensive airfares he told us he had scored a one-way ticket for \$700.

We were gobsmacked and asked how he did it... He booked Perth to

Kuala Lumpur on Malindo Air, then a flight from KL to Heathrow on Oman Airlines stopping in Muscat. He said Malindo was a budget carrier but was certainly easy and pleasant to fly and he scored a row of three seats to himself, which on a midnight departure was fabulous. (He did say to make sure you take cash if you want to buy something on board). Oman Airlines offered good service and food and he said for the price and ease of travel (three seven-hour legs) he could not complain and would happily do it again.

A delegation from Western Australia's oldest wine region, the Swan Valley, made an international visit to Singapore last month. Home to almost 50 wineries, 12 breweries and cideries and 10 distilleries along with bountiful pro-

ducers and artisanal goods, it's also the second oldest wine region in the country. The area offers much for locals and visitors. The team showcased the best offerings of the area to Singaporeans who were among the first international visitors to return post pandemic. Bravo Swan Valley!

Celebrate the Bibbulmun Track's 25th year with an adventure. Be one of the 100 plus walkers to take part in the 25th Anniversary end-to-end walk - and be a part of history.

This a fabulous opportunity to complete a section of the track with an experienced guide and lots of support. There are 12 sections to choose from with varying degrees of difficulty, length of walk and nights spent on the track.

Bookings are now open - so get in quick.

Find out more and secure your place at www.bibbulmuntrack.org.au/walk-the-track/25th-anniversary-celebrations/celebrate-our-25th-year-with-an-adventure.

We have information inside this section about our next day trip flight to Antarctica.

See page 30 for details on the flight which departs January 26, 2024. If you would like a copy of the brochure which outlines conditions and seating classes and the booking form, please email jen@haveagonews.com.au or call the office on 9227 8283. Happy trails



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

New name but the same message: enjoy caravanning in Western Australia

THE WA Association of Caravan Clubs Inc. has a new name - it will now be referred to as ACCWA. The aim of ACCWA is to

foster and promote caravanning and encourage caravanners to appreciate and enjoy the beauty of the natural environment.

The association represents Caravan, Motor Home and Recreational Vehicle Clubs in Western Australia and operates un-

der a registered business name of Caravanswest. The ACCWA represents 34 WA-based clubs for people who enjoy caravanning and outdoor travelling in groups, enjoying all the benefits that club membership offers.

ACCWA is a member of the National Association of Caravan Clubs Ltd (NACC) which is the national organisation representing the individual state associations on matters affecting all caravanners

The Association provides free help for WA. caravanners to find and join their ideal club. Whether you are interested in mid-week getaways, weekend trips, family-oriented treks or pet friendly ones, ACCWA will assist you to find a club that suits

their needs.

The great thing about joining a club is that people never have to caravan alone and people can make and enjoy new friends with similar interests. It's also an opportunity to find new locations and have the safety and security and fun of travelling as a group.

Give them a call as they would love to have a chat... 0455 036 304 or email caravanswestsecretary@gmail.com.

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TUESDAY 30 MAY - Northern Suburbs
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 9.30am Morley Recreation Centre
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THURSDAY 29 JUNE - Northern Suburbs
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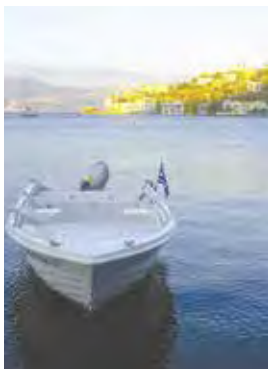
ADVERTISING FEATURE

travel options for the mature west australian

A Greek Island odyssey - Kastellorizo: the little, big island



From left to right; The tiny village, Mandraki - local families rent Ottoman-style rooms - 6th century Lycian tomb cut into the rock face - harbour entrance - view from agora / kordoni
Inset; the ferry seen from the escarpment high above the village



Tim Dawe concludes his Greek Island travels on Megisti.

THIS Greek island is remote. It's as if Zeus hurled Kastellorizo from faraway Mt Olympus to the edge of the Dodecanese, just 2km from the Turkish coast. And this rocky outpost is tiny - about 10sq km, or half the size of Rottnest. Ironically, its official name - Megisti - means big, because it's surrounded by even tinier "islands". Two aspects stand out: Kastellorizo's remarkable history and survival, and the super-glue bond of its Australian descendants, 'Kassies'. More on this later.

The ferry from Rhodes rounds a headland into Kastellorizo's deep, U-shaped harbour bathed in golden sunlight sliced with an inky-black shadow from a massive escarpment. The Greek flag flies over the namesake castle that dominates the skyline. A red-topped minaret stands sentinel at the entrance. Terraces of mansion houses radiate their vibrant colours. Ocean-going yachts bob,

and people scatter from their café tables lining the narrow kordoni (quay) with our foghorn blast. An exited crowd awaits our ferry. It's theatrical!

While there's lots to see here, it's easy to experience most sights in a day or two. I'm here for seven days, necessitating some changing of gears, adjusting to the slow, island routine. It's late in the tourist season, fewer yachts moored, and just one cruise ship from Cyprus for its four-hour stopover.

Now accommodated, I start my harbour circumnavigation after breakfast. Many of those dress circle, two-storey houses are fully restored, others crumbling - mostly the former mansions of a wealthy shipping class. The harbourside mosque, a legacy of the Ottoman occupation, is now a cultural centre featuring its treasure: a black and white film of former residents giving their firsthand accounts of island life.

Steep steps winding around close-knit houses reveal the Church of St Nicholas with its stone bell tower and frescoes. Around the corner a small, courtyard-based museum displays a collection from the island and wider Dodecanese. Higher up is the shell of the namesake castle. Prominently placed, it's a stand-out feature over the harbour with views across the Aegean to the Turkish town of Kas. It stands out at night too - under floodlights.

I step through centuries in a few metres finding remnants of a Turkish hamman (bathhouse) and a granary before taking the steep stone path that clings to the shoreline to picturesque Mandraki. It means little harbour, traditionally providing ship-building and maintenance services. Stillness hovers over bougainvillea-covered houses, far from boisterous cafés. Diverting to visit the sixth century Lycian tomb cut into the rock, I find a recommended, and welcome, spot for a cooling swim.

There're no beaches in Kastellorizo; it's not that sort of island. Swimming starts with walking down rocks or stone steps - requiring footwear. If the silky water is not wondrous enough, underwater is spectacular. The rock ledge drops near-vertically to unfathomable depths. Crystal-clear turquoise and blue dissolve into a kaleidoscope with pinpricks of sunlight shafting around skittish, silvery fish. Everywhere there're broken amphorae. It's wonderful.

I circle back via the tiny

village of Horáfiá and the 1835 Church of St Constantine and St Helen, a three-aisled domed basilica filled with icons and with an intricate pebble floor. Outside, a life-size statue of 'the lady of Ro', a local patriot who heroically defied the Turks by daily hoisting the Greek flag on that island speck, Ro. It's now siesta time. For future exploring there's the Blue Grotto, Kas and the high hinterland.

Arguably Kastellorizo's premier attraction, the Blue Grotto (Parasta) on the south east, is a 45-minute boat-ride away. The low, slit entrance to this sea cave allows cautious access only at low tide. Once inside the large chamber, with its stalactites and resident seal, the magic of light begins. Its angle infuses the space with a strange blue light. Another must-do exploration is a boat ride to Kas, founded by Kastellorizians. It's a lovely tourist town of 8,000 - Turkey's gem on the Turquoise Coast. Friends and I hire a fisherman for transport. We shop and walk to the ancient amphitheatre, later enjoying a splendid

open-air dinner before returning, in pitch-dark, to 'our' island.

A stone path slashes a white zig-zag across the black, near-vertical escarpment at the foot of the harbour. It's quite a climb, best done early in the day. With each step there's an ever-higher, panoramic view between Cyprus pines of both harbour and village. The last step presents a different landscape: a flat, rocky and barren plateau with barely a weed. A goat stares. It's hot and the silence is palpable. The ruins of St George of the Mountain monastery show evidence of former habitation.

Today there are 327 Kassies residing in Kastellorizo plus 50,000+ Kassie descendants in Australia. It's those Kassies from the diaspora that I see - and hear - around me. My visit coincides with the AFL Grand Final. It's odd to see scores of Aussies yelling at TV screens in these tiny harbour-side cafés. Locals look bemused or, heads down, ply the bar-rackers with food, ouzo and coffee. My host, Byron Kakulas, grandson of an immigrant from the

1913 exodus, is typical of his generation of Kassies. He and wife Val, invested both time and fortune lovingly restoring his family home (title lost in the war) battling bureaucracies and scarce building trades. It's a joy moving between Kassie families, many inter-related, some with three generations here. We gather for dinners and outdoor dancing. I hear of 'Kassie fever', irrational exuberance (particularly buying degraded property) and the phrase "giving back to the island of

our forebears".

Old men tell me youthful tales of building houses in Darwin or picking grapes at Mildura. Unable to adjust, they returned from remote Australia to remote Kastellorizo. Many Australian Kassies visit occasionally, others regularly, all enjoying the strong bond of Greek, and particularly Kastellorizian, heritage. It's a casual, carefree atmosphere of kinship and a privilege I share briefly. Now I have to leave this little island with a big heart - it's a treasure.

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A nostalgic look at the Mandurah fishing experience - a rite of passage for youngsters



The fish got bigger but the excitement of catching one on a lure never surpassed the moment that first chopper was hooked on my home-made lure

by Mike Roennfeldt

I WAS down in Man-

durah recently, a place that holds heaps of happy memories from back

when I was a mad keen fisherman of primary school age. We're talking about the 1950s here, so things have changed a bit down there since that laid back, uncomplicated time.

We caught crabs, whiting, prawns, tailor, herring, flounder and plenty more, including even occasional small mulloway. But no flathead. To this day it puzzles me why flathead aren't caught in that estuary system. The environment looks superb for the species and there's obviously no shortage of food in the shape of prawns and small fish.

The only flattie I can recall hearing of from the

Peel Harvey was a thumping big bluespot flathead of well over 2kg that was hooked from a jetty in the Yunderup canals. Bluespots are more often found out in the ocean, so one that far up the estuary makes it all the more mysterious.

I've been told the bar-tailed flathead we catch in the Swan is actually a tropical species, so maybe the Swan is the absolute southern extent of their range. I know I've caught fish that look exactly the same in Kimberley estuaries, so I guess that could well be the reason.

Anyway, there I was at Mandurah Quays, look-

ing out over the estuary to Boundary Island, when my first lure fishing experience came back to me.

I didn't have the financial wherewithal to buy a proper lure at the ripe old age of about six, but reckoned I could make my own. The process was agricultural to say the least, but that was a very large part of the fun and satisfaction.

A pair of tin snips from my father's workbench worked fine for cutting an elongated eye-shape from a condensed milk tin lid. A hammer and nail were used to punch a hole at either end and a hook was attached with the aid of many wraps of nylon

line and a bulky, unscientific knot or two. A bit of a twist was applied to the cut-out shape and I was in business.

This was all in preparation for an eagerly anticipated trip in a dinghy belonging to a family friend. The plan was to make our way upstream from the then much smaller Mandurah township and putter along to Boundary Island for lunch. The day finally came and because this was before the heady time when I owned a fishing rod, the lure went out the back on a handline as soon as we left the launching spot.

First sign of interest came from a seagull

that swooped at the lure splashing along in the wake. I was pretty excited by that. At least a bird thought it looked fish-like. Then the excitement went to a whole new level when the line came tight in my hands and I was on.

The fish raced around for a minute or two and the excitement aboard was palpable. In it came, a feisty little chopper tailor, probably short of 30cm but huge in terms of satisfaction. Possibly even a life-changing moment.

In a lifetime blessed with countless unforgettable fishing experiences, catching that little chopper would comfortably hold a place in the top ten.

Join the best day tour in the world to Antarctica

TWO groups of *Have a Go News* readers took to the sky and enjoyed the day trip of a lifetime flying across Antarctica in the last year.

Diane Hansen said she had wonderful memories of the flight.

"My seats were brilliant as were the people I met, it was a privilege to be able to get on that plane and see some spectacular sites and the plane and

the staff were top notch too," she said.

Diane travelled on explorer economy class and has shared some photos from the trip with us.

John Farnan decided to go on the trip as a 90th birthday present to himself and said he had a great experience onboard. John said the fact that the continent of Antarctica is larger in area than either Europe or Aus-

tralia makes the point that we saw only a tiny fraction of the coastline, much of which is normally covered by cloud during the five hours flying over the continent.

"The Qantas pilots used their experience and weather data to choose our route which was specific to the day's flight selecting a cloud-free area," said John.

The next trip is sched-

uled for Australia Day, January 26, 2024 and we have seats available.

Have a Go News has been working with Antarctica Flights for more than six years and many readers have taken this unique day trip to see the last great wilderness of Antarctica by plane.

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

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 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 use of the state-of-the-art entertainment system.

This flight departs Perth on Australia Day 2024 at 8am and returns at 8.30pm and seats sell out quickly for this amazing experience.

The following seating is available:

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Can I come, too? - travelling with a disability, dementia or serious health condition



L-R; Blind and low vision group on summit Mt Kosciuszko - Dr Jun Wen and Shazzy

by Frank Smith

TRAVELLING presents a serious challenge for a large group of people. According to the Australian Bureau of Statistics nearly half the people aged 65 years and over have a disability. Some disabled people even avoid taking holidays altogether. This can impact if they have health challenges.

A collaboration between ECU's School of Business and Law and Centre for Precision Health, has put forth the concept of 'travel therapy', which sees tourism as a means of improving mental health and wellbeing.

Researcher Dr Jun Wen said it is vital the tourism industry catered more to vulnerable people with physical or psychological disorders.

"Medical experts can recommend dementia treatments such as music therapy, exercise, cognitive stimulation, reminiscence therapy, sensory

stimulation and adaptations to a patient's mealtimes and environment," Dr Wen said.

"These are all also often found when on holidays."

Dr Wen said the varied nature of tourism meant there were many opportunities to incorporate treatments for conditions such as dementia.

For example, being in new environments and having new experiences could provide cognitive and sensory stimulation.

"Exercise has been linked to mental wellbeing and travelling often involves enhanced physical activity, such as more walking," Dr Wen said.

"Mealtimes are often different on holiday: they're usually more social affairs with multiple people. Family-style meals have been found to positively influence dementia patients' eating behaviour.

"And then there's the basics like fresh air and sunshine increasing vitamin D and

serotonin levels.

"Everything that comes together to represent a holistic tourism experience, makes it easy to see how patients with dementia may benefit from tourism as an intervention."

"Most (disabled people) are able to travel but remain vulnerable during trips and need intensive services," he said.

Have a Go News has researched some of the problems disabled travellers face and possible solutions.

Getting there

Airlines, trains and long-distance buses will usually carry wheelchairs and light mobility scooters free of charge. They will also provide wheelchairs to take disabled travellers from check-in to the aircraft and during transfers between aircraft.

To arrange assistance, contact the carrier a few days before you travel. Travellers to the US should be aware that wheelchair pushers expect a tip.

If you plan to drive overseas take your ACROD sticker. It has no legal status internationally but most parking authorities will respect your needs.

Hidden disabilities

Not every disability is obvious. People with limited sight and hearing, asthma, diabetes, chronic pain and sleep disorders or with neurological conditions may need assistance. They can opt to wear the Sunflower lanyard or wristband to discreetly identify their individual access needs.

The Hidden Disabilities Sunflower acts as a prompt to let people around them know they have a non-visible disability and that they may need a helping hand, understanding, or simply more time.

Clinical consultant nurse Shazzy Tharby said: "We have travelled with my autistic children to the UK and the sunflower lanyards provided by the airport were invaluable.

"People were much more helpful with our invisible disabilities."

Sunflower lanyards and wristbands are available free of charge from Perth Airport and at Whitford's Shopping Centre.

Accommodation Challenges

It is not always easy to find accessible accommodation, www.accessibleaustralia.com.au/ is a good place to start.

In regional Australia the local visitors centre may have a list of properties with accessible rooms.

If using Air B&B or similar on-line booking services look for photos of the bathroom. If there are none you can count on it being difficult to use.

In Britain many hotels have an access statement, often with photos. It's a great idea and worth asking for anywhere.

Julie Jones, author of *havewheelchairwilltravel*. net advises travellers to explain what their needs are when booking. The

accommodation provider will either say they cannot cater for you, or describe the facilities they have.

If you are ringing a large chain hotel don't ring their central reservations number. Find the hotel's direct phone number.

Make a written list of questions to ask.

Is the shower entry roll-in?

Does it have a hand-held option?

Is a shower chair provided?

Does the toilet have rails?

What steps must be negotiated and do they have handrails?

Are doorways wide enough for walker or wheelchair?

Are switches and appliances accessible from a wheelchair height?

Is there room to manoeuvre a wheelchair round the bed?

Is there on-site disabled parking?

Dietary Challenges

While vegetarians and gluten intolerant people are generally well catered for, people with other dietary intolerances may need to look around for suitable restaurants.

Sensory challenges

Blind and deaf travellers and those with dementia, have special problems, but they are not insurmountable.

James (Buck) McFarlane, runs *Cockie Guides*, a tourist company that has provided tours for more than 1500 blind and low vision travellers over the past five years.

"We take blind people to places like the summit of Mount Kosciusko, Cradle mountain and down an opal mine.

"We look at the destination to see what we can offer clients and provide sensory experiences - tastes, sounds, stories and the feel of the place.

"They must have ability to walk and use a cane or have an assistance dog.

"Our core business is blind and low vision people, but we have started to cater for deaf people by putting an Auslan interpreter on board bus.

"We can't handle people with multiple disabilities at same time. We don't mix disabilities, if we did at least one person would miss out at any time," he said.

WA Companion Card

Western Australians who need a carer's support to participate in community events can apply for a companion card www.wacompanioncard.org.au.

Show the card when booking at a participating business, called an affiliate. Affiliates will issue the cardholder with a ticket for their companion at no charge.

What the industry can do

Dr Wen said there are numerous initiatives which could make destinations more accessible for vulnerable people.

Not only is the tourism industry missing out on a large segment of the population, with an ageing population and increasing diagnoses of many conditions, the sector must cater to this group of people to thrive in the future.

The research was published in *Tourism Management and the International Journal of Contemporary Hospitality Management*, recently.

Don't look directly at sun during the eclipse...

WA Department of Health advises people not to look directly at the sun during the solar eclipse on April 20 due to the risk of per-

manent eye damage.

A partial eclipse will be visible across most of Western Australia. Exmouth and the North West Cape will

experience a total solar eclipse lasting just over one minute, which will see the moon cover the entire sun.

Department of Health advises that looking directly at the sun with a naked eye during a solar eclipse can cause permanent loss of vision. Even a momentary glance at the sun can cause serious eye damage very quickly and there's generally no pain or warning signs.

Children and teenagers are most at risk and should be supervised during the eclipse to ensure they do not look directly at the sun.

The only way to guarantee that you do not get eye damage is by viewing the eclipse indirectly, such as using a pinhole viewer, or watching a live stream on TV or online.

Eclipse glasses are

not recommended. The Department of Health does not recommend viewing the eclipse directly, including using solar eclipse glasses because:

- their quality cannot be guaranteed
- they may not block enough light
- there may be scratches, cracks or pin hole defects
- they frequently do not fit the face well and light can reach the eyes from the gaps.

If you choose to use solar eclipse glasses, despite the risks, check the glasses meet ISO-12312-2020 certification.

Learn more about solar eclipse eye safety at healthywa.wa.gov.au and watch the videos featuring Lions Eye Institute ophthalmologist Dr Hessom Razavi on WA Health's YouTube channel.

Flinders Ranges, the Kimberley, and Norfolk Island



THESE three destinations are miles apart yet they are three of Aussie Redback Tours' most popular places to visit this year.

Aussie Redback Tours have just released a new tour which encompasses three of South Australia's most popular spots. This is already half full which shows how popular it really is:

Flinders Ranges, Lake Eyre, Coober Pedy - May 28 to June 6 (10 days) from \$3,950 (includes flights Perth-Adelaide-Perth).

Another favourite destination is the stunning Kimberley region. If you've ever wanted to see our famous giant boab trees, long winding rivers, rugged mountain ranges and the Bungle Bungles, then this is the tour for you.

Kimberley Dreaming - June 23 to July 1 (nine days) from \$3,790 (includes flights Perth-Broome and Kununurra-Perth).

And later in October, Aussie Redback

Tours will be hosting a tour off our east coast:

Norfolk Island - October 2 to 9 (eight days) from \$4,300.

This tour abounds in history, nature and unique local culture. The package takes in the best of everything including tours sampling local produce, visiting historical landmarks, and learning its remarkable history of Polynesians, convicts, and descendants of the Bounty mutineers.

Norfolk Island is also famously known for the home to late author Colleen McCullough, and a guided tour is included to her amazing home which contains numerous priceless collections from around the world.

If you'd like more information including full itineraries on the above, visit the Aussie Redback Tours website - www.aussieredbacktours.com.au. Contact them on 1300 662 026 or email info@aussieredbacktours.com.au.

Have a Go NEWS

COMMUNITY PHONE NUMBERS



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Medicare: 132 011

My Aged Care:

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ATO: 13 28 61

WA Senior Card:

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Seniors Recreation

Council: 9492 9773

Western Power:

13 13 51

Water Corporation:

13 13 75

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Police: 131 444

Crime Stoppers:

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Discover some of Western Australia's best kept holiday secrets



Karijini Eco Retreat © Base Imagery

GO off the beaten track to an outback and island adventure in Western Australia's Pilbara region and discover a side of WA you never knew about.

Located a two-hour flight or 1,500km drive north of Perth, Karijini Eco Retreat is hidden in the depths

of the spectacular Karijini National Park, featuring unique eco tents and cabanas, a campground and an outback style restaurant and bar. One of Australia's leading eco-tourism attractions and proudly 100 per cent Aboriginal owned, the Retreat provides access to

the park's walks and guided adventure tours.

Explore a wonderland of ancient natural landscapes formed more than two billion years ago, with breathtaking plunging gorges, slot canyons, sheer red cliffs, towering waterfalls and emerald green swimming holes, home to a variety of wildflowers and native wildlife. A short walk trail leads directly from the Karijini Eco Retreat into the stunning Joffre Gorge, where you will be awestruck by the curved waterfall inside a natural amphitheatre, flowing after rainfalls.

Whether you are camping or glamping, Karijini Eco Retreat offers the perfect blend of creature comforts, genuine mateship and friendly hospitality.

From Karijini, drive west to the coast, passing red earth, bushland and mountain ranges, and discover

the quaint coastal outback town of Onslow. Stay at the Onslow Beach Resort overlooking a unique red sand beach and the deep blue Indian Ocean. The resort offers relaxed sophistication and a refreshing welcome, with stylish, modern self-contained suites and a restaurant and bar right on the beachfront. Resort facilities include free Wi-Fi, an outdoor swimming pool, barbecues, gym, paddle board hire, tour desk and parking.

One of the only places in WA that you can see both a sunrise and sunset over the ocean, plus the Staircase to the Moon natural phenomenon, Onslow is dotted with giant termite mounds, white salt lakes and plenty of history. Explore the old town ruins, the Anzac Memorial, the Goods Shed Museum and one of Australia's biggest shell collections at the

Neil and Judy Baker Shell Museum.

Lying a short 45 minute hop by ferry off the coast of Onslow, the Mackerel Islands conjure up memories of simpler times, sandy feet and sunshine. The accommodation comprises spacious beachfront cabins stretched along the main bay, each featuring a kitchen, lounge and dining area, plus an alfresco patio with a barbecue, table, chairs and a hammock, perfect for re-

laxing, reading a good book and watching the ocean.

A range of tours and activities is available, including fishing, snorkelling, kayaking, stand-up paddle boarding, boat hire, 4WD bus trips and Dinner Under The Stars events.

The marine wildlife is nothing short of amazing. You can spot sea turtles, dolphins, dugongs, sting-rays, wobbegongs, crayfish, gropers, colourful tropical fish and beautiful

coral formations. Whales are a magnificent sight when they visit the islands during their migration and calving season in July and August. Bird watching is also a popular activity, and at night you'll see the sky light up with millions of stars.

To find out more or book, visit www.karijiniecotreat.com.au, www.onslowbeachresort.com.au and www.mackerelislands.com.au.

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Club 55's latest brochures can be accessed online at www.club55.com.au and people can also register as a member online. Great way to meet and make new friends. Anyone can join Club 55 Travel Club and there are no joining fees.

You can also follow Club 55 Travel on Facebook. Phone 0434 439 983.

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T&C's apply, valid for travel Saturdays to Fridays, April - October 2023, subject to availability, excludes school holidays. See website for details.

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Don't miss the Moondyne Festival in the Avon Valley this May



Moondyne Joe

THE town of Toodyay will step back in time yet again to celebrate the life and times of the iconic Moondyne Joe by hosting the Moondyne Festival, Toodyay, bringing the infamous Avon Valley bushranger Moondyne Joe and his escapades to life. The highlight of the day being the re-enactment of Moondyne Joe's various escapades and his mock trials.

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

The festival transforms 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 and followed by a fun, colourful, energetic and noisy parade with street actors, stilt walkers, town crier, blacksmith, wood chopping and much more.

Some 1860 costumes are available for loan to wear at the festival, email moondynecommittee@gmail.com for details.

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 escaped with the assistance of local inhabitants who love Joe. One might say he was the WA equivalent of Ned Kelly or Robin Hood.

The festival will be held on Stirling Terrace, Toodyay which will be closed off to traffic from 8am

to 5pm on Sunday 7 May.

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, Convict Acrobats and Irish dancers will entertain you along the main street.

The Jarrah Celtic Band will delight us again with their wealth of colonial songs. Listen to Bush Poets, Australia, early settler's music that will include Irish, Scottish, Italian and English folk, 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 specialty craft and food stalls. Events include

log chopping, blacksmithing, bush poetry, stilt walkers, horse and cart rides, reptile display, historical tools restoration, and of course the ever-popular swaggie camp. don't miss the vintage horse works display (circa 1850), camel rides, kids amusement rides, and a visit to Moondyne Joe's cell at the old Newcastle Gaol Museum.

The mini train ride at Duidgee Park is always a highlight of the day.

This event is packed full of family fun and kids' entertainment. Children will be delighted with stilt walkers, carnival, face painting, jugglers and much more.

Make sure you don't miss this brilliant event suitable for all ages.

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

Much to see and do in the Avon Valley's town of Northam

LOCATED in the heart of the picturesque Avon Valley, Northam is home to a diverse range of tourist and heritage attractions, including hot air ballooning, Aboriginal cultural experiences, wildflowers,

tours and trails, historic buildings, horse racing, white swans and wineries.

Alongside a vibrant calendar of regular events, this year Northam will host the Australian National Bal-

looning Championships from May 6 to 13, including the spectacular Elevate Festival and balloon glow on May 6, and again from September 2 to 9 the Women's World Hot Air Ballooning Championships.

The Northam Visitor Centre includes free Wi-fi, an interpretive space featuring the 'Sense of Place' migrant exhibition, and other seasonal displays. Visit the centre for advice on places to see, stay and eat while you are in the area, information on activities, a wide range of local produce and artwork, and a great selection of souvenirs and gifts.

For further information see www.northam.wa.gov.au visit.



Enjoy a diverse range of tourist and heritage attractions in Northam

Take to the skies



LIBERTY Balloon Flights operates in Western Australia (Northam - Avon Valley) during the cooler months and in Victoria (Melbourne and Geelong).

Flights happen at dawn, so guests meet very early to be up in the air when the sun comes up. They fly for about an hour.

Ballooning is the most ancient form of aviation, the first flight happened in 1783 in France and has continued since.

It is the peaceful adventure of floating in the wind - a gentle activity for people from six to 110 years of age.

The element of adventure is that every flight is different and unique. A hands-on activity for those able to help makes for part of the fun and, after packing the balloon away, we head back to a well-deserved breakfast at the Farmers Home Hotel after the flight.

For booking details and a special *Have a Go News* discount offer see advertisement on page 35.

visit northam wandju

Located in the picturesque Avon Valley, Northam is the heart of the region. Whether you choose to soak up the culture at the state-of-the-art Bilya Koort Boodja centre, try a balloon flight to enjoy the scenery, explore the public artwork around Northam, or just enjoy exploring, Northam has something for everyone.

Northam Visitor Centre
 2 Grey Street | Open 7 days
 (08) 9622 2100 | tourist@northam.wa.gov.au
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Eyes to the skies! The National Ballooning Championships return to Northam



2017 Championships © Michelle Blackhurst

A COLOURFUL week-long aerial spectacle returns to Northam this May. The much-anticipated National Ballooning Championships will be hosted in WA's home of hot air ballooning for the first time in six years.

From May 6 to 13, the skies above the Avon Valley in Ballardong Nyoongar country will fill with vibrant hot air balloons as pilots from across Australia compete to secure a place in the World Championships.

The event is free to attend, and with the course spanning 30 x 40km, there will be plenty of vantage points for visitors to see more than 20 balloons gliding over the Avon Valley's rolling hills.

National Ballooning Championships operations manager, Gren Putland, said there was much anticipation from the ballooning community about this year's event.

"This will be the first national championships in four years," Mr Putland said.

"Northam proudly hosted the Championships in 2017, 2015, 1981 and 1984. The 2021 championships were postponed due to Covid restrictions. The 2019 championships were held in Mudgee, NSW.

"More than 20 world-ranked Australian ballooning pilots will compete for the opportunity to represent the nation at the World Championships.

"Australia's best female balloon pilots will be back again in Northam in September for the Women's World Championships, the first time they have been held outside the northern hemisphere. It's a great honour for us," he said.

Current national champion and Australian Balloon manufacturer Sean Kavanagh said Northam provided perfect ballooning conditions.

"It is exciting to get back to Northam and finally have a chance to defend my title. It will be interesting to see how the different time of year changes the flying area and it may be a bit of a

test for those of us who are used to flying here later in the year.

"The Nationals in May will also be a great warm up for the Australian women's team leading into the World Championship in September. It is an opportunity to learn at the flying area and build the teamwork and camaraderie that pushes the Australian team forward at these events.

"Northam has a great mix of flying conditions that challenge pilots. The surrounding farmland is a joy to fly over and the

people of Northam always support the event and teams when it comes time to land. I can't wait to get back west!" he said.

Pilots will test their skills at varying winds and altitudes, competing twice per day at dawn and late afternoon (weather permitting) over five days (May 8 - 13).

Pilots will have practice flights on May 6 and 7, providing another great opportunity to admire the hot air balloons.

Shire president Cr Chris Antonio said the

community was looking forward to welcoming back visitors from across Australia for the spectacle.

"Northam is truly the hot air ballooning capital of Australia and is delighted to have the National Hot Air Ballooning Championships return in May.

"The Ballooning Nationals brings welcome visitors from all around Australia, who get to experience everything our fantastic Shire has to offer.

"One of the highlights is the Elevate Festival on May 6. The stunning prelude to the Championships features around 15 hot air balloons with burners ignited periodically, lighting the night sky. It truly is an amazing display that rivals any firework display," Cr Antonio said.

Complementing the Balloon Glow at Elevate Festival will be entertainment, markets, and food trucks. Northam will also host a number of activations throughout the week including a History of Ballooning display, and a Star Gazing event where visitors will learn Aboriginal cultural stories of the night sky. Northam is an official AstroTour-

ism Town - renowned for its incredible night skies, so visitors can enjoy the balloons by day and the stars by night.

Northam is the ideal weekend destination, less than an hour and a half's drive from Perth, with new attractions and accommodation options including the Farmers' Home Hotel, The Temperance Bar and The

Bilya Koort Boodja Centre for Nyoongar Culture and Environmental Knowledge.

The National Ballooning Championships are organised by Northam Ballooning Events and supported by Tourism WA and the Shire of Northam.

For more event information and to check the weather conditions for

balloon flights and the Balloon Glow at Elevate Festival, visit www.northamballooningevents.com and the event's Facebook page, and for accommodation information visit www.northam.wa.gov.au or email tourist@northam.wa.gov.au.

For tickets to the free Elevate Festival visit Eventbrite and search for "Elevate Festival".

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Moondyne FESTIVAL TOODYAY
Presented by Fuel To Go & Play
Sunday 7th May 2023
Meet Moondyne Joe 2023!

Once again the historic town of Toodyay will step back in time to circa 1860 when Moondyne Joe roamed the Avon Valley regions, winning him fame and affection from the early settlers with his amazing ability to escape every time the law placed him behind bars. Join us in Toodyay to celebrate the life of the greatest escape artist of Australia's convict era - the legend of Moondyne Joe.

Food and a variety of stalls line the street and the entertainment provided from musicians, dancers, acrobats, log choppers, sheep dog demos, horse and cart rides and much more, ensure a fabulous, fun filled day for all.

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For details contact:
moodynecommittee@gmail.com
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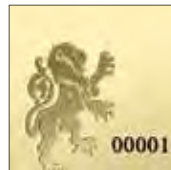
Layered in pure gold The *Dianna Always In My Heart Commemorative* features a radiant colour portrait of Diana, taken in 1990, fittingly encircled by a wreath of roses. Only 19,999 commemoratives are being issued worldwide – which means fewer than 1 in every 409 Australian households will be able to own one. Each commemorative is individually numbered within the edition limit and is accompanied by a FREE Certificate of Authenticity attesting to its limited edition status.

The earliest orders will receive the lowest edition numbers. For this reason applications will be processed on a strictly first-come, first-served basis and are limited to one per Australian household. Order the *"The Diana Always In My Heart Commemorative"* now for just \$39.99 (plus \$9.99 postage and handling). By ordering now, you will have priority access to further coins in the collection which are available for \$89.99 (plus \$9.99 P&H) and will be shipped to you at regular intervals. You're under no obligation. Collect as many as you wish and you may cancel at any time. All purchases are covered by The Bradford Exchange Money-Back Guarantee.

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The fastest way to own this touching tribute is to order online at www.bradford.com.au/royal or call on (02) 9841 3311 alternatively complete and post the application form below.

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Each commemorative is individually numbered – meaning that no two are the same. Yours is the one and only issue of its kind – the ultimate collector's item.



Fully layered in pure 24-carat gold
With Diana's monogram mint-mark fittingly accented with rose gold - a stunning tribute to 'England's Rose'.



Struck to the highest-quality Proof finish
Expertly struck not once but twice onto a specially prepared mirrored surface reserved only for the most important commemorative issues.

Each commemorative is accompanied by a Certificate of Authenticity which is supplied, free of charge. A handsome polished black case to house the golden commemoratives that will accompany a future delivery and is also supplied to you free of charge, as part of your collection.



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Lines open 8.00am-5.00pm AEST Mon-Fri Quote reference **130186**

YES, Please reserve *The Life And Legacy Of Diana Princess Of Wales Collection* for me as described in this advertisement, beginning with Issue One "Diana Always in My Heart."
I understand I need pay nothing now.

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food & WINE

...eat, drink and be merry... ADVERTISING FEATURE

Busting brunch all over Perth - the ethos of East Fremantle



by Buster the Bruncher

EAST Fremantle's George Street is a character thoroughfare, with stylish shopping, tasteful eating and trendy drinking outlets. Ethos café stands tall as a class act. Brunch customers will nestle-in nicely, amid establishments for Pilates, physio and naturopathy. The passing traffic – vehicular and foot – was

minimal so we landed on a table for two on the pavement and soaked up the atmosphere. Some Ethos dishes are displayed in glass cabinets inside where there's abundant tables downstairs and upstairs. A little pile of duck sausage rolls caught my eye but I avoided a taste-test temptation. But there was no way I was going to bypass that New York favourite, the

pastrami sandwich, even at \$24. Americans have a lot to learn with that traditional dish, we can confidently declare. The Ethos version is a generously-stacked pastrami delight, served warm with mustard and dill courgette pickles. For us brunch customers, there was really enough for two. The meat was thick but amazingly ten-

der and tasty; the best I've eaten. Brunch buddy, dynamo Dave, got stuck into a lush bacon sandwich, great value at \$14 with smoked bacon in fresh, white bread and smoked barbecue sauce. That was the best bacon sandwich I've never eaten! The menu carries a footnote: Ethos bottomless brunch option. 8am-

2pm, bottomless mimosa and bloody mary, \$35. Hmm! We preferred to sluice down house sodas (\$9) – cool and refreshing with wonderful tender taste. Ethos is an ideal venue to surprise your guest or for a special occasion. But don't wait too long for a special occasion to present itself. Not at this high standard. The Ethos breakfast menu is creative, innovative and appealing, starting with a vegemite and cheddar croissant bun (\$8) and ending with a prawn roll with red-tail prawns, old bay mayo, lettuce and a brioche bun (\$10). Two chart-toppers, pricewise, are another pastrami dish with pota-

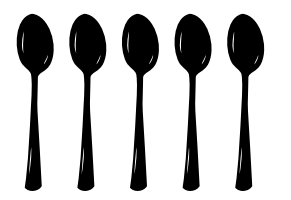
to cake, mustard, kraut, dill and fried egg at \$26 and a crabcake benedict with poached eggs, hollandaise and dill salsa for \$28.50. The salad sandwich on rye comes with house chive quark, pickled white fennel and sprouts at \$10 (plus smoked ham for \$4). Eggs are on the menu (but not fried) for \$14 and there's a deli meat plate at \$29, loaded with pickled vegetables, mustard, chow-chow and bread. Coconuts oats and summer fruits will suit healthy types (maybe next time) at just \$12. For novelty, there's soda bread with chicken liver parfait and sweet onion marmalade for \$18.50 and at \$18, French toast with strawberry, cream and

roast white chocolate... mmm! For sides there's sautéed mushrooms, heirloom tomatoes (both \$7), smoked continental bacon (\$8.50) and potato terrine with raclette cheese (\$6). This is a modern, considered presentation that well deserves full points. **5 Spoons** Ethos Deli + Dining Room, 88 George Street, East Fremantle 6311 9614 www.ethosdeli.com.au Open: Tuesday-Sunday.



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.



Western Australia's most diverse wine producing area - the Great Southern



Duke's Vineyard began as a retirement project

by Frank Smith

GREAT Southern Wine region is a WA's most diverse wine-produc-

ing area. It is the largest wine region in Australia and one of the largest in the world. The region is known for producing pre-

mium quality wines. The region is also known for its stunning natural beauty. It is home to pristine beaches, rugged coastlines, ancient forests, and granite mountains. Visitors can take scenic drives, hike through national parks, and enjoy world-class wine and food at the region's many wineries, restaurants and cafés.

rup Ranges. To the north are sweeping views of the Stirling Ranges. Duke's owners say the view is best appreciated with a tasting glass in hand. Duke's Vineyard was started by Duke and Hilde and is now embarking on the next chapter with new owners winemaker Ben Cane and partner, Sarah Date.

Cabernet Sauvignon 2021. This deep red wine has spent 13 months in barrel and the last two years maturing in bottle. It displays aromas of raspberry leaf, red currants and a savoury touch of bay leaf. The palate delivers pleasant acidity and ripe juicy fruit with a fine tannin structure. RRP \$29.

Oranje Tractor Organic Farm, near Albany, was established by Pam Lincoln and Murray Gomm, who left Perth in 2000 to pursue their dream of a sustainable, energy efficient home and vineyard, which they built up with the aid of some 400 WWOOFers (volunteers who work on organic farms) near Albany.

against it. The vineyard is carbon negative since the property absorbs six times the amount of CO2 that the vineyard emits. They have also planted hundreds of trees on the property. In addition to tasting award winning organic wines, visitors can tour the organic garden and forage by prior arrangement or simply bring their own picnic and buy a bottle of wine to enjoy in the tranquil garden. Dog friendly and bicycle friendly.

The Bodhi Tree Bookstore Café

Enjoy the peaceful ambience of this beautiful bookstore cafe located on the corner of Oxford Street & Scarborough Beach Road, Mount Hawthorn. Easy parking alongside Axford Park. Open 7 days a week, from 8am to 4pm.

Open Public Holidays from 8am to 4pm. No surcharges. Bookings recommended, phone 9444 9884. Mother's Day, Sunday May 14th - Cafe bookings welcome.

20% DISCOUNT savings on all retail, gift and book purchases until 5/5/23. Original adverts only. Single transaction only. No multiple coupons please. Excludes Gift Voucher purchases.

They planted 10 hectares of vines – Riesling, Cabernet Sauvignon and Shiraz – varieties that are beautifully suited to the cool-climate Great Southern wine region. The cellar door opened in 2002. The vineyard is situated at the western foot of the ancient granite Porongu-

Dukes Frankland River Riesling 2022. The fruit comes from old vines in Swinney Vineyard, Frankland River. The wine is a pale yellow with a hint of green. Here are aromas of lime, jasmine, floral honeysuckle and green pineapple. The palate is juicy with finger lime, lemon meringue, and wet-slate flavours. It displays fine acidity with a new-mown hay on the finish. RRP \$38.

Oranje Tractor Farm Rosé 2019. Pale pink wine made by Rob Diletti, Winemaker of the Year 2014 from organically grown fruit. It is dry and aromatic with abundant fruity aromas and flavours of strawberries on the pallet. It has a long dry finish, ideal for pairing

with poultry, seafood or just drinking as an aperitive. RRP \$28. **Oranje Tractor Farm Merlot 2018.** A natural wine, made from organically grown fruit with minimum intervention, it is deep purple in colour. This wine has aromas of dark berry fruit and a soft juicy palate. Australian wine guru James Halliday awarded this Merlot 92 points out of 100. RRP \$27.



food & WINE *...eat, drink and be merry...*

ADVERTISING FEATURE

Knife and fork talk with the Dining Divas on a visit to Armadale



by Pat Paleeya and Judith Cohen

WE last visited Armadale during the era of brick-sized mobiles so we thought it was time to go again and have lunch at the Armadale Park Café.

We spent a couple of hours wandering around and discovered the Bert Tyler Vintage Machinery Museum. This small museum is adjacent to the visitors centre and houses among other things an old

printing press or two, old telephones, morse code machines, a manual chaff cutting machine and lots of other interesting memorabilia.

We arrived at the café and our choices were pumpkin salad and Thai beef salad.

The Thai beef steak was finely sliced and very tender, the salad comprised of mixed leaves, sliced onion and capsicum, pea shoots, cherry tomato halves and a sprinkling of

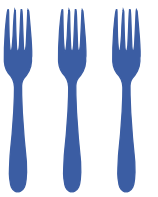
sesame seeds.

A house-made sauce of mixed soya, coriander, mild chilli made this meal very tasty.

Pumpkin salad was ample for the price, lots of cubes of roast pumpkin were cooked perfectly and had a caramelised flavour to them which married well with the pepitas. A tossed salad contained red onion, more than enough baby tomatoes and sliced avocado. The spinach tasted as if it had

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



just been plucked from the garden, delicious. The whole meal was definitely bang for your buck.

The café was well patronised, nothing fancy,

utility chairs and tables inside, lots of seating outside under the trees.

Talking about the trees, there is a heritage trail where the trees are num-

bered and the plaques show their heritage. All this just a 35-minute train ride from Perth station.
Armadale Park Café,
 21/193 Jull St. Armadale

0420 394 007
www.aramdaleparkcafe.com.au
3 forks
 Open 7am to 2.30pm
 7 days

WEEK DAY LUNCH SPECIALS

Information correct at going to press



PEEL ALE HOUSE
 \$18 seniors lunch
 11.30am-8.30pm
 7 days
 8 Guava Way
 Halls Head 9581 5400

ARMADALE PARK CAFE
 Under \$23 all day menu
 7am-2.30pm 7 days
 193 Jull Street
 Armadale
 0420 394 007

BAYSWATER HOTEL
 \$25 seniors lunch
 Mon-Fri 12pm-2.30pm
 Railway Pde
 Bayswater
 9271 7111

BUNN MEE
 Mains all \$18.50
 Mon-Sun 11am-2.30pm
 112 Oxford Street
 Leederville
 0450 520 157

HOGS BREATH CAFE
 \$15 lunch special
 Mon-Fri
 2938 Albany Highway
 Kelmescott 9390 0080

RUBRA ON THE SWAN
 Under \$25 all day breakfast and lunch
 Breakfast from 6.30am
 lunch from 11am
 Kitchen closes at 2pm
 Riverside Drive near the rowing club.
 6555 1844

SEVEN MILE INN
 Under \$18 seniors lunch
 Every day 11am-3pm
 501 Wanneroo Road
 Balcatta 9440 0099

THE SANDY COVE TAVERN
 Under \$20 seniors lunch
 (present seniors card)
 7 days 11am-2.30pm
 146 Yunderup Road
 Yunderup 9537 6155

Mondo recipe of the month - Vince's pasta meat sauce



by Vince Garreffa

IN your personal box of recipes, you should have an old recipe that is the main ingredient in a variety of dishes. This is one of those recipes, very versatile and delicious. Sometimes lazy and triumphant meals can still be a recipe for happy guests.

Serves 4 to 6
Ingredients:
 500g mixed pork and beef coarsely minced
 1 diced onion
 1 diced carrot
 1 diced celery stick
 2 cans of peeled tomatoes
 1/2 cup basil
 1 litre stock
 100ml wine
 West Australian extra virgin olive oil (EVOO)
 West Australian organic

lake salt
 Freshly ground black pepper
Method:
 Fry half the onion in EVOO until a little coloured, then add the carrot and celery and cook for two minutes. Now add the minced meat and fry while stirring occasionally. Add a little more olive oil if you think it needs it.

When the meat is cooked add the wine and stir. Stew together for 10 minutes or until half of the juices has evaporated then add the tomatoes and 250ml of stock and mix well. When the meat sauce starts to bubble, lower the heat and stir occasionally while cooking for 30 minutes. During this time add a little stock so the sauce does not dry out. Season with salt and pepper to taste.

Now is the hard part. Although the sauce is ready to use and it tastes good, Italian grandmothers continue to simmer it adding stock as required for up to three hours. Every hour it tastes better and richer. You decide if you want to

cook longer. Serve some with pasta or use it as a base to make other interesting dishes. Ciao

Ps. It stays fresh for a week in the fridge or frozen for six months.

Mondos Butchers is located at 824 Beaufort Street, Inglewood. They are open Tuesday to Friday 9am - 5.30pm Saturday 8am to 2pm. Phone 9371 6350 or visit www.mondo.net.au



Stellarossa, WA's newest restaurant, is celebrating a launch into Perth with a SPECIAL Mother's Day Brunch.



Dine between 1 - 8 May and you can treat your mum (or yourself) to a selection of delectable high tea treats, both sweet and savoury served with endless tea and coffee. Or spoil her with a bottle of sparkling wine as well. Brunch prices - \$55pp or \$65pp with one bottle of sparkling wine between two people

Please note: Brunch promotion is by reservation only. Please call 0423 646 445 for bookings.

Stellarossa - FLINDERS SQUARE 30 Flinders Street, YOKINE

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 Read what our customers have said at www.easyaccesskitchens.com.au

It's apples and pears - fruit from the locals ... for the locals



Pink Lady apple variety © @Aussieapples

by Noelene Swain

THIS year's apple and pear harvest is now well underway and as I write the local community of

Donnybrook is in the final stages of preparation for the annual Donnybrook Apple Festival. Timed around Easter each year, this is a community event

that provides a focus for travellers to pause and celebrate the role of the apple industry in the region.

The Southwest is one of the cleanest and greenest growing environments in the world. Fruit production is just one of the many agricultural industries that thrive in its fertile soil. Winemaking, olives, and other gourmet fare are all increasing in production in the region. The Apple Festival gives locals a chance to showcase what our beautiful town can produce and helps to create a sense of community

and belonging.

In WA the apple and pear harvest occurs from March to June, commencing with the first picked varieties Galaxy and Gala apples and Red Sensation and Bartlett pears. These are quickly followed by crops of Fuji, Kanzi, Pink Lady and Bravo being picked... so let's get crunching.

This season, apples growers around Australia are faced with one of the most difficult growing seasons on record as they have endured the crippling impact of floods and more recent hail storms. Shoppers can support local growers by understand-

ing fruit that may be hail marked, sun blemished or colour challenged will still be delicious. These visual characteristics make no impact of the premium eating experience. You can make a difference by understanding skin blemishes don't impact on flavour.

Apples and pears are extremely nutritious and should be an important food in our eating regime. Apples are rich in antioxidants and soluble fibre pectin, which are both known for their heart protective capabilities. Dietary fibre aids in reducing the risk of some cancers and helps to control blood

sugar levels, which is important to diabetics. Interestingly, pears are one of only two food products that are non-allergenic, making them ideal for introducing solids to babies and for people on elimination diets.

So tuck into some brightly coloured local apples and enjoy them 'skin on' to maximise the health benefits. To increase your consumption of fresh apples, simply add to your daily breakfast cereal, use to add crunch to your salad or eat an apple or pear as an in-between meal snack - you can spice things up

by trying a different variety each day.

Whilst the weather is warm, it's recommended to store apples and pears in the fridge to ensure they keep that fresh-picked crunch.

Fresh is best with WA apples and pears, yet they are just as delicious cooked in savoury and sweet dishes. Generally, the sweeter the fruit, the better it will perform in a cooked recipe. Grab an apple and pear today and enjoy the recipes below:

Brought to you by Fresh Finesse Fresh Food Promotions - www.freshf.com.au

Apple Bircher muesli

Preparation time: 10 mins; cooking: nil; serves: 2



1 cup rolled oats
½ cup milk
½ cup creamy natural yogurt
1 lemon, juiced
2 apples (Royal Gala, Fuji or Red Delicious)
1 tablespoons sultanas
1 tablespoons chopped dried pears
1 tablespoons roughly chopped roasted hazelnuts
½ tablespoon pepitas
1 teaspoon sunflower seeds
1 teaspoon sesame seeds
honey to taste

PLACE the oats in a large bowl and stir through the milk and yogurt. Cut apples into quarters, leaving the skin on, coarsely grate. Toss in the lemon juice and stir into the oat mixture.

Stir through the sultanas and dried pears. When ready to serve scatter over the nuts and seeds. Divide among two bowls. Top with some sliced apple and a drizzle of honey to serve.

You can vary the seeds according to your preference.

Cumin pears, carrot and lentil strudel



Preheat oven 180°C or 160°C fan force; Preparation: 15 mins; cooking: 45 mins; serves 4

150g firm tofu, diced into 1cm pieces
¼ cup precooked canned lentils, drained
1 tablespoon finely grated orange zest
6 sheets filo pastry
Spray rice bran oil
1 teaspoon ground black pepper
1 cup plain low-fat yoghurt
2 tablespoons chopped fresh mint
½ teaspoon ground black pepper
CUT the pear flesh into dices 1cm square pieces and put into bowl - grind the cumin seeds in a mortar and pestle; sprinkle over the pears and toss to coat well.

Combine carrots, tofu, lentils and orange zest - mix well.

Lay one sheet of pastry on the bench - spray lightly with oil. Top with another sheet and repeat until the pastry is all used.

Spoon the carrot mixture down one side of the assembled pastry layers. Top with diced pears, sprinkle with ground black pepper; roll and pull in the ends to make a sealed package. Lift onto a baking paper lined baking tray. Spray with a light coating of oil and bake until browned and crisp, around 45 minutes.

Combine the yoghurt, mint and pepper. Serve the sliced strudel hot with the yoghurt and green salad or steamed vegetables of your choice.

200g firm green pears, stem removed and cored
2 tablespoons cumin seeds, dry roasted and cooled
150g carrots, peeled and grated

Coconut baked Galaxy apple wedges



Preparation: 10 mins; cooking: 25 mins; serves 4

4 Galaxy apples, peeled, quartered and cored
1 lemon, zest and juice
3 table spoon macadamia nuts, finely chopped
¼ cup shredded coconut

1 egg, lightly beaten
2 teaspoon sugar

PREHEAT the oven to 180°C and line a baking tray with non-stick baking paper. Toss the apple quarters in the lemon juice. Combine the lemon zest, chopped macadamia nuts and coconut in a bowl.

Combine the egg and sugar in another bowl and dip the apple quarters into the mixture. Allow the excess egg to drip off, then roll the apple quarters in the coconut mixture. Place on baking tray and bake for 20 - 25 minutes or until the apples are cooked and golden.

What's fresh in the markets this month



Pear Tarte Tatin

Source: <https://australianpears.com.au/recipes/pear-tarte-tatin/>

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, Galaxy and Gala varieties. They are perfect for school snacks. Especially 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.

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 pepper.

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.

Stellarossa café opens at Flinders Square



"We believe that Stellarossa offers a café model which is different from anything WA has seen to date," he said.

"The new restaurant will reflect Stellarossa's ideology of sourcing the freshest local produce and delivering the best dining experience. We want to ensure that the restaurant makes a great first impression on our west coast market."

The brand currently has 24 locations scattered throughout south-east and regional Queensland, and recently also expanded into northern NSW. Over the next 12-24 months the expansion on both the east and west coasts will continue steadily.

WA director of Business Development, Peter James has big plans for Stellarossa.

"The site, at Flinders Square Shopping Centre, will be a great hub for us to engage with the local community, offering our customers premium service, Stellarossa's famous specialty grade coffee, and delicious meals all made in house," he said.

"We hope to launch three more restaurants by the end of

2023, including a drive-through café model."

Stellarossa, WA's newest restaurant, is celebrating its launch into Perth with a special Mother's Day brunch.

Dine between May 1 and 8 and you can treat your mum (or yourself) to a selection of delectable high tea treats, both sweet and savoury served with endless tea and coffee. Or spoil her with a bottle of sparkling wine as well.

Brunch prices - \$55pp or \$65pp with one bottle of sparkling wine between two people.

Brunch promotion is by reservation only. Please call 0423 646 445 for bookings.

WIN WIN WIN

To celebrate their opening and Mother's Day, Stellarossa Café are offering a high tea for two with a bottle of sparkling wine for one lucky reader to win for dining at the Flinders Square Café. Valued at \$130. To be in the draw simply email win@haveagonews.com.au with Stellarossa in the subject line or write to Stellarossa C/- Have a Go News PO Box 1042 West Leederville 6901. Closes 25/4/23.

QUEENSLAND-BASED franchise Stellarossa Café and Drive Thru comes to Western Australia to open its 25th café in Flinders Square Shopping Centre, Yokine late this month.

Co-founder and managing director Darren Schultz says the expansion of the brand to the west coast is part of a strategic growth strategy which will see restaurants rolled out in other states over the next few years.

Downsizing

ADVERTISING FEATURE



Living first hand through the downsizing process sparks joy



by Zofia St James

NOW we are really into the year. What have you done about anything that you were planning or hoping to do?

Don't worry, you are not the only one, I haven't done things that I have every week intended to do but the good news is it's never too late.

I'll check in with you next month and I had better get my skates on also.

I have been so enjoying my kitchen makeover and the sense of achievement which comes with its completion, I realise now it is quite addictive. I have also had the new oyster lights installed and that makes a nice difference too. I don't look up as much as I did before, and I certainly don't miss the

dread I felt when I saw the ugly lights that were in place.

My focus is now on the laundry and its lack of storage. Renovating or even carpentry isn't quite in the budget at the moment but there are still clever and stylish options that can achieve a good result such as a stand-alone shelving system with baskets. This is practical but can also be decorative.

As mentioned in previous columns once you have achieved the 'big cull' you don't have the excess of linen and towels anyway but if storage is still a challenge, as it is for us, then perhaps a trip to Howards Storage World (pictured left) might provide inspiration and solutions. Their extensive range includes products for the whole house.

Being organised is such a great feeling and well worth the effort. As the colder weather begins to roll in, we find ourselves inside more and that might just provide the perfect opportunity to accomplish such a task.

So that's the practical covered but what about the pretty stuff. By that I mean getting all Hygge at home. Hygge (pronounced who-ga) is a Danish word and describes more of a feeling which is about creating a home that oozes cosiness, warmth and most importantly contentment. It's that feeling you get when you find yourself anywhere that makes you feel like you never want to leave and makes you happy.

Making a home organised, stylish and supremely comfortable is and has always been so important to me and when I have worked with clients to achieve this, it has been as much of a joy for me as it is for them. A home doesn't have to be a fashion statement, but it should reflect you, your personality and taste. A comfortable sofa, colours you love in the artwork and soft furnishings, a warm heater and something delicious cooking away for dinner. I'm a hopeless romantic – unapologetically – but it's what life and lifestyle

should be about.

Getting ready for the colder months ahead can be considered now. This month I'll change up my white linens for the rich burgundy velvet quilt cover set in my bedroom and the luxurious black faux fur throw for movie nights and curling up on the sofa cosy. Some changes like these make the approaching winter season something to look forward to.

Do pop through an Adairs and Bed, Bath and Table to see what their new season ranges offer and appeals to you and could work in your home to achieve that Hygge feel. Have a wonderful and safe month ahead.

Zofia x

Zofia offers a free interior style consultation for readers over the phone or via video call. She can assist with de-cluttering, restyling, choosing furniture and personal styling. Those interested please contact Zofia on 0406 336 607 or email zofia@stjames.com.



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Downsizing

ADVERTISING FEATURE



Downsizing stories - couple calling Cambrai Village home couldn't be happier

NEW residents to RAAFA's Cambrai Village, Shelley and Patrick McGinn, agree that their new home in Merriwa is situated not so much in a village, but in its very own exclusive suburb.

"The roads are wide and it really feels like our very own private suburb," says Shelley, who moved into Cambrai Village with her husband back in September last year.

"We had been talking about downsizing as we had a larger house with quite a big garden.

My husband will be the first to admit that he loves gardens but not gardening," laughs Shelley.

After looking at a few different retirement villages, the sociable couple were invited over to a friend's house at Cambrai Village for a look around the home and the estate.

"That sold us on the place, but we were told we might have to wait a year or so," said Shelley.

"So we were really delighted when, just a few months later, we were told there were homes

available. We looked at three different properties, and it was the third that we settled on, as we loved it from the moment we walked in.

"We honestly love our new house and where we live and can't speak highly enough of the residents and the staff at Cambrai," adds Shelley.

"This has been a really good move for us and we love the sociability of the place as we are very social people who like to make new friends and join in with things.

"I initially thought that perhaps the homes could be too close to each other, but I really don't feel that at all and I love the fact that I can wave to my neighbours while I'm gardening and chat to people as they're passing.

"Everything feels like it's brand-new as we treated ourselves to some new furniture with the money that was freed up from the sale of our house, and we honestly couldn't be happier with the place we now call home."



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Golden Wedding Anniversary of George and Mary Slater, 1901. Photo courtesy of P.K. Slater

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Trip departs Saturday April 15 at 8am for an 8.30am start from Stirling House, returning around 4.30 pm.

Cost \$85 RWAHS members or \$90 non-members with morning tea and lunch included. There are only 45 places available, so book early.

Coach is wheelchair (folding) and walking frame friendly as is Slater Homestead.

Refer to histwest.org.au for Terms and Conditions for RWAHS Tours and Events. For more information contact admin@histwest.org.au Telephone 9386 3841

IF you love stepping back in time why not join Royal Western Australian Historical Society (RWAHS) Tours and Events' one-day guided bus trip to Goomalling to visit the heritage-listed Slater Homestead?

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Delving into the lives of pioneer settlers in Western Australia



L-R; Dave Ward - The Loaring Family 1894-5 at the Barracks in Fore Street

by Lee Tate

ALBERT Loaring is not a name on everyone's lips but the English immigrant played an impressive role in Western Australia's progress.

"Maybe I get my sense of adventure from him," said Loaring descendant, Perth fly-in fly-out oil and gas worker, David Ward, 58.

It was all ahead of Al-

bert in 1888 as he sailed out to Australia on the barque, *Chislehurst* and penned this in his diary (with little punctuation):

"Saturday 30th June, 1888. It is rather calm this morning and we are not going very fast now. I have been helping the sailors this morning about the sails and washing some of the second mate's clothes.

"I am going to wash

some of the first mates next week as I get so tired of doing nothing. I am short of soap. I have had a great piece of soap stolen from me and I have also lost my knife and pipe and also the fork belonging to the ship kit.

"I am using my own knife and fork now what I brought away with me. One of the other chaps has lost a pair of trousers

and so has his brother and a piece of soap and knives and forks spoons towels and hats and some other things so I am not the worst off now.

"It was the Cockneys that lost the trousers they are about the meanest lot anybody would ever wish to see and nobody likes them on the ship. Besides other things they have lost a large

strap which they value at four or six shillings but I should not be sorry if they lost all they had."

A study of the family, *The Loarings of Winsham*, shows they have been living in the South-West corner of Somerset for more than 450 years.

Perth's Dave Ward, who descends from Thomas Loring, born in 1535, says the family name changed from Loring to Loaring in 1718.

Albert Loaring arrived in Fremantle on August 14, 1888. After a year, he joined his brother William in Adelaide, worked for Elder Smith in the Northern Territory, returned to Adelaide as a coachman and met Maria Akam. They married in 1892.

In 1896 Albert headed for Coolgardie and worked for four years. Maria and their two children joined him in 1897 when their third child was born.

After Albert bought a remote ore-crushing battery, the family

trekked there in a pony and cart, setting-up home in three tents and a bough shed.

Unprofitable, it was sold and Albert bought successful mining leases. In 1902, he joined a partnership to buy Wallcliffe Estate in Margaret River.

"This was an incredible 29,000 acres of agricultural land," says Dave, grandson of Lynda Ward, daughter of Albert's brother, Frederick.

"It was leased from the Government and came with 6,000 acres of the Caves Reserve and the now-famous Wallcliffe House."

The Loarings bred cattle and horses.

Albert successfully lobbied the Education Department to build a school for the growing population. Weatherboard with an iron roof and veranda, it consisted of just one room with toilets 40 metres away.

Albert also established award-winning

orchards over hundreds of hectares at Bickley Valley. The property, Lawnbrook, produced hectares of citrus trees. Apples were exported to England and Germany and pears, plums, peaches and nectarines supplied local markets.

A persistent winner at rural shows, Albert also nurtured 100 varieties of roses as well as chrysanthemums, daffodils, primroses and violets.

All up, the Loarings owned 220 acres at Bickley Valley and 29,000 acres at Margaret River and Caves Estate.

Albert and Maria had five children. Maria died in 1948 aged 84. Albert died in 1950 aged 80. Both are buried in Karakatta Cemetery. Margaret River and Bickley Valley both carry roads named Loaring.

"I have been to their gravesites to pay my respects. I'm proud of my heritage," said Dave.

Downsizing

ADVERTISING FEATURE

This electric throw blanket will keep you warm in the colder months



THE weather is getting cooler and with the cost of heating it's always helpful to look for alternatives for keeping warm and cosy inside your home.

Australian designed Warmzy have the perfect heated throw blankets which will keep you warm during the colder months.

This powered blanket is available in three styles - flannel, fleece and wool - ideal for the cool weather and provides a great option for those who do not want to heat a whole room or building.

Have a Go News tested out the wool Warmzy and found it to be a deliciously cosy and comfortable addition to the lounge room.

"It's perfect for keeping you warm without having to turn on your heating," said editor Jen Merigan.

"It's easy to use, has a long cord and the instructions are easy to follow, just plug it and the warm blanket heats up immediately.

"I really liked that it didn't get too warm, and with its adjustable setting the snuggly blanket is a great addition to winter warming," she said.

Warmzy is the smart way to get warm without spending thousands in heating solutions.

With a maximum power consumption of 180 watts, Warmzy is environmentally friendly because it uses very little electricity to keep people comfortable. This reduces carbon dioxide emissions while also saving you money on unnecessary power bills.

When additional warmth is needed, a small electric current flows through wires made from a special alloy inside the blanket. As the blanket warms, the resistance of the wires increases, reducing the current flow. The unit includes a safety switch to prevent overheating.

Warmzy provides additional warmth just where it is needed. Therefore, there is much less need to warm whole rooms and buildings. The blanket is one way to use electric energy very efficiently, helping to minimise harmful effects on the environment.

Have a Go News has been successfully test driving the Warmzy and we also gave the powered blanket to 84-year old Edith Clarke from South

Perth to give have a go with it.

"Firstly a huge thanks to the Warmzy company for their great product which comes with detailed instructions," she said.

"This product not only warms your body and feet but will also warms your heart. A great product for the colder months especially for the elderly who sit more (just because they can) and want that extra warmth for themselves without having to use the heater.

"Do yourself a favour, you will be so thankful that you bought a Warmzy blanket."

"We think the blanket is a great addition for households and is well priced with easy ordering instructions and is available in three colours including cream, brown and navy," said Jen.

The flannel blanket is from \$59, the fleece from \$89 and the primo wool blanket is \$119. They are a great addition to any household this winter, very snuggly and easy to use and completely washable.

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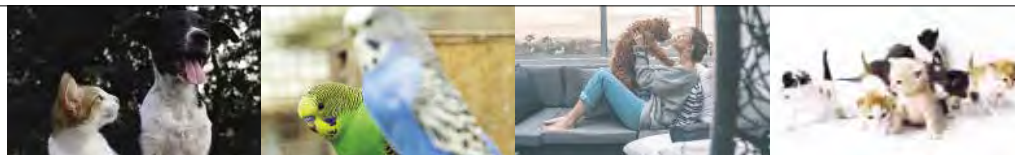


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ADVERTISING FEATURE



The joy of pets - let's look at pets when it comes to living in aged care

by Frank Smith

THREE in five Australian households have a pet, usually a cat or dog, although fish, cage birds and rabbits are also common.

Pet ownership is lower amongst people over 70, at around 45 per cent, but pets are still important to many seniors.

Pets provide companionship, a reason to get up in the morning and for dog owners, an incentive to exercise.

Recent research suggests that some older

people may be relinquishing pets or deciding not to continue to own a pet (e.g., when a loved pet dies) quite early on in ageing. This may choose not to continue having pets because of the implications for their pet's quality of life 'should something happen to me'.

"Only nine per cent of in-home care providers offer a pet friendly service," said Trish Ennis, CEO of Companion Animal Network Australia (CANA).

"Our research shows

only 18 per cent of aged care facilities consider allowing residents to keep a pet," she said. "We ask the government to increase the number of pet friendly aged care facilities and promote the social benefits to aged care villages when they welcome pets into their facilities."

Catholic Homes WA communications manager, Roley Myers said: "We are all for pets in aged care."

"It is well known that animals bring a wealth of benefits to people liv-

ing in aged care and we support this in a range of domestic and therapeutic settings such as visiting family pets, petting farms and therapy pets.

"Our policy is: We welcome visiting family pets and ask that people contact the home prior to attending, pets are accompanied and people should be mindful of others' comfort and well-being."

Ms Ennis said older people who need to enter residential care often have to surrender their pet to an animal shelter or have it euthanised because few residential care homes allow residents to keep a pet.

"People who are separated from their pets upon entering an aged care facility often experience an extra layer of grief at a time of loss and sadness. People are putting their lives on the line when they refuse to move into aged care because they can't bring their pet with them."

"If people were allowed to keep their pets, aged care take-up by older people will increase and the number of pets being surrendered to animal shelters will decrease. Now is the time to understand the value of pets and develop policies that recognise their role."

Scientists at the University of South Australia report - *Bridging the divide between pets or no pets* interviewed 205 older people from 60 to 83 years old via focus groups and an on-line survey.

Respondents said that companion animals are important to them, particularly for those who live alone. Pets provide them companionship and help in making social connections with other people and the wider community.

Pets also help owners deal with significant changes in their life, change in living situation for example moving into residential care and the illness or death of a partner.

Dr Janette Young, lecturer in Health Care, University of South Australia, said the health benefits of human-animal relations cannot be underestimated,



Beverley at St Vincent's in Guildford, enjoying the company of visiting pets. Credit: Catholic Homes.

ed, particularly for aged care residents.

She told the industry magazine *Hello Care*: "The great thing about pets is that they can help us feel happier and healthier. And they can do this in different ways: we take them on walks are there to pat and cuddle and can make all the difference to someone when they're feeling

sad or down.

"It's no longer good enough for people to simply live longer. Just like exercise facilities have become a core part of aged care facilities - and are proven to boost movement capabilities and wellbeing - so too should pets be considered an essential part of aged care," she said.

Featuring a large variety of native reptiles and other Australian wildlife with more than 70 different species on display including snakes, lizards, turtles, frogs, fruit bats, kangaroos, dingoes, emus, tawny frogmouths, parrots, bustards and many more.

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GREAT HOME and GARDENING



Enjoy, autumn in the garden - it's the perfect planting time



by Colin Barlow

NOW that the cooler autumn weather is here, it is the perfect time for planting. The soil temperature is still warm, which encourages good strong root growth and gets your plants off to the best possible start, while the cooler temperatures and moister weather helps to reduce water loss from the plants and the soil.

With this in mind, why not take a trip down to your local nursery or garden centre to check out the many plants that will help to brighten up your garden. Whether you have a small balcony with a few pots or a large rambling garden there are plants that will suit almost any situation. Here are some suggestions to get you started this autumn.

Canna

Canna cultivars range from 45cm to over 2m tall, so there's bound to be one suitable for your garden. Look out for 'Durban' (syn Tropicanna™) that grows up to 1.8m high with a spread of 1m. With brilliant orange flowers, exotic purple foliage and pink and orange veins, it's sure to make an impact. 'America' is an old cultivar that has scarlet flowers and purplish-green leaves with distinct darker veins. 'Italia' has Cattleya orchid-like wavy bright yellow flowers blotched with red and huge green glaucous leaves.

Cannas grow best in fertile, moist, well-drained

soil in either full sun or partial shade. They are often found in old, neglected gardens around Perth as they can survive extended periods of dryness. Flowering is increased when in full sun, but the flowers will last longer in partial shade. Cut back hard in spring to induce vigorous growth or to tidy up the plant.

Dianthus

Dianthus are known as 'garden pinks' as they are related to carnations

and noted for their prolific flowering. Dianthus 'Coconut Sundae' looks and sounds good enough to eat with its masses of beautiful white perfumed flowers that have a raspberry 'eye'. The crisp colour is highlighted by attractive grey/green foliage. Growing to around 30cm tall with a spread of 40cm, these compact plants are ideal for containers, pots or as colourful accents in garden borders or edging

along a path. 'Coconut Sundae' prefers well drained, alkaline soils in a full sun position. Dead head the flowers regularly and you will be rewarded with blooms from autumn through to their peak in spring.

On the trail of the cherry blossom in Japan

This month I will be heading to Japan to follow the delicate cherry blossom trail as it blooms across Kyoto, Kanazawa,

Nikko and Tokyo. The 14-day Ross Garden Tour will take me inside iconic gardens of Japan and immerse me in the captivating culture, arts and sights of Japan. You can check out the itinerary at www.rosstours.com/japan-cherry-blossom/.

West Australians don't get too many opportunities to see stunning cherry blossoms, unless you live in the cooler southwest of WA or the hills areas where

they get cold nights and frost. So, this trip is going to be special as it takes me back to my younger years of experiencing the cherry blossom in the UK springtime.

I will fill you in on my trip in next month's column or you can follow me on Facebook GardensfromEden1969 and Instagram colinbarlow to keep updated on the trip.

Autumn flower power
The Western Australian

Gerbera Society's Autumn Show and plant sale takes place at the South Perth Community Centre, Sandgate Street, South Perth on April 22. These South African stunners are perfect for Western Australian conditions and make plants for the garden or cut flowers. The show is open from 9.30am until 3pm. Contact Kim Richardson on 0400 053 479 or go to www.wagerberasociety.com for more information.

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Hamish and the *Lego Masters* gang is back



LEGO® Masters: Grand Masters 2023 cast

AUSTRALIA'S favourite entertainment show, the Logie Award winning, LEGO® Masters, is returning on April 10 at 7.30pm for its fifth and biggest season yet on Channel 9 and 9Now.

In a world first, the winners and top teams from previous seasons, plus a new wildcard duo, will face off in a supersized competition to determine

the best of the best in LEGO® Masters: Grand Masters.

Hamish Blake returns as host, alongside judge Ryan 'Brickman' McNaught, for the toughest challenges ever, and new twists and turns to truly test this elite group of champion builders.

"Being Grand Masters, the expectation is already there. They all

know they need to bring something new and exciting, something beyond their best, something we've never seen before, and they sure do," said Ryan.

This year the challenges are tougher than ever, testing each contestant's skills like never before. They include LEGO® worlds suspended high above the ground; an exciting

movie mayhem scene using motors and explosives and a rocket being launched into the sky.

There will also be special guest appearances from Sophie Monk, Dr Karl Kruszelnicki and – to celebrate 100 years of Disney storytelling – the iconic character Mickey Mouse.

Hamish said: "To be invited back this season for Grand Masters I think really solidifies me as the best host that has ever hosted LEGO® Masters Australia, and that is a huge honour."

LEGO® Masters: Grand Masters will hit unbelievable heights of creativity as the best brick builders in the nation raid the ever-expanding brickpit to get one up on each other.

Expect the greatest builds in LEGO® TV history as they battle for the most prized trophy of all.

LEGO® Masters: Grand Masters airs every Sunday, Monday and Tuesday night on Channel 9 at 7.30pm.

Have a Go News PUZZLES SOLUTIONS

Solution for BIG Crossword page 54

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A	R	E	A	S	T	E	V	E	N	S	A	S	A	P	

Solution for Crossword page 55

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

Solution for Sudoku page 55

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

Solution for Wheel Words page 55:

Arty, Aryl, Earl, Fare, Fear, Fray, Fret, Furl, Lure, Lyre, Fury, Raft, Rate, Real, Rely, Rule, Tare, Tear, Tray, Trey, True, Turf, Tyre, Urea, Year, After, Alert, Alter, Early, Feral, Flare, Flyer, Later, Layer, Rally, Relay, Teary, Truly, Ultra, Allure, Artful, Earful, Falter, Fuller, Laurel, Really, Realty, Taller, Alertly, Tearful, Artfully.

9-letter word: TEARFULLY.

Solution for Quiz Quest page 55:

Mezzanine, Frisbee, Bulls, Ribbons, Rabbit, Swiss, Strike, Flags, Magazine, Sheep, Mozzarella, Dutch, Yo-yo, Trouble.

Mystery keyword: BROTHER

Answers for Have a Go News Quiz page 2:

1. Moore River
2. Janet Holmes a Court
3. New York
4. Batavia
5. Peter Bell
6. Port Hedland
7. Milk
8. Harry Styles
9. 3,747
10. 8,222

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11-13 August

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Thanks to all those involved in creating and supporting these shows:





Meet the poet of purpose with talent, tenacity and timing

by Serena Kirby

WITH literally thousands of manuscripts crossing the desks of publishers every year, WA poet Renee Pettitt-Schipp knows only too well that getting your work into print requires talent, tenacity and timing.

Renee is the author of *The Sky Runs Right Through Us*, a collection of poems about the plight of asylum seekers on Christmas Island, for which she

won the Premier's Emerging Writer Award in 2019.

As poetry is not the easiest of genres to tackle, it's fair to say it requires a great deal of complexity and sophistication to be considered good enough for publication. It also needs the writer to vividly capture images with words and weave them together with emotions and profound reflective thoughts.

"I believe my strength is to be emotionally present

with both the beauty and the devastating parts of life," Renee says.

"I think that gives my work depth, honesty and interest. There can be a great deal of pain in 'going deep' but it's only by 'going deep' that you truly connect with yourself and your readers."

And Renee does not write on a whim. She is instead a writer of purpose.

"Most poems are formed by me purposefully sitting down to write. I have dedicated work hours and a studio space that is sacrosanct. I write by hand with a crappy pen on crappy paper. There's too much pressure and expectation if I use a fancy pen and beautiful notebook."

Renee's long list of published poems, commendations and awards is certainly testament to her talent, but without tenacity

her work may have been left to gather dust on her desk.

Rejections by publishers can cripple fragile writers but Renee has held the course.

"I have hundreds of rejection letters and I'd actually like to do an exhibition of them," Renee says with a chuckle. "The hardest rejection is silence; when you get no response at all. I've also been at the stage where a publisher has accepted my work but the editor wanted some changes made. I made some but not all so they opted not to proceed. I was gutted. I couldn't afford to take it personally so I dusted myself off and wrote to another publisher and they ended up publishing the book."

Having spent the last few years being funded to write (through scholarships and grants) Renee

says this too comes with a price.

"The pressure to meet deadlines can be motivating but also debilitating. I've come to understand the importance of 'slow work'. The 2019 prize money gave me more freedom to do this but I still work part time as a teacher as even established writers need another job to pay the bills."

But talent and tenacity are often still not enough to result in a publishing deal; timing also plays a role.

"There was definitely a sense of urgency to get the story out as it speaks to our time. It had historical importance so timing did factor into it. I wrote to bear witness to what was happening on Christmas Island. The time was ripe for making the invisible visible."

The success of Renee's



WA poet Renee Pettitt-Schipp

book has now resulted in a second book, titled *The Archipelago of Us* which is due for release later this year. There's no doubt it

will be another carefully crafted work by an author with a strong personal and political purpose for putting pen to paper.

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www.mmdc.com.au

Don't miss this great show coming to His Majesty's Theatre

FANCY a laugh? Well, see John Wood (*Blue Heelers*), Emily Taheny (*Mad as Hell*) and Max Gillies (*The Gillies Report*) in *Mono*; the new smash hit comedy by Angus FitzSimons (*Senior Moments*).

Mono has critics and audiences raving: ("5 stars: The total performance was a delight" - *Glam Adelaide* "Hysterically funny"

- *Stage Whispers*) and now it's coming to His Majesty's Theatre for one hilarious week; May 17 - 21.

What is *Mono* about? It's about 90 minutes. It's also about a hectoring headmistress, a bad bush poet (and he don't know it), a puzzled policeman, a meandering minister, a chaotic conductor, a mindless

'mindfulness' teacher and a very, very sozzled mother of the bride.

"It's pure fun," says Max Gillies. "Certainly to do and hopefully to watch! It's a bit like Joyce Grenfell or Alan Bennett with a bit of Bob Newhart too."

Don't miss it. Get tickets via monoshow.com.au or call 6212-9292.

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From Ballet to Broadway - a triple bill of ballet comes to His Majesty's in May



AURÉLIEN Scannella and Sandy Delasalle-Scannella know the pas de deux from the iconic ballet *Sylvia* better than most.

"This pas de deux is a little jewel from the classical ballet heritage and we are delighted to bring it to our beloved audience for the first time in West Australian Ballet's history," said Aurélien.

Dozens of performances as lead dancers in theatres in Europe mean the movement is hardwired in their brains, second nature for their feet.

Aurélien and his wife Sandy, artistic associate and principal rehearsal director with West Australian Ballet, have in part reprised their roles in *Sylvia* for the ballet company's upcoming triple-bill, *Ballet to Broadway*.

They will not be under the spotlight, at least not physically. Still, their work will be on display for the performance at His Majesty's Theatre in May.

The romantic pas de deux, showcases the choreography of Aurélien and Sandy, who are both this year celebrating their 10th anniversaries with West Australian Ballet.

In the movement from *Sylvia*, Australia's oldest ballet company brings to life legends of Greek mythology for a scintillating performance accompanied by French composer Leo Delibes' masterful score.

"Creating *Sylvia* on our beautiful dancers and sharing our knowledge and experience with them in the studio is a memorable experience which will hold a special place in our hearts for ever,"

said Sandy.

"But there is much more to the company's production *Ballet to Broadway*."

Sylvia, Ballet to Broadway also presents the world premiere of Raymond's third act and George Balanchine's jazz-inspired classic, *Who Cares?* all performed with the West Australian Symphony Orchestra.

"This program is a perfect triple bill that will appeal to a wide range of tastes," said Aurélien.

Raymonda sees West Australian Ballet present choreographer Javier Torres' retelling of the final act from French ballet master Marius Petipa's classic in a display of technical precision.

The evening concludes with the razzmatazz of the New

York jazz age set to the music of George Gershwin and Ira Gershwin, arranged by Hershey Kay, in Balanchine's world-renowned *Who Cares?*

"*Ballet to Broadway* sees our second iteration of *Who Cares?* return to His Majesty's Theatre and as our Company continues to develop and grow so to do our ambitions and capabilities," said Aurélien

The performance is set to run for about 120 minutes, on stage from May 5 to May 13.

West Australian Ballet, Western Australia's leading dance organisation, is Australia's longest established ballet company, presenting innovation and excellence in traditional and modern ballet since 1952.

Tickets via: tickets.waballet.com.au/balletatbroadway.

Local journalist transitions to fiction writing



PERTH author and journalist Carrie Cox (pictured above) will be in-conversation with fellow author Monique Mulligan for *Stories*

on Stage at Koorliny Arts Centre on May 10.

The bookish chat will cover Cox's recent release *So Many Beats of the Heart* and her upcoming novel due July 2023, as well as their shared backgrounds in journalism and publishing.

After 20 years of writing and editing for newspapers and magazines across Australia, Carrie wrote her first novel *Afternoons With Harvey Beam*, published by Fremantle Press in 2018.

It was hailed as a brilliant debut by *The Australian Women's Weekly* and sensitive and impressive by *The Australian*.

In 2022, her second novel *So Many Beats of the Heart* was published by

Affirm Press.

Cox said she turned to fiction to make sense of things: "to lift up the bonnet and see what's really going on."

"When a slew of well-established relationships started crashing around me a few years ago, and when my own marriage started to wobble, I was compelled to explore the many issues at play through my fiction," she said.

"I wanted to write a story that would strike many chords, that would show us something about ourselves in fresh ways, that would make us laugh and cry and sigh, but most importantly I wanted to deliver a story for readers that is full of hope." *Stories on Stage* starts at

7pm and costs \$15, which includes supper, door prizes, book sales and signings.

Mulligan, who has two novels published, also hosts *Prose & Convos*, an open mic event which gives prose writers to share snippets of their work in a safe, non-judgemental setting.

"Not every writer has the opportunity to speak at events like *Stories on Stage*, or bookshops, libraries or festivals - I wanted to create an opportunity for them to share their work without the sense of competition and the need for a contract," she said.

Bookings for both events are essential on 9467 7118 or at koorliny.com.au.

Darlington Theatre Players Present

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Directed by Michelle Ezzy

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Theatre 180 bring a plethora of live theatre to WA audiences



THEATRE 180, with a mandate of great stories well told, produces works of integrity which are moving, innovative and entertaining and 2023 brings an ongoing selection of highly popular shows.

The year has already launched with sold-out seasons of their brand-new work *The Lighthouse Girl Saga* in Albany and Busselton. Metropolitan audiences will now have the opportunity to enjoy this season at ACE Cinemas, Midland May 19 to 28 and Rockingham June 9 to 11.

The Lighthouse Girl Saga is based on the series of stories written by WA author Dianne Wolfer. Using the same creative style of live theatre performed in a cinema setting that so many audiences enjoyed with Theatre 180's *A For-*

tunate Life and *Sydney II: Lost and Found*, audiences will once again be captivated with the true stories told through this innovative theatre technique.



Back by popular demand is Theatre 180's original theatre in cinema production, *AB Facey's A Fortunate Life* May 6 to 7 and May 12 to 14, as well as *Sydney II: Lost and*

Found August 11 to 13, both at Windsor Cinemas, Nedlands.

Visit theatre180.com.au for ticket information. To join Theatre 180's mail-

ing list or follow them on social media as new touring dates throughout the metropolitan and regional areas continue to be added.

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A hit musical based on a remarkable true story comes to Perth



Cast from *Come From Away* © Jeff Busby

PERTH audiences will have the chance to see four graduates of the

Western Australian Academy Of Performing Arts (WAAPA) in the worldwide smash hit, Tony and Olivier award-winning musical *Come From Away* when Zoe Gertz, Doug Hansell, Natalie O'Donnell and Noni McCallum bring to life this incredible true story.

Based on incredible real-life events in the wake of the September 11, *Come From Away* is an inspiring musical about unity and kindness in adversity.

Set in Gander, Newfoundland where 38 planes carrying nearly 7,000 people from more than 100 countries were redirected during this traumatic event, almost doubling the population of the remote Canadian

town. The play captures the generosity and hospitality of the small community of Gander who invited the 'come from aways' into their homes, it is an uplifting story of hope and humanity.

Award-winning writers David Hein and Irene Sankoff travelled to Newfoundland and interviewed thousands of locals, turning their stories into an inspiring musical to share with the world.

With book, music and lyrics by David Hein and Irene Sankoff *Come Away With Me* is directed by Tony Award winner Christopher Ashley, choreographed by Olivier Award winner Kelly Devine (*Rock of Ages, Diana*), with music supervision by Ian

Eisendrath (*A Christmas Story, Diana*), scenic design by Beowulf Boritt (*Rock of Ages, Be More Chill*), costume design by Toni-Leslie James (*Jelly's Last Jam*), lighting design by Howell Binkley (*Jersey Boys, Hamilton*), and sound design by Gareth Owen (*Diana, A Bronx Tale*).

This musical broke box office records in Melbourne, enjoying months of standing ovations and universal acclaim, it went on to become the most successful production in the Comedy Theatre's 94-year history.

Since opening in Sydney in June 2021 and immediately garnering rapturous reviews and accolades from audiences,

the musical has continued to break box office records in both Canberra and Newcastle.

Come From Away will open at Perth's Crown Theatre from May 6. Tickets are currently on sale at www.comefromaway.com.au.

WIN WIN WIN

We have five double passes to give away to some lucky readers for the performance on Saturday May 6 at Crown Theatre. To be in the draw simply email win@haveagonews.com.au with Crown in the subject line or write to *Come Away with Me* competition - c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 30/4/23.

The 2023 German Film Festival returns...



PRESENTING the best contemporary German cinema direct from major festivals in Europe as well as continuing the Kino for Kids sidebar of family friendly films, the Festival takes place at Palace Cinemas, Raine Square, Luna Leederville and Luna on SX from May 4 to 14.

See www.germanfilmfestival.com.au for more information.

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). To be in the draw simply email win@haveagonews.com.au with German in the subject line or write to German Film Festival c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 30/4/23.



Toni Collette stars in new comedy film

FROM Suburban Mum to Mafia Don, Toni Collette and Monica Bellucci star in the new movie *Mafia Mamma*, exclusive to cinemas from April 13.

Mafia Mamma follows an American woman (Collette) who inherits her grandfather's mafia empire in Italy. Guided by the firm's trusted consigliere (Monica Bellucci), she hilariously defies everyone's expectations, including her own, as the new head of the family business.

WIN WIN WIN - Email Only

To be in the draw to win a double pass to *Mafia Mamma* simply email win@haveagonews.com.au with *Mafia* in the subject line. Closes 15/4/23.

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Drawing on a vast knowledge of technique and skill, artists explore the relationship of design and artistry to create exciting original interpretations, uniting their 'Connections' collections. These collectables of the future are achieved in stunning lustres and precious metals, relief and bold rich colours with ultra-modern, contemporary and traditional approaches on kiln fired porcelain, fine bone china, jewellery and glass.

Porcelain Artists of Western Australia will commemorate their 59th anniversary of porcelain art in the State, celebrating a strong history of innovative kiln fired porcelain art and the artists with a special feature - Collectors Corner. This is the opportunity for collectors to own rarely seen pieces, previously held in private collections. Items predate 2015, are catalogued and listed for sale. There will be EFTPOS on site.

Admission and parking free. Light refreshments available.

For more information, visit the Facebook page: Porcelain Artists of Western Australia or phone secretary Jill Binning 9330 4909 or alternatively email: porcelainartists123@iinet.net.au.

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A musical synergy on stage comes to Koorliny

ONE of Australia's most treasured singer-songwriters, Lior, takes to the stage at Koorliny Arts Centre with exciting emerging artist Domini Forster this May.

Experience the hauntingly beautiful harmony of their voices and fingerpicked guitar as they weave intimate stories about human connection from their debut EP, *Animal in Hiding*.

Animal in Hiding features songs that are rooted in intimate storytelling. Underpinned by intricate guitar, Lior and Domini's close vocal harmonies are the focal point of the songs, reminiscent of iconic folk stars of the 60s such as Joni Mitchell, Crosby, Stills & Nash and Simon & Garfunkel.

The pair have a creative partnership de-

veloped over six years touring together. Initially Domini toured as Lior's support act, then as a guest vocalist and now as co-writer on *Animal in Hiding*.

While Lior and Domini began writing the songs in late 2019, much of the material was developed during Melbourne's long lockdown, over zoom from their respective homes. The title track, originally written about the isolation of winter, became the prophetic seed of the project.

"In singing together, Domini and I discover a pair who can weave in and out of each other's shadow. Somehow, we sense one another's vocal nuances in real time," Lior says.

"It is a rare musical synergy, one we felt compelled to capture in a collaborative project."

Domini says the pair has a real kinship as singers.

"As we've sung more together over the years, we've gotten to know each other's intuition and style, so we can match our phrasing and expression very closely," she said.

"Honestly, I think a big part of why we started this collaboration was just so we could sing together more. There's also something really wonderful and freeing about working with someone who cares just as much as you do."

Lior and Domini: Animal in Hiding is on May 6 at 7.30pm. Tickets are now on sale and cost \$40 standard, \$34 concession, with a complimentary glass of bubbles on arrival.

For more information visit www.koorliny.com.au or call the Box Office on 9467 7118.

International organ recitalist visits Perth this month to play at St Patrick's



THE Organ Society of WA is proud to present a recital by British organist Gary Sieling who is making his first

concert tour to Australia. His only Perth recital will be at 7pm Thursday April 20 at St Patrick's Anglican Church, First Avenue, Mount Lawley.

He will be playing music by the German masters, English composer Stanley Vann and some of his own works in a varied and attractive program.

Gary was born in Bedfordshire and obtained a BMus degree at the University of London, Goldsmiths' College. While still a student he played for the debut of the London Cantata Choir with whom he is still associated. He studied organ at the Royal College of Music, at St Cath-

erine's College Cambridge and with Jane Parker-Smith.

He was organist of Dunstable Priory and then assistant master of music at Peterborough Cathedral. During his time there he was conductor of the Peterborough Philharmonic Society, director of the St Peter's Singers, and founder and associate conductor of the City of Peterborough Symphony Orchestra. He played for the Cathedral Choir on two tours of America in addition to regular TV and radio broadcasts and recordings.

After six years in London as director of music at Bromley Parish

Church and All Saints Blackheath, Gary now lives in Bedford and has been appointed Provincial Grand Organist for Bedfordshire. He is the founder and director of the chamber choir 'FineChants' which has recently sung at Brussels, Cologne and St Paul's Cathedrals. He works as an organist, harpsichordist, conductor, adjudicator, and examiner for the Royal College of Organists. He spent the summers of 2009 and 2011 as the music adjudicator to the Sri Lanka Performing Arts Festival.

His CD recordings include one for Priory Records from Chelmsford Cathedral featuring the major organ

works of Stanley Vann, sometime organist of Peterborough Cathedral, and the Kenneth Leighton Memorial Album which Gary compiled and published. Gary has also recorded a CD of harpsichord and organ music at Bromley Parish Church.

Organ concert venues in England include St Paul's, Canterbury and Westminster Cathedrals, King's College Cambridge and Westminster Abbey. He has made 10 international concert tours visiting Denmark, Germany, Italy and USA.

Bookings: \$35 via Trybooking - for link see www.oswa.org.au homepage - or at the door.

Journey through the solar system at this unique show



Dr Antony Brian narrates the show

AUSTRALIAN Baroque Orchestra violinist Helen Kruger and her astrophysicist husband Dr Antony Brian were inspired by the 50th anniversary of Apollo 11 moon landing to collaborate together on a project featuring music and science.

From that idea they brought together the concept of *Space Music* which premiered in 2021 at Fringe Festival to sell out audiences.

Dr Brian navigates the audience through different parts of the solar system including the moon paired with stunning NASA images and film along with music from the 17-piece Australian Baroque orchestra.

Dr Brian says that people love space

and science, especially space because of the images involved. Thoughts of rockets and visiting planets and other worlds and aliens inspires people.

"Science has something really special to offer - you show people an image of the planet and they're interested in seeing what it's like.

"We split the show into into a journey through the solar system - we look at the individual planets - easy things which people can relate to, interesting facts and an overview - that leads into a piece of music played by the orchestra," he said.

"The show is a tour from the sun through the rocky planets, Mercury, Venus and Mars

- we don't touch on the earth - and then the gas giant planets - Jupiter, Saturn, Uranus and Neptune and eventually we come back to the moon. The moon is the one body outside of the earth that we know best," said Dr Brian.

Helen says they have chosen music which compliments Antony's presentation.

"We start with the Big Bang - and for that we have a piece by a French composer Jean Ferry Rebel who wrote this suite called the *Elements*. This really represents the big bang feeling - the music has a great correlation to

the effect with the planet, the moon and the galaxy.

"For the moon we have this incredible chaconne - a repeated bassline - the feeling of the chaconne is a cyclical feeling from Jean-Philippe Rameau's *Opera Dardenus*.

This multi-sensory journey is in five separate sections through the stars with Dr Brian narrating the unique presentation. A show for music and science lovers alike and follows with a question-and-answer session.

Space Music plays two shows on Thursday 20 April at 6pm and

8pm, Saturday 22 April at 6pm and 8pm and Sunday 23 April at 1pm and 3pm at the Liberty Theatre, 81 Barrack Street, Perth.

Tickets: Adults \$49 / Concession \$42.

Bookings www.australianbaroque.com/whats-on/spacemusic.

FILM. MUSIC. DISCOVERY.



Venusian Volcanologist (means he mapped part of Venus for NASA!) Dr Antony Brian navigates us through space and time with stunning NASA images and film accompanied by a full baroque orchestra!

In this special presentation, English astrophysicist and planetary geologist, Dr Antony Brian, partners with Australian Baroque and invites you on a multi-sensory journey through the stars.

Thu APR 20 & Sat APR 22, 6pm & 8pm
Sun APR 23, 1pm & 3pm

Location: LIBERTY THEATRE
81 Barrack Street, Perth

Tickets: Adults \$49 / Concession \$42

<https://www.eventbrite.com.au/e/space-music-tickets-572254447457>



ART SALE



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(08) 6212 9292 | 827 Hay Street, Perth

Naval Sea Power in Miniature exhibition now open in Fremantle



Gerry with a selection of his models

THE *Naval Sea Power in Miniature* exhibition of model ships built by Gerry Westenberg was opened by Paul Papalia MLA early this month.

The exhibition highlights more than 120 ships; and is arguably one of Australia's largest collections of hand-crafted naval ship models showcased at one venue.

All the models are hand crafted and considered museum-quality. After extensive research, they were built from scratch to the scale of 1:192 (or 1 inch to 16 feet) which allows for an easy comparison across the variety of ships.

Most of the models are based on ships from the Australian and British navies, however there are some from the age of sail. Of particular interest will be the *HMS Hood*, *Great Eastern* and the sail training ship *Leeuwin II*.

A significant number of the models are from the Royal Australian Navy dating from *HMAS Gayundah*, commissioned in 1884, to *HMAS Canberra* (LO2) commissioned in November 2014. Anyone who has served in the Royal Australian Navy, or the Royal Navy will almost certainly be able to relate to a model from

this collection.

The exhibition is open to the public during WA Maritime Museum opening hours, 9.30am to 5pm daily.

Gerry will be available in the exhibition space on Thursdays and Saturdays from 9.30 am until 1pm to discuss the models and their history of service.

This will be the third exhibition of models held at WA Shipwrecks Museum and will be on display until July 30. Entry to WA Shipwrecks Museum is by gold coin donation. It is located at 47 Cliff Street, Fremantle.

New art exhibition putting seniors in the spotlight



Residents with some of their artworks, L-R; John Towers-Hammond - Gerarda Leanne - Brian Payne

A NEW exhibition spearheaded by residents at popular aged care home Regis Greenmount is 'making the invisible, visible' by putting seniors in the spotlight, with the aim of breaking down negative attitudes towards ageing and older generations.

Conversation With Time is an innovative group art

project which has been curated by Perth visual artist and the home's Lifestyle Coordinator, Dr Zuhail Kuvan-Mills, and will be held at Ellenbrook Art Gallery.

"Frailty, loneliness and mortality are synonymous with age and yet they only represent a small piece in the mosaic of getting old-

er," says Dr Kuvan-Mills.

"Conversely, age is very much entwined with wisdom, experience, contemplation and a remaining lust for life, and these attributes were what we wanted to portray as part of the exhibition.

"We also wanted to leveraged opportunities to help dismantle dam-

aging stereotypes about ageing and help improve the quality of life for older adults and others who are negatively affected by ageism."

In total, 40 individual artworks have been created over a six-month period, all of which will form the exhibition which is set to open to the public on

May 5, and will continue until June 4 at the Ellenbrook Art Gallery.

Richard Horne, Regis Greenmount general manager, said the home was keen to support residents in their art, and also challenge perceptions of ageing and celebrate the value, contribution and experience of older peo-

ple in society.

"We want to give our residents opportunities to contribute to their own growth, while pursuing their artistic endeavours and reminding others that seniors should be valued and celebrated, rather than dismissed," he says.

"Ageism is one of the most institutionalised forms of prejudice and directly affects the wellbeing of those who are targeted, which is tragic because life experience and the wisdom that comes with age can't be substituted, and missing out on learnings from those who have lived before us is a great loss.

"While many of our residents have had experiences where they feel overlooked by society, by participating in this project we were thrilled to see them light up and feel val-

idated and visible again. It has been a wonderful project for the team here at Regis Greenmount to support."

Conversation With Time participant and proud Noongar man Steve Walley said he partook in the exhibition with a series of work entitled *My Memories*, which were inspired during his missionary visit to Port Headland, Port Morton and Marble Bar, after which the beauty of the landscape was a catalyst for his paintings.

"Thank you for giving me the power to participate in this project," he says. "I may have the talent but the team at Regis Greenmount gave me the respect and ability to create my paintings. I will be very happy to see my work displayed as part of the exhibition."

Rolling Thunder returns by Allen Newton

continued from front cover



Rolling Thunder © Jeff Busby

Rebecca has participated in the run in the past and says it was an amazing experience.

"That was the other reason *Rolling Thunder* was chosen because we get a lot of support from veteran groups and a lot

of the veterans do ride these beautiful Harley Davidson bikes."

Rebecca has worked hard to get the rights to the music for the show which she says includes some of the best songs ever written and are very

important to the story because each song has its place in the storytelling.

"There's no way we could do this show without *Killing Me Softly*, *Bridge Over Troubled Water* and the show opens with *Magic Carpet Ride* which is basically the choppers coming in."

The production features music classics by *Steppenwolf*, Bob Dylan, Joe Cocker, *The Rolling Stones*, *Creedence Clearwater Revival*, Gladys Knight, Billy Thorpe and Paul Simon

with songs that include *Fortunate Son*, *All Along The Watchtower*, *The Letter*, *Magic Carpet Ride*, *Help Me Make it Through the Night*, *What's Going On*, *Born to Be Wild*, *Eve of Destruction*, *Paint it Black*, *Killing Me Softly With His Song* and *Bridge Over Troubled Water*.

Rebecca says her personal favourite is a version of *All Along the Watch Tower*.

"I love Marvin Gaye so *What's Going On*, a medley that they do, *Bridge Over Troubled Water*, you can't go

wrong with that song, it's just so beautiful."

Journalist Bryce Hallett was commissioned to write the show which was originally planned as a tribute with music, but Rebecca says it evolved into its current form as they were working on it and working with veterans became a voyage of discovery.

At the production's heart is a love story of courage, longing and resilience. Tom Oliver (*Velvet*, *The Marcia Hines Band*) reprises the role of country boy Johnny in the rock drama.

Rebecca says that in our own era of uncertainty and the war in Ukraine, the show's themes of courage and loss, allegiance and displacement, protest and peace, are resonant and timely.

The production supports *Soldier On*, a not-for-profit organisation providing integrated and holistic support services to Australia's Defence personnel, contemporary veterans and their families.

Rebecca says she is old enough to remember seeing the war on televi-

sion with her parents.

"I think I was in Grade 4, so I'm not in my sixties, but well into my fifties and I go to cafés now, even here in Perth and the music's playing, you are hearing Credence or you are hearing Joe Cocker or Martha and the Vandellas or Gladys Knight so it is still relevant to all age groups."

There will only be three shows at the Perth Concert Hall on Friday, May 19 at 7.30pm and on Saturday, May 20 at 2pm and 7.30pm. www.rollingthundervietnam.com.



Have a Go News has moved...

Have a Go News has relocated its office to **28B Sexton Road, Inglewood** Phone **9227 8283**



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Friend to Friend



Instructions - Please read carefully

Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:

Friend to Friend
PO Box 1042
West Leederville WA 6901

Each person may submit one entry every month.

Abbreviations used in Friend to Friend

ALA: All letters answered	DTE: Down to earth
GSOH: Good sense of humour	ND: Non drinker
SD: Social drinker	NG: Non gambler
NS: Non smoker	NOR: North of River
SOR: South of River	TLC: Tender loving care
WLTM: Would like to meet	

Please nominate a category for your advertisement.

Tick one box only.

- | | |
|---|---|
| <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 (\$2.40) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

Seeking a Friend

ACTIVE Euro Aussie gent, widower, NOR, low 80s, medium build, 174cm, NS, NG, SD, fin sec, sincere, various interests. WLTM slim, charming lady till 75, for friendship first, interested in travels and associated matters.
Reply Box 9310

A GENUINE loyal, caring, slim lady, 70+, WLTM gent approx late 70s, similar attributes. I enjoy dancing, cooking, theatre, good company, conversation, fin sec, GSOH, long term if compatible, NOR.
Reply Box 9291

ATTRACTIVE refined lady, well groomed, educated, ex UWA, enjoy art, music, dining, travelling, cruising, sincere, caring, social, meet well presented gentleman, 70 plus, look forward to meeting caring man, enjoy lovely lady, postcode 6009.
Reply Box 9308

AUSTRALIAN lady nice appearance, great personality. WLTM Aussie guy near 70s, well presented. GSOH, SD, NS, DTE, NOR please. Many usual interests; music, eating out, barbecues, theatre, movies, football etc. Honest replies. Please include your phone number, thank you.
Reply Box 9294

"DESPERADOS" girls and boys, 65+, come along, have lunch together, make friends, mingle around; If you don't have a go you will never know, we meet every three weeks. No fees other than your own beverages. Reply with a mobile phone number only.
Reply Box 9309

INFO wanted. Is there a mixed social club NOR who meet fairly regularly? There always seems to be many more women than men on enquiring, say upwards of 60 years of age. Wanting definitely mixed club. Thank you.
Reply Box 9295

GENT 55, large build, NOR, seeking a nice loveable princess to share going to movies, candle light dinners, travel minded, full of laughter, surprises, postcode 6018. Seeking friendship, I live near Scarborough Beach. Female close by would be great.
Reply Box 9293

GENT young 83, 174cm, Perth born resident, 6012 area, DTE, GSOH, financially okay, have travelled overseas extensively, now restricted with my walker, seeking attractive lady in 70s with an engaging smile, living close to Mosman Park.
Reply Box 9306

LADY seeking male friend, 75-85, likes reading, garden, country trips, is Christian, ND, NS, enjoys life.
Reply Box 9311

NEW singles group, 65+, eastern hills to Perth, meet regularly for lunch, pay for own beverages, no fees apply, near train station, come find a friend, companion, have fun please. Send phone or email contact.
Reply Box 9292

THREE times a lady, well maybe two, no one's perfect, English/Australian, NOR, GSOH, NS, ND, DTE, interested in home and world affairs, tarot, numerology, dancing, weekends away, travel, movie nights at home, WLTM a gentleman for company, 75+, NOR, GSOH and respect are essential. ALA.
Reply Box 9303

SINCERE happy, caring, secure, rejuvenated guy, 78, NOR, likes quiet composed life, tries to keep fit. WLTM non-European rejuvenated similar lady for companionship relationship, let's convene to chitter chatter over coffee, ALA.
Reply Box 9288

Do you need a companion or friend?

YOU don't usually read or reply to these ads, I don't usually write one. You are slim, very attractive woman, 1950s-1970s vintage, looking for me. Gentleman, NS, GSOH, worthy, Mandurah looking for you. Coffee? More?
Reply Box 9302

Seeking a Partner

ACTIVE gent, 67, fit, well presented, friendly, GSOH, fin secure, easy going, enjoys movies, dining, reading, country drives etc. WLTM lady similar. Let's meet for a coffee and a chat.
Reply Box 9298

ATTRACTIVE well-presented, educated lady, 70+, UK born, med build, own home, fin secure, ND, VGSOH. I enjoy music, reading, walking, country drives, good conversation, markets. WLTM unattached, sincere, loyal, well presented, med built gentleman, 68-75, who is fin secure and genuine for a permanent long term relationship. Hills and city areas, SOR, ALA.
Reply Box 9289

EUROPEAN lady, 68, Capricorn, genuine, well presented, widow, seeking company of a gentleman to enjoy what life has to offer. I am a social person. Like to travel, enjoy good conversations, NS, NG, SD, not into football, genuine replies only.
Reply Box 9305

FISHING for the right man. Aquarian lady, 74, philosophical, creative. Enjoy family, socialising, writing and reading. As well as theatre and movies. Looking forward to my catch of the day, maybe a best friend.
Reply Box 9301

GAY man, hirsute, solid build, seeks similar. I placed advert in January but had to go to UK. My post was lost. Sincere apologies. I ask that respondents reply again. New respondents welcome.
Reply Box 9307

GENT 62, friendly, honest, NS, NG, DTE, enjoy movies, weekends away, dancing, WLTM Asian lady, NS, NG, honest with similar interests for relationship.
Reply Box 9304

GENT 79, fit, active, NS, enjoys walking, beach, movies, life in general. Seeking lady for friendship, relationship, SOR, takes pride in appearance.
Reply Box 9296

GENT would like to friend or partner with slim, medium, fit lady 45-65, nationality unimportant to share unit and life with man, 70, fit, NS, ND, honest, reliable and true, will welcome replies.
Reply Box 9300

NATURAL redheaded widow, 70, music theatre, art lover, GSOH, NS, SD, DTE. Seeking kind, intelligent, true gentleman, 65-75, companionship, simple outings and perhaps Cupid's arrow may find us.
Reply Box 9297

SELF employed gent, 6280 area, high standards, educated, sensible, confident, respectable, caring, kind hearted, old fashioned values, homely, loves country life, caravan, getting away, seeks DTE, GSOH, warm natured, lady to 72 to share life ahead.
Reply Box 9312

Seeking a Travel Companion

GENT 70s, widowed, NS, SD, DTE. WLTM active lady 67-73, interested in a happy life in the Bunbury area and sharing good times together. Please call me for more information and meet for coffee.
Reply Box 9287

GENT looking for female companion partner, GSOH, NS, social drinker, active, company c/van trips Kimberley area or elsewhere near. Interests: beaches, fishing, gorges, wildflowers and whatever. Prefer SOR lady. Come have a go, you never know.
Reply Box 9290

I LIVE just NOR and would like to meet genuine male with whom to share outings together - possible travel. I'm friendly and honest, active and interested in exploring new places with sociable companion. ALA.
Reply Box 9299

MALE 54, NS, enjoys travel, WLTM DTE NS male or female travel companions for holiday adventures.
Reply Box 9286

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.

Preserve history and convert old films to digital...

BEFORE the days of smart phones and social media, the act of recording on ciné film was reserved for life's most precious moments.
 As time passes, old film footage slowly degrades.
 Older recordings are at greater risk, but even 8 and 16mm footage shot five years ago has already begun to break down and lose quality. Now is the time to take action and ensure your priceless recordings aren't lost forever.
 One of the best ways to preserve your footage is to take it to DiskBank. Proudly based in WA for more than 20 years, DiskBank uses innovative technology to convert historic films, videos, images and audio recordings into modern, digital formats.
 If the film has already begun to decay or develop mould growth, 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.



SOLUTIONS MATCHMAKING APRIL SPECIAL
 Join for 3 months and receive an extra 3 months FREE (conditions apply)
9371 0380

MANDURAH LADY 70 slim, attractive, refined, well spoken, widow, kind, friendly, fit, active, sk educated gent 67-77.

CANNINGTON LADY 68 funloving, happy natured, sociable, affectionate, d.t.earth, well presented blond w/ GSOH sk young at heart gent 65-75.

LANCELIN LADY 73 active, healthy, happy, positive natured. Petite, brunette, loves c/van travel, the ocean, outdoors, sk gent similar 68-76.

FREMANTLE LADY 75 stylish, educated, slim, blue eyed blonde, enj theatre, the arts, o/seas travel, classical music sk refined gent 70-80.

'THE HILLS' LADY 80 beautifully groomed, youthful, animal lover, fun, great sense of humour, still dances jive, sk gent 75-85 full of life.

PORT KENNEDY GENT 82 good looking, well spoken, well-travelled, interesting, intelligent, good listener, sk refined lady 75+ peel region.

WANNEROO GENT 82 active, energetic, well grmd, young for age, confident, intelligent, very healthy, keeps fit, sk lady 70s.

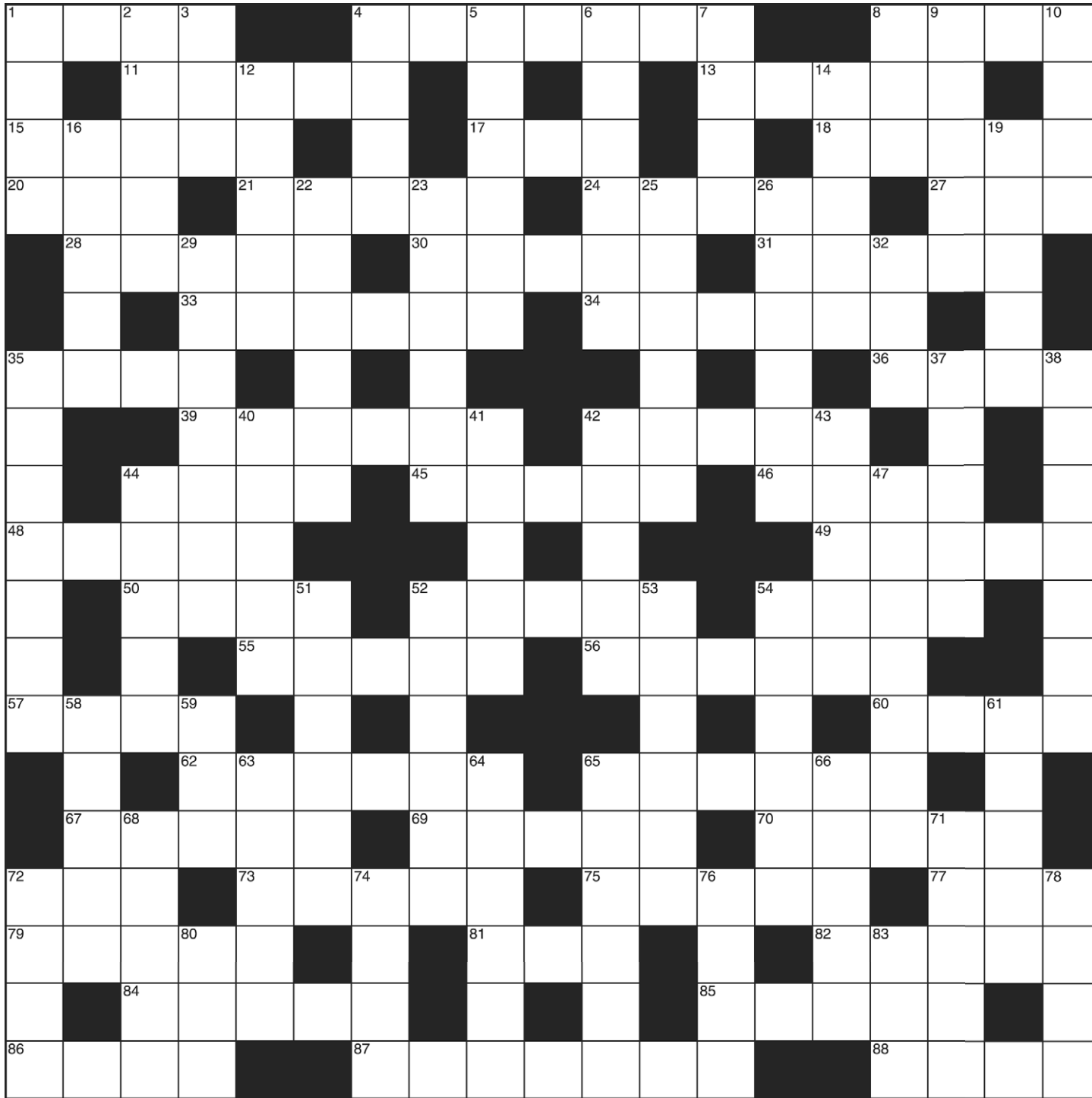
MORLEY GENT 78 well presented, easygoing, well mannered, kind, funloving, pract. Christian, love travel, social events, sk lady, any nat, 70+.



Have a Go News PUZZLES PAGE



BIG CROSSWORD - SEE PAGE 46 FOR SOLUTIONS



ACROSS

- 1. Genghis ...
- 4. Rout
- 8. Pealed
- 11. Belly
- 13. Crushes (fruit)
- 15. Holed atmosphere layer
- 17. Add soundtrack to
- 18. Sprightly
- 20. London's Big ...
- 21. Embarrass
- 24. Desolate
- 27. Sleazy hangout
- 28. The Divine Miss M, ... Midler
- 30. US bird emblem
- 31. Breathe fresh life into
- 33. Opening for laces
- 34. Shrink-wrap
- 35. Superman's cloak
- 36. More
- 39. Wanted
- 42. One Direction member, ... Horan
- 44. South African currency
- 45. Transfer sticker
- 46. Lord
- 48. Rugged peaks
- 49. Nought
- 50. Ancestral vendetta
- 52. 8-piece group
- 54. Agents
- 55. 3rd planet from sun
- 56. Loathe
- 57. Impetuous
- 60. Tablet computer
- 62. Unlaced
- 65. Roughly stitched
- 67. Suffuse
- 69. Amber substance
- 70. Last Greek letter
- 72. I have (1'2)
- 73. Support garment
- 75. Peach core
- 77. Go astray
- 79. Illegal seizure of power, coup ... (1'4)
- 81. ... & outs
- 82. Talks wildly
- 84. Viscose fabric
- 85. Lovers' meeting
- 86. Zone
- 87. Singer, Cat ...
- 88. Right away (1,1,1,1)

DOWN

- 1. Handle
- 2. Make reparation
- 3. Convent dweller
- 4. Supermodel, ... Banks
- 5. Outdated (3,3)
- 6. Disable (racehorse)
- 7. Fencing blade
- 8. Rocket-propelled grenade (1,1,1)
- 9. Throwaway remark
- 10. Valley
- 12. Beefy
- 14. Ponds
- 16. Striped horse-like animal
- 19. Singer, Jerry Lee ...
- 22. Honked (horn)
- 23. Oozed
- 25. Leguminous plant
- 26. Farmable
- 29. Adolescent
- 32. Formerly known as
- 35. Quality-control worker
- 37. Calms
- 38. Boffin
- 40. Take place after
- 41. Actress, Dame Judi ...
- 42. Announced (successor)
- 43. Lounges
- 44. White-water vessels
- 47. Strong current
- 51. Sillier
- 52. River creatures
- 53. Landlord's customer
- 54. Estimate
- 58. Existing
- 59. Wheel centre
- 61. Not joined
- 63. Crazy
- 64. Lust
- 65. Paper hanky
- 66. Manicure (board)
- 68. 1000 mm
- 71. Chaps
- 72. Thought
- 74. Hot drink dispensers
- 76. Goes (for)
- 78. Invitation footnote (1,1,1,1)
- 80. Battery size (1,1,1)
- 83. Flat ... pancake (2,1)





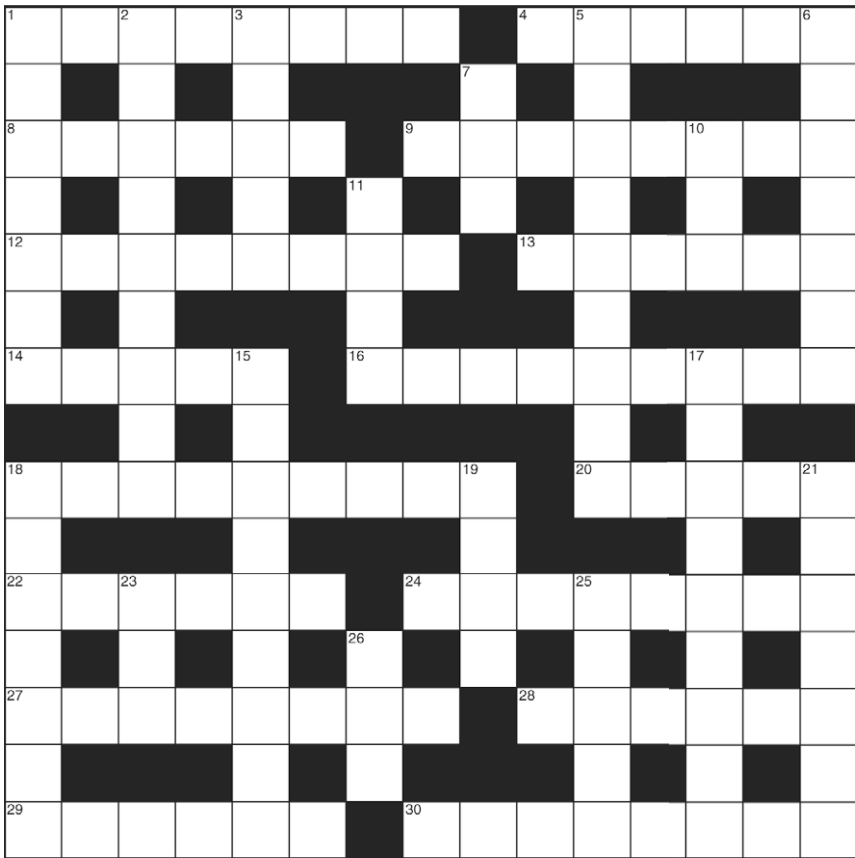
WAKE UP WITH
KARL & SARAH

Today

WEEKDAYS 5.30 AM



CRYPTIC CROSSWORD



of a little devil (6)
 29. Ease off steering line for puppets and pearls (6)
 30. Hugh mainly spoke in a compassionate way (8)

DOWN
 1. In Canada, man takes firm (7)
 2. Alter ants? Change tongues (9)
 3. Deals out title roles (5)
 5. In the past, Ron authorised driver of rocket (9)
 6. Cleaner making little change more apparent (7)
 7. Who turns in what way? (3)
 10. Poem written in Rhodes (3)
 11. Appear in taco menu (4)
 15. Slight trace of what Caesar's wife must be above? (9)
 17. Finish term in eight, say (9)
 18. Cultivates forests perhaps? (7)
 19. Engrave in stretcher? (4)
 21. Rumour of bigger tree caused prejudice (7)
 23. Sheep coming from both sides (3)
 24. Sing about corn being contemptuous (8)
 27. When asked for ice, cite 'vision' (8)
 28. Collision is the deed

ACROSS
 1. Gazelle found before long easy walk (8)
 4. Diplomacy, I see, is a strategy (6)
 8. In the Sahara, Fatima found Yasser (6)
 9. Delay mail? Post office directions (8)
 12. Donkeys, sulphur or a property valuer (8)
 13. Chore I concoct for joint successor (6)
 14. Ambushes most Spartans on their way back (5)
 16. Fan that a dentist might use? (9)
 18. Frieze tile expressly for pool stroke? (9)
 20. Beat repeatedly when in bathrobe (5)
 22. Acquiesce nicely, having panoramic views (6)
 24. Sing about corn being contemptuous (8)
 27. When asked for ice, cite 'vision' (8)
 28. Collision is the deed

SUDOKU

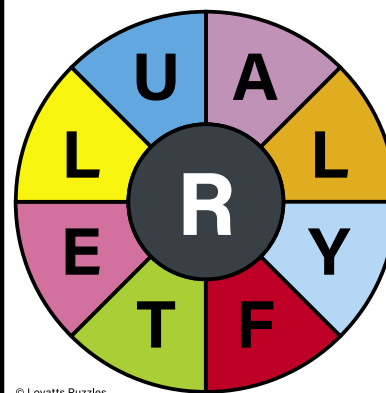
Fill the grid so that every column, every row, and every 3x3 box contains the number 1 to 9. **RATING: ★★☆☆☆**

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

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.

Wheel Words 22 Good 30 Very Good 40+ Excellent



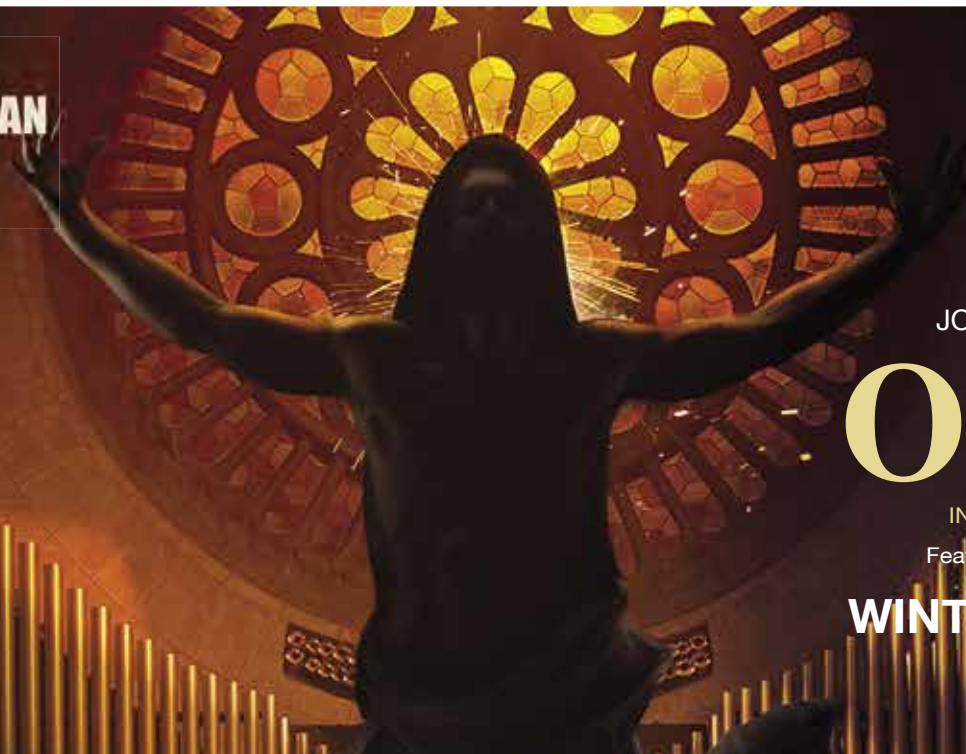
QUIZ QUEST

Brother	Magazine	Mozzarella
Flags	Rabbit	Bulls
Frisbee	Ribbons	Sheep
Dutch	Yo-yo	Strike
Swiss	Mezzanine	Trouble

All the answers to the clues are in the boxes, either as a word or picture. Solve all the clues and cross off the boxes. One word will be left over. This is the mystery keyword.

CLUES
 1 Floor between floors
 2 Aerodynamic beach toy
 3 They are associated with the city of Pamplona
 4 Gift wrap decorations
 5 Watership Down animal
 6 Nationality of tennis ace Roger Federer
 7 Tenpin bowling 'X'
 8 Surrender signals, white ...
 9 Pistol's cartridge holder
 10 Family rascal, black ...
 11 Stretchy Italian cheese
 12 Gibberish, double ...
 13 Toy on a string
 14 Kurt Russell film, *Big ... In Little China*

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AWAY**

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