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### IN THIS ISSUE

Let's go travelling  
 - Serena Kirby's trip to Seville, Spain  
 - Australia's North West  
 - Avon Valley

Lee Tate's interview with media stalwart Peter Waltham

Josephine Allison speaks with journalist Ara Jansen

Food & Wine  
 - Recipes and ideas  
 - Dining Divas  
 - Brunch

Mother's Day Gift Guide  
 - Gift ideas for Mum and an opportunity to support local

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# Saturday Night Fever hits Perth

by Josephine Allison



Ethan Churchill stars in *Saturday Night Fever* at Planet Royale in May

DREW Anthony was a child of the 70s with parents who took him and his siblings to the cinema to watch all the classics of the time including *Saturday Night Fever*. So it seems a natural progression for him to bring the stage version of the highly popular movie to Perth next month with a big local cast.

"As a child growing up in Queensland, I would see all those amazing films with my parents at the weekend including *Saturday Night Fever*. I was a big fan of the movie musical that's for sure," Drew tells *Have a Go News*.

Drew has been involved in show business for almost 40 years, as a performer, director, choreographer and producer with an impressive career which has taken him around the world. Among his long list of achievements is associate artistic director for the closing ceremony at the Sydney Olympic Games and directing the Sony IFA event in Berlin. He won the Fred Astaire international jazz and tap championship in New York in 1984, going on to perform in a big list of musicals including the United States and UK tours of *Hot Shoe Shuffle*.

With this year set to be a busy one for Drew and his team with *Saturday Night Fever* the first of three musicals to hit the stage at Planet Royale in Northbridge, Drew says it feels like the right time to present the show again.

"The first show we did at Planet Royale a couple of years ago was *Grease*. From the moment I decided to do *Grease*, I always had it in the back of my mind that it would also be great to do *Saturday Night Fever* which starred John Travolta and was really his breakout film before *Grease* came along.

"The world knew John as Vinnie Barbarino in *Welcome Back Kotter* on television but they didn't accept or know him as a film star until *Fever* put him on the map as a film star. As a child of the 70s I saw many of those amazing films when they were released. I had parents (his mother Kay ran a performing arts school) who would wake me in the middle of the night to watch the midnight runs of old Fred Astaire movies.

continued on page 18

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# From the managing editor's desk



Lieutenant Tahlia Merigan (centre) receiving her second stripe. Image thanks to the Department of Defence – PO Tara Morrison.

I WAS thrilled last month when I received news that my daughter Tahlia had been promoted to Lieutenant in the Royal Australian Navy. Many regular readers will know that Tahlia worked for the newspaper and just over two years ago left to take up an exciting role as a public affairs officer. Following her intense officer training she was based in Canberra and late last year was posted to fleet headquarters in Sydney. I have included a photo of her receiving her new slides on her promotion. It certainly was a proud moment for me.

I think since my daughter joined the Australian Defence Force, ANZAC Day holds greater meaning as I understand the commitment people make when

they choose to serve our country. This ANZAC Day I hope you can attend a service either at Kings Park or in your local area to commemorate our past and present service men and women. Lest we Forget.

We have almost finished collating our reader survey and thank you to the 622 people who took the time to fill it out. It has taken a little longer than we expected due to the overwhelming response so we will announce our prize winners next month. We were thrilled that so many people took the time to include special notes of praise about the newspaper and I was so pleased that so many readers from regional areas took the time to complete the survey. To everyone who par-

icipated, thank you very much. It really means a lot to me and the team and I look forward to sharing results with you too.

As the year seems to be galloping by, I am reminding people that *Have a Go Day* – a Livelighter event will be held on Wednesday November 13 at Burswood Park. Registrations for clubs, groups and businesses open this month, so if you want to know more – get in touch with Dawn at Seniors Recreation Council on 08 6118 2719.

If you need a *Have a Go Day* fix earlier, then don't miss the SRC Rockingham branch *Have a Go Day* which will be held on Wednesday May 1 at the Mike Barnett Sports Complex in Rockingham. This free event runs from 10am to 2pm and offers activities and information for those over 50. You can find out more on page 12.

I always read a lot about ageing research and I found an interesting article from the Mayo Clinic in the USA which says you are never too old to change the course of your health even if you have a chronic disease. We all want to live as long as possible, feeling well and remaining independent. Most of us already know that our diet

and exercise are important factors to good health as are our genes. Research is proving that other factors are equally important including socialising, optimism, and spiritual well-being.

The *Have a Go News* Facebook page offers us the opportunity to connect on a regular basis with people and we offer a variety of entertainment, giveaways, jokes, art and information. We would love for you to join us there. Follow our page at [www.facebook.com/Haveagonews/](http://www.facebook.com/Haveagonews/).

We provide a free service for people to receive the digital newspaper direct to your inbox, so you never miss an issue. We don't send any advertising material or have online registrations; it's a free service just email [readers@haveagonews.com.au](mailto:readers@haveagonews.com.au) with your name and email address.

We have a great array of stories inside this issue. Don't forget you can find out further information, club listings and more stories on our website at [www.haveagonews.com.au](http://www.haveagonews.com.au).

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## Ageing snippet - how many steps per day for longer life?

THE idea for obtaining optimal health from walking 10,000 steps per day originated in the 1960s in Japan but without any proof.

Now researchers from the University of Granada have undertaken an international study which provides proof of how many steps you need to take per day to significantly reduce the risk of premature death.

Most of the benefits are seen at

around 7,000 steps to reduce the risk of dying from cardiovascular disease.

Given the average length of a human stride (76 cm for men and 67 cm for women), taking 7,000 steps is equivalent to walking about 5.6km/day.

Researchers have also shown that the pace at which we walk has additional benefits, and that it is better to walk fast than slow.

## Have a Go News Quick Quiz

1. Which Dutch explorer in 1697 walked from Perth's coast to the Swan River and captured two pairs of black swans to take to Batavia?
2. James Stirling visited the Swan River twice. What ships did he command?
3. Who was the first explorer to make the west-to-east Nullarbor crossing?
4. Pioneer Katherine Mary Clutterbuck started which well-known children's home?
5. War-time Prime Minister John Curtin lived with his family in which Perth suburb?
6. How many convicts arrived in WA between 1850 and 1868? (7,460, 8,500 or 9,669)?
7. What percentage of Australia's population live in Western Australia?
8. What percentage of WA's population live in the Perth metropolitan area?
9. Kings Park spans how many hectares (400, 500 or 600)?
10. Kings Park sits on which bushy mount?

See answers on page 41.

## Noongar Words

**Bandak** - outside  
**Mandja** - gathering

## Noongar Season

**Djeran** -  
Cooler time in April and May

## Quote of the month

LIFE is made up of small pleasures. Happiness is made up of those tiny successes. The big ones come too infrequently. And if you don't collect all these tiny successes, the big ones don't really mean anything.

**Norman Lear**

## Word of the month

**maladroit**  
*adjective*  
pronounced mal-uh-DROYT  
*Maladroit* is an adjective which means incompetent or clumsy. It is usually used in formal language, and often describes people who lack skill in han-

dling situations.  
*Example*  
A politician was criticised for his *maladroit* handling of the budget. *Maladroit* comes from the French language and first appeared in the 17th century.

## Great West Aussies - Did you know?

GOLFER Hannah Green in 2024 became only the fifth Australian to win at least four times on the LGPA Tour. This came with a thrilling win in a women's world championship in Singapore. Green birdied the final three holes and "drained a pressure-cooker 10m uphill putt at the 72nd hole to snatch victory.



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# Meandering down memory lane with media stalwart Peter Waltham



Peter in Zimbabwe's elephant camp

by Lee Tate

FOR 58 eventful years, 82-year-old media stalwart, Peter Waltham, has informed and soothed television and radio listeners with his distinctive, authoritative and laidback voice.

Back in 1966, with the world music revolution including Beatlemania, Peter was a pioneering newsreader at Channel 7.

More than half-a-century later, Peter plays those same hit songs as "golden oldies" at Curtin Radio. *Down Memory Lane with Peter Waltham* is a welded-on weekday staple.

It's 9am in the studios of Curtin Radio, on the Bentley campus of Curtin

University. Peter switches on his microphone and opens the program.

"It's going to be a beautiful day in Perth. Our producer, Cheryl, is ready on t'other side of the window. We're good to go," he declares in his familiar format.

Three hours of music, commentary, listeners' birthdays and a daily serial run like a Swiss watch. Retirement is not in Peter's vocabulary.

"Definitely not! I think it's sad so many talented people in all walks of life are literally forced into retirement when they still have so much to offer," he said.

Peter has all the runs on the broadcasting board:

In 1959 he worked at *The West Australian*, 6IX and Channel 7. In 1966 he went fulltime with Seven (news and sport including two Olympic Games). In 1987, he switched to Channel 9 and in 1999 joined Curtin Radio.

The budding broadcaster's first interview was with Prime Minister, Robert Menzies, at Perth's old airport. Peter recalls magic memories.

"The 1969 moon landing, broadcasting the opening ceremony of the 1980 Olympic Games and again in LA in 1984 plus golf, tennis, Test and Shield cricket.

"My favourite was when Sammy Davis Jr sang *O! Man River* for me

on Telethon and sharing time with this amazing man over years."

In 1977, when Peter was working overseas, Kerry Packer asked him to team with Richie Benaud to broadcast World Series Cricket.

"Richie and I had broadcast Test and Shield cricket for years, but I turned Packer down. It meant never-ending travel, unsuitable with a young family".

In 1980 came a BBC offer, requiring Peter to move his family to the UK. He turned that down as well.

With music's big role in his long-time radio show, Peter names favourite singers as Roy Orbison, Demis Roussos, Shirley Bassey, Barbra Streisand and the *Righteous Brothers*.

"A great song is a great song whether it's from Glenn Miller, Elvis, Ed Sheeran or Shania Twain. My favourite songs include *Born to Lose* by Shirley Bassey, *Papa Can You Hear Me* by Michael Crawford, *Harvest Moon* by Neil Young and *Unchained Melody* by the Righteous Brothers.

"I play songs I hope the audience can relate to and will bring back memories", he said.

In 1977, Peter put down his microphone with Channel Seven's blessing and went off to drive around the world by road,

- 46,000kms through incredible places.

"We still have the taste for travel, so leisure time is jumping on a plane and heading-off to visit our youngest son, his wife and our grandchildren in Boston or Martha's Vineyard and then to Africa and India.

"India is our absolute favourite country in the world. The people are generous, the scenery is amazing. We never get tired of going there."



Peter also has a passion for Africa, particularly Kenya.

"Our favourite place is the Masai Mara in Kenya where millions of animals roam freely or in two wonderful camps, Sausage Tree and Senalala. To be up close with lions, leopards and cheetahs is one of the world's most amazing experiences. We never tire of it."

The Walthams love having their eldest son and his wonderful family here in Perth after his years in Port Hedland.

The former sportscaster is 'a red-and-white man' in football, following South Fremantle, Sydney Swans and the San Francisco 49ers.

Peter has an army of loyal listeners of sponsor-supported Curtin Radio, with an underlying strength in its many volunteers.

"I've had producers who have been with me for more than 20 years," he said.

Maintaining a low-profile, this is Peter's first interview in 32 years.

"I have always been an introvert in an extroverts' industry. I'm not interested and never have been, in all the publicity which some adore," he said.

Now, 25 years with Curtin Radio, Peter would like to get to 30 years, hang-up his headphones to spend more time with family and continue to hear the call to Africa and India.

"I've always been a 'glass half-full', as opposed to a 'glass half empty' advocate and that will never change," said the veteran voice.

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## Index



- 1-22 Early General News and columns
- 23 Mother's Day Gift Guide
- 24-25 Healthy Living
- 26-33 Let's go Travelling
- 34-36 Food & Wine
- 37-39 Downsizing
- 40-41 Great Home & Gardening
- 42-44 Arts
- 45 Friend to Friend
- 46-47 Puzzles

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# POOPS - Caring for pets of older people



Derek Silcox walking Patch

by Frank Smith

POOPS (Pets for older persons) is a volunteer-run organisation that helps older people look after pets when they cannot do so on their own. Many older pet lovers are reluctant to replace their pet when it dies for fear they will not be able to care for the new pet and may not live as long. Poops volunteers provide pet welfare where

clients cannot afford or are unable to provide pet care, such as regular dog walking, transport to vet, groomer or boarding, post-vet care and persuading the pets to take their medications. Pets can reduce loneliness, which is a big killer of older people. For seniors living on their own a pet is the next best thing to human company. Moreover, according to the Alzheimer's Soci-

ety, research shows that pet ownership may delay dementia in people living on their own and improve the quality of life of people living with dementia. People living with no one but their pets had slower rates of decline in verbal memory and fluency than people living fully alone, but pet ownership didn't make a difference to those living with other humans. Dogs also provide elderly people with motivation to leave the house for a walk and there is no better way to meet your neighbours than while walking the dog. POOPS helps seniors, people in palliative care at home and people with a disability who are unable to walk their pets. They also help to rehome pets when the need arises, for example when their owner dies or moves into residential care or elsewhere where pets are not permitted.

Retired carpenter Derek Silcox (80) joined POOPS and is one of their oldest and most regular volunteer dog walkers. "When I retired in 2011, I did not want to sit around doing nothing. I saw an article about dog walkers in the local paper and applied.

"I love walking with animals. I used to walk our own dog, until it died." Derek walks three mornings a week in Hilton and Yangebup, although POOPS volunteers are only required to walk on one day a week. He has walked several different dogs over the years. "I walk twice with Patch and the other day with a different dog; all dogs are fine with me, big or small."

Derek also cycles and likes to be committed to this regular exercise. "Getting my exercise is a reason for dog walking, it is good for the dog and good for me."

Dog walking has a social side too. "I also get to meet and chat with lots of people. The dogs do the first introduction. Most people walking their dog are pretty happy to stop and have a chat."

POOPS say they are not able to provide pet sitting or boarding during holidays or hospital stays. They provide emergency help, but only for regular clients. If you need support to keep your pet, ring 1300 110 092 and leave a message, send an email to [admin@poopswa.org.au](mailto:admin@poopswa.org.au) or visit the Poops website [www.poopswa.org.au/clients/](http://www.poopswa.org.au/clients/).

## Letters to the Editor

Submissions may be edited for clarity and space  
Please keep submissions to 200 words or less.  
Email [jen@haveagonews.com.au](mailto:jen@haveagonews.com.au)

Dear Editor,  
MY grandmother told my mother a friend of hers used to come over to her place in Roberts Road Subiaco opposite Subiaco Oval while waiting for her son to come home from school. He was at that time the boy-

friend of one of my mother's sisters. Later on this guy's father would marry my mum and dad. This lady told my grandmother 'my son will do big things one day' and she was right. This lady was Ethan Hawke - mother of Bob. He could have been my uncle... my mother

told me stories of Bob who was Australia's only Prime Minister to have played first class cricket when he was at Oxford University in England as 12th man versus one of the English counties.

Phil Thomson  
Wembley

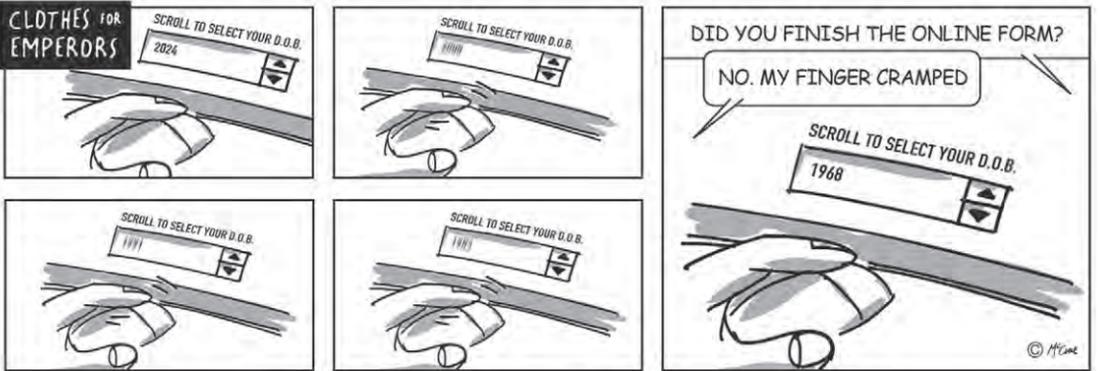
See page 14 for more Letters to the Editor

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EACH month we give away five, \$20 Lotterywest Scratchie packs for some lucky people to win, and we are always hoping one of them jags a big prize. To be in the draw, simply email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with Scratchie in

the subject line or write to Scratchies c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 1/5/24. Congratulations to our February 2024 winners... Cameron Bell, William Clark, Mrs C Y Thieme, V J Morris and R Pearse.



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# Red dust of the Gascoyne inspires new author Michael Thomas



Michael Thomas

by Josephine Allison

THE Gascoyne is in author Michael Thomas's blood so it was almost a given that he should focus on the area for his fascinating book, *The Map of William*. At 65 and a retired teacher, Michael says he drew on a lifetime of memories, family history and several years of research for the classic rite-of-passage debut novel.

"I retired from teaching in 2021," Michael tells *Have a Go News* from his Perth home. "I had scribbles and writings and

research on hand into my family history so *The Map of William* came about almost by accident.

"I gathered a whole lot of documents, letters, wills and all sorts of things, I sat down in my garden one day and thought: 'I need to do something about that', so I wrote my first lines. At that time my main writing had been lots of school reports from teaching days in Perth, Carnarvon, Big Bell, Cue, Day Dawn and Wiluna.

"There is a fair bit of my life contained in *The Map of William*. I grew up in the

Gascoyne. My dad, Roy, who died in 1986, was a shearer. When I was seven or eight I was out with my dad on sheep stations so all that area from Carnarvon, north to Onslow and Roebourne is really in my blood.

"It seemed a natural thing to set my first novel in that part of the world so *The Map of William* was born. A lot of the blokes featured in the book are from my father's shearing team, they are blokes I remember who I grew up with and were part of my life. A lot of the core of characters come from my early days and early memories."

*The Map of William* focuses on Western Australia 1909, William Watson's beloved father is set on an expedition to the North-West to map water sources in the Pilbara. Invited along, fifteen-year-old William embarks on the outback journey of a lifetime.

At sea and on land, William will forge lasting friendships with his fellow travellers and transform his relationship with his father as together they face the darkness of some men's hearts, including

the cruel and vengeful Sergeant Jardine.

*The Map of William* is a gripping, adventurous tale about the triumph of friendship and the price of survival in a land with its own ancient story to tell.

"I was born in Carnarvon, my father Roy's country was Roebourne, his father, my great-grandfather, moved to Roebourne in the late 1880s and married there, so there is a long history of the Thomas family in that part of the world," Michael says.

"You see a lot of the character of my late mother in the book, she died in the late 1990s. I have siblings, brothers and sisters scattered around, a sister in England and another in Melbourne. I come from a long, extended family so life experiences are contained in the book."

Michael, who lives in Perth with his wife, has two adult children. He is in the final stages of writing his second novel. He says it has been much more difficult to write.

"The first book is when William is 15 but in the second he is 21. I have taken him from old Fre-

mantle, where he lives with his parents, to war so it has been extremely hard to write but I'm in the last stages with hopes of finding a publisher.

"It has been hard to find the right tone because when you embark on something as huge as a war story about Gallipoli you are on hallowed ground. You are caught up in the story of William and his life but you have to align that life with historical events known and recorded. There is that homage and respect you need to give the men who have been before.

"While it is William's story and it is a harrowing journey and story like the first book, it follows a pattern. It moves to a place at the end where William has been through something terrible and harrowing but comes to a point which is not quite a happy ending. How could there be?"

"This book tracks my own family history of the young Thomas men who went to fight at Gallipoli, two are buried in France and my father was a World War II veteran, so I have drawn on their experiences."

Michael says he is fortunate that many historical items such as letters have been passed down in his family.

"I feel privileged and fortunate to be a first published author at 65, I would love my second book to find a publisher."

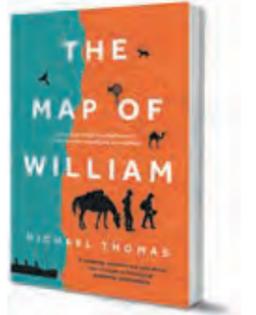
Michael says he writes most days.

"It's an addiction I didn't know I had. I have lived up north with memories of landscape, time and

place embedded in my childhood and now I can write about it. The red dust gets into you.

"I'm trying to tell as many WA stories as I can and hope to continue my journey as an author."

*The Map of William* (rtp \$32.99, Fremantle Press) is available from all good bookstores.



## WA Seniors urged to register for Cost-of-Living Rebate

MINISTER for Seniors and Ageing, Don Punch is encouraging Western Australian Seniors Card members to ensure they are registered to receive the 2024 Cost of Living Rebate.

The annual Cost-of-Living Rebate is a State Government initiative offered to WA Seniors Card members to assist with cost-of-living pressures.

WA Seniors Card members must register by May 31, 2024 to receive this year's payment, which will be made in late July.

Previously registered members do not need to re-register unless their bank details or circumstances have changed. WA Seniors Card members who have not yet registered have received a reminder letter to apply.

Seniors and Ageing Minister Don Punch said: "The Cost-of-Living Rebate can make a significant difference to the financial pressures for seniors.

"I encourage everyone with a Seniors Card to make sure they are registered before May 31, so they don't miss out.

"I am proud that Western Australian Seniors Card members continue to have access to some of the most valuable discounts, concessions and rebates in the country."

Last year, singles received a payment of \$104 and couples received \$156. The Rebate was first launched in 2009 and has provided over \$394 million in assistance to WA seniors.

In addition to the Cost-of-Living Rebate, the WA Seniors Card offers valuable State Government

concessions and rebates, including free off-peak public transport, concessions on local government rates and water service charges, and the \$400 Safety and Security rebate.

WA Seniors Card members can apply for the Cost-of-Living Rebate by registering for online access to their account or by downloading an application form. Please visit the

WA Seniors Card website at [www.seniorscard.wa.gov.au/forms-guides/](http://www.seniorscard.wa.gov.au/forms-guides/).

Hard copies of the application form can be requested from the WA Seniors Card Centre.

Current members can check if they are already registered to receive this year's payment by contacting the WA Seniors Card Centre on 1800 671 233 or [info@seniorscard.wa.gov.au](mailto:info@seniorscard.wa.gov.au).



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# Noongar elder Trevor Walley looks at life in a practical way



by Allen Newton

NOONGAR Elder Trevor Walley doesn't like to use the word 'pride'.

"There aren't any proud moments, life is to be proud," Trevor says. "There's not a word in our vocabulary for proud, it's called happy."

"You are sad when you are sad and happy when you are happy and once your life is fulfilled, that's when you are proud."

"If you don't carry on drinking and smoking your life gets better."

Trevor was born

in Pinjarra but grew up in Medina where he says he had a fabulous childhood.

He has family connections across Noongar country, from Moora and Albany, through to Jerramungup, and Kellerberrin.

"We had no money, but we had the greatest time of our lives."

"As long as you have a bed and food you walk out the door, you have a great life."

Trevor was born in 1957 in an era that didn't have all the technology we have now.

"The tree was a swing and we had bows and arrows, shanghais and the bush, when Medina was full of bush. It's about the joy of life."

"The best moments are when you jump off a rope and you swing out and you swing back or you're on a bike with the fresh air in your face."

You will often see Trevor out and about delivering his *Welcome to Country*.

And while he is passionate about getting the Aboriginal cultural message across, Trevor says it's not something he wants to force down

people's throats.

"I think people's lives are very busy. The broader community, white community, have their own hopes and aspirations."

"I don't need to impress anyone, I do my job and I do it well."

"I don't really engage with people and I don't really care about people, all I want when I do a job is to do it well."

"I want to do my culture properly and do it the best I can."

As an example of being in the moment Trevor recalls seeing a segment on television recently where a man visiting caves at the top end of Queensland was excitedly talking about how he was going to go back down south to tell the wider community about Aboriginal culture.

His Aboriginal host told the man that was not what he was here for.

"There's so many things going through your brain. Relax, just relax you are going to burn yourself out, you're not enjoying the moment you're with me. We're here to look at the caves and you're talking

about going down south and changing people's attitudes, but that's not what we're here for. Let's focus on the moment."

It's a sentiment Trevor agrees with.

"I'm not going to change anyone. I'm not going to and I don't want to. I am what I am. People see I'm an Aboriginal person and if they want to engage, I will engage, but I won't go out of my way to engage because otherwise I'll be all burnt up inside."

"Because you can't lead a donkey to a trough you can't make them drink, so don't worry about it and don't try and change anything."

Trevor says he reserves his energy for when he is on stage so he can give 100 per cent.

*Have a Go News* met him when he provided an inspiring *Welcome to Country* for WA Ballet's *Ballet at the Quarry*.

"When you are doing a *Welcome* you're 100 per cent. That's all you can do. You shouldn't be running around chasing anything because you're on stage and that's when the best comes out and that's the appro-

prate time – at the event – so I really don't want to chat to anyone, I don't want to have negatives in my brain."

"I just want to enjoy life, and the happiness comes out of life. If people can see that I'm Aboriginal and if they want to engage with an Aboriginal, they have got to engage with me. I don't engage with them. You always have to know which way to go."

Trevor says with plane loads of tourists arriving wanting to learn about Aboriginal culture it can be time-consuming.

"We only make up less than three per cent of the population."

When people do want to engage Trevor says he takes it gently to break the ice.

"But I would not support trying to change the world or impress people. Because all we're doing is making ourselves feel bad. We are actually hurting ourselves by someone who doesn't really want to be engaged."

"But when you do engage people, they will follow you up and they will remember you," he said.

## Are you a carer of a person who is at the end of life?

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**To find out more about the groups and workshops contact Palliative Care WA on 1300 551 704 or [info@palliativecarewa.asn.au](mailto:info@palliativecarewa.asn.au) or visit <https://palliativecarewa.asn.au/>**

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BEN Reddingius is the son of our managing editor's husband Ron. He assists his dad in delivering *Have a Go News* from Perth north to Jurien Bay each month. Ben is autistic and loves meeting people while delivering the newspaper and stacking the stands to get it out and about. He loves to have a go!

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# Walk with Western Australian women and discover history



Clockwise from left; Metropolitan Cemeteries Board (MCB)'s CEO, Kathleen Oliver - Dr Roberta Jull (1872-1961) © State Library of Western Australia 007372D - Mary Ann Millstead (1887-1949) Millstead Family Collection Right; Kathleen Oliver standing beside Bessie Mabel Rischbieth's grave at Karrakatta Cemetery

by Lee Tate

PIONEERING women who helped shape colonial Western Australia have largely been overshadowed in our history and our culture. Until now.

Karrakatta Cemetery's new dedicated historical trail honours women who have impacted the social, economic, and political fabric of our society.

The WA Women's Hall of Fame organisation – with nearly 300 inspiring inductees – collaborated on the project with the Metropolitan Cemeteries Board (MCB).

"Most people might recognise perhaps only 10 per cent of the names on the trail so this is a great opportunity to acknowledge all these women and the important roles they played in our history," said MCB's CEO, Kathleen Oliver.

The trail, with 22 noted women including 16 WA Women's Hall of Fame inductees, will gradually grow.

"These women are part of our history and it is our role to keep their stories alive and share them with future generations in a style that engages with our contemporaries," said WA Women's Hall of Fame spokesperson, Gina Church.

"The recognition of women through this event encourages and

empowers women to be more progressive and helps shape public policy, to improve women's position and status in society," she said.

At Karrakatta, Perth's largest cemetery, Ms Oliver led *Have a Go News* on the trail through tree-lined, shady and manicured grounds along with café and public facilities. The trail comes in three easily-accessible loops.

Ms Oliver said visitors can walk just part of the trail or spend up to three hours examining historic headstones and amazingly-diverse monuments.

We pass prominent names including Dame Dorothy Tangney (1907-1985), Edith Cowan (1861-1932), Lady Margaret Forrest (1844-1929) and Grace Drake-Brockman (1860-1935).

Using a smart phone or tablet device, visitors can take the self-guided trail, scanning a QR code for a map and biographical information. Printed maps are available from the administration building. The free trail is accessible to the public every day.

The "Walking with Western Australian Women" trail links with International Women's Day and this year's theme of *Inspire Inclusion*.

WA pioneering women's achievements were amazingly diverse as these four chosen examples demonstrate.

## Susan Adelaide Casson (1871 – 1952).

Susan dedicated much of her life to helping people affected by mental illness when many sufferers were institutionalised for long periods. She sought to have psychiatric patients rehabilitated in the community. Residential facilities in Perth bear her name, including Casson House. Susan founded the Mental Hospital After Care and Comforts Fund, now called Casson Homes, one of Australia's first mental health charities. The first female ALP Perth organiser she was the second woman to be appointed a Justice of the Peace.

## Mary Ann Millstead (1887 – 1949).

Mary was a pioneer in the Wongan Hills district in the 1900s. Raising eight children and working on a farm, Mary was also the district surrogate midwife. With no medical services in the area and having no formal training, she took out the sulky at all hours, bringing new life into the world. With a wheat and sheep farm with her husband, Mary helped establish Wongan Hills Progress Association, campaigning for local amenities, schools, regular mail and a railway.

## Dr Roberta Jull (1872-1961).

WA's first woman to

practice medicine, Dr Jull worked with her brother, a Guildford GP. Her daughter was leading writer Henrietta Drake-Brockman. In 1917, Dr Jull became a medical officer for schools with the Department of Public Health and spent much of her life fighting for women's and children's equality.

## Ada Bromham (1880 – 1965).

Ada led the Australian delegation to the International Suffrage Alliance Congress in Paris, conducting the Tasmanian and South Australian campaign for temperance and six o'clock closing (of pubs).

She also joined a peace delegation to Peking. Ada, who had worked for the welfare of Indigenous families in South Australia and Victoria, spent the last phase of her life in Perth devoted to this cause.

A mechanic and competitor in hill-climbs, Ada crossed the Nullarbor from 1916 several times and took a growing interest in social issues.

She became Australian representative for the world WCTU council for the advancement of Aboriginals and Torres Strait Islanders and later WA divisional superintendent. She fought against State MPs and the Commonwealth Minister for Territories for better conditions for Indigenous people.



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# Where opinions matter - all guns blazing on the firearms debate



by Lee Tate

GIVE me one good reason why anyone in Perth should own a gun. When the Cook Government announced new controls, the local gun lobby predictably came out all guns blazing.

Gun owners will have a hard time satisfying me why gun possession in city or suburb is justifiable, given the high-cost of gun-related crime. In 2022, 20 people were shot dead in WA.

Guns are being used to wound, threaten, intimidate and kill West Aus-

tralians and many others around the world, as we know.

Farmers need to deal with vermin-control, predators and humane killing of livestock. But how many guns does a farm really need?

While Western Australia admirably becomes the first State in Australia to limit the number of guns, farmers will still be eligible to own 10 guns. That's 10 guns.

Competitive shooters can also have 10 weapons and if competing at a national or international level can apply for even more guns. Recreational shooters can own five guns.

Changes are aimed at reducing WA's 360,916 licensed firearms - more than double our guns in 2009.

In the wake of the 1966 Port Arthur killings, Auss-

650,000 weapons in a gun buyback program. But gun ownership has risen higher than ever before.

Taxpayers pay the price again. WA's latest \$64.3 million voluntary firearm buyback compensation scheme is hoped to bring-in about 13,000 guns to cop shops. The maximum payment is \$1,000 for a gun. There's no compensation for ammunition or accessories.

Gun owners can also surrender weapons under amnesty or sell them through licensed dealers. There's also a tightening of questioning in gun licence applications.

Police Minister Paul Papalia pointed out a recent police seizure of an arsenal of high-powered firearms incorrectly stored in a suburban underground bunker, beneath a storage unit.

The worst offence allegedly committed was in failing to apply to the local council for approval to build the bunker and underground shooting range.

"That's how outdated and weak our 50-year-old firearms laws are and that's why the police force have asked us to completely overhaul them," Mr Papalia said.

Legal gun ownership will continue while cross-bows, knuckle-dusters, extendable batons and butterfly knives are illegal.

Attacking dogs can legally be put-down, smoking is outlawed at indoor events and speeding comes under strict laws. Cities across the world are setting deadlines to ban all cars, trucks and buses running on fossil fuels.

We can't assault anyone, fight in the street or

pedal drugs. All are covered by laws to protect the public and make the world a better place. Yet we legally live with guns. The bad element has made gun ownership too dangerous - certainly in cities.

Australia's first recorded school shooting was in WA last May. A student, 15, took two guns from his father's locked cabinet in their home and shot-up a classroom in a Two Rocks college - luckily without any injuries.

Having studied gun massacres on the internet, he said: "I was going to kill people and myself."

In January, shots were fired through the front of a Landsdale home. A bikie has been charged with the shooting.

Last February, eight rifles and four shotguns were stolen from a Franklin River property.

Senior Sargeant Craig



Wanstall said firearms were sometimes stolen from registered owners, raising fears about the guns' use in other crimes.

The State Government said latest gun laws follow: "years of extensive consultation with licence holders, industry stakeholders and the broader

public." Just like drugs, guns will always be among us. But seriously reducing the armoury will bring down deaths, intimidation, injuries and crime.

**What do you think?**  
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## Pet sharer wanted for this lovely little doggy



11-year-old Schnoodle (Schnauzer poodle cross) Scout

by Georgie Sweeting

RISING cost of living is

impacting many of us in a number of ways. Pet ownership is one cost that

some older Australians, in particular, are finding just doesn't fit into their budget, despite dogs and cats alleviating loneliness and having a really positive impact on our mental health.

Enter 'pet sharing' which provides the benefits of pet ownership minus the financial stress.

I am writing this, perhaps selfishly, as I am in a position where all of my young adult children have flown the nest after 20 plus years of parenting and my partner and I now have the freedom to travel and do some of the things we previously haven't been able to.

Which is hard to do when you have a pet at home that you love and want to see enjoy their older years as well with enough love and attention.

I have read in your pages, letters from some of your readers who have said that they are saddened by the fact that they can no longer afford to look after a pet and thought this might be the perfect compromise.

Our 11-year-old Schnoo-

dle (Schnauzer poodle cross) Scout is getting on a little but has plenty of energy, loves a walk and loves nothing more than cuddling up on a knee or at someone's feet.

I have found myself travelling quite a lot at this stage and didn't really want to go down the kennel or dog sitter route and thought a dog-share arrangement for an older person or couple could tick a few different boxes. The financial cost of owning a dog would be covered by me in terms of medical and food etc and our dog share partner just gets to enjoy having a very affectionate four-legged friend on a part time or semi-permanent basis whichever works best.

I am south of the river in North Fremantle but happy to have a chat and see if we can make a situation work for us both. Please reach out if you are interested.

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# Ara's life lessons and enlightenment interviewing older people



L-R; *A Lasting Tale* journalist Dimity Brassil with her mother Anne (left) - Ara Jansen with Jon Bon Jovi and Julio Iglesias - Ara Jansen today

by Josephine Allison

JOURNALIST Ara Jansen is a well regarded music writer in Perth. She has rubbed shoulders and written about high profile music identities from Pink to Jon Bon Jovi. But now she has turned her hand to interviewing older people who might not be so well known but still have an interesting story to tell.

Ara is among a Perth group of professional journalists, writers, published authors and biographers involved in *A Lasting Tale* which records private audio life stories for families Australia-wide. More than 40 interviewers conduct the interviews across the country.

*A Lasting Tale* started in 2018 when founder and journalist Dimity Brassil recorded

the life story of her mother Anne, a mother of nine. Dimity was spurred into action following the death of her father and sister in a relatively short period. She sat down with her mother and captured her voice telling her story.

To date, Dimity and her team across the country have recorded more than 1500 life stories. As well as the professional podcast-like personal audio stories, the platform also has a DIY interview guide for families wanting to interview their loved one themselves.

"I find this work really interesting because, for me, it is different after many years of talking to celebrities," Ara says. "You spend about three hours with people; you start with their childhood, ask where they went to school

and what their first memories are through to now.

"Most of the people are obviously older and have a whole life to look back on. I have been involved in the Perth side for more than a year. Most of the interviews are done in person, you go out to someone's house, but there is also the capacity for someone interested to do it online."

Ara says the people she has spoken with are obviously not celebrities but there are many interesting aspects of their lives.

"One woman I interviewed had met musician Dizzy Gillespie on a ship she was travelling on from New York to the UK when she was much younger.

"She said it was something that just happened, Dizzy was

playing on the deck. I also discovered someone who inherited a baby grand piano used in Charlie Chaplin films. It's interesting too because when you speak to some people they know what the high points of their life are, but others don't consider anything is more important than anything else.

"It's fascinating something will just pop out and you think, 'how did you not think that?', it's really cool.

"I get to go into someone's lounge room, set things up with mics and record the interview with quality audio. When I reach home, I send the file back to *A Lasting Tale* which turns it into a podcast which is given to families. We usually ask the interviewee what sort of music they like and use similar music in the recording.

"We get about 90 minutes, depending what comes up after being edited. My job is the fun part; interviewing people and getting them to dig around in their minds.

"I believe people often forget they have an interesting story to tell. When you sit down and start asking questions, calling on them to cast their mind back to the time they met their husband or their first job they come up with interesting stories and asides they might not have thought about in ages."

Ara says a generation of people aged in their 80s and 90s are currently the last of the pre computer generation.

They saw World War II and the Depression, really pivotal moments before the next generation, like mine, who have computers and technology.

"These stories will be lost

when these people pass away if they don't get recorded. Someone might tell you something in the interview that the family was unaware of; it's not a secret but something special.

"For me, that is the fascinating part. It's one of the reasons I love talking to people about their life, I love asking questions about how they have lived their lives. Apart from that, I get a lot of energy hearing other people's stories.

"It's being able to learn about how they got through a problem or how they progressed in their career. It gives me ideas about how I can live my own life. If they tell you about their failures, you think, 'that's not a good one to try.'"

For details and costs of *A Lasting Tale*, visit [www.alastingtale.com](http://www.alastingtale.com).

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by Rick Steele

I THINK the bloke (or woman) who invented the remote control for TV is right up there alongside the inventor of flushing toilets and air-conditioning. I have just managed to guide myself through the latest series of *Australian Idol*. Although it may

# A Kiwi Idol in 1967 and cigarettes - I was only nineteen

not be obvious, but the remote is necessary for flushing unwanted and incessant drivel from the judges.

Back in 1967, according to my dad and the bible, an idol was something to be avoided, and thou shalt not have one! I was wending my way southwards on a hitchhiking journey to Motueka in order to pick tobacco to help finance my second year at teacher training college. After several diversions, including visiting Huckariah's family in

Gisborne I found myself in a talent quest at the local beach resort. In those days the talent quest was like a support act to the 'Headline Beach Carnival' which would feature Dinah Lee or Ray Columbus or someone famous at the time.

Recently, with the help of modern technology, I received a photo as a reminder of what happened. I am pleased to report that without resorting to bribery of the judges, I won the bloody thing. My handsome reward was

£40. Incidentally, New Zealand converted to decimal currency in July later that year. According to my correspondence my 40 quid would be equivalent to \$1840 today. Not being a smoker at the time, my newfound friends were very excited when I also received, 400 Rothmans cigarettes.

Yeah folks, this family friendly show is presented by... cigarettes!

By crikey, when you win, you eat better, sleep better and your beer tastes better. And,

your girlfriend looks like Gina Lollobrigida. No more hitchhiking for me. I flew to Motueka and spent my days cruising, and drinking in the pub, while the other blokes picked tobacco.

Of course, every 'Idol for a day' must face the day when the thrill has gone and reality rears its ugly head. Some bloke said: "I don't measure a man's success by how high he climbs, but how high he bounces when he hits the bottom." Luckily, I bounced OK and within

18 months our new group was in the charts heading once again for the next inevitable fall.

It is said: "Behind every successful man, there's a lot of unsuccessful years."

"Did the show have a happy ending?"

"Yeah, everyone was delighted when it finished."

Two sailors spent an afternoon getting inebriated and then decided to catch a variety show. Halfway through the show, sailor Joe needed to go to the toilet. After receiving in-

structions from the usherette he followed as best he could.

"Go left, then at the end of passage, on the right, go left again and straight ahead."

A little worse for wear sailor Joe, did his best, relieved himself and stumbled back to his seat.

"You missed the best part of the act," his mate whispered. "While you were out, some drunken sailor came out and pissed into the orchestra pit."

Hic... cheers dears.



by Jon Lewis

IT was a lovely cool evening sitting on our refreshed outdoor furniture when a no-plan Saturday night became

something special.

We had just finished an Italian style pasta my darling wife had made of what was left in fridge and we thoroughly enjoyed it. I highlighted it with a

suitably colour-matching beverage and we were happy.

So what now?

Time for a movie I said, but let's do it differently.

It was an idea we had thought about for months now and finally I thought, tonight, why not?

I found our old TV complete with built in DVD player in the shed and carried it over to our outdoor table.

I plugged it into the outdoor power point and like magic it lit up.

Then I looked through our eclectic DVD selection and soon found a movie neither of us had

ever seen. Where it had come from, we know not, but it had.

Perhaps you know of the film, *How to Succeed at Business, Without Really Trying*.

Into the DVD slot, at the back of the TV it went and our fun began, with a large bowl of popcorn.

Once the cast started singing, I remarked delightedly out loud: "Oh, it's a musical."

I'm good like that - my powers of observation are obvious.

Yes, it was the same as watching the film indoors but it was undeniably, quite enjoyably

- different.

The difference was, on reflection, a childlike delight. Here we were doing the same thing we do on any other night, except the difference was beautiful.

The lounge room had become the courtyard, the ceiling had become the night sky and the air was fresh.

We had a lovely time watching the movie and occasionally we looked up at the stars above.

It was the same but different.

I now wonder what else could we do with equal imagination

and action?

There was an idea I had, let me know what you think.

I was planning to move the TV to the bonnet of my car, in the garage, make some hamburgers and recreate the drive-in movie experience.

However, I think the next idea will be a happy picnic in Kings Park overlooking our beautiful Perth city.

There is so much beauty to be enjoyed. All we have to do is use a little imagination, do the same things, but in a way that is different.

All the best.





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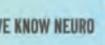
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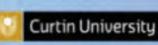
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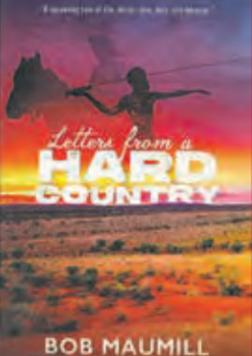
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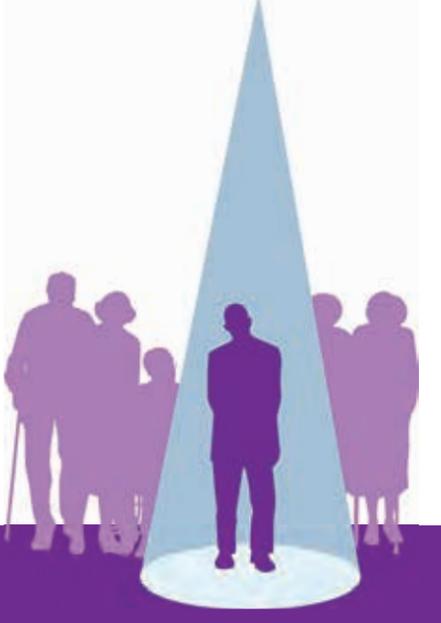



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# UK Ombudsman supports Women Against State Pension Inequality



by Mike Goodall

PUBLIC and Health Service Ombudsman's (PHSO) investigation has found that thousands of women may have been affected by the Department for Work and Pensions' (DWP) failure to adequately inform them that the state pension age (SPA) had changed for those born on or after April 6, 1950.

Some women lost opportunities to make informed decisions about their finances, diminishing their sense of personal autonomy and financial control and also caused unnecessary stress and anxiety.

In the report, the PHSO said that the DWP has not acknowledged its failings nor put things right for those women affected, and had also failed to offer any apology or explanation for its failings.

The DWP said that it could not provide compensation, due to the cost and resources involved, the time it would take and the negative impact it have on it being able to maintain other services.

It also said that using taxpayer funds to pay compensation for the consequences of the maladministration would likely need parliamentary and Treasury approval and, potentially new legislation.

Whilst the Ombudsman has no legal powers to make organisations act on its recommendations, it can present a report to parliament so it can act to protect citizens' rights.

PHSO chief executive, Rebecca Hilsenrath, said: "The UK's national ombudsman has made a finding of failings by DWP in this case and has ruled that the women affected are owed compensation. "DWP has clearly in-

dicated that it will refuse to comply. This is unacceptable. The Department must do the right thing and it must be held to account for failure to do so."

"Complainants should not have to wait and see whether DWP will take action to rectify its failings.

"We have asked parliament to intervene and hold the department to account."

In response a DWP spokesperson said: "We will consider the ombudsman's report and respond in due course, having cooperated fully throughout this investigation.

"The government has always been committed to supporting all pen-

sioners in a sustainable way that gives them a dignified retirement whilst also being fair to them and taxpayers.

"The state pension is the foundation of income in retirement and will remain so."

Reacting to the report, Women Against State Pension Inequality (WASPI) chair, Angela Madden, said: "The DWP's refusal to accept the clear conclusions of this five-year long investigation is simply unbelievable. One of the affected women is dying every 13 minutes, and we just cannot afford to wait any longer.

"The ombudsman has put the ball firmly in parliament's court, and it is now for MPs to do jus-

tice to all the 3.6 million women affected."

The PHSO has now completed its investigation and will not accept any further complaints on this issue. However, the ombudsman has also received complaints about how well DWP has communicated a variety of other state pension reforms.

A report from the ombudsman is expected later in the year on these broader issues.

If you are considering booking car hire in the UK, contact Crown Holiday Cars in Sydney the owner Vanden Brown has done great deals for my wife and I over the years. E-mail:- crownholidaycars@bigpond.com Tel 02 4733 1302.

## Am I UK State Pension Age?

People born between October 6, 1954 and April 5, 1960, who have worked for a minimum of 10 years in the UK, will be eligible to claim their UK State Pensions from their 66th birthday.

Those born after April 6, 1960 can claim one month later for every additional month of birth until March 6, 1961 when it will become their 67th birthday. This is now subject to a UK Government review.

**Anyone who would like to discuss any aspect of their UK State Pensions is welcome to contact Mike Goodall on 0403 909 865 or via e-mail [mikegoodall@btconnect.com](mailto:mikegoodall@btconnect.com).**

## Centrelink Update - assessment of self-employment income when applying for the pension



by Hank Jongen, General Manager, Services Australia

THE pension income test means that people don't

have to be retired or have no income to apply for a pension. You can apply for a pension while still receiving income from employment or self-employment.

When we assess wages, we are looking for your gross income. If you're running a business however, we are looking at your net profit – that's your income less allowable expenses.

Services Australia may consider allowable expenses differently to the

Australian Taxation Office when we assess your income. Find the list of deductions we allow on our website: [servicesaustralia.gov.au/businessincome](http://servicesaustralia.gov.au/businessincome)

If you've been self-employed for a while, your tax returns may include all the information we need to assess your income. If you're a sole trader, your business income is recorded in your personal tax return. In a partnership, the business has its own tax return.

If you're thinking of starting a business while getting a payment, it's a bit more complex. Your last tax return won't help as you weren't running your business then, and due to the nature of business, telling us every fortnight might not reflect all your costs and income as some are monthly, annually, or ad hoc as the year goes by.

If you're starting a business as a sole trader or partnership, you'll need

to provide a profit and loss statement estimating what you realistically think you'll earn in the first 13 weeks.

A profit and loss statement is a list of your income and allowable expenses. If income is more than expenses, you have a profit. If expenses exceed income, you have a loss. If you have a loss, your assessable business income for Services Australia will be \$0.

After the first 13 weeks,

you need to provide a profit and loss statement showing us your actual income and costs. You need to do that again at six months, nine months, and a year. Once you have a full year of income and expenses on your personal or business tax return, we can base your assessable income off that. After that, you'll continue to lodge your tax returns and we'll see you in 12 months.

Should your income change throughout the

year, such as from increasing or decreasing your work hours, you can provide a profit and loss statement to give details of your current business income.

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](mailto:info@haveagonews.com.au) with Hank in the subject line.**



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# Taking care of ourselves and adapting in a warming climate



A message from Rebecca and Alba  
- Photo by Karen Majer

stock, as well as at least one big marri. While the Capes region is a little cooler than Perth, it's been unusually dry, with no useful rain since September. Local bushland has suffered, as has our precious wildlife including ringtail possums.

Hopefully autumn will bring relief. However while seasonal conditions will vary under the influence of factors that drive our weather like the El Niño Southern Oscillation (ENSO) in the Pacific, the overall trend is towards a hotter, drier climate in the south west. More severe weather events including storms and floods, more frequent and severe bushfires, warmer oceans and rising sea levels are already affecting Australians, sometimes catastrophically.

The United Nations put it succinctly: "climate change is here. Beyond doing everything we can to cut emissions and slow the pace of global warm-

ing, we must adapt to climate consequences so we can protect ourselves and our communities."

My shire is conducting a Climate Adaptation Workshop to seek input from the community, across industry, business and households, to better understand the risks we all face in a changing climate, and the actions we can take to build climate resilience now and into the future.

This is an important step for several reasons – engaging the community not only provides guidance to government but raises community awareness of the issues and makes us feel empowered to take action, as distinct from the risk of feeling over-whelmed and powerless.

The business sector is well aware of the need to adapt. Where I live, the agriculture, dairy, viticulture and tourism industries, in particular, are focusing on research

and development. These industries are particularly sensitive to climate and weather. Acting to take advantage of opportunities, for example grape varieties more suited to the new conditions, and addressing risks is an economic imperative.

Research reports and policies abound at all levels of government – enough knowledge and adaptation strategies, generated over decades of knowing what was to come, to fill a library.

Progress is being made but only slowly and contradictions abound. For example, it is still acceptable to build a poorly-insulated house in the wrong orientation on the block for a solar passive home and paint it in a dark heat-absorbing colour. Then install air-conditioning and pay the bills for power generated by fossil fuels.

'Greening' cities and towns is a worldwide trend, with fabulous re-

sults in cooling and livability, but it's still possible to fell significant trees for development. Recently I joined others demonstrating to save several huge 'old growth' trees, some of which had been growing here before Europeans arrived, from being chopped down for a subdivision access road. Endangered black cockatoos screeched overhead as we contemplated the loss of their nesting and roosting trees and a link in a vegetation corridor stretching to the coast.

At a time when protecting bushland and stream-line corridors is vital for our native animals to adapt to changing conditions, and beloved species are under threat, past planning decisions continue to cast long shadows.

Our community can play a significant role in creating change. We can be active citizens putting pressure on government to enforce regulations, to preserve and expand tree

canopies and implement strong policies on sustainability. We can take measures in our lives. It might be as simple as establishing shade to shelter your house and the wildlife in your garden, from summer sun or reviewing your emergency bushfire plan. Importantly we must support conservation.

"If we are to have any chance of preserving the living planet and avoiding the extinction of a million species, then we need to do more than stop climate breakdown. We need to invest in conservation too, to help wild plants and animals adapt to the changes we've already locked in. Not doing so would be bad news for all of us," wrote Charlie Gardner, Honorary Research Fellow at the University of Kent.

'Business as usual' is no longer a rational option. We can all take steps to take care of ourselves and our ecosystems in a warming world.



by Karen Majer

HAS your garden stood up to our long hot summer? Despite our best efforts, mine is looking parched and our bush garden has lost much of its understorey, raised over the years from tube



## The original superior orchestra - the Aristocrats and me

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

THE elite Perth cabaret band, *Aristocrats*, (the Original Superior Orchestra), were a group of local musicians playing at top

dances and balls around town between 1962 and 1982.

You, or your parents, or grandparents, may have danced to the band playing at the grand, old Embassy Ballroom, Government House or any of the

debutante balls around Perth.

I played piano and organ with the group for several years, usually with a stuffed parrot on my left shoulder. Fishing line hung from its tail, down the side of my body. Holding the line with my left hand, pulling it intermittently, caused the parrot to move back and forward, to the amusement (or bewilderment) of passing dancers. Playing the piano with my right hand, I sang while the parrot danced on my shoulder.

Although we were less than aristocrats, we certainly looked the part. The *Aristocrats* were a part of Perth's social scene. In with the in crowd, well attired and groomed

and well rehearsed. We played old time dance and Latin American music for the early part of the evening. Then songs from *I Am Forever Blowing Bubbles* to *River Deep And Mountain High* and a whole array of current hits.

Big gigs included playing for the touring Leningrad Kirov Ballet at the Sheraton Hotel. The principal dancer was Mikhail Baryshnikov. He leapt across the dance floor.

A few weeks after leaving Perth, Mr Baryshnikov absconded from the ballet and ended up living in America, where he became an acclaimed movie star.

During the evening at the Sheraton, a couple of band members of the

*Aristocrats* stepped off the stage to dance with ballerinas. Watchful security guards dragged the ballerinas off the floor, preventing them being crushed by the band boys solid seventies platform shoes.

Our big gig? January 26, 1993, Australia Day. We played the opening of the Perth Concert Hall. Hailed as 'the Ball of the century' featuring the *Aristocrats* – the Original Superior Orchestra.

Local radio personalities, Peter Dean and John Fryer were compères for the event.

A highlight of the event was a podgy man wearing a formal dinner suit walking gracefully across the dance floor, spewing his evening meal across

the dance floor. Fortunately for him, the band were having a short break. There were no dancers on the floor.

Bev Harrell was the guest interstate singer at the event.

The first part of the evening featured the acclaimed Norm Wrightson band.

The *Aristocrats* played from midnight until 5am. They played at an array of debutante balls around Perth which are now events of the past.

Debutantes were escorted wearing a corsage and were usually presented to the lord mayor.

Part of the passing parade. The *Aristocrats* – the Original Superior Orchestra.



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garments and textiles.

Wendy Lugg has a Certificate in Museum Studies including textile conservation. As a textile artist with 50 years' experience and museum volunteer with the Royal WA Historical Society for 15 years, Wendy has extensive experience of handling, packing and caring for costume and textile items.

Don't miss this interesting talk on Friday May 10, 10am to 12.30pm including 30 minute morning tea at Stirling House 49 Broadway Nedlands.

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# Who really shot the 'Desert Fox' - Field Marshal Erwin Rommel



L-R; Peter Robinson with his father's RAF logbook - Robinson Flight Crew

by Dennis Lingane

RETIRED Perth businessman Peter Robinson, like many retirees, bought a caravan and joined the army of grey nomads heading around Australia. Invariably these nomads take a book or two along to pass the time. Peter Robinson is no different, except you cannot buy his book in any bookshop.

It is an 85-year-old book from WWII, his father's RAF logbook; Flt Lt Gordon Robinson was one of the legendary Spitfire pilots in the famous 602 Squadron and his official logbook would normally have been retained in the RAF archives. But it was acquired by the family by accident.

It is filled not only with official reports of his sorties in the war, but also with personal notes, newspaper clippings, photographs and even a glossary of terminology that has helped Peter decipher the entries, including a reference to the shooting of Field Marshal Rommel's staff car in France in 1944. An event that has been credited to other pilots; now Peter hopes to have the official record updated.

Peter migrated to Western Australia and became a prominent Perth businessman, initially with a hi-fi retail store (Japan Hi-Fi) and later as a prominent figure in the yachting world as a qualified Ocean Yachtmaster Instructor and examiner. He holds a rare Square Rig sailboat skipper certificate.

Peter spent what he describes as valuable time with his father in Denmark before he died. He heard many of his yarns about wartime heroics before inheriting his father's wartime RAF logbook. Peter kept it in a safe until his recent retirement.

Like other retirees, Peter now had time on his hands to read and decipher this account of his father's involvement in wartime action, including his crash landings, one that saw him hospitalised for a year at the end of the war.

Flt Lt Robinson was involved in defending the D-Day Normandy landings and the first RAF squadron to locate to Normandy after D-Day.

In his historic logbook he recorded that on August 11, 1944, he shot up a Nazi staff car in Normandy near the village of Sainte Foy de Montgerme. It was later reported that the car had overturned and the occupant thrown into the ditch.

The person was eventually identified as none other than Field Marshall Erwin

Rommel, popularly known as the 'Desert Fox' for his North Africa campaign with the Afrika Korps. He also commanded German defences against the Allied invasion of northern France. He received severe head injuries but survived, only to kill himself on October 14 rather than stand trial for complicity in the plot against Hitler.

The shooting has been credited to South African Squadron Leader Chris le Roux, the 'Boss' of the famous 602 Squadron in that summer of 1944. He was an ace pilot with a DFC and two bars and is credited with shooting down 23 German planes. He was a veteran of the campaign in France, the Battle of Britain, and in the Desert Air Force in North Africa. A month later he disappeared on a solo routine flight from France to the UK in bad weather over the English Channel.

In reading the logbook Peter found that his father was involved in shooting the Nazi staff car.

"The Spitfire pilots flew in pairs for protection and in this logbook my father recorded that he shot up a German staff car on August 11, 1944. The same day Chris le Roux is credited to have shot up a Ger-

man staff car," said Peter. "With all due deference to Chris, who was held in very high regard by his fellow pilots, who knows which bullet from which Spitfire hit and overturned that staff car?"

"Chris le Roux was unlikely to have claimed that for himself because he would not at that time have known Rommel was in the staff car. It is likely then that persons unknown gave him that accolade after the war.

"In his logbook my father has recorded several incidents of shooting retreating German army vehicles. 'Aug 9, at 1.10pm 1 medium truck destroyed, 1 m/c destroyed. Aug 10, 1.55pm, 2 medium trucks damaged. Aug 11, 1.55pm 1 staff car smoking'.

"He later added to that last entry 'Rommel?'" (Note the two question marks)

Peter says his father was one of the few lucky RAF fighter pilots who managed to survive the war from the start.

"He told me he had a previous crash-landing in France from which he was lucky to walk away. He was circling a battle between Canadian and German tank regiments, seeking to help the Canadians when he was shot down by one of the German tanks. He crash-landed behind enemy lines and initially hid in a ditch fully expecting to become a prisoner of war. He was lucky and was instead discovered by a US patrol that was working behind enemy lines.



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"That was 11am. He was put in an ambulance plane and flown back to the UK. That night he was having a beer in his local pub in Harrow telling everyone he had just been shot down in France."

The next crash landing his father had he was not so lucky.

"He was leading the squadron into its Norfolk air base in poor visibility when his engine failed and forced him into a glide-in landing. His undercarriage caught up in a tree and brought him down.

Peter says he broke his back in the crash and spent a year in Ely RAF hospital with his back in plaster. The nurse who saw him though this year-long hospitalisation was Flight Lieutenant Agnes 'Nan' Robertson and they eventually fell in love and married.

The couple eventually

migrated to Western Australia. Peter's father lived out his final days in what he saw as an idyllic lifestyle in Denmark, leaving his body to science, given it bore the world's first back-fusion operation and was filmed at the time.

The acquisition of the Robinson logbook which should have remained with the RAF and gone into the sealed archives is a story on in its own. Peter says while his father was in hospital, Peter's grandfather, went to the RAF barracks and collected his son's private possessions and accidentally included the logbook.

To this official record of those flying years he added photographs, notes and press clippings and even a glossary of RAF terminology, so it has become an historical biographical reference. Peter says he now plans to forward the

logbook to the RAF museum in Duxford UK along with the irreplaceable photographs his father had inserted into the logbook as a sort of memorial to his father and the 602 squadron.

One iconic photograph is a group shot of the squadron, which includes several Australian and New Zealanders, when they established a base in Normandy. Peter's father Gordon is sitting on the top of his Spitfire straddling the propeller. Peter has had this image digitised and colourised and will present this as a large-framed print to the Duxford RAF museum and the Glasgow 602 museum, hoping it will establish his father's moment in war history.

Peter says it would be good to see his father recognised in the history books for shooting-up Rommel's staff car alongside Chris Le Roux.

### GETTING READY FOR RETIREMENT IN 2024 - WITH NETPLAN'S NICK BRUINING



If you are recently retired or expect to retire in the next few years Australian Independent Retirees (A.I.R.) Limited (formerly Association of Independent Retirees) 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 and for your aged care 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 the forum: **GETTING READY FOR RETIREMENT** with Nick Bruining, Saturday 11 May, WA State Library, 10.30am Tickets: \$20 Bookings: Humanitix | marghw@iinet.net.au | 0487 290 097

## A gift of independence

Meet Bernie! He is in the second year of our Guide and Assistance Dog Training Program, when dogs are assessed to see which career path suits their skills and personality. Bernie has now been selected to become a Guide Dog for a West Australian with low or no vision.



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[guidedogswa.com.au/supportus/gifts-in-will](http://guidedogswa.com.au/supportus/gifts-in-will)

# Letters to the Editor

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



Dear Editor,  
YOUR carbon reducing "guru", Karen Majer was doing her usual fantasy piece in February's issue on net zero etc. and mentioned the climate scam themed Glasgow meeting (COP26) which was apparently attended by 120 world leaders and an astounding 40,000 registered participants.  
What hypocrisy! How many private

jets were used to transport a collection of unelected elites and clamouring hanger-ons to and from their destinations. More to the point, who is paying for this charade?  
It is OK for them to emit large amounts of carbon dioxide into the atmosphere though, evidently not OK for the rest of us.  
No doubt, they sit down and dine

on smoked salmon, prime cuts of beef, foie gras, sea bass, cream sauces and in between bouts of indigestion have the temerity to lecture you and I about what we are doing to the planet and the need to eat bugs in our 15-minute cities.  
I remember, back in the seventies watching a BBC documentary about the planet and the prophesy was that

we would all be facing a mammoth ice age, not a warming of our world, just goes to show how media reporting can change on a whim and people mistakenly fall for it every time.  
Any proper scientist challenging all this nonsensical propaganda is censored, discredited and labelled a heretic. Go along with the narrative or lose your job.

Save the planet? The only thing we need saving from is the fearmongering and disinformation spread by politicians, journalists and global elites.  
**David Rudman  
Port Kennedy**  
*Editor: 2023 was the hottest year ever recorded world wide*

Dear Editor,  
POLITICIANS have been asked to step up against the bank closures in rural areas because they (banks) want to get digital.  
Hundreds of elderly people without computers or cars to drive elsewhere are stranded with this decision by banks which have made billions of dollars from their customers.  
This is a disgrace and shows total disregard for the reality of people, of consumers. Yet because they are an oligopoly and want to please their shareholders no one will touch them.  
It seems the elderly and homeless and those on the lower socio-economic scale do not count anymore.

**Monika Zechetmayr  
Toodyay**

Dear Editor,  
LOVED the reply by Robert Mitchell to the letter in a previous issue by Florence Mellot.  
Robert's suggestion about the death penalty, the rewording of that sentence and also that if an offender had a period of good behaviour prior to the death sentence being carried out the punishment would be for the offender to remain in prison and die in prison, with other punishment as determined by the authorities.  
The balance between law and order as Robert mentioned has to be reviewed or if it is not then the relevant politicians, judges must be made to live like we do, whereby a person wonders if it is safe to set foot outside our front doors or for that matter are we even safe within our own four walls.

**Margaret Anne Ryan  
Ballajura**

Dear Editor,  
I WAS interested to read in a recent *Have a Go News* an article by my nephew Jon Lewis, regarding the pleasure of politeness.  
I must agree, politeness is a beautiful gift in a person.  
Funnily enough, I too work in radio, but my actions are that as a volunteer presenter at "Capital Community Radio on 101.7FM and Capital Digital".  
You could say, respect comes first followed by politeness, particularly when broadcasting.  
But I would agree with Jon's comment, that politeness is important, and knowing Jon for most of his life I would say he's a chip off the old block!

**George Lewis-Hall**

Dear Editor,  
MY opinion regarding knocking the old houses down is don't!  
Leave all the old places alone. They are certainly very precious and none of the modern junk built today is anything like them.  
Hands off!

**Margaret Niclair  
Willetton**

Dear Editor,  
I'M appalled at the decision to remove radio presenter Jon Lewis. One who is much loved and of great value to the community of WA.  
The only reason 6PR exists it's because of its listeners.  
The people who call in make it a call-back station. Removing one person in overnights surely doesn't cut much off the bottom line in savings. Giving the show to the eastern states and asking

people to still call in - it's a kick in the head.  
Local people rely on the conversations and advice both presenter and callers give. They only tune in because it's live and local.  
Jon always had time to say hello off air to listeners and always gave everyone equal care.  
I hope people make their feelings known that sometimes 6PR needs to find another way to save money.

Getting rid of presenters, like Jon, Fred and also Chris Ilsley a few years ago, does not make the public want to support the station.  
After Chris was asked to leave, they changed everything and the station has never been the same since.  
I won't be tuning in ever again, that's it and I won't be the only one either.

**Marilyn Krueger  
Mullaloo WA**

Dear Editor,  
BEING a frequent reader of *Have a Go News* and having been given Vol 33 to browse I couldn't understand why so many have mentioned the banks overcharging.  
To me they are not alone, the supermarkets, hardware, entertainment, airlines the list surely goes on...

**Neil Williams  
Girrawheen**

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

#### Tour Inclusions

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



#### Tour Highlights

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

19 to 24 June 2024

### MELBOURNE DELIGHTS TOUR

5 DAYS

Tour Cost  
**\$3490\***

Per Person Twin Share  
\$4250\* Single

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

#### Tour Inclusions

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return economy airfares and taxes
- ✓ 4 nights' accommodation at The Savoy Hotel on Little Collins, Melbourne
- ✓ Breakfast daily, 1 lunch and 2 dinners
- ✓ Transfers throughout with a professional driver
- ✓ Sightseeing and entry fees as per the itinerary



#### Tour Highlights

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

15 to 19 July 2024

### KIMBERLEY COUNTRY - KUNUNURRA

5 DAYS

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

#### Tour Inclusions

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



#### Tour Highlights

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

28 July to 4 August 2024

### CAIRNS WINTER GETAWAY

8 DAYS

Tour Cost  
**\$4950\***

Per Person Twin Share  
\$6490\* Single

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

#### Tour Inclusions

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return economy airfares including taxes
- ✓ 7 nights accommodation at The Crystalbrook Riley, Cairns
- ✓ Late checkout on the last day of the tour
- ✓ Breakfast daily, 4 lunches and 5 dinners
- ✓ Transfers throughout with a professional driver
- ✓ Sightseeing and entry fees as per the itinerary



#### Tour Highlights

- ★ 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 Mosman 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

17 to 26 September & 8 to 17 October 2024

### NORFOLK ISLAND

10 DAYS

Tour Cost  
**\$5490\***

Per Person Twin Share  
\$6350\* Single

Uncover the captivating beauty and rich history of Norfolk Island on our exclusive tour. Immerse yourself in its vibrant past, from intriguing convict heritage to the fascinating Pitcairn Settlers' culture. Explore breathtaking landscapes, indulge in delightful culinary experiences, and be enchanted by immersive cultural performances. With expert guides and comfortable accommodations, our Norfolk Island Tour promises an unforgettable adventure of discovery and relaxation.

#### Tour Inclusions

- ✓ Home pick-up and return by Private Car
- ✓ Fully escorted by a Kings Tour Manager
- ✓ Return economy airfares including taxes
- ✓ 2 nights' accommodation at the Royal on the Park, Brisbane
- ✓ 7 nights' accommodation at the Paradise Hotel and Resort, Norfolk Island
- ✓ Breakfast daily, 1 Lunch, 1 High Tea and 8 dinners
- ✓ Sightseeing and entry fees as per the itinerary



#### Tour Highlights

- ★ Locally guided tour of Brisbane
- ★ Tour and lunch at Meigunyah House Museum
- ★ Visit the home of Fletchers Mutiny Cyclorama
- ★ Experience the Sound and Light Show
- ★ Visit the Sunday Markets
- ★ Embark on an indulgence tour including wine and cheese on Mount Pitt
- ★ Experience Wonderland by Night
- ★ Dress-up as a Convict and enjoy dinner
- ★ Enjoy high tea overlooking Cascade Bay
- ★ Embark on a breakfast bush walk

17 to 25 October 2024

### MURRAY PRINCESS CRUISE

9 DAYS

Tour Cost  
**\$5650\***

Per Person Twin Share  
\$7290\* Single

Cruise aboard the renowned PS Murray Princess, indulging in luxurious comfort as you explore picturesque towns, visit renowned wineries, and savour mouth-watering cuisine. From the charming city of Adelaide to the scenic wonders of Swan Reach and the cultural significance of Ngaut Ngaut Aboriginal Reserve, each day brings new adventures and discoveries.

#### Tour Inclusions

- ✓ Home pick-up and return by Private Car
- ✓ Fully escorted by a Kings Tour Manager
- ✓ Return Economy Airfares and taxes
- ✓ 1 nights' accommodation at the Hilton, Adelaide
- ✓ 7 nights' onboard the Murray Princess in an outside twin cabin
- ✓ Breakfast daily, 6 lunches and 8 dinners
- ✓ Transfers throughout with a professional driver
- ✓ Sightseeing and entry fees as per the itinerary



#### Tour Highlights

- ★ Experience the beauty of the Murray River
- ★ Visit Murray Bridge, a historic town known for its iconic bridge
- ★ Indulge in a visit to the famous Barossa Valley
- ★ Visit Burk Salter Boutique Winery for wine tasting
- ★ Experience the exciting "Murray River Cup" entertainment
- ★ Take a walking tour, visit the Swan Reach Museum, and enjoy a delicious Aussie BBQ cooked in a scenic bush setting
- ★ Step back in time as you explore Ngaut Ngaut
- ★ Spend time in the quaint German village of Hahndorf



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# Retirees Club News & Recreation



## Interesting guest speakers for retirees

MERINDA Willis from Consumer Affairs will be the speaker at the meeting of the northern suburbs branch of the Association of Independent Retirees on April 18. She will be discussing the latest sophisticated scams amongst other items.

The meeting on May 16 will include guest speaker Mitch Messer from the Telethon Institute.

The Telethon Kids Institute is an Australian medical research institute focused on the prevention of paediatric disease and the development of treatments to improve the health and well-being of children

All meetings are held at the Penis-

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

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

Cost \$5 per person including raffle and refreshments.

For further information please contact Mike Goodall on 0403 909 865, e-mail [mikecgoodall@btconnect.com](mailto:mikecgoodall@btconnect.com) for further details.

## Let's talk about hearing to increase awareness

JORDAN Bishop, audiologist with the Lions Hearing Clinic will be guest speaker at the May meeting of the Western Australian Self-Funded Retirees Association (WASFR).

Having worked as an audiologist for many years, she takes her expertise out of the clinic and into the community, endeavouring to in-

crease awareness of the resources and treatment now available aimed at improving hearing health.

The focus of her presentation will be to encourage the use of what is available. Hearing loss can have considerable impact on the individual by making socialising more difficult with the individual withdrawing and going

out less frequently.

The condition can also affect personal relationships, increase the risk to mental health and to the advancement of frailty in the elderly.

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

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

For more information phone Ron de Gruchy on 94471313 or Margaret Harris on 0417 991 947.

## Intergenerational finance - find out more in Mandurah

FOR those who wanted to hear what Mark Rattigan had to say on the subject of the 'Bank of Mum and Dad' you now have a chance to hear it.

Mark could not present his talk in February because of a cold, but has agreed to present it at the April meeting of the Australian Independent Retirees (AIR).

Arrangements for older parents to finance the needs of the next generation should be undertaken with care. Situations can arise where the parents lose out on the transaction even with the best intentions on all sides.

Mark Rattigan the chief executive officer of Merideon Wealth Strategies will advise on the key

considerations when providing financial support to your children.

The talk will be at AIR's next meeting to be held at Halls Head Bowling Club at 2 Sticks Boulevard, Erskine, Mandurah.

The meeting will start at 9.30am. All are welcome. Contact Norm Hodgkinson on 9527 2383 for details.

## Retirees club marks ANZAC Day at meeting

ANZAC Day is this month and Peter Ewers will address part two of his Father's War at the next meeting of the Perth Branch of the Australian Independent Retirees (AIR) on Friday April 19 at 10am.

The aim of the Association is to protect and advance the interests of

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

Besides the meeting and morning tea there is a guest speaker, and over

the year embrace many interesting topics related to finance, travel, health, community and special interests of members.

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

to Margaret ([marghw@outlook.com](mailto:marghw@outlook.com)).

On Friday May 17 they will be hearing Mark Kinsela from COTA.

An AIR investors discussion group will meet on Wednesday April 17 at the same venue. Enquiries can be addressed to John ([johnkwellis@gmail.com](mailto:johnkwellis@gmail.com)).



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## Seniors Recreation Council Jottings



### Healthy Lifestyles Event, Maximise Your Quality of Life!

SRCWA in partnership with Department of Local Government Sport and Cultural Industries and LiveLighter Healthway held a *Healthy Lifestyles Event – Maximise Your Quality of Life* at Fairway the Green in Gnanagara in February.

Ashley Merrett, from nbnCo presented on digital legacy which was very informative and gave all participants lots to think about and Camera Electronic gave an interesting presentation on enhancing the use of digital cameras.

Information stalls at the event included ANZ Bank, Advocare, APIA, Be Connected, Camera Electronic, Council on the Ageing WA, Dept of Health & Aged Care, Diabetes WA, Guardian Safety Pendants, Hearing Australia, Injury Matters, Innogreen Technologies, LiveUP, Northern Suburbs Community Legal, SRCWA and WA Seniors Card.

The event commenced with morning tea followed by the presentations and then participants had the opportunity to visit the static displays and gather valuable information. Many of the static displays offered advice and the opportunity to explore how technology could enhance lives and help maximise quality of life. The event concluded with a delicious lunch and opportunity for people to socialise.

Thank you to SRCWA's state president Graham Bennett, his wife Helena and the team of volunteers from the Green for setting up the venue, assisting with morning tea and lunch and packing it down. Thank you also to SRCWA's volunteers and staff for facilitating and managing the event.

SRCWA is appreciative of the support from DLGSC, LiveLighter Healthway, and all the volunteers.

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

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

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

There will be a wide variety of activities to "Have a Go" at including carpet bowls, seated hockey, pole walking, bean bag toss, air soccer, and many more and there will be many static displays offering a wealth of information.

Tea, coffee and bottled water will be available at the hospitality area and food will be available for purchase.

Come along to gather senior specific information from clubs/groups, community organisations and businesses.

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

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

### LiveLighter Seniors Activity Information Day – Corrigin

In late March, 55 active seniors attended the LiveLighter Seniors Activity-Information Day sponsored by our naming rights partner LiveLighter Healthway and organised by SRCWA in partnership with the Corrigin Resource Centre and supported by Shire of Corrigin. This event showcased agencies who shared their information and services via static displays with a wide variety of information on hand for seniors. Thank you to all the agencies that provided information and to those who were able to attend and advise people in attendance. These days also provide participants with the opportunity to have a go at a variety of activities. The group of seniors at this event were very active and engaging trying their hand at, pole walking, soft archery, hover soccer, seated hockey and carpet golf to name a few. After a morning of activities and information gathering participants were treated to a delicious lunch. Thank you to Corrigin Resource Centre and SRCWA's hard working volunteers.

The event was sponsored by our naming rights partner LiveLighter Healthway and supported by Shire of Corrigin and Government of Western Australia.

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

continued from front cover

## Saturday Night Fever hits Perth by Josephine Allison

"Movie musicals were a big deal in my family so when the more contemporary movie musicals started being made such as *Grease*, *Saturday Night Fever* and *Xanadu*, it was a joy to go and see them at the cinema."

Drew says the Perth show, currently in rehearsal, has a cast of 24 which is a big undertaking in such an intimate theatre.

"For those people who haven't been to Planet Royale, the theatre is in the old Imax Theatre. We find that people love the proximity to the stage; it's a very comfortable theatre because it's an old cinema."

With a smash hit score featuring the greatest hits of the *Bee Gees* including *Jive Talkin'* and *Stayin' Alive*, the production stars Ethan Churchill as Tony Manero, the role made famous by John Travolta, along with Perth rising star Tory Kendrick

as Stephanie Mangano and West End star Lucy Williamson as Flo Manero.

"Thirteen-year-old Aaleyah Chater makes her debut in the important role of Tony's kid sister Linda, a great opportunity for a rising young star," says Drew.

"We create the rehearsal schedule around her so there is no need for her to miss any schooling."

"*Saturday Night Fever* is a time capsule. It gives audiences a real glimpse into what it was like living in the outer suburbs of New York City. It is actually quite a dark story in some ways, dealing with very real issues within the context of the theatre production."

"I think when most people think about *Fever* they immediately think of the nightclub scenes with John Travolta dancing on the lit-up dance floor but they forget that there

is very real and gritty story attached."

"The *Bee Gees* is a beautiful connection for Australians to have – an Australian iconic group with this incredible soundtrack. I think that, along with *Grease*, it is the number one movie musical soundtrack of all time."

"The *Bee Gees* career was a little bit stale just before *Saturday Night Fever* and then their involvement and the amazing set of songs they wrote for the film catapulted them into a different stratosphere of stardom."

"What is really interesting is that the original director of *Saturday Night Fever* didn't like or want the songs in the film. But Australian producer Robert Stigwood, rather than listening to the director and ditching the *Bee Gees* songs, ditched the director instead and replaced him with somebody who embraced

the music."

Drew says *Saturday Night Fever* will be followed by another musical, *The Wedding Singer*, with the third show at Planet Royale yet to be decided.

"I've had a very fortunate career over many years. Show biz has been my only vocation and I've had to reinvent myself many times as a performer, director, producer and choreographer. I have worked on everything from musicals to festivals and major ceremonies."

"I feel like I am this chameleon who just reinvents himself as you have to do, so I have been very fortunate."

*Saturday Night Fever*, produced and directed by Drew Anthony and choreographed by Jamie and Suzie Rolton, plays at Planet Royale from Wednesday, May 8. Tickets on sale at [ticketmaster.com.au](http://ticketmaster.com.au) and [drewanthonycreative.com.au](http://drewanthonycreative.com.au).

## Adventures of all kinds at the Canoe Club annual camp



Members enjoying Walpole's waters at recent Over 55 Canoe Club Camp

by Janet Gatt

OVER 55 Canoe Club members were stoic in their efforts to attend the week-long Walpole camp, held recently.

Annie and Ian were staying with friends en-route when disaster

struck. Friend's husband backed his big 4WD into their little car. No camp this year. The other Ian and Jan arrived late after shredding a tyre and having to replace all four. Dale lost a wheel from her trailer and purchased a new one, which wasn't com-

patible. And to end the tale of woes Gay arrived in Walpole with a screw embedded in her tyre.

Their misadventures were the first stories to be shared among the 24 members enjoying the Happy Hour on Wednesday evening.

Thursday was a lovely morning with a slight breeze. After we finally got ourselves and kayaks organised, we ventured forth from Nornalup. Initially it was a beautiful paddle, but after progressing to behind Coalmine Caravan Park it was like being in a washing machine. Kim and Terri each took an involuntary dip before they reached calmer waters.

Happy Hour that night was fun and games.

On Friday the main group paddled nearly 11km from Nornalup to Monastery Landing. Some kayakers relaxed for morning tea, while an intrepid group paddled further but were deterred from reaching Sappers Bridge, one kilometre away, by a huge log and rock jam.

That evening a small group tried the Walpole Country Club, which promised cheap drinks, and an \$8 steak. Here four of our 'old chooks', won four frozen chooks, which they traded for bottles of wine.

The Saturday paddle was from Isle Road at Deep River to the ocean mouth, in beautiful Walpole waters. A sea eagle was spotted flying overhead. The group beached their crafts at Muir's boat ramp and walked over the hill to Shelly Beach where they met Gary Muir and his tour group. He was surprised to see them as the track and beach, closed for two years, had opened only the previous day with new steps and jetty.

The Sabbath was a chance to explore the Tree Top and Ancient Walks, while a few ventured over very dodgy roads to Sappers Bridge, to prove how close to the Bridge they had paddled the previous Friday. And a small, keen group paddled the beautiful Walpole River. That evening all enjoyed dinner at the Walpole Pub.

Monday was windy, and kayaking across the Irwin Inlet, close to Peaceful Bay, was challenging. However, after turning into the river, the waters were calm and provided blissful paddling. The bush surrounds were a delight. The group walked across the sandbar to view a turbulent ocean, then returned to the river for morning tea.

On the homebound journey they stopped to take a short walk to the

lookout where the Bibbulmun Track meets the river.

After kayaks were loaded onto cars, paddlers headed to the Peaceful Bay fish and chip shop for a bought lunch.

"Oh boy, those fish and chips smelt sooo good," particularly to those who brought their own lunch.

Happy Hour was, as usual, fun, and full of conversation. Fin, our club secretary, produced card tricks, and a tricky matchstick game, which no-one solved.

On the Tuesday final and very enjoyable kayak excursion on the Deep River there was, amazingly, no wind to battle in either direction.

The Happy Hour that night celebrated the conclusion of another exuberant and successful annual camp.

And now we look forward to our diverse weekly kayaking excursions, and the shorter camps to be held during the year. Over 55 Canoe Club members do enjoy life.

Vice president, Iris Mickiewicz, provided these details of our annual Camp.

If you are interested in joining or learning more about the club call Chris (president) on 0410 479 024 or Iris (vice president) on 0438 926 578.

Website: [www.over55canoeclub.org.au](http://www.over55canoeclub.org.au)





Seniors Recreation Council of WA Inc.  
**PEEL BRANCH**

# FIT AND FLEXI



## Over 50s Exercise Program

**Bortolo Park Hall, Murdoch Drive, Greenfields**

**Thursdays 9am to 10am**

**Registration session:**

**Thursday May 2, 9am to 10am**

*Classes from 9am to 10am, Thursday May 9, and each Thursday through until Thursday September 26*

**Registration cost: \$25 per person**  
(No EFTPOS available)

*Registration is required to be filled in prior to commencing the class.*

**Class cost: \$5 at the door**

*Instruction by Robyn*



**Contact: Jan McGlenn 9535 4749**  
**or [dmc56456@bigpond.net.au](mailto:dmc56456@bigpond.net.au)**

## Get active in the Peel region

FIT & FLEXI is an activity program which will commence shortly in the Peel region. Registration is only on Thursday May 2 from 9am to 10am and classes start from Thursday May 9 and run every Thursday over a five-month period ending September 26.

The program is presented by the Peel branch Seniors Recreation Council of WA (SRCWA) with support from the City of Mandurah.

The classes will be held at the Bortolo Pavillion Hall, Murdoch Drive, Green-

fields with instructor Robyn Ackroyd. The exercises will be fun filled, low impact exercises combined with the use of resister bands and suitable to the senior demographic.

Registration cost is \$25 with class cost of \$5 per session covering Thursdays of May, June, July, August, September 2024. Note: No eftpos available.

Further enquiries from SRCWA Peel president Jan McGlenn OAM on mobile 0427 088 615 or email [dmc56456@bigpond.net.au](mailto:dmc56456@bigpond.net.au).



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# Australia Day honour for Daryl Binning, a pioneer of our film industry



L-R; Daryl Binning OAM - Daryl Binning filming in Papua New Guinea

by Josephine Allison

WITH New Guinea and King Charles in the news lately, Perth man Daryl Binning can reflect on times when both featured in his life. The renowned cinematographer was recently awarded an Australia Day honour with the Order of Australia Medal (OAM) for his services to the film industry.

"I was a bit taken aback to receive the news," a suitably modest Daryl said. "My family is quite chuffed and I only

wish my late wife Wilma was here to see it."

Daryl, of Bullcreek, will receive his award at Government House in May. Born in Fremantle in 1939, he remembers as a child sleeping on the back veranda of his home in Bicton and hearing noises and music in the summer evening's breeze, eventually realising it was from the outdoor picture show, the Mayfair Theatre.

"The first movie I saw was *Bambi*. I was in a deckchair crying but so

were half the other kids when *Bambi's* mother got shot. The movie made a big impact on me. Always inquisitive, I noticed this light coming out of the back wall and wanted to find out what caused it.

"While at primary school I would visit the theatre of Saturday mornings and do odd jobs. The manager Stan Barrett, later gave me a torch to direct people to their seats and, eventually, I graduated to the projection room."

At high school, Daryl obtained his first 8mm movie camera and started making his own films. After completing his electrical apprenticeship while also making ambitious home movies, he was engaged by the US Navy to document the research team seeking a suitable site for a new VLF station, eventually built at Northwest Cape. This camera, and others including his 35mm Movietone News camera, are now in the WA Museum collection.

After learning to fly, Daryl went to Port Moresby in 1963 to establish Papua New Guinea's first government film unit. During his spare time, he began filming stories for Darcy Farrell, news editor at TVW7 in Perth, and later for other capital city stations and overseas TV news agencies.

After accepting a position in Sydney with ATN7, he returned to Perth for his wedding and then, with Wilma as his new bride, relocated to Sydney to cover the *Beatles* tour and the Vietnam protests. Later, they returned to New Guinea, establishing the country's first film, production business, Films New Guinea.

Daryl says one of the highlights of his working life as a cinematographer was working in New Guinea in the turbulent times leading up to independence.

Returning to Perth in 1967, he established the WA branch of the Australian Cinematographers

Society. It granted him accreditation in 1972, then in 2004, inducted him into the ACS Hall of Fame. With his family in 1971, he took over from Peter and Rose Thomson and ran Walt Disney films during the school holidays in the Fremantle Town Hall for the next 13 years.

In 1971 he was secretly whisked away to the Northwest to cover the successful testing of the first gas and condensate flow on the Northwest Shelf before the strike was made public, colour film which he recently had digitised with Woodside.

In 2017, the Society of Australian Cinema Pioneers honoured Daryl as the WA Cinema Pioneer of the Year. He also established the Australian Museum of Motion Picture and Television in 2004, although he is no longer associated with it.

After Wilma passed away in 2015, Daryl published a book, *Nitrate Nomads*, which covered the

story of the pioneering travelling picture showmen and women in the South West of WA in the silent movie days.

This month he has an appointment to meet the director of the Australia War Memorial to discuss his project seeking to have the Kokoda Trail renamed, as promoted in its galleries, to the Kokoda Track, a term originally used by our Diggers and more acceptable to Australians.

Daryl is also extremely busy preserving historical footage in his possession. He laments the loss of much material which has disintegrated over time.

"I have so much historical stuff including some footage of a young King Charles in Port Moresby in 1966 and his uncle Lord Louis Mountbatten inspecting the Pacific Island Regiment which are among the films I will be discussing with the National Film and Sound Archive while in Canberra," he said.

## Looking back - beyond the stories... The Esplanade of Perth and the Pavlova



The Esplanade Hotel



by Lee Tate

IN 1898, Perth was given a touch of class, tinged

with 74 years of glamor and drama, when The Esplanade Hotel materialised in the town.

Not to be confused with Fremantle's earlier hotel of the same name, The Esplanade provided well-heeled guests with breathtaking views of the Swan and Canning Rivers, Melville Water and Crawley.

Acknowledged as WA's best hotel for more than

50 years, the three-storey, Renaissance-style Esplanade came with 41-rooms including six sitting rooms, 25 guest rooms and living quarters for the licensee.

There was a saloon, partly underground, and inside, guests lolled about on buffalo-hide lounges and strolled past ornate mantelpieces, handsome sideboards and piano.

"The gentlemen often stood with their backs to the bar, watching ladies' legs as they walked past on their way down Howard Street," according to one report.

The Esplanade was the first Perth hotel to have private bathrooms, there were French doors and imported furniture.

It was designed in 1897 by architects and brothers Michael Francis and James Charles Cavanagh

for mining entrepreneurs Nathaniel White Harper and James Ross Mackenzie.

Inaugural licensee was Harry Folk who, in 1898, hosted the first reception after the society wedding of Irish-born solicitor Francis Harney, 32, and his young bride, Gladys Canning, 18, at St Mary's Cathedral

The second licensee, Maud Beavor, took over in 1903. Widowed, with one son, Maud had operated hotels in Victoria and was known for her superb hostessing talents and generosity of spirit as well as being charged several times for serving beer on a Sunday.

The hotel's historic happenings included vigorous protesting by trade unionists, apparently led by Hugo Throssell and wife Katharine Susannah Prichard, who were angry

at jobs going to Chinese cooks. They claimed it was a breach of the White Australia Policy, but ultimately failed.

The hotel's high-class reputation spread with endless society events and guest stars including Sir Laurence and Lady Olivier (Academy Award-winner Vivien Leigh). During a 1961-62 visit, Lady Olivier complained in letters home of Perth's heat and the number of sharks-sightings in the river.

"We are not safe, Clarence, we are not safe," she wrote.

Records show the Esplanade provided a home away from home for prime ministers, ambassadors, musicians, dancers, actors, submarine commanders, financiers and golfers. Some, like Dame Pattie and Sir Robert Menzies, were

regular visitors."

Notable was the Perth visit of Russian ballerina, Anna Pavlova, who danced at His Majesty's in 1929.

Following the visit, The Esplanade's chef Herbert "Bert" Sachse created Australia's version of the internationally-famous pavlova at Perth's Esplanade Hotel in 1935.

In 1973, Sachse said proprietor Elsie Ploughman and Nairn asked him to make something different and unique as a cake or sweet.

"I set out to create something that would have a crunchy top and would cut like a marshmallow. After a month of experimentation and many failures I hit upon the recipe, which survives today," he confirmed.

The pavlova was named by the house manager, Harry Nairn,

who described the sweet cake "as light as Pavlova".

New Zealanders claimed the pavlova was created by an unnamed chef at a Wellington hotel during the ballerina's tour in 1926. Whatever, the NZ and Australian recipes vary slightly.

In 1957, Elsie May Plowman became sole licensee. Husband Reginald "Peter" Plowman distinguished himself overseas in World War II in clearing bombs from harbours, waterways and mines, bombs and booby-traps from beaches. Roy died in 1957 aged 49.

Elsie sold the Esplanade Hotel to developer L J Hooker in 1969 and, in 1970, the building was classified by the National Trust.

Despite powerful protests, the legendary "lady" and pride of Perth was demolished in 1972.

## COMMUNITY NOTEBOOK

If you would like to promote your event through the Community Notebook, please email Pat, [research1@haveagonews.com.au](mailto:research1@haveagonews.com.au)

### NHURA AGED CARE VOLUNTEER VISITORS SCHEME

Volunteers needed to visit isolated residents at least once a fortnight in aged care facilities located throughout the community. Please contact Sonya 0401 051 565 or 9328 6272 [nuhraacvvs@aussiebb.com.au](mailto:nuhraacvvs@aussiebb.com.au)

### CLASSICAL MUSIC CLUB CONCERT SERIES

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### MUNDARING GARDEN AND FARMERS MARKET

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### SENIORS ART CLASSES

Wednesday and Saturday mornings Pastels, acrylics and oils 3 Hewitt Place, Noranda Enq. 9276 7666 if no answer please leave your contact details.

### ROCK AND ROLL COLLECTORS CLUB

Vic Park Record and CD Fair Sunday April 14, 9am-1pm Leisure Life Centre, corner Kent and Gloucester Streets, East Vic Park. Admission \$3 kids under 16 free. Part proceeds to Radio Lollipop. Cash only. Info Frank 9458 5864 or [royals@iinet.net.au](mailto:royals@iinet.net.au)

### DARLING SCARP ARTISANS INC

Saturday April 20 and Sunday April 21, 10am-4pm both days. Exhibition and sale of locally made hand crafted gifts. Lesmurdie Club, Lawnbrook Road, Walliston Free entry. Bistro on sight.

### RSL YANCHEP TWO ROCKS SUB BRANCH

ANZAC day services Dawn service arrive 5.30pm for 6am start. Main service arrive 10.30am for 11am start. Yanche National Park

### JOONDALUP ARTISAN MARKETS

April 28, 9.30am-3pm. Proudly showcasing some of WA's finest craft people including woodwork, pottery, jewellery, painters and

much more including an exciting selection of vendors. 18 years and under. ECU Joondalup Sports and Fitness Centre.

### SOROPTIMIST INTERNATIONAL MAYLANDS PENINSULAR INC

You & Me & All Things Tea. May 4 & 5, 10am-4pm both days Functional and fanciful handmade teapots, cups, tea cosies in a variety of mediums. Including pottery, ceramics, crochet and more. Entry \$5 Osborne Park Agricultural Society Hall 209 Main Street, Osborne Park. Enq. [simaylandspeninsula@siswp.org](mailto:simaylandspeninsula@siswp.org)

### BYO TELESCOPE CLASS

Saturday May 11, 5pm-7.30pm Having difficulty working out how to

use or buy a telescope, this evening class will help you on your way. \$125 telescope owners. Henderson Environmental Centre, end of Groat Street, North Beach. For bookings visit [www.stargazerclubwa.com.au](http://www.stargazerclubwa.com.au) or phone 0487 187 603

### PERTH MATURE ADULT LEARNING ASSOCIATION (MALA)

Part B of Semester One lecture program commences May 3 continuing Fridays until May 31. Full details of these one-hour lectures, location and enrolment are at MALA website [www.mala.org.au](http://www.mala.org.au)





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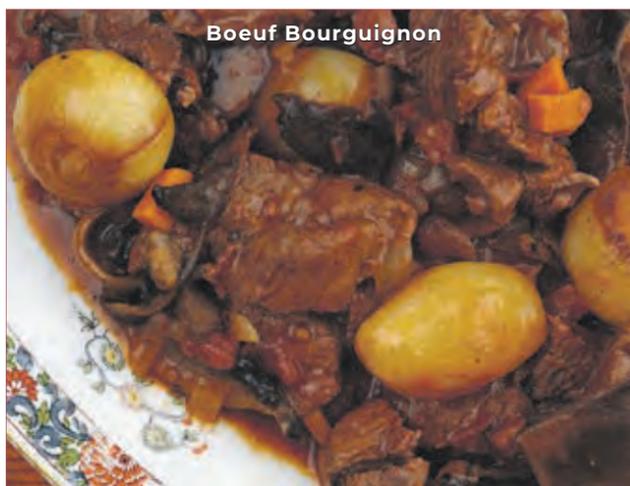
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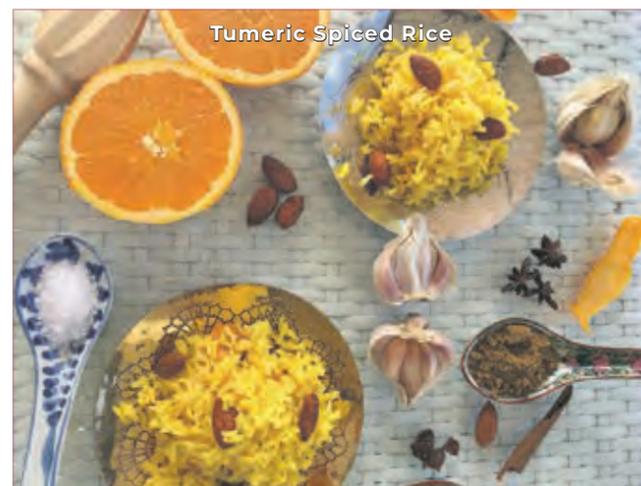
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# Let's go motoring - Is the once loved Honda on its way back?



by Tony McManus

HONDA 2024 CR-V RS Hybrid; a striking blend of efficiency and performance.

Honda CR-V has long been a staple in the compact SUV segment, known for its reliability, practicality, and comfort. In 2024, Honda takes the CR-V to new heights with the introduction of the flagship CR-V RS

Hybrid variant.

Combining versatility of the CR-V with hybrid technology and sporty design elements, CR-V RS Hybrid aims to appeal to a wider range of drivers seeking both efficiency and excitement on the road.

The exterior of the 2024 CR-V RS Hybrid exudes confidence and athleticism. The RS trim adds sporty accents such as gloss black grille, sleek LED headlights, and distinctive 18-inch alloy wheels, giving the CR-V a more aggressive and dynamic appearance compared to its predecessors.

The overall design is aerodynamic and modern, with clean lines and subtle curves that contribute to aerodynamic

efficiency. Under the bonnet, it boasts a powerful yet fuel-efficient powertrain. The hybrid system combines a 2.0-litre four-cylinder engine with an electric motor, delivering a combined output of around 152 kW; no slouch.

Ample acceleration and passing power but also impressive fuel economy, makes the CR-V RS Hybrid an ideal choice for eco-conscious drivers who refuse to compromise on performance.

The CR-V RS Hybrid offers a spacious and well-appointed cabin designed with both comfort and convenience in mind. The interior features premium materials, soft-touch surfaces and ergonomic controls, creating a

refined and inviting atmosphere for both driver and passengers.

Hondas do not need to be plugged in; the small 1.06kWh lithium-ion battery fitted is charged by either the engine or via regenerative braking energy.

The 'RS' trim adds sporty touches such as leather-trimmed seats with contrast stitching, aluminium pedals, and a leather-wrapped steering wheel, enhancing the overall driving experience.

Road handling is compelling, almost Audi like; this flagship model sits around \$59,000 plus on road costs.

In terms of technology, the 2024 CR-V RS Hybrid comes equipped with a host of advanced

features aimed at keeping occupants connected and entertained. The centrepiece of the dashboard is a large user-friendly touchscreen infotainment system, which supports Apple CarPlay, Android Auto, and Honda Link connectivity.

Additional tech highlights include a premium audio system, wireless charging pad, and Honda Sensing suite of driver-assistive technologies, which includes adaptive cruise control, lane-keeping assist, and automatic emergency braking.

On the road, the CR-V RS Hybrid delivers a refined and composed driving experience, thanks to its well-tuned suspension and precise steering. Whether navigating

through Perth City streets or cruising the Mitchell Freeway, the CR-V RS Hybrid feels stable and composed, with minimal body roll and excellent grip.

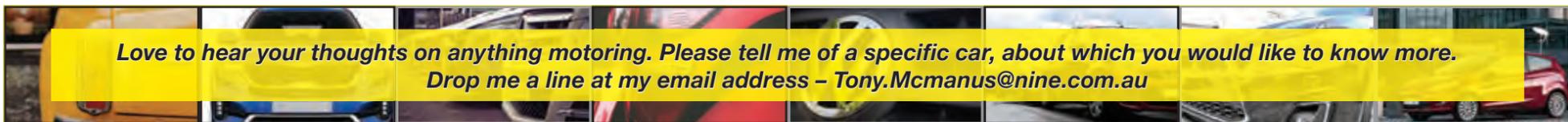
The hybrid powertrain provides seamless acceleration and smooth transitions between petrol and electric power, ensuring a hassle-free driving experience in any situation. One of the standout features of the CR-V RS Hybrid is its impressive fuel efficiency. Around 6.5 litres per 100km.

CR-V RS Hybrid outperforms many competitors in the compact SUV segment, making it an excellent choice for drivers looking to save money at the pump without sacrificing performance.

This latest offering seems a winning combination of efficiency, performance, and versatility in a stylish and well-equipped package. With its striking design, advanced technology, and impressive fuel economy, the CR-V RS Hybrid sets a new standard for what a compact SUV can be, appealing to a wide range of drivers with its blend of practicality and excitement.

Whether commuting to work, running errands, or embarking on weekend adventures, the CR-V RS Hybrid is ready to tackle whatever the road may bring.

Is Honda on the way back? If this little ripper is an indication; then it's a yes from me.



## 9 MUST WATCH PROGRAMS THIS APRIL

**TODAY PERTH**

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

**WEEKDAYS FROM 5.30AM**

**9NEWS AFTERNOON WITH MONIKA KOS**

Join Monika Kos and the 9News team for a live one-hour, state-wide bulletin bringing viewers up to date with the news and debates of the day with a mix of live reports and expert chats.

**WEEKDAYS 4.00PM**

**TIPPING POINT AUSTRALIA**

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

**WEEKDAYS 5.00PM**

**9NEWS WITH MICHAEL THOMSON**

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**NIGHTLY 6.00PM**

**A CURRENT AFFAIR**

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**WEEKNIGHTS 7.00PM**

**GORDON RAMSAY'S FOOD STARS**

Hosted by global culinary superstar and CEO Gordon Ramsay, and Australian business mogul Janine Allis, 14 Aussie contestants will put everything on the line for the chance to turn their dreams into a reality.

**TUESDAY-WEDNESDAY 7.30PM**

**INNOVATION NATION**

Western Australia is a unique market place dominated by innovation in the aerospace, mining, oil and gas industries. This series showcases local innovation and investment in new technology.

**SUNDAYS 3.00PM**

**LEGO MASTERS AUSTRALIA: THE WORLD**

Season 6 will be "Australia vs The World" with four brand new Australian teams taking on the four LEGO teams who have previously competed in their homelands.

**STARTS SUNDAY, APRIL 14, 7.00PM**

**JEOPARDY! AUSTRALIA**

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## Keep on top of your hearing with regular checks



in three people will take control of their hearing. That's why the qualified audiology professionals at Specsavers are prompting everyone over 50 to have their hearing checked every two years.

Hearing loss often occurs gradually, making it difficult to notice, although regular hearing checks can help identify any changes. You might be due for a hearing check if you notice you are increasing the TV volume louder than comfortable for others. Other signs might include asking others to repeat themselves or having trouble following a conversation in noisy environments.

Taking that first step and having a hearing check can be daunting

for many, but the team at Specsavers Audiology are trained to help you through your hearing journey. It all starts with a free\* 15-minute hearing check where you can discuss any difficulties you may be experiencing, and we can determine whether further diagnostic testing is required.

A hearing check does not automatically mean hearing aids are needed but when done regularly, they may help uncover any changes to ensure hearing loss is detected and treated earlier.

To book an appointment or find out the cost of hearing aids upfront visit [specsavers.com.au/hearing](https://www.specsavers.com.au/hearing).

\*If further testing is required, a fee may apply.

ONE in six Australians are currently living with hearing loss. If left untreated it can have

a significant impact on your physical and mental health.

Despite this, only one

## Support groups and workshops for carers



Palliative Care WA's IPPS group facilitator Shane Bailey

PALLIATIVE Care WA is running free support groups and two new workshops for individuals in a caring role in 2024 thanks to funding from Carers WA.

Carer support groups – one general carers group based at the Ka-

lamunda Day Hospice unit and one online bereavement-focused group – are now available for formal or informal carers.

These Peer Support (IPPS) groups provide opportunities for carers to share their experiences of being an unpaid carer, learn from others, develop self-care skills and create a supportive network in a safe environment.

IPPS groups can provide a sense of empowerment and understanding for carers and help reduce feelings of social isolation.

For details about the groups and the new workshops specifically for carers, 'My Future Care – An introduction to Advance Care Planning for carers' and 'Prepare for caring during palliative care' can be found at the website events section – [palliativecarewa.asn.au/events/](https://www.palliativecarewa.asn.au/events/).

For more information or to register for the groups or workshops please contact Palliative Care WA on 1300 551 704 or [info@palliativecarewa.asn.au](mailto:info@palliativecarewa.asn.au).

## Speaking out against elder abuse in the community

'ELDER Abuse' is a confronting term, but we need to talk about it.

Statistics show one in six older people experience it. Sadly, trusted people like family members account for 75 per cent of this unacceptable behaviour.

Sometimes it goes unnoticed because 'that's the way my family's always done this', or bad practices creep in over time, so bad behaviour becomes normal. Abusive behaviours can also happen as well-intentioned actions that

turn into unhealthy outcomes for the older person.

Elder abuse takes many different forms. It can be financial, psychological, physical, sexual, abuse through neglect or social isolation and is too often inflicted by someone known in a

position of trust.

If any of this information raise concerns or questions for yourself or someone you know, call the Elder Abuse Helpline on 1300 724 679 or visit the website [www.advocare.org.au](https://www.advocare.org.au) to find out more.



## Brand-new aged care spaces open up at Brightwater Inglewood



### A big first impression:

#### Meet Inglewood resident, John

When John began dropping things and having falls, he knew it was time to move into an aged care home.

"We looked at quite a few places," explained John. "Then when we viewed Brightwater Inglewood, it just hit me! Bang! It made the other stuff look dull. I said to my sister: 'I'm taking it, I can't say no!' My sister said: 'I think you've made a good choice', so here I am."

John continues to thrive at Inglewood, buoyed by a positive attitude and a supportive, multi-disciplined team. "The staff here are magnificent," said John.

### Brightwater Care Group has officially opened the final two wings of its near-new aged care home in Inglewood.

32 state-of-the-art rooms with ensuite bathrooms are now available, completing Brightwater Inglewood's vision for a high quality, caring community nestled among natural bushland.

Brightwater Inglewood caters to a diverse range of needs and features a specialist gymnasium, fully accessible communal kitchen, hairdresser and podiatry. Each individual house features its own outdoor terrace and 'backyard in the sky'.

Beyond the treetops lies the established, inner-city neighbourhood of Inglewood. Residents enjoy a central location just a few minutes from thriving Beaufort St, with the Mount Lawley Golf Course just over the road.

### Genuine connections made daily

Brightwater Inglewood has been designed to give residents an authentic sense of connection and camaraderie.

More than an aged care home, Brightwater Inglewood is located within Brightwater Central, a community campus featuring a café, playground and Brightwater's head office, ensuring residents stay connected to the wider community.

In addition to shared indoor and outdoor living spaces, residents are encouraged to take part in a daily schedule of events. Events seek to optimise wellbeing from all angles, including fall-prevention exercise groups, baking, cards and bus outings.

Ongoing public events, such as live music and cooking demonstrations, are held in the communal space on the ground level and residents are welcome to attend.

### Brightwater: Over 120 years of care and empowerment

Founded in 1901, Brightwater is a leading not-for-profit organisation with 22 aged care and disability communities across the Perth metro area.

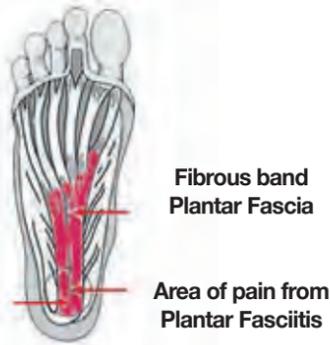
### Interested to know more about Brightwater Inglewood? Tours of the facility are currently available.

To secure your place on a tour, call 1300 223 968, visit [brightwatergroup.com](https://brightwatergroup.com) or email [welcomer@brightwatergroup.com](mailto:welcomer@brightwatergroup.com)



# Physiotherapy update - Do you have to put up with foot pain?

## Plantar Fascia



this condition are active adults between 45 and 65 years old.

Plantar fasciitis occurs when the plantar fascia, a band of tissue underneath the foot, is repeatedly overloaded or overstretched. This additional force changes the biomechanics of the foot, often leading to pain.

### Common symptoms of plantar fasciitis

Symptoms can vary from case to case. Sometimes they arise gradually over time and in other cases develop suddenly after intense physical activity. The severity and duration can vary from case to case.

These are some common symptoms:

- Pain near the heel – people often describe this as a dull ache or a

sharp localised throb. The arch region may also be described as having an ache or burn.

- Stiffness and severe heel or foot pain in the morning, particularly when getting out of bed, after extended periods of rest, or prolonged periods of sitting.
- The pain often worsens with physical activity.
- There is often significant tenderness when the heel region is palpated.

Risk factors of plantar fasciitis

- A high arch.
- Flat feet.
- Excess weight.
- A tight calf and Achilles tendon.
- Old shoes.
- Shoes that do not provide adequate arch support.
- An increase in activity

levels and distance.

### How is plantar fasciitis diagnosed?

Plantar fasciitis is diagnosed by a medical professional or sports physiotherapist. First by questioning, followed by a thorough clinical assessment, including considering the foot mechanics (both at rest unloaded, and during walking), palpation of the plantar fascia and the heel, strength around the hip joint (as muscles near the hip can change the positioning of the foot), and any tightness of the calf and the Achilles tendon.

In some cases, an x-ray or ultrasound may assist in the physical examination. However, a diagnosis can often be made in the absence of

imaging. In rare cases, an MRI, or a blood test is needed, often when plantar fasciitis is not suspected.

### Treatment for plantar fasciitis

Common treatments include:

- A period of relative rest – stopping the previous activities that were aggravating the symptoms and replacing them with activities that put less force through the foot, such as cycling or swimming.
- Contrast therapy – alternating rolling your foot on a bottle filled with cold water and one filled with warm water.
- A heel insert with the middle part removed if indicated.
- Either a rolling or a stretching program.
- A strengthening pro-

gram (based on individual needs).

- In some cases, a night splint.
- Supportive shoes.
- Sometimes the need for orthotics.
- Physiotherapy.
- In some cases, to break the cycle taking a course of non-steroid anti-inflammatories (NSAID) or an injection of corticosteroid.

Most cases given non-surgical treatment improve within nine to 12 months.

Robert Vander Kraats is a sports physiotherapist with 18 years of experience, book in with him at Greenwood on 9203 7771 or online on [www.ngp.net.au](http://www.ngp.net.au) for your comprehensive assessment, and learn about any contributing factors.

**Robert Vander Kraats, Sports and Exercise Physiotherapist**



### WHAT is plantar fasciitis?

A common cause of foot or heel pain is plantar fasciitis. This often painful and debilitating condition affects many people every year worldwide. Most people who develop

# Booklets launched to help navigate the challenges of a life-limiting illness



PALLIATIVE Care WA, in association with an expert panel of palliative care professionals, has launched a revision to the popular *Palliative Caring* booklet and a new companion booklet called *My Palliative Care*.

These WA-specific resources have been developed by Palliative Care WA through sector consultation and in recognition of the need for two tailored, consumer-centric booklets.

The booklets provide information to support families and carers as they negotiate the often-uncharted waters of caring for a loved one with a life-limiting illness and for individuals on the palliative care journey themselves.

The booklets are free and have been made possible through funding via the Greater Choices for at Home Palliative Care, an Australian Government initiative implemented by WA Primary

Health Alliance in WA (WAPHA).

Palliative Care WA CEO, Lenka Psar-McCabe, said: "We are very grateful to WAPHA for their very generous funding of these two resources for the WA community."

"Palliative Care WA first produced *Palliative Caring*, a comprehensive and cross-sector publication, in 2018. The project created a catalyst to work more closely with service providers, clinicians and community."

"Over the years the booklet has undergone multiple revisions, always with the goal of improving the resource for those caring for loved ones receiving palliative care."

"I believe that this latest version with its new chapters and revisions, and the new *My Palliative Care*, has captured well what was intended at the outset of the rewriting project."

"I thank the expert panel of palliative care professionals who reviewed, edited and re-wrote sections, including Tish Morrison from WAPHA, Andrew Allsop from Silver Chain, Jenny Monson from Busselton Hospice, Bernadette Nowak from Metropolitan Palliative Care Consultancy Service, Sonje Allegretta from Palliative Care WA, and former PCWA CEO Lana Glogowski."

"I would like to thank members of the WAPHA CaLD and LGBTQIA+ consumer reference groups who reviewed and endorsed the booklets."

"We at Palliative Care WA feel incredibly privileged to be the custodians of this information and bring to life the shared knowledge of the sector partners," she said.

Sections of the *Palliative Caring* booklet cover a variety of topics to support and guide families and carers

through the palliative caring journey. These include hoping for the best and planning for the rest, the role of a carer, what is palliative care, planning and decision-making, caring at home, rural and remote considerations, last days of life and death and bereavement.

*My Palliative Care* includes similar topics but with an emphasis on helping people make informed decisions that reflect their personal needs and circumstances as they approach this part of their lives. It presents options to consider and references a range of services and supports that might be helpful.

To obtain copies of these helpful booklets, please contact Palliative Care WA via [info@palliativecarewa.asn.au](mailto:info@palliativecarewa.asn.au) or on 1300 551 704. To download a copy of each booklet, visit [palliativecarewa.asn.au/about-us/news/](http://palliativecarewa.asn.au/about-us/news/).

# Comfort Keepers gives quality and caring ongoing support at home

WITH community at its heart, Comfort Keepers is widely recognised as a leading provider of quality in-home care for all West Australians, who need help and extra support at home.

Whether it's just for a few hours, or an ongoing private or government service, Comfort Keepers provides a range of tailored in-home care packages, designed to keep West Australians happy, healthy and independent in the luxury and comfort of their own homes – and connected to family, friends and the wider community.

Comfort Keepers provide specialist services in aged care,

post hospital nursing, disabilities support (NDIS), dementia and palliative care.

They are committed to providing immediate, tailored and personalised services, bringing peace of mind, without any waiting times, or red-tape.?

No job is too big, or too small for the professional team at Comfort Keepers.

They provide a variety of private or government funded programs and packages designed to give you and your loved ones the traditional care needed. They believe that their cli-

ents deserve the very best service, as if caring for members of their own family.

Comfort Keepers dedicated support workers are carefully selected, screened and highly trained to provide personalised, compassionate and genuine care.

With more than 200 support workers across north and south of the river and key regional areas, including Mandurah, Comfort Keepers has the health and well-being of the WA community, at the core of everything they do.

See advertisement on page 46 and 47.

# let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian



LAST month I spent a few days in Cairns and Port Douglas, taking the opportunity to visit family and celebrate my first wedding anniversary. I have to admit that for some reason I have never previously made it to Queensland and Far North Queensland (FNQ). The trip was a wonderful introduction to this part of our country. We were at the tail end of the wet season and wet it was. We had one day of sunny skies and then it rained for the rest of the trip. Temperatures were around 30°C every day and it was nice to see lush greenery alongside beau-

tiful coastlines. Although the rain hampered a few of our planned excursions, we left feeling it is just a beautiful part of the world and one worth further exploration.

★★★★  
The Margaret River Writer's Festival is running from Friday May 17 to Sunday May 19 and this three-day storytelling spectacular features a variety of free and ticketed events in Margaret River, Augusta, Busselton and Dunsborough. Author, tennis star and commentator Jelena Dokic, Heather Morris fresh from the US release of the TV adaptation of *The Tattooist of Auschwitz*, best-selling crime and thriller writer Candice Fox, and social psychologist and best-selling author Hugh Mackay will all feature on the main stage. They join UK based headliners AC Grayling and Andrew O'Hagan, and much-

loved Australian writers Wendy Harmer, William McInnes and Holly Ringland, who will all be in conversation about their new releases. Tickets are on sale now at [www.mrrwfestival.com](http://www.mrrwfestival.com).

★★★★  
In airline news Jetstar have announced that preparations are underway to open a pilot base in Perth launching three new international routes between Perth, Singapore, Bangkok and Phuket, starting in August. Last month saw the airline begin its Sydney to Busselton direct flights and from June flights will take off between Broome and Singapore. We flew Jetstar direct to Cairns, with the flight taking around four and half hours, it was an easy way to get to FNQ.

★★★★  
Virgin Australia announced last month that it will allow pets on planes, and we had several readers call, saying that they would not enjoy this experience. The airline says it will implement this within the next 12 months and the service will only be available to small dogs and cats on specific domestic routes and restricted to a limited number of designated rows. Animals will not be allowed to roam freely or sit on laps and must be carried in a Virgin Australia-approved pet carrier

under the seat in front of the owner for the duration of the flight.

★★★★  
Japan has become a favoured destination with Australians. International travellers can now purchase Japan Bullet Train tickets online prior to departure. The service is available in English and people can book and manage Shinkansen tickets quickly and easily. The company also offers telephone assistance in seven languages for a flawless travel experience. Find out more at [www.japan-bullettrain.com](http://www.japan-bullettrain.com).

★★★★  
Don't miss the opportunity of a lifetime to fly to Antarctica in a day. Tickets are always popular for this amazing experience and sell out quickly. There are only a few seats left in the Explorer Economy class so don't delay in securing your spot. The next flight departs Perth on February 9, 2025, if you would like to join the trip, please email me at [jen@haveagonews.com.au](mailto:jen@haveagonews.com.au) or call the office on (08) 9227 8283 and we will email or post you a brochure, see details on page 27.

★★★★  
We always enjoy hearing from readers so please feel free to share a photo, tips or advice.

Happy trails!

Jennifer Merigan



Clockwise from left; The jetty at Port Douglas - beautiful Palm Cove - Japan bullet train ticket - happy guests at the Margaret River Writer's Festival © Liam Moore



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

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\*Conditions and some block out dates apply. Extra nights available. Valid from 14/04/24 to 31/03/25 (not available WA School Holiday Dates)

## Friendship Force of Perth forges friendships across the world



Friendship Force members entertaining members from Japan

FRIENDSHIP Force of Perth has just had a fabulous week enjoying the company of members of the Friendship Force of Greater Sendai, Japan.

The visitors were home-hosted by the Perth club. They spent the week checking out all the tourist spots including Kings Park, wildlife parks, a river cruise and learning how to do Aboriginal rock painting.

Friendship Force Perth is one of more than 360 clubs in 60 countries worldwide. Club mem-

bers are given the opportunity to travel with a group of like-minded people, visiting and being home hosted by other clubs all over the world. It is a wonderful way of seeing another country from a local's point of view... not just as a tourist.

Perth Club members have travelled to many countries and have hosted clubs from all over the world.

This month, 16 Perth members will travel to Egypt, Turkey, Azerbaijan and Georgia for an exciting exchange with clubs in those counties. They will be away for about six weeks discovering the unique sights and culture of Friendship Force members in the region.

The Perth club is affiliated with Friendship Force International whose mission is to improve inter-cultural relations, cultural diplomacy and friendship via homestays.

While not a travel club, Friendship Force does facilitate travel between clubs.

New members are always welcome and anyone interested in travelling with a group of like-minded people and in return are willing to host a Friendship Force member for a seven-day exchange please contact 0438 943 033 or 0428 751 045.

Check out the website [www.friendshipforceperth.net](http://www.friendshipforceperth.net)

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**Cascade Tours**

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**Chris has now retired after 31 years as the owner of Cascade Tours.**

**Our new and dynamic team look forward to welcoming new and existing clubs.**

**For your day tour bookings and inquiries contact Ewen Lawrie, new owner of Cascade Tours 0458 893 983 or [info@cascaDETours.com.au](mailto:info@cascaDETours.com.au)**

# let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian

## Join the world's best day trip and fly to Antarctica



L-R; The mountains feel close enough to touch  
- The Dreamliner windows make for great viewing  
© Norman Jorgensen

in the middle of the craft to ensure everybody has an opportunity to take in the scenery.

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

It's a bucket list experience and one not to be missed, you too can depart Perth on February 9 next year and make your own memories.

Included in the price is full Qantas International food service, which

include two meals, all drinks and snacks and joining the flight our expert commentators who have lived and worked on Antarctica.



Ticket prices start at \$1199 for an explorer economy seat (there's

only a few seats left) that doesn't have direct access to a window but passengers can get up and move around to find good viewing spots; up to \$7999 for a deluxe business class seat.

Bookings are now open to join this experience in 2025 - join us for the once-in-a-lifetime experience.

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

The following seating is available:  
Explorer Economy Class - \$1199 per person  
Economy Class Stan-

ard - \$2199 per person  
Superior Economy Class - \$3199 per person  
Premium Economy Class - \$3999 per person  
Business Class - \$6499 per person  
Business Class Deluxe - \$7999 per person

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

For further information, brochures and booking forms please call the office on 9227 8283 or email [jen@haveagonews.com.au](mailto:jen@haveagonews.com.au).

LAST month journalist Allen Newton shared his experience of joining the day trip to Antarctica on Australia Day this year.

He said this amazing flight over the Antarctic displays the most extraordinarily striking land-

scape he has ever seen.

"The pilots tilt the plane from side to side to give all its passengers the best possible views and half-way through the flight those of us sitting by the windows swap with passengers seated

## Connect with WA's heritage at the Australian Heritage Festival



Strawberry Hill at Barmup  
Photo: Krysta Guille

STEP into the vibrant tapestry of Western Australia's heritage at the Australian Heritage Festival! From April 18 to May 19. Dive into five weeks of discovery and celebration to unravel the captivating stories that shape our state.

Explore the past, present, and future as you engage in workshops, discussions, performances, and guided tours, designed to strengthen your ties to our rich cultural and historical origins. Forge new connections within our community and embark on an adventure through the diverse narratives

that define our nation's heritage.

With the online program, the journey begins at your fingertips. Discover the hidden gems of Western Australia's heritage landscape from the comfort of your home and start planning your immersive experience today.

Join the National Trust to celebrate the spirit of exploration and enjoyment, enriching our understanding of Western Australia's unique heritage.

Don't miss out—start your adventure now!

[www.ntwa.com.au/visit/australia-heritage](http://www.ntwa.com.au/visit/australia-heritage)

## Busselton Hilton overnight stay winner



THANKS to the many people who entered our recent competition to win an overnight stay, including breakfast, at the newly opened Hilton Hotel in Busselton.

We are pleased to announce that Pat Hollitt from Brabham was the lucky winner.

We look forward to bringing you more competitions throughout the year. Thanks for having a go!

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18 April - 19 May

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# let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian

## Delving into indigenous ingredients celebrating WA's fine food scene



Old Young's executive chef Rohan Park

by Allen Newton

WHILE it's probably not a good idea to start munching on your garden plants, Swan Valley chef Rohan Park reckons there are some that make tasty additions to a meal.

A variety of Geraldton wax with its showy display of waxy flowers has been developed specifically for use in cooking. Geraldton wax 'Jambinu Zest' with its edible needle-like leaves adds what Rohan says is a tangy and pleasant, uniquely Australian flavour to stocks, cakes, cocktails and gins.

That gin element is particularly relevant to Rohan given he is executive chef at Old Young's Kitchen in the Swan Valley which is part of the hand-crafted spirit distillery launched

in 2015 followed by the restaurant in 2021.

Rohan's interest in native and indigenous ingredients was sparked by years he spent working with pop-up roving restaurant Fervor which specialises in using local produce.

His own garden at home and his mother-in-law, Jude Taylor's Swan Valley property, is home to more edible plants, and Old Young's Kitchen garden has up to 30 indigenous food plants.

The previous venue's kitchen garden was rejigged by Rohan's friend Mark Tucek, from Tucker Bush, who planted everything from saltbush to Geraldton wax, blue lily pillies, macadamia, native lemongrass, three different types of wild mint and more.

Rohan will be packing some of

these ingredients to take with him to Albany in May when he, Hong Kong chef Shane Osborn, and local food ambassador Don Hancey will be preparing the menu for Taste Great Southern's Catch of the South presented by Commonwealth Bank.

The nine-course seafood degustation, with matching Cherubino wines will be the perfect opportunity to introduce Michelin-starred chef Shane Osborn to some ingredients he's not familiar with.

Rohan says the seafood from the Great Southern Ocean is incredible.

"You've got your sardines to work with, there are all sorts of crabs from sand crabs and spider crabs at the lower end of the budget to snow crabs if you really want to knock it out of the park.

"Obviously the western salmon if you're creative enough to make something interesting with it - some amazing things can be done with some of those fish that they previously threw back."

Rohan is keen to add his native ingredients into the mix.

"Quite often when I come in and I do a collaboration with a chef, I pull out my ferments and my native ingredients so all we need is a bit of a base to the dish and then we can really elevate it with some flavours that people haven't tried before.

"We also try to educate people on the food's health benefits and how these native ingredients were used by Indigenous fish farmers for thousands of years."

Rohan says he chatted to Shane while he was in Perth for another Taste Great Southern launch event

and Shane told him he was using pig face, lemon basil and wattleseed in his Hong Kong restaurant, things that a lot of people are aware of.

"But things like muntries (a low growing shrub with spicy berries) and, youlk (a relative of the carrot with potato-like tubers) are local to the Great Southern and also quite rare. A lot of people haven't tried those yet."

Rohan sources his youlk from farmers in the Great Southern who grow it in small quantities.

"You're not going to see them rocking up at the Canning Vale Markets any time soon."

He also sources ingredients from Dale Tilbrook at Maalinup Gallery in the Swan Valley.

Rohan makes the most of pickling, fermenting and preserving his produce to provide seasonal ingredients throughout the year.

Fermentation plays a big role in the flavour of the food at Old Young's and Rohan has put a lot of time into perfecting the process.

It has taken years to learn to grow shio koji to provide umami flavours and he learned a lot from Paul Iskov at Fervor who worked at Noma in Copenhagen where the technique was used.

"There's a lot of work and there's a lot of pre-planning. I can have four kilos of miso that's going to be ready in six months but if I lose a batch then I've lost six month's worth of ferment and I'm on the back foot. But I haven't lost a batch for a long time.

"The youlk, for example, I've just made it through for the year and I'm ready for my next batch, but I've got

about three weeks of supply left so we did really well this year. I'm making sure we've got the right amount pickled and we didn't lose anything.

"We kept everything nice, safe and clean, and controlled nature. So, my product is available for the year round."

While he has strong family connections to food, in his early years Rohan didn't see himself as a chef.

His mum was a food scientist, grandmother a cooking lecturer and a great grandfather was a renowned pastry chef.

Rohan came to cooking after spending a couple of years working in the mines and spending his salary in posh restaurants and on expensive cooking equipment when he realised cooking was what he wanted to do.

He'd spent his high school years in Kununurra and Broome before completing his schooling in Perth as a border at Swanleigh in Middle Swan.

Rohan's now partner Caroline Taylor lived just around the corner where she also began her career as a chef at her family's arthouse and café.

Rohan worked at winery restaurants Leeuwin Estate, Wills Domain and Arimia and fine dining establishment Fleur.

He signed up with Fervor, spending three years roaming across WA with the pop-up restaurant where he discovered Australian native ingredients.

Catch of the South will be held on Thursday, May 9 from 5.30pm to 9.30pm at the Albany Boat Shed. Tickets are \$185 and available from [www.wineandfood.com.au/event/catch-of-the-south](http://www.wineandfood.com.au/event/catch-of-the-south).

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Depart Perth on the Prospector at 7.05am and arrive in Kalgoorlie at 2pm. Transfer to your hotel (at your own expense) and free afternoon to explore the city.

#### DAY 2/3: Touring Kalgoorlie-Boulder

Over these two days, undertake tours to the Super Pit, Hannans North Tourist Mine, Tram Tour and Kalgoorlie-Boulder Audio Walking Tour. Explore the streets, have a meal

in a historical hotel, check out the museum. (Optional extra: tour of Questa Casa Bordello. Costs apply). \*NB Clothing restrictions apply on Super Pit Tour. Own transport to be arranged to Hannans North Tourist Mine.

#### DAY 4: Kalgoorlie - Perth

Transfer to the rail station (own expense) and depart at 7.05am, arriving back into Perth at 1.45pm.

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## Sensational Seville - discovering one of the jewels of Spain



Serena Kirby at La Setas Inset; Catedral de Sevilla

by Serena Kirby

WHEN many people think of Southern Spain, they may think of its idyllic coastline, popular beaches and the well-known tourist meccas of the Costa del Sol. But the region of Andalusia is so much more than that and undoubtedly one of its jewels is the city of Seville.

With a population of 1.5 million, Seville is Andalusia's capital and Spain's fourth largest city. Origin-

nally founded as a Roman city, Seville is now home to three UNESCO World Heritage sites. It's also a city bursting with antique charm, historic architecture and countless bars and restaurants. And, if you opt to stay in the Casco Antiguo area (the old part of town) like I did, you can not only immerse yourself in what it has to offer but you can easily walk to many of the main attractions.

On your list of things to

see should be a visit to the Catedral de Sevilla and Giralda. It's the world's third-largest church and a stunning example of Gothic and Renaissance architecture. It is immense, to say the least, and you should allow at least a few hours to take it all in. The Giralda (bell tower) is nearly 100 metres high and originally had more than 700 steps. Most steps have now been replaced by 34 stories of sloping ramps but it's still a hike to get to the top to take in the views. For me - the view was nice but miles of roof tops isn't really my thing and the viewing area is such a small space that you had to jostle with others for viewing spots. So, unless you need the exercise and you are super keen, I'd give the climb a miss.



But, before you leave the cathedral, check out the toilet facilities to the side of the Patio de los Naranjos (Orange Tree Courtyard) near the exit as these are far from being any ordinary loos.

If the cathedral visit has

left you hungry or thirsty, grab an outdoor table at Bar Antiguadas just behind the cathedral. It's a great spot for people-watching but more importantly you can check out the venue's spirit bottle collection that seriously has to be seen to be believed.

The Plaza de España is another jaw-dropping attraction. The architectural adornment here is off the Richter scale with countless layers of colourful details that will make your head spin. If you're lucky you'll see local musicians playing in covered courtyards and stairwells as the building's facade provides fantastic acoustics. As this is a public space, entry is free, so you can visit multiple times and stay as long as you like.

The Metropol Parasol (also known as La Setas or The Mushrooms) is another architectural achievement not to be missed. Built on the site of Seville's old central market this amazing piece of sculpture is the world's largest wooden structure.

You can walk under and around it for free but to really appreciate it you should buy a ticket to walk on top of it at night. Not only does a night visit let you enjoy the structure's coloured light show but the panoramic views of Seville are very impres-

sive. Make sure you also make time to view the film in the downstairs theatre.

To further immerse yourself in Spanish culture, book to see a show at the Museo de Baile Flamenco. It's very popular as it's considered the best in Seville - so make sure you book well in advance. Allow time before the show to wander through their interactive museum which will give you a greater appreciation for the artform. There's a gift shop too and a bar which allows you to grab a glass of local wine to enjoy while watching the show. Also know that's it strictly no photography during the performance.

### When to go and what to pack

I'd definitely avoid visiting in peak seasons (spring and summer) due to the heat and huge crowds. I visited in late November/

early December and there was never a long wait to enter key attractions or get a table at a popular restaurant. Make sure you check dates for public holidays as you'll find most businesses and many attractions will be closed.

In late November the weather was mild, but not cold and there was only one day of rain. Evenings can definitely be cool so pack clothes that you can layer and a couple of pairs of comfortable walking shoes as uneven cobbled streets can play havoc with your hips and lower limbs. Remember too that Spaniards - men and women - like to dress well (very well) and you'll stand out like a sore thumb if you don't dress accordingly. Think nice-casual-going-out clothes, not comfy-home-casual.

### Highlight

If you're lucky enough

to be in Seville over the festive season, head out at night to enjoy the Christmas lights. From December 1 to January 6 nearly 300 streets are decked with beautiful bling overhead. People flock from all over the region to see the giant chandeliers and baubles, fairy light curtains and illuminated trees that turn streetscapes into wonderlands of light.

### Extra Tips

While most places accept electronic payments, make sure you have at least some cash and coins for the countless quality buskers and occasional small shop owners who only take cash. Some public toilets also require a small cash payment. And most importantly - don't rely on ATMs as I did not find one that was actually working when I visited.

## Stargazing in autumn - the Southern Cross constellation

by Carol Redford and Donna Vanzetti, Astrotourism WA

APRIL is a great time to view the famous Australian constellation, the Southern Cross. You can track it over mid-autumn and winter evenings.

When you head outside to stargaze, you will notice first are two bright stars on a diagonal. The brighter of the two, Alpha Centauri, is closer to the horizon. Together, the two stars are commonly known as the Pointers. That's because they seem to point towards the Southern Cross.

The Southern Cross itself is above and a little to the left of the Pointers. It looks like a diamond lying on its

side and is made up of five stars. Four make up the cross shape and there is one dimmer star between the two stars on the longest edge of the diamond.

When and where to look: 7.30pm, from April. Look to the southeast.

For another interesting view, bright Venus will appear close to Mercury on April 19. You'll need a very good line of sight to the eastern horizon. It's only about 30 minutes before the sun rises, you should be able to spot the two planets, Venus brighter than Mercury which is just below to the left.

### A Lunar Occultation

Sigma Scorpii (known as Alniyat) is a multi-star system in the constel-

lation of Scorpius. To the naked eye, it looks like one star and is located near the red supergiant star, Antares. On the evening of April 26, Alniyat will disappear behind our Moon.

The star will begin to be occulted by the Moon at 11.49pm on April 26, and will reappear at 1.06am on April 27. This lunar occultation may be a little difficult to see with the naked eye, as the Moon will be quite bright, but it is interesting and binoculars will help.

### When and where to look:

11.49pm to 1.06am, April 26/27 above the eastern horizon.

For more of what's up in the night sky and country stargazing events visit [www.astrotourismwa.com.au](http://www.astrotourismwa.com.au).

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# Mind the gap - a thrilling Horizontal Falls experience in Western Australia



L-R; Cessna at pontoon - turbulence heading through the Horizon Falls gap - Swimmers vs Sharks - Talbot Bay

by Steve Collins

WHEN my wife (finally) retired, we set out on a road trip to visit our son in Darwin.

With time frames and work commitments now irrelevant, our journey was a bit of a meander with a couple of bucket list experiences thrown in for good measure.

At the very top of that list was the Horizontal Falls Seaplane Adventure which departs

from Derby.

We chose Derby over Broome so that we could spend more time in Talbot Bay. Just over 100 kilometres to the north of Derby, Talbot Bay in the Buccaneer Archipelago, is one of the most popular and iconic tourist attractions in the Kimberley.

Our day began at 8.30am with a weigh-in at Derby Airport Terminal. We were flying in on Cessna turboprop seaplanes, and weight balance is critical for the flight. There is a 120kg weight limit per person, so you have to reveal your weight when you book so they can plan the seating on board.

Our flight out to the bay took 50 minutes. The time varies depending on the tides. If the tides are occurring later in the day you take a scenic flight out, which is longer, but extraordinarily beautiful, then return on the more direct route.

Derby is situated on King Sound and has Australia's highest tides, which can vary by as much as 11.8 metres between high and low – that's almost the height of a four-storey building. This is the reason why the Horizontal Falls is such an amazing and unique natural phenomenon. Those tidal waters rush in and out twice a day from the edge of the continental shelf, 600 kms off the WA coastline.

In Talbot Bay the passage of that massive amount of water is restricted by orange sandstone cliffs which dissect the bay. The only way through is via two narrow gaps in those cliffs. This creates a variation in ocean levels of up to four metres, and two powerful and enthralling horizontal waterfalls from one bay to

the next.

As we climbed out of Derby you really got to appreciate how expansive the Kimberley truly is. The waters in King Sound are muddy, but as you venture west above Talbot Bay, the waters become a vibrant turquoise colour. This contrasted with the orange cliffs and verdant shrubbery makes for a stunningly picturesque sight. Landing on water was quite gentle.

We pulled up at a very large floating pontoon and it was straight off the plane, donning life jackets, to take our seats on a large jet boat, then off at full speed to the gaps.

It was a thrilling ride out to the gaps and we soon reached the first, and biggest gap, 24 metres wide. But it still looks worrisome when you are

up close.

This was the ebb tide, heading back out to the continental shelf.

The skipper was brilliant as he continuously manoeuvred the vessel in order to find the perfect and safest line through the gap. Suddenly, he accelerated and there were audible yelps of enjoyment as the boat bumped its way across the noisy, fast-flowing and turbulent tide, straight through the eye of the gap. Then immediately into a thrilling, steep turn before making several other passes.

It was an exhilarating, exciting, loud, and a massively fun adventure.

We also checked out the much smaller six-metre gap, but, following an accident, boats are now banned from traversing it. It was back to the pon-

toon for morning tea, then immediately onto a boat for a more leisurely tour of Talbot Bay.

This land is ancient, and the hills are part of the McLarty Range. We humans are dwarfed by this environment, where there is very little sign of habitation.

We returned to the pontoon for lunch and an opportunity to swim in the pontoon's saltwater pool.

One of the staff members began knocking on the metal pontoon and sharks arrived to share the pool. Fortunately, they were separated from swimmers by sturdy metal bars. It was feeding time for the sharks; the humans had been looked after. These were mainly tawny nurse sharks, which are harmless, but one bull shark was there for a free feed as well.

We were out on the boats again, for the tide was rising, and the speed of the incoming water was a lot faster than the retreating water. Much bumpier and louder too, as it tried to push its way through the entrance to the inner bay.

This was a truly humungous adventure!

We enjoyed a scenic flight back to Derby. Talbot Bay is such an awesome scenic place.

My wife and I paid full price for the tour (about \$900 each), and would willingly do it again, but, next time, would also check tide times and sizes in order to further enhance our visit.



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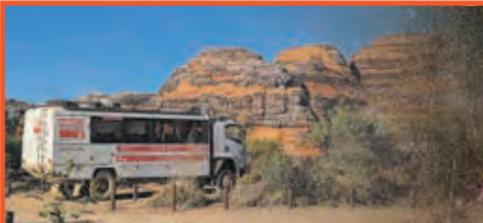
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# Add the Warlu Way to your bucket list and discover the Pilbara



Aerial view of Thevenard Islands beachfront, Onslow

DISCOVER a side of WA you never knew about. The Warlu Way invites adventurers to embark on a six-night journey that unveils the stunning, ancient landscapes and rich heritage of the Pilbara region in Western Australia. This unique expedition follows the path of the warlu, or Dreamtime sea serpent, through landscapes that NASA has compared

to Mars. The Pilbara, spanning an area twice the size of the United Kingdom, boasts some of the world's most ancient natural landscapes, dating back 3.5 to 4.3 billion years. From the vibrant red heart of the outback to plunging waterfalls, and rugged coastlines, to remote island escapes, this region is not to

be missed. The six-night Warlu Way Road Trip Package, priced from \$2,829 for two people, offers a value-packed experience that takes travellers off the beaten track, as they traverse through the Pilbara. The adventure begins with a two-hour flight or 1,500km drive north from Perth to the Karijini Eco Retreat. Hidden in the

depths of the spectacular Karijini National Park, featuring safari-style eco tents, cabins, campsites and an outback restaurant and bar, here, guests will enjoy a two-night stay.

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, with breathtaking gorges, canyons, sheer cliffs, waterfalls and emerald 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 guests will be awestruck by the curved waterfall inside a natural amphitheatre, flowing after rainfall.

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 for one night, overlooking a unique red sand beach and 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, 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.

The journey culminates with a three-night stay at the Mackerel Islands. Lying a short 45-minute ferry ride off the coast of Onslow, the Mackerel Islands conjure up mem-

ories of simpler times, sandy feet and sunshine. Stay in spacious air-conditioned beachfront cabins, each featuring a kitchen, lounge and dining area, plus a shaded beach patio with a barbecue, table, chairs and hammock.

A range of tours and activities are available, including fishing, snorkelling, kayaking, stand up paddle boarding, boat hire, sunset 4WD bus tours, and Dinner Under the Stars events.

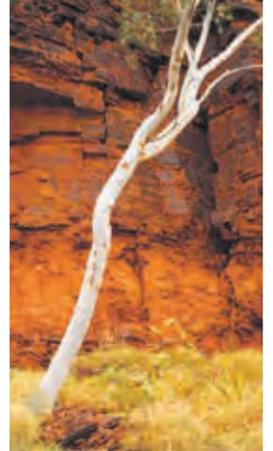
Home to sea turtles, dolphins, dugongs, stingrays, wobbegongs, crayfish, gropers, colourful tropical fish and beautiful coral formations, the marine life is nothing short of amazing. Whales visit the islands during their migration and calving season in July and August and are a magnificent sight playing in the waters offshore.

The Warlu Way Road Trip six-night package includes accommoda-

tion, return ferry transfers, some meals and other extras.

While it's pretty cool that the Pilbara and Mars share similarities of rocks and landscapes, we've got way more incredible experiences on offer than a holiday on Mars.

To find out more or book, visit [www.karijiniecotreat.com.au](http://www.karijiniecotreat.com.au), [www.onslowbeachresort.com.au](http://www.onslowbeachresort.com.au), and [www.mackerelislands.com.au](http://www.mackerelislands.com.au).



## Derby celebrates the Boab Festival in July



SINCE 1961 locals and tourists alike have flocked to the Derby Boab Festival.

In the July school holidays, the festival features family-friendly events like the Float Parade, Mardi Gras, Get Ya Bounce On (Kids Day) and mud crab racing at The Mary Island Fishing Club all free entry.

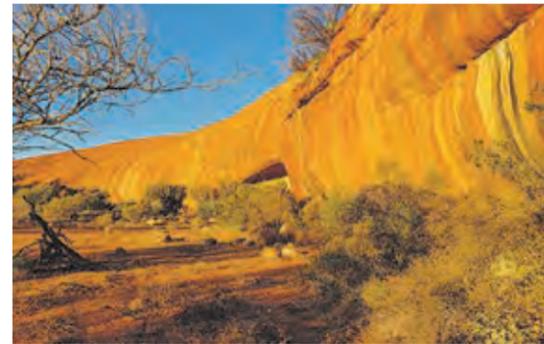
Also art at The Kimberley Art and Photographic Awards, the CWA markets, basketball carnival and the closing concert on the Marsh.

Ticketed events include music at the Country Music Concert and the Mowanjium Festival, the biggest indigenous dance festival in WA.

Enjoy local day tours in Derby and of course the Horizontal Falls by aeroplane.

Visit [www.boabfestival.org.au](http://www.boabfestival.org.au) for more information.

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Prices start from \$4,300 (senior, twin share) and includes motel accommodation, daily breakfasts, most dinners, a Coral Bay cruise, a visit to the Kalbarri sky walk, and many other side attractions.

The tour is filling fast and bookings are almost closed, so if you've been thinking of joining them, don't delay – call Aussie Redback Tours today 1300 662 026 or email [info@aussieredbacktours.com.au](mailto:info@aussieredbacktours.com.au).

IF you've never travelled up the coast of Western Australia, what are you waiting for?

WA's Coral Coast is one of the most beautiful parts of Western Australia and one that is a common drawcard for overseas visitors.

Aussie Redback Tours has a 12-day tour of the Coral Coast which leaves Perth on Tuesday May 28. The trip follows the coast from Perth to Broome, then you fly from Broome to Perth at the end of the tour. Or why not stay a few extra nights in Broome, at your own expense, while you're up there?

From pristine beaches and diverse marine habitats, to the stunning gorges at Kalbarri National Park and the historic pearling town of Broome, you'll find something to

## Free travel passes for pensioners to explore the Goldfields



The York Hotel on Hannan Street, Kalgoorlie © Jarrad Seng

WESTERN Australian Pensioner Concession cardholders can access free travel to the Goldfields.

In a plan to make travel more easy and accessible for pensioners, Transwa offers WA pensioners two free one-way trips or one return trip every year on the Transwa service.

Kalgoorlie Visitor Centre has developed two travel packages with different experiences to offer along with the free passes.

The packages created by the Kalgoorlie Visitor Centre include:

### Explore Kalgoorlie Boulder

Four-day Perth to Kalgoorlie trip, touring the attractions in Kalgoorlie-Boulder.

### Goldfields Getaway

Four-day Perth to Kalgoorlie trip which allows time to explore Kalgoorlie Boulder plus Leonora/Gwalia. Prices start at \$390 per person for a four-day

Goldfields experience and include return rail (from Perth) on the Prospector, three nights' accommodation of your choice, and other features.

### How to book:

1. First, register pension concession details with Transwa at [www.transwa.wa.gov.au](http://www.transwa.wa.gov.au) (Centrelink no longer issues free trip vouchers annually).
2. The Kalgoorlie Visitor Centre Staff can assist in registering your concession details while assisting with your booking.
3. Transport bookings can be made up to three months prior to the travel date.
4. Contact Kalgoorlie Visitor Centre to then book your package.

Book with Kalgoorlie-Boulder Visitor Centre. Phone 08 9021 1966. Email [fohcoordinator@kalgoorlietourism.com](mailto:fohcoordinator@kalgoorlietourism.com) [www.kalgoorlietourism.com](http://www.kalgoorlietourism.com)

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let's gotravelling

# Come along to the magical Moondyne Festival in Toodyay

VISITORS will step back in time on Sunday May 5 from 9am-4pm when the town of Toodyay celebrates its 40th year of the Moondyne Festival. The event looks at the life and times of the iconic Moondyne Joe.

By hosting the Moondyne Festival, Toodyay brings the infamous Avon Valley bushranger 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 John's, 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 are encouraged to dress in 19th century costumes for a colourful procession down the Main Street followed by a fun, colourful, energetic and noisy parade with street actors, stilt walkers, town crier, blacksmith, wood chopping and much more.

Some period costumes are available for loan to wear at the festival, email [moodynecommittee@gmail.com](mailto:moodynecommittee@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 could 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 to traffic from 8am to 4pm Sunday May 5.

As well as the street entertainment, there will be a variety of stalls, displays, performances and demonstrations. Check out the 10th Light Horse display, Barn Baby's Animal Farm, Western Australian Reptile Park or take a ride on the Perth Horse and Carts and Billy Carts.

Toodyay's own Nathan Coleman will be playing as well as the *Pioneers Bush Band* and *Paul Davis Entertainment*. Avon-Fun Dance Club will be

joining the fun as well and Zig Zag Community Arts.

Listen to Bush Poets, Australia's early settler's folk music that will include Irish, Scottish, Italian and English music performed by various entertainers. Enjoy once again the very popular Royal Australian Navy Band and Toodyay Community Singers.

The festival follows through the main town site to the beautiful Duidgee Park resting on the banks of the Avon River which will be filled with speciality craft and food stalls. Events include log chopping, blacksmithing, bush poetry, stilt walkers, horse and cart rides, reptile display, historical tools restoration, and of course the ever-popular Swaggie Camp. 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, balloon twisting, petting zoo and old fashion games like hopscotch, sack race, egg and spoon, skipping, quoits 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.moodynefestival.com.au](http://www.moodynefestival.com.au) or FaceBook [www.facebook.com/Moodynefestival](http://www.facebook.com/Moodynefestival) or Email contact [moodynecommittee@gmail.com](mailto:moodynecommittee@gmail.com).

## Northam offers adventure and tranquility



NESTLED amidst the tranquil embrace of the Avon River, Northam boast an array of attractions waiting to be discovered.

The gentle flow of the river invites visitors to unwind and immerse themselves in its calming presence, offering the perfect setting for leisurely strolls or picnics along its banks. Wander through Northam's streets adorned with heritage buildings, each telling a story of our rich past.

Discover vibrant murals that breathe life into our community, showcasing the talent and creativity of local and internationally renowned artists.

For the adventurous spirit, soar above the picturesque landscape in a hot air balloon, offering breathtaking views of Northam and its lush surroundings. Immerse yourself in the cultural tapestry of the Ballar-dong region at the Bilya Koort Boodja Centre for Nyoongar Culture and

Environmental Knowledge, where Aboriginal tradition meets modern technology.

Whether you seek relaxation or exhilaration, Northam offers a memorable escape for all. Come experience the warmth of our hospitality and the beauty of our landscape.

Your journey begins here in Northam, in the heart of the Avon Valley. Phone 9622 2100 or visit [www.northam.wa.gov.au/visit/](http://www.northam.wa.gov.au/visit/).

## Explore the Goldfield water supply



COME and explore the fascinating history of the Goldfield Water Supply Scheme.

Opened in March 1973 the Cunderdin Museum – located in the heritage No 3 Pumping Station – is one of the best rural Museums in the state, if not the country.

The Museum brings to life the history of the Cunderdin-Meckering area

and boasts what has been described as one of the best displays of historical farm machinery anywhere in the country.



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- Souvenirs
- Nyoongar art for sale

## Treat yourself to a break in the glorious Avon Valley



CWA York members

**HAVE** a traditional ANZAC Day commemoration in York away from the city crowds.

Take a leisurely day on Friday exploring WA's oldest settled inland town, then visit at the Her-

itage Concert 6pm at the Stable Theatre behind the old court house. Music and bush poetry all for just a gold coin donation. Bring a picnic.

Saturday visit the historic Town Hall, and then immerse yourself in the heritage of York and surrounds. Take in some interesting talks about our connection to the Goldfields and see demonstrations of endangered trades.

On Saturday evening dance to the *Mucky Duck Bush band*.

Marvel at the penny farthings, learn the history of the Avon River, celebrate 100 years of the CWA, learn to play croquet, join in the kid's games and visit the photographic exhibition.

There is so much to do in York.

Any enquiries call the York Business Association on 0418 936 214.

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# let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian

## Explore our first inland settlements in the Avon Valley



Clockwise from left; York Town Hall - Swinging bridge - Penny Farthing Sweets - York Motor Museum

THE Avon Valley, a comfortable one-hour drive east of Perth City, offers a patchwork of green rolling hills, babbling brooks and historic country towns.

Rich in stories of the Ballardong Noongar people, this region is spiritually connected to the Avon River and early pioneers who built this gateway to the Wheatbelt. It is the perfect destination for exploring country towns, pottering through craft shops and museums, picnicking on the banks of the Avon River, hot air ballooning at dawn or setting out on bush walks.

Revisit yesteryear, with main streets lined with bullnose verandas, quaint cafes, bakeries and welcoming locals. Check into an historic hotel restored to its former glory or lunch in a country pub where the 'parmi' is bigger than your plate and yarns of resident ghosts flow like cold beer from the tap.

The Avon Valley is home to hot air ballooning. A bird's eye view of the valley reveals tributar-

ies flowing into the Avon and endless fields of wheat and canola – Australia's green and gold.

The area is also host to a fantastic range of festivals and events the whole year round which make great excuses to visit. Antique fairs and vintage car rallies, flower shows, farmers markets and the famous Avon Descent bring this charming region to life.

Stop in at a local café or restaurant, many showcasing local produce such as jams, olives, chocolate and honey. Pile the scones high with jam and cream, wind back the clock and feel worlds away on this charming historical adventure. Or enjoy a drink at a historical pub – you'll find one in nearly every town of the Avon Valley.

With so much to see and do, why not spend a night or two there? There are many charming accommodation options available in the Avon Valley region, including historic hotels and bed and breakfasts, where you can relax and enjoy the warm country hospitality.

Visiting the vintage towns of York, Northam, Toodyay, New Norcia, Beverley, Goomalling and Brookton by road is a great way to explore the charming Avon Valley region. All of the towns are only a 30-minute drive from each other.

You won't be short on things to do in the Avon Valley. Popular attractions and activities include:

- Take a scenic drive or catch the train and enjoy the valley's quaint and historical townships.
- Discover a range of amazing public art, murals and sculptures.
- Be adventurous and try hot air ballooning, gliding or paragliding.
- Explore the region's museums, art galleries, historical attractions, antique shops.
- Sample a variety of wines, olive oil and lavender grown in the region.

Find out more at [www.destinationperth.com.au/explore-perth/avon-valley/](http://www.destinationperth.com.au/explore-perth/avon-valley/).

**SAVE THE DATE**  
Living Well Seniors Expo & Forum

**SENIOR EXPO**

On Friday, May 17, 2024, the Shire of York is hosting the 'Living Well in The Avon Valley Seniors Expo and Forum.'

This event aims to provide valuable information about services, activities, groups, and programs available in the York Region. It offers a unique opportunity to engage directly with providers.

The Expo and Forum will take place from 10am to 3pm at The York Town Hall and welcomes individuals aged 55 to 105, families, carers, and those planning for their future needs.

Admission is free and a light lunch will be provided.

Places are limited so register your attendance by email to [records@york.wa.gov.au](mailto:records@york.wa.gov.au) or call: (08) 9641 0500.

The community bus will be available for travel within the townsite on a schedule – please mention your travel needs when registering your interest.

Government of Western Australia  
Department of Primary Industries and Regional Development

**York**

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## CUNDERDIN MUSEUM No.3 Pump Station



Open Daily 10am-4pm

100 Forrest Street, Cunderdin, Western Australia  
ph/fax: 9635 1291 e: [museum@cunderdin.wa.gov.au](mailto:museum@cunderdin.wa.gov.au)



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There are several convenient departure locations around Perth, including Belmont, Booragoon, Bassendean, Morley, Whitfords, Perth City, Riverton and Cockburn Central.

Membership to the Club 55 Travel Club is free. Anyone can join. Register as a member online or phone 0434 439 983.

The latest brochures can be accessed at [www.club55.com.au](http://www.club55.com.au).

You can also follow Club 55 on Facebook. It's a great way to meet and make new friends.

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Sunday 5th May 2024

The legend of Moondyne Joe, the Avon Valley's legendary bushranger transforms the picturesque historical town of Toodyay, Western Australia into a lively all day festival, the highlight of the day being the re-enactment of Moondyne Joe's various escapades throughout the town, his arrests and mock trials.

For more information about volunteering, loan costumes or street stall bookings contact:  
[moondynecommittee@gmail.com](mailto:moondynecommittee@gmail.com)  
[moodynefestival.com.au](http://moodynefestival.com.au)  
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Logos for Tourism Western Australia, Toodyay, Chalice, Healthway, and Government of Western Australia.

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- Railway Museum & Heritage Centre
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# food & WINE

...eat, drink and be merry... ADVERTISING FEATURE

## Busting brunch all over - Cleopatra's morning glory in Scarborough



**by Buster the bruncher**

CLEOPATRA'S great name lives on, tucked under the skirts of Scarborough's soaring seaside skyscraper, the Rendezvous.

The eatery is an oasis amid Scarborough's development that resembles Queensland's flashy Gold Coast several decades ago.

Like the Egyptian

queen, café Cleopatra is leading the way, offering fresh food, abundant ambience, seaside siting and superior service.

With Scarborough Beach's popularity, burgeoning crowds and limited parking, brunch is the best time to arrive. At 9.30am we parked free with just a short stroll to Cleopatra.

With tables to spare, inside and outside, the airy

eatery has all the fresh atmosphere of a modern, beachside café or restaurant.

Buster's brunch buddy, Professor Ken, was impressed with the table service including quick delivery of his routine morning starter: hot, black coffee.

Speaking of coffee, single espresso comes at a goodly \$3.40 and other caffeine prices are worth

a mention, especially in an eatery with point-blank positioning to the sea.

Where else, anywhere beachside, would you get quality coffee and prompt service: flat white and cappuccino, both \$4.50, ice chocolate and ice coffee, \$7 each, or a pot of tea for five bucks?

An added attraction is a mysterious beetroot hot chocolate, \$7.50, and a cinnamon turmeric, \$6.

With generous space between tables, especially inside and flooding natural light, Cleopatra is a class act for a queen.

Every dish demonstrated loving touches at the stove and on the plate. Chef ought to be congratulated.

We opted for delightfully-dubbed dish, Magic Mushrooms: sauteed wild mushrooms, perfectly

poached eggs, pesto, pine nuts served with hollandaise sauce on multi-grain sourdough (\$21).

Our second dish was Padbury's Hash and what a delicious feast it was, with royal blue potato, heaps of streaky bacon, perfectly poached eggs, light chilli tomato relish and fresh herb salad (\$20).

These dishes presented so well that Professor Ken said he was tempted to photograph them to be hung prominently on his kitchen wall (perhaps to inspire his wife).

Dishes being served to neighbouring tables impressed us. The Power Bowl is cooked oats, caramelised banana, chia, cinnamon, almond, toasted coconut for \$19 (add caramelised fruits or fresh fruits, \$4).

Enough food on that

plate to be shared almost by an entire table of cost-conscious, diet-conscious seniors.

Cleopatra offers a goodly 11 items on its Morning Glory menu, including roasted pumpkin salad (\$19), Meringue Munro Pancake (\$22), Benny on Bagel (\$21) and Crispy Crepe (\$22).

And, are you ready for it workers? Top dish is named after Cleopatra's lover. Yes, it's Anthony's Big Breakfast, at a swagging \$27.

But, with enough to feed a sword-swinging Roman army, the Anthony dish thunders in with eggs your way, pork sausage, streaky bacon by the shovelful, roasted tomato, wilted spinach and wild mushrooms, all served with fresh ciabattas.

Cleopatra titbits are worthy attractions: crunchy fries and aioli (\$9), eggs (\$5 or \$6), relishes, sauces and preserves (\$3) and ciabatta, sourdough and bagels (\$6).

Cleopatra's Morning Glory is as alluring as its sounds and elevates a reborn Scarborough.

**5 Spoons Cleopatra Scarborough**  
8/9 The Esplanade, Scarborough  
Sunday - Wednesday: 7am-3pm, Thursday - Saturday: 7am-10pm  
[www.cleopatrascarborough.com.au](http://www.cleopatrascarborough.com.au)



### 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.

## Autumn - the season of mists and mellow fruitfulness...



**by Frank Smith**

KEATS reminds us of bountiful nature that turns my thoughts to fruit, especially apples and pears, and that

eventually leads me to cider and perry (made from pears).

There are more than 30 cider makers in WA ranging from producers of complex vintage ciders

to what one producer disparages as 'lolly water' made from imported Chinese apple juice.

As a student I drank cider regularly as it gave me the best fizz for my very limited pounds. That ended when I tried scrumpy, believing it to be innocuous. It wasn't.

Nowadays I find cider a pleasant alternative to beer and wine. Most ciders have a modest alcohol content which means you can drink to quench your thirst without worrying about becoming legless.

The drink is available in a wide range of sweetness, with or without tannin and still

or effervescent.

Here are three premium WA ciders I have tasted recently.

**Pinky's Sunset Cider** is brewed from apple juice extracted from locally grown Pink Lady apples by boutique brewer Gage Roads Brewing.

Pink Lady is not only grown in WA it was bred in WA by local plant breeder John Cripps. This cider is crisp and refreshingly tart, with lower sugar (about half the sugar of competing ciders) and just 4.5 percent of alcohol. And it tastes distinctly of apples.

It is vegan friendly and gluten free. Pinky's Sunset is available at pubs and liquor stores in 330ml

cans and on tap at some venues. RRP \$23.99 for a six-pack.



**Smallacres Cyder Sparkling Perry 2021** is made from pear juice. The colour is light straw in colour with a subtle

green hue. It has aromas of fresh cut, ripe and juicy pears with a hint of snow pea and honeysuckle and a touch of brioche to add complexity. The palate is light to medium bodied, with balanced fruity sweetness and clean acidity. The effervescence is bright and sparkling with a fine persistent mousse. This perry can be drunk as an aperitif, a celebratory alternative to sparkling wine or an accompaniment to light dishes. RRP \$29.

**Le Pommier brut** is made from apples and pears fruit grown in the Perth Hills region by orchardists Adam Casot and Ross Catalano.

They original started to make cider to find a use for surplus fruit. Their ciders were so successful they set up Roleystone Brewing Company and began to make a premium product.



**Le Pommier cider** is made juice fermented using an ancient traditional technique and aged on yeast lees before being disgorged and corked. This unique, traditional method, forms a fresh, crisp and highly aromatic cider. It is a sort of apple champagne.

Le Pommier is darker in colour, with strong fruit aromas, a touch of sweetness and pome fruit flavours. The bead is persistent in the glass and on the tongue. The flavour remains on the palate for some time.

Pour chilled Le Pommier into a champagne flute and sip like a fine wine. This premium cider is not for quaffing.

Alcohol content is high for cider at 7.6 per cent alcohol. RRP \$25.

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# food & WINE

...eat, drink and be merry... ADVERTISING FEATURE

## Refreshing fruit from the locals... for the locals to enjoy

by Noelene Swain

THIS year's harvest of apples and pears is now well underway and as I write the local community of Donnybrook has just celebrated the annual Donnybrook Apple Festival. Timed around Easter each year, this community event provides a focus for visitors and locals alike to pause and celebrate the role of the apple industry in the region.

The festival also offers a chance to try some new varieties and to buy

freshly picked apples and pears.

The South West 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 their 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... so let's get crunching!

This year we can also enjoy the first of the new Red Angel – a sweet and delicious pear, and the rich rosy coloured Modi apple.

Fruit growers around Australia are faced with seasonal problems to ensure we enjoy the best fruit possible. This year the extreme temperatures through summer were a challenge but the fruit is sweet and delicious. Shoppers can support local growers by buying fruit that may be hail marked, sun blemished or colour challenged but will still be delicious. These visual characteristics make no impact of the premium eating experience – 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 in diabetes sufferers. 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 them 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 freshly picked crunch.

Fresh is best with WA apples and pears, yet they are just as delicious cooked in savoury and sweet dishes. Generally, the sweeter the fruit, the better it will perform in a cooked dish. Grab an apple and pear today and enjoy the recipes below:

**Brought to you by Fresh Finesse Fresh Food Promotions – [www.freshf.com.au](http://www.freshf.com.au)**

### Apple and cinnamon clafoutis

Preparation: 10 mins; cooking: 25 mins; serves: 4



and lightly steamed  
2 teaspoons ground cinnamon  
2 teaspoons icing sugar mixture

Preheat oven to 180°C. Lightly grease four ½ cup capacity ovenproof ramekins.

Combine sugar and flour in a bowl. Whisk together eggs and milk. Pour egg mixture into flour mixture. Whisk until smooth.

Divide apple among ramekins. Spoon custard over apple. Sprinkle with cinnamon. Place ramekins on an oven tray. Bake for 25 minutes or until custard is set. Stand for five minutes.

Dust with icing sugar and serve.

CLAFOUTIS is a classic French pudding often made with cherries but this version is a perfect autumn dessert.

¼ cup caster sugar  
¼ cup plain flour  
2 eggs  
1 cup reduced-fat milk  
400g apples, peeled, sliced

### Apple Bircher muesli

Preparation: 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 tablespoon sultanas  
1 tablespoon chopped dried pears  
1 tablespoon 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.

Note: Vary the seeds according to your preference.

### Pear, fennel and smoked trout salad

Preparation: 15 mins; cooking: nil; serves: 4



3 Red Sensation pears, thinly sliced  
1 baby fennel bulb, trimmed and thinly sliced  
1 bunch watercress, trimmed and sprigs separated  
2 tablespoon chopped chives, 3cm lengths  
Fresh crusty bread, to serve

WHISK together the vinegar, oil, mustard, salt and pepper until fully combined. Place the trout, pears, fennel, watercress and chives in a large serving bowl. Pour over the dressing and toss lightly. Serve salad with thick crusty bread.

Note: This salad is best made close to serving. If this is inconvenient, drizzle a little lemon juice over the sliced pears and fennel to prevent any browning.

1 tablespoon white wine vinegar  
¼ cup olive oil  
½ teaspoon Dijon mustard  
Salt and cracked black pepper  
300g smoked trout fillet, skin removed and flesh

## What's fresh in the markets for fruit and vegetables



Treacly pears and creamy oats  
Source: <https://australianpears.com.au>

**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!

**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. The stone fruit season is quickly drawing to a close, so grab the last of these simply divine plums and leave a wonderful lingering memory of the stone fruit season.

**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. The season is running early this year so you will already see the first of the

new season Fuji's and Bravos in addition to the usual early favourites like Gala and Royal Gala. They are perfect for school snacks. Be sure to keep apples in the fridge while the days are still warm to maintain their crispness. Apples will keep well when stored in cold temperatures.

**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. 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.

**9 NEWS**  
AFTERNOON  
4.00

**TIPPING POINT**  
AUSTRALIA  
5.00

**9 NEWS**  
PERTH  
6.00

# food & WINE

...eat, drink and be merry... ADVERTISING FEATURE

## Knife and fork talk with the Dining Divas - a visit to the harbour



HILLARYS was our destination this month. We decided to visit a restaurant that we had reviewed about five years previously.

No disappointment here, the quality and service were excellent again. A special lunch menu priced at \$20 consisted of seven choices, add on a glass of wine or beer for \$5 – a bargain. This menu has only increased in price by \$2 in five years.

We chose calamari sale e pepe and Caesar salad.

The calamari was tender and true to the menu. Lovely golden coils of calamari coated in a light crispy seasoning was delicious and melted in the mouth. An accompanying salad with crispy lettuce, red onion, cucumber and capsicum was drizzled with may-

onnaise and a lemon wedge to squeeze and sprinkle, plus a pot of tartare sauce.

The Caesar salad was chock-full of baby cos lettuce which could have been harvested that morning as it was so very fresh. Generous pieces of crispy bacon and large crunchy croutons were tossed together with the lettuce in a classic dressing which was light and very palatable. Subtle hints of parmesan delicately flavoured the salad. A soft-boiled egg topped off the meal. There was only one anchovy. It was quite big, but we would have liked more.

Apart from that one little whinge, it was a really good lunch. The staff were very attentive and personable, ensuring all was OK with us.

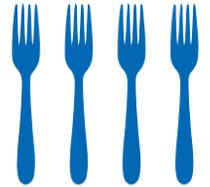
We are only too eager to make it

a third time around.

Mia Cucina is away from the hustle and bustle of crowds overlooking a harbour that is full of posh yachts and little run-arounds, situated at 1/45 Northside Drive, Hillarys Boat Harbour.

**Tuesday-Friday 12-3pm**  
**Website: miacucinawa.com.au.**  
**Phone: 9448 1753**

**Four forks.**



### Knife and fork talk ratings

- Five forks** – excellent food and service
- Four forks** – overall good food and service
- Three forks** – reasonably good food and service but could make some improvements
- Two forks** – food and service needs improvement
- One fork** – would not recommend



## WEEK DAY LUNCH SPECIALS

Information correct at going to press



**Ashby Bar and Bistro**  
 \$15 seniors lunch menu  
 Monday-Friday  
 11.30am-2.30pm  
 131 Pinjar Road, Ashby  
 9206 1966

**Boab Tavern**  
 \$22 seniors lunch (1 exception)  
 7 days 11am-9pm  
 107 Dundas Road,  
 High Wycombe  
 9454 2236

**Esplanade Hotel Busselton**  
 \$18 smaller portions menu  
 7 days. 11.30am-2pm  
 30-38 Marine Terrace,  
 Busselton  
 9752 1078

**Hale Road Tavern**  
 \$16 Seniors menu  
 Wednesday-Sunday 12-3pm  
 64 Hale Road, Forrestfield  
 6154 7892

**Mia Cucina**  
 \$20 lunch special  
 Tuesday - Friday 11.30am-2.45pm  
 1/45 Northside Drive,  
 Hillarys Boat Harbour 9448 1753

**Odin Tavern**  
 \$25 and under seniors meal (present seniors card)  
 11.30am-3pm Monday-Friday except public holidays  
 51 Erindale Road, Balcatta  
 9345 3316

**Sandy Cove Tavern**  
 \$20 and under (card holders only)  
 7 days  
 11am-2.30pm  
 146 Yunderup Road,  
 South Yunderup  
 9537 6155

**Stirling Arms Hotel**  
 \$17 Seniors menu  
 Every day from midday.  
 117 James Street, Guildford  
 6142 4352

## Mondo recipe of the month easy beef mince with potato and peas



West Australian organic lake salt  
 Freshly ground black pepper  
**Method:**

Fry the onion in some oil until a little caramelised. Now add the mince and cook until brown (no lumps please) add potato and peas and season with salt and pepper to taste, add the bouquet garni and stock and simmer everything together with the lid on stirring often. If the mix becomes too dry add more stock as you want the mince mix to be moist but not runny.

When the potatoes and peas are tender and the mix is not too dry or too wet then remove the bouquet garni and serve on toast.

Buon appetito  
**Mondo Butcher and Grocer is located at 824 Beaufort Street, Inglewood. They are open Tuesday to Friday 9am – 5.30pm Saturday 8am to 2pm. Phone 9371 6350 or visit www.mon.do.net.au**

## It's so good - quality and locally made meals



NATASHA Kendrew started C Si Bon (pronounced Si Bon), 10 years ago from her home kitchen as she saw a gap in the frozen meal market.

C Si Bon produces high-end frozen meals specialis-

ing in European recipes that are free from preservatives, additives and gluten. These are good enough to serve to guests; their philosophy is 'connection through food'.

You can pick up from any of their stores – Osborne Park, Cottesloe or South Fremantle. HCP and NDIS clients welcome with all billing fully automated.

Home delivery every Tuesday. Simply order online at [www.csibon.com.au](http://www.csibon.com.au) or call on 0487 87 11 55. No lock in contracts and first orders receive a 10 per cent discount.

C Si Bon, it's French for "It's So Good".

**WIN WIN WIN**

**Thanks to C Si Bon we have five \$50 meal vouchers to give away to some lucky readers for their delicious meals. To be in the draw simply email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with C Si Bon in the subject line or write to C Si Bon - c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 1/5/24.**

## Enjoy autumn in the valley at Swan Valley Station



ENJOY Perth's perfect autumn days with a trip to Swan Valley Station – a unique nursery, café, and gift shop in the heart of the Swan Valley.

Spend a morning or afternoon browsing the extensive range of plants, pots, and garden art. From wind spinners and windmills to bird baths and rusty art, Swan Valley Station has a huge range of eye-catching pieces to enhance your yard.

With Mother's Day coming up, there are gift ideas galore to suit all budgets and tastes. Choose from candles, diffusers, soaps, wind chimes, ornaments, fudge, olive

oil, gourmet condiments and much more.

Take a wander around the marron lake and sculpture trail, then let the kids play in the covered playground while you enjoy fluffy scones with jam and cream for just \$6.95.

Swan Valley Station also offers light meals such as quiche and salad and ham and cheese croissants. Freshly-blended fruit ice creams are popular with all ages, in any season.

The team at Swan Valley Station – and the friendly farm animals – look forward to your visit. See details on the front page of this newspaper.



by Vince Garreffa

COMFORT food is like a hug from mum. Enjoy this dish anytime you need a proxy for mum's love. No matter how much we love mums they always love us more. This is an easy recipe for anyone to

have a go at cooking.  
**Ingredients for two big eaters**

- 500g minced beef steak
- 1 big Spanish onion diced small
- 2 big royal blue potatoes diced small (washed not peeled)
- 1½ cups frozen or canned peas
- bouquet garni (two bay leaves, cinnamon stick, six cloves and a sprig of rosemary, tied in a gauze cloth)
- 250ml veal or chicken stock (and a little more on standby)
- West Australian extra virgin olive oil (EVOO)

# Downsizing

ADVERTISING FEATURE



## Making a statement with wallpaper as a feature



L-R; Zofia's bedroom wallpaper being installed, the finished product - new season looks from Trilogy and James Said



by Zofia St James

DURING my visual travels through Instagram recently I found an Interior Design page posted a stunning layout bearing the title of Go Bold or Go Home.

A display of room inspiration ideas that were indeed bold and absolutely

stunning, these offerings would require bravery and faith for someone who was at all worried about the size of a room. Nonetheless it showed a beautiful and current design trend, at the same time being supremely classic.

Last year I wrote about the idea of introducing a feature to a room that seems to just beg for something exciting to happen and I suggested considering wallpaper. Now I am certainly not going all 'English cottage' on you unless that is your vibe of course. I'm talking about creating depth and drama, not to mention

pizzazz. It's like that final brushstroke, polish and finish but most definitely a wow factor.

Late last year I was looking at my otherwise nice bedroom, especially after the shutters were installed. The wall behind my bed got me thinking. I googled the words I was thinking of to describe a wallpaper and voila! There she was... big, bold, dramatic, feminine, rich, deep... I could almost be describing myself here. It was exactly what I was visualising.

Not only that, it was already an installation at Wall Candy in Claremont. I was there to view it the

next day and after one look I just knew it was for me. I got bold and it was brave!

I do not have a big bedroom and I risked it being too overwhelming but no, it actually adds depth and definitely drama to the room.

Wall Candy have a list of their preferred installers and I contacted Nicky - she was amazing. Three hours later I had just created one of my favourite makeovers ever.

As the evenings and mornings are getting a little cooler and we consider winter looming large creating that comfort and cosy couldn't be more

important, but it isn't just that. It's looking at little areas of your home and thinking about what needs a bit of love and attention. What could I do or create that would easily just turn up the style factor?

I always encourage clients to do this for themselves, but creating warmth is something others feel instantly when entering your home. That's a beautiful thing.

At the start of winter and summer, just like

new season fashions, stores offer up a plethora of home beautiful accessories and that is the perfect time to browse and see what could give your living areas and bedroom a refreshing and modern take.

This is more about self-love here because who doesn't want to come home to anything but a big hug and welcome home feeling. Making a home, your nest and sacred space should be

and can be fun.

Next month I'll bring some of my favourite looks and finds and where to get them. In the meantime have a walk through the rooms in your home and make a wish list of areas to cull and re-style or cushions, lamps or even moving the furniture around that would instantly have a dramatic yet easy makeover effect.

Have a wonderful month ahead.

Zx

Zofia offers a free over-the-phone or video interior style consultation for readers. She can assist with de-cluttering, restyling, choosing furniture and personal styling. Interested in a free styling opportunity? Contact Zofia on 0406 336 607 or email zofiajames@hotmail.com.



No exit FEES  
No stamp DUTY\*

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OUR \$6 MILLION CLUBHOUSE IS NOW COMPLETE  
Be quick, homes are selling fast!

Indoor Heated Swimming Pool • Spa • Sauna • Gym • Stage Dance Floor • Two Games Rooms • Hobby Workshop Arts & Crafts Room • Library • Commercial Kitchen Main Hall (235 capacity) • Bowling Green • Village Bus Two Second Storey Terraces • BYO Café and more

\* No exit fee options available. T&Cs apply. See website for more details: [helenavalleylifestyle.com.au/offer/small-things-come-with-big-packages](http://helenavalleylifestyle.com.au/offer/small-things-come-with-big-packages)

## Small things come with Big Packages

One of our favourite comments is 'Your one-bedroom homes are not as small as we thought!' Why?

Because our one-bedroom homes offer both privacy and your own entertainment area.

The open plan kitchen, dining and lounge room make these homes comfortable and functional, while outside, the generous living spaces add to the feeling of light and space.



Call Richard Nowland  
0400 219 691



Call Mark Emberson  
0404 852 272

BOOK YOUR PERSONAL VILLAGE TOUR

Boasting the latest appliances and ample storage space these homes are perfect for singles, or even couples who want to downsize. As Helena Valley Lifestyle Village offers secure and modern resort style living, now is the time to take advantage of the buoyant housing market and secure your new home - and your new lifestyle. But remember, these homes won't last long, so **book your personal village tour today at [helenavalleylifestyle.com.au](http://helenavalleylifestyle.com.au).**



2340 Helena Valley Road, Helena Valley  
e [helenavalley@nlv.com.au](mailto:helenavalley@nlv.com.au) f [facebook.com/helenavalleylifestyle](https://www.facebook.com/helenavalleylifestyle)

# Downsizing

ADVERTISING FEATURE



L-R; Prof Len Collard - RAAFA chief operating officer, Tonia Zeeman - RAAFA CEO, Michelle Fyfe - Georgiou Group general manager, Steve Okill - RAAFA president (chairperson), Clive Robartson

RAAFA has broken ground on its Stirling development, which is set to revitalise the north

western corridor of its Air Force Memorial retirement living estate in Bull Creek.

The \$55 million Stirling development will comprise 63 apartments in one, two and three-bed-

## RAAFA breaks ground on retirement living

room configurations, with an additional residents lounge and secure undercover car park located on the ground floor of the building.

Forming Stage 6 of the RAAFA Air Force Memorial Estate master plan redevelopment, the Stirling project replaces the former Sivyer, Harris, Fraser and Ingram buildings to make way for the contemporary purpose-designed apartments over six floors.

RAAFA CEO Michelle Fyfe said the Stirling apartments will provide high quality, independent living arrangements for retired Western Australians looking for a community to call home.

"RAAFA's Air Force

Memorial Estate blends the best of both worlds, offering residents access to tranquil, natural surrounds with the convenience of a well-connected community. We are delighted to be expanding our connected, amenity-filled and thriving community which we know suits the needs of Perth's growing retired resident population," said Fyfe.

RAAFA's Air Force Memorial Estate currently houses more than 400 independent living residents, with the new Stirling development set to welcome over 60 new residents who will call the estate home. The estate also features two residential care centres,

gymnasium, indoor pool, tennis courts and the renowned RAAFA Club.

Works on the Stirling project will commence immediately, with local building group Georgiou appointed as the head contractor to deliver the development.

Georgiou Group general manager Steve Okill said: "Since our initial engagement it was clear to us that close collaboration with RAAFA and its trusted consultants would be required to ensure our efforts aligned with their vision. We're excited to continue this journey together and further strengthen our relationship as we bring the project to life."

A tribute to the Short

Stirling, a British four-engine heavy bomber used during World War II, the Stirling development adds to RAAFA's rich heritage in aviation and service, with the 107,590 sqm Bull Creek estate also home to the Aviation Heritage Museum.

RAAFA's Air Force Memorial Estate master plan will see the site's original units replaced with contemporary apartment accommodation in stages over the next decade. With construction now underway, Georgiou Group earmarked completion of the Stirling project by June 2025.

For more information on RAAFA and its estates, visit: [www.raafawa.org.au/](http://www.raafawa.org.au/).

## Staying safe, independent and comfortable in your own home with a little help

SOMETIMES a little help with gardening or housework or even some minor home modifications can make all the difference to being able to remain safe and comfortable in your own home. A Home Care Package

may be the way to do this. Having support with daily activities can not only help you to remain independent but can also lead to a much better quality of life.

However, inviting someone into your home

to assist for the first time isn't an easy decision and as general manager Rhian Tamim for CPE Group says, this is why it's so important for the client to be involved in the choice of their support team.

Rhian chooses the carers for CPE Group for their ability to show understanding, kindness and respect as well as having relevant experience and a qualification in health care. They each bring their own individuality to the relationship, so it's important for the clients to choose those best suited to them and build a support team they feel comfortable with and they can trust

Having access to the funding a home care package provides can lead to a more enjoyable lifestyle, with services ranging from domestic assistance, shopping, transport and social support through to allied

health services such as physiotherapy, mobility aids, personal care and nursing with quite a few other services in between, depending on the level of the Home Care Package.

So, if you feel you may need a little support and are 65 years or older, it's well worth considering making an application for a Home Care Package and then building a support team that you can look forward to welcoming into your home or spending time with, out in the community.

If you would like more information on what a Home Care Package can offer, CPE Group can help you with this. If you have already de-



ecided to apply, they are also currently offering a Navigation Assist Program at no cost, or commitment that can

guide you through the process.

You can contact them on 1300 665 082, email [info@cpegroup.biz](mailto:info@cpegroup.biz)



## ANDREW RUSSELL VETERAN LIVING (ARVL) APPEAL

### JOINING FORCES TO END VETERAN HOMELESSNESS



RAAFA

RAAFA, 18 Bowman St, South Perth WA 6151, (08) 9288 8400  
Charitable collections licence number: 17615

## Language of the fan - sharing cultures and travels



AT Regis Nedlands, 15 women gathered to ex-

plore the language of the hand fan, a unique

Spanish communication poses and shared personal stories, including Aurora and Irene, who brought their own fans.

Among the participants was Aurora, who was thrilled to connect with her Spanish heritage.

The session was filled with laughter, especially when learning the fan gesture for 'Kiss me'. A particular favourite was the 'Get lost' pose, practiced repeatedly for amusement.

The women received a bilingual booklet of fan

They reminisced about Spanish travels, flamenco and markets, enriching the experience.

The event concluded with participants appreciating the fan language's elegance and communicative power, echoing Aurora's sentiment on its value as a cross-gender communication tool in Spain.

# Downsizing

ADVERTISING FEATURE



## A WA first, and a national blueprint...



issues likely to be tabled by the commission. The tripartite effort between RAAFA, Hancock and RSL who have aligned behind a common goal, is a demonstration to government that private enterprise is a reliable partner and can create better outcomes for our veterans.

There is already strong evidence to show why services like this are needed, so the impact is sure to be felt with immediate effect.

Next comes the establishment of the Andrew Russell Veteran Living program in WA, otherwise known as ARVL. It will serve a different purpose – crisis accommodation for veterans who are suffering from, or at risk of, homelessness.

Each piece of the puzzle fills a specific need, but is being pulled together as a whole by RAAFA given the complexities involved. However, we can't do it alone.

The quest for capital funds to build on the block RAAFA has purchased at Cannington continues. If you are in a position to support, you can know your money is going to a truly good cause.

Visit [dpgio.io/raafawa](http://dpgio.io/raafawa) to find out more. The clean air is there for the taking.

IN a world often reflecting commercial realities oriented around consumerism, the times when you can step back and just see something clearly altruistic, allows clean air to flow fast back into the lungs.

With RAAFA on the fast track to unveiling Sir Valston Hancock House as the first veteran specific accommodation of its kind in WA, they will be one step closer to establishing an appropriate support infrastructure around this important commu-

nity when they leave the armed forces.

Ahead of the Royal Commission into Defence and Veteran Suicide, which is due to release its final report in September, RAAFA, with the support of Hancock Prospecting, will have established this cornerstone for the veteran services program, months in advance.

With the aim of providing a soft landing for veterans, Sir Valston Hancock House will play a key part in derisking some of the

## Raising the bar on active and connected lifestyles



PROVIDENCE Lifestyle Resorts are proudly reshaping and raising the bar on Perth's approach to lifestyle living for over 50s.

The master planned, architecturally designed Resorts feature high-end amenities and modern spaces that deliberately pave the way for the creation of connected, active communities and greater wellbeing among residents.

There are four Lifestyle Resorts at various stages of development at Piara Waters, Henley Brook, Mandurah and Haynes, all located close to all major conveniences and services.

"Our secure Resorts are a welcome new choice in the

market for younger downsizers and are designed to be small to mid-sized communities that are 'best in class'," says Providence operations director, John Green.

"From our well-appointed contemporary homes with large alfresco areas and beautiful landscaping to our high-end clubhouses, lake houses, indoor swimming pools, gyms, community gardens, workshops, hobby and games rooms, caravan and boat storage facilities\*, (Piara Waters only) bar and café spaces, and the like, we're setting an enviable new standard in resort-style community living in Perth, which is very rewarding."

The master plan approach allows for resort streetscapes to be more visually appealing.

"Our resorts are pre-designed, and homes constructed in groups of 30, so there are no surprises with how a street will look; each residence is ideal for the lot it's on, and chosen to complement neighbouring homes and maximise privacy," he says.

There are also no entry or exit fees and no stamp duty on turnkey home packages.

"We've also got our eyes firmly on the future with infrastructure built into our resorts to reduce energy and data costs, as we know how important affordability and sustainability is.

"Every aspect of our communities has been carefully thought out so our residents can live an active, connected lifestyle that allows them to make the most of their well-earned freedom," said John.



### COMMUNITY PHONE NUMBERS

Police: 131 444

Crime Stoppers:  
1800 333 000

Emergency: 000

Poisons Information Line:  
13 11 26

Lifeline WA: 13 11 14

Centrelink: 13 24 68

Medicare: 132 011

My Aged Care:

1800 200 422

ATO: 13 28 61

WA Senior Card: 6551 8800

Seniors Recreation

Council: 6118 2716

Western Power: 13 13 51

Water Corporation: 13 13 75

MyGov: 13 23 07

# Display Homes

Now available to view at Piara Waters Lifestyle Resort



Providence Lifestyle

Resort Style Living  
for Over 50s



BOOK A DISPLAY  
HOME TOUR TODAY

- ▶ No Entry or Exit Fees
- ▶ No Stamp Duty
- ▶ Pet Friendly
- ▶ Everything is Included

Follow us on social

/ProvidenceLifestyle

## SPECIAL NOTICE!

For a limited time, we have a few display homes available for viewing. These homes represent the exact residences offered at Piara Waters, Henley Brook, Mandurah, and Haynes Lifestyle Resorts for over 50s living!

For a **LIMITED** time, explore a diverse range of display homes showcasing the distinctive Providence Lifestyle difference.

**While several of these homes have been sold, they won't be available for occupancy for another 4 to 6 weeks, this gives you a chance to view our home designs in person.**

Our display homes can be viewed at Piara Waters Lifestyle Resort, 681 Warton Rd, Piara Waters for a limited time only, **so don't miss out.**

For more information please contact:

**Mark Jewell**

Sales Consultant for Haynes,  
Henley Brook & Mandurah Resorts

**T 0411 497 111**

**Blake Duffield**

Sales Consultant  
for Piara Waters Resort

**T 0403 538 357**

# GREAT HOME and GARDENING



## Melbourne's garden magic unveiled at the dazzling garden show



Clockwise from left; Challenger Achievable Garden Competition; Madeleine Holyman and Andrew Sargood from London College of Garden Design's Look Within - Thrive Flower School - Melbourne International Flower and Garden Show (MIFGS) winners; Peter Donegan Garden Design's A Moment In Time - Paul Pritchard Landscape Design's Innersanctum - Liam Riley of ID Landscaping's and Emmaline Bowman of Stem Landscape Architecture & Design's collaborative garden Through the Looking Glass claimed five MIFGS awards. Inset; Gerberas

with a breathtaking array of botanical brilliance. Transforming Carlton Gardens and the Royal Exhibition Building into a floral wonderland, this five-day extravaganza celebrated the very best of Australia's horticultural talent, both established and emerging.

Leading the charge in the Landscape Design Show Garden Competition, Emmaline Bowman of Stem Landscape Architecture & Design, along with Liam Riley of ID Landscaping, swept away five awards, including the prestigious City of Melbourne Award of Excellence for Best in Show. Their creation, *Through The Looking Glass*, draws inspiration from rural Australia, showcasing a sustainable approach

that honours the splendour of nature's hidden realms. With an iconic Australian windmill as its centrepiece, this garden captivated judges and visitors alike, earning accolades including the Gold Show Garden Award and the Horticultural Media Association Award for the best use of plant life.

In a display of sheer brilliance, three exceptional gardens clinched the Silver Show Garden Award, each offering a unique perspective on horticultural artistry. *Inner Journey* by Christian Jenkins, *Australian Idyll* by Nadia Cole, and *A Moment in Time* by Peter Donegan of Ireland, featuring a retired Piper PA-28 Cherokee plane, left spectators spellbound with their creativity and

innovation. Meanwhile, Riley Cooper of Riley Cooper Landscape Design and Horticulture made a striking debut in the competition, securing the Bronze Show Garden Award with its captivating entry, *Gratus*.

Highlighting the charm of small spaces, Paul Pritchard Landscape Design's *Innersanctum* claimed the top spot in the 5m x 5m Boutique Garden competition, while Panacea Landscapes' *In Living Colour* and Emma Sheppard and La Muxlow's *Oasis* shone brightly in the Balcony Garden and Border Design categories, respectively. Notably, the plants from Sheppard and Muxlow's garden will find a new home at the Royal Children's Hospital, spreading joy long af-

ter the event concludes.

In a nod to the future of horticultural innovation, the Challenger Achievable Garden Competition featured Madeleine Holyman and Andrew Sargood from London College of Garden Design for their thought-provoking creation, *Look Within*. Seb Ryder from Melbourne Polytechnic also captured hearts with *Mountain Landscape*, securing the top spot in the Hanging Basket Competition.

In the realm of floral artistry, Dayne Robinson from Marjorie Milner College and The Posy Crew stood out, sharing the spotlight with Collectors Corner (Gardenworld), Big Leaf Boutique, and Thrive Flower School in the Visual Display category.

### Time to blossom in Japan

Early this month, I embark on an enchanting journey to Japan. Join me as I traverse the captivating cherry blossom trail across Kyoto, Nagoya, Kanazawa, Nikko, and Tokyo on the 15-day Ross Garden Tour. Follow my adventures on Facebook at Gardensfrom Eden 1969 and Instagram at colinbarlow, or stay tuned for next month's column, where I'll share the highlights of this unforgettable escape.

**Autumn flower power**  
Check out the Western Australian Gerbera Societies Championship and Autumn Show Society's Autumn Show at the South Perth Community Centre, Sandgate Street, South Perth on April 20. The show is open from 9am until 3pm and will showcase these glorious flowers that are ideal for growing in Western Australia. For further information call Kim Richardson on 0400 053 479 or go to [www.wagerberasociety.com](http://www.wagerberasociety.com).

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by Colin Barlow

MELBOURNE International Flower and Garden Show, sponsored by Scotts, has once again dazzled audiences

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# Channel Nine stars know a good read



Monika Kos and Todd Woodbridge in Elizabeth Quay

OUR friends at Channel 9 Perth welcomed *Tipping Point Australia* host and tennis legend Todd Woodbridge to Perth last month to announce that the show was moving to the 5pm timeslot from Monday to Friday.

We featured Todd on our front cover in February to mark the new series.

Now viewers can watch Monika Kos at 4pm as she delivers her special brand of news, followed by *Tipping Point Australia* at 5pm and then Nine News with Michael Thomson at 6pm.

We were thrilled when Monika Kos and Todd Woodbridge were photographed holding the February issue of *Have a Go News*, featuring Todd.

## Convert your films, videos to digital formats...



BEFORE the days of smart phones and social media, the act of recording on cine film was reserved for life's most precious moments.

As time passes, old

film footage slowly degrades.

Older recordings are at greater risk, but even 8 and 16mm footage shot five years ago has already begun to break down and

lose quality. Now is the time to take action and ensure your priceless recordings aren't lost forever.

One of the best ways to preserve your footage is to take it to DiskBank. Proudly based in WA for more than 20 years, DiskBank uses innovative technology to convert historic films, videos, images and audio recordings into modern, digital formats.

If the film has already begun to decay or develop mould growth,

DiskBank can take steps to revive your footage if the damage has not spread too far.

DiskBank can transfer your recordings to DVD, Blu-Ray, USB or digital files, with the latter being the recommended format.

*Have a Go News* readers are entitled to an additional 20 per cent off. Simply mention the *Have a Go* name to claim your bonus discount.

Visit DiskBank at 4/73 Troy Terrace, Jolimont or call 9388 0800.

## Using stem cells therapy to relieve arthritis



Sandra Barnsley

### Advertorial

ARTHRITIS is painful inflammation and stiffness of the joints. Inflammation is part of the body's natural response to protect joints from damaged cells; to remove irritants and infection and also to start the healing process. The most common form of arthritis is osteoarthritis. This is a degenerative disease and often leads to the need for joint replacement surgery.

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

joint fluid that acts like a shock absorber).

As we age, our stem cells migration naturally declines. By age 50 it has reduced by 50 per cent and by age 65 you only have about 10 per cent the number of stem cells you had in your bloodstream when you were 25.

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

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

# Have a Go News PUZZLES SOLUTIONS

### Solution for BIG Crossword page 46

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

### Solution for Crossword page 47

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

### Solution for Sudoku page 47

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

### Solution for Wheel Words page 47

Aged, Cage, Crag, Drag, Gait, Gate, Gear, Gird, Girt, Grid, Grit, Rage, Cadge, Caged, Cigar, Dirge, Gated, Grace, Grade, Grate, Great, Raged, Rager, Ridge, Tiger, Cadger, Cagier, Gaiter, Garret, Garter, Girder, Graced, Grader, Grated, Grater, Regard, Tragic, Triage.

9-letter word: CARTRIDGE

### Answers for Have a Go News Quiz page 2

- William de Vlamingh
- HMS Success and Parmelia
- John Forrest
- Sister Kate's
- Cottesloe
- 9669
- About 11 per cent
- 80 per cent
- 400 hectares
- Mount Eliza

### Solution for Word Search page 46

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

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# LUNA PALACE CINEMAS

## What's on the silver screen at Luna Cinemas this month

**Freud's Last Session**  
 @ Luna/Windsor/SX from April 18  
 ON the eve of the Second World War, two of the greatest minds of the twentieth century, Sigmund Freud (Anthony Hopkins) and children's author C.S. Lewis (Matthew Goode) converge for their own personal battle over the existence of God and the

complex relationships that shaped them.

**Origin @ Luna/Windsor/SX/ Outdoor now showing**

Written and directed by Academy Award nominee Ava DuVernay, *Origin* chronicles the tragedy and triumph of Pulitzer Prize-winning journalist Isabel Wilkerson as she investigates a global phenomenon of epic proportions.

**Challengers**

@ Luna/SX/ Outdoor, from April 18  
 From visionary filmmaker Luca Guadagnino (*Call Me by Your Name*, *Suspria*), *Challengers* stars Zendaya (*Euphoria*, *Dune*) as Tashi Duncan, a

former tennis prodigy turned coach and a force of nature who makes no apologies for her game on and off the court. Married to a champion on a losing streak (Mike Faist, *West Side Story*), Tashi's strategy for her husband's redemption takes a surprising turn.

**Before Dawn**

@ Luna/Windsor now showing  
 Based on real-life war diaries, *Before Dawn* is an epic retelling of one of Australia's biggest military victories during WWI. Filmed in WA.

Jim Collins (Levi Miller), a young man from the outback, leaves his family-run sheep station to join the

soldiers on the western front with hopes of making a difference.

**The Teachers' Lounge**  
 @ Luna/SX from April 25

When one of her students is suspected of theft, a teacher decides to get to the bottom of the matter. Caught between her ideals and the school system, the consequences of her actions threaten to break her.

**Exhibition on Screen: John Singer Sargent: Fashion and Swagger**  
 @ Windsor Sat April 20 and Sun April 21 at 1pm plus Wed April 24 at 11am

Step into the glittering world of fashion, scandal and shameless

self-promotion that made John Singer Sargent the painter who defined an era.

Through interviews with curators, contemporary fashionistas and style influencers, *Exhibition on Screen's* film will examine how Sargent's unique practice has influenced modern art, culture and fashion.

**Met Opera: Gounod Roméo Et Juliette**  
 @ Luna/SX April 20/21/23

Based on the timeless play by William Shakespeare, Gounod's sumptuous operatic adaptation traces the universally known tragic story of two star-crossed lovers from feuding families.

### Enjoy a fresh take on a Shakespeare classic



Bell Shakespeare's *A Midsummer Night's Dream*  
 Photo Brett Boardman

BELL Shakespeare presents *A Midsummer Night's Dream*, directed by artistic director Peter Evans, the production takes Shakespeare's classic comedy and gives it new life, brimming with magic, mirth and mayhem, perfect for any age.

"*A Midsummer Night's Dream* is very special to me, and whether you are revisiting an old friend in this play or are brand new to Shakespeare, it is

a play to treasure," said Peter Evans, Bell Shakespeare artistic director.

"We set a galloping pace as each of the three interwoven storylines play out, heightening the hilarity as misunderstandings lead to chaos.

"This truly is a play everyone can enjoy, and a great introduction to Shakespeare for the whole family."

Evans focuses on the play within the play, looking at the illusion of

theatre and performance itself, with the assistance of *Fight, Intimacy and Movement* Director Nigel Poulton.

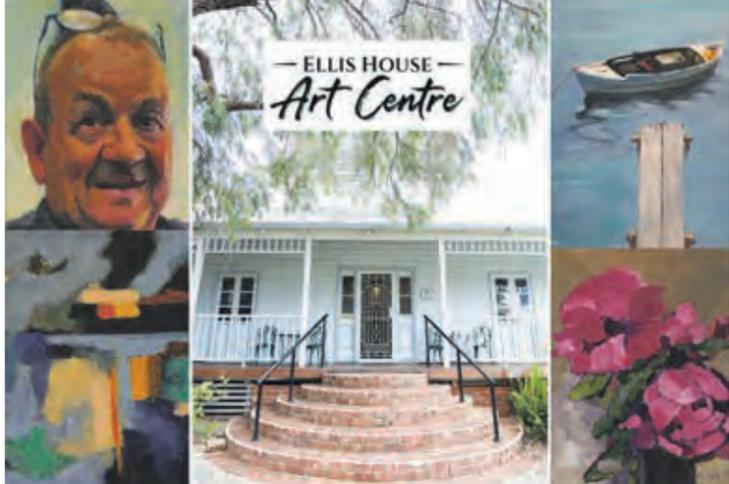
A highly physical production with eight actors playing multiple parts, audiences will be taken on a whirlwind journey.

*A Midsummer Night's Dream* is playing at State Theatre Centre of WA from April 16-20 as part of its 2024 national tour to 23 cities and regional centres across Australia.

Bookings at [www.arts.culturetrust.wa.gov.au](http://www.arts.culturetrust.wa.gov.au)

**Win Win Win**  
 We have three double passes to give away to some lucky people to a performance on Saturday April 20 at 11am at the State Theatre Centre of WA. To be in the draw simply email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with Summer in the subject line or call 08 9227 8283 during business hours. Closes 17/4/24.

### For lovers of art - all welcome in this creative community



IF you love art and are looking for a dynamic, creative community that will offer you a warm and sincere welcome, Ellis House Art Centre is for you.

This active community art centre occupies a friendly old former farmhouse set in beautiful gardens down by the river in Milne Street, Bayswater.

While the focus is definitely on art - with a regular schedule of exhibitions of affordable, original

art as well as classes and workshops - its many members and volunteers value the massive social benefits of being part of this community.

"Ellis House helped me fill the big gap in my life after I retired," Annie, a member, said. "I used to really miss the company of my former colleagues and wondered how I would ever meet like-minded people again."

"But, by chance, a few years

ago I enrolled in a workshop on printmaking and was welcomed in with open arms by such a friendly, accepting group of people."

Annie said she joined up then and there, and had never looked back.

"I volunteer regularly as a gallery attendant," she said. "Three or four of us get together regularly to welcome visitors and tell them about the artists and the exhibitions."

"As well as making a host of really good friends, the highlights for me have been the exhibition opening events - they're like garden parties every three weeks or so - and helping out at the annual Bayswater Art Award Exhibitions."

Membership costs just \$40 a year, for which you'll receive regular news of what's on and what's happening, invitations to take part in members-only events and exhibitions, and discounts at art stores.

There's more information about membership, exhibitions, classes and workshops at [www.ellishousearts.com.au](http://www.ellishousearts.com.au), or you can email [info@ellishousearts.com.au](mailto:info@ellishousearts.com.au).

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# Rocking All Over the World

Put your seat belts on and tray tables in the upright position and prepare for take off as the Tivoli Crew take you on a musical journey around the world

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## Art exhibition inspired by the natural world

FOR all of her 85 years Georgia has been inspired by the natural world, the bush and its inhabitants, to paint, record and avidly garden.

This is her first solo art exhibition and will be held at the Zig Zag Gallery in Kalamunda.

There's an accompanying program of two artist's forums. Join in a six person only art session *Beyond the Object* and several Walk and Talk sessions.

*Nature and Time* may suggest images of colours, light and flowering at different times of the day, or of seasons. You will see these, but imagine if we include evolutionary times and the witnessing by nature of different climates and synchronicities. Perhaps you will discern hints of earlier inhabitants in the bush.

The exhibition will be held at the Zig Zag Gallery at 50 Railway Road in Kalamunda managed by the City of Kalamunda. Entry is free.

The exhibition runs until May 5 - find out more at [www.kalamunda.wa.gov.au](http://www.kalamunda.wa.gov.au) or phone 9257 9999.

STARTS THURS APRIL 18 at WINDSOR CINEMA LUNA LEEDERVILLE and LUNA ON SX

LUNA PALACE CINEMAS Tickets and Sessions at [www.lunapalace.com.au](http://www.lunapalace.com.au)



# Achtung! The German Film Festival - hits screens in May



THE 2024 German Film Festival returns to Perth from May 16 to June 5 with a program of films presenting the best contemporary and classic German cinema, plus a handful of films from its neighbours Austria and Switzerland.

Highlights include *Foreign Language* – which arrives direct from the 2024 Berlinale and is a coming-of-age

drama about two teenage pen pals who forge a friendship through letters and language exchange; *One for the Road* – a deeply touching story set between Berlin's famous bars and sober therapy rooms; *Dark Satellites* – a moving ensemble drama set in night time Leipzig that tells three stories about the impossibility of love; and *Lubo* – an historical drama set on the

cusps of WWII.

The popular Kino for Kids sidebar also returns with *Mission: School of Fun* and *The Flying Classroom* among other highlights in this year's program.

The Festival takes place at Palace Cinemas Raine Square, Luna Leederville and Luna on SX Fremantle. For more info see [www.germanfilmfestival.com.au](http://www.germanfilmfestival.com.au).

### WIN WIN WIN

Thanks to Palace we're giving away 10 double passes, valid for any film screening as part of the Festival (excl. special events). To be in the draw simply email [win@haveagonews.com.au](mailto: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 5/5/24

## The Gondoliers - an entertaining musical comedy



it's revealed that one of them is the rediscovered King of Barataria.

Complicating matters further, it turns out that the King of Barataria was wed in infancy to the daughter of the Duke of Plaza Toro, and so one of the gondoliers may be an unintentional bigamist.

When the three wives arrive at the castle wanting to know which of them is queen, whose heart will be broken?

Enjoy an enchanting musical adventure with toe-tapping tunes and romance aplenty.

The Gilbert & Sullivan Society of WA presents *The Gondoliers* by WS Gilbert and Arthur Sullivan.

Season dates: May 16 – 25 at Dolphin Theatre – 35 Stirling Highway, Crawley.

Ticket prices: \$19.90 – \$59.90

Tickets are available online: [www.ticketswa.com/event/gondoliers-0](http://www.ticketswa.com/event/gondoliers-0) or by calling TicketsWA on 08 6488 2440, 12 to 4pm weekdays.

G&S WA presents one of Gilbert & Sullivan's most sparkling and entertaining musical comedies *The Gondoliers*. Popular Venetian gondoliers Marco and Guiseppe have just married sweethearts Gianetta and Tessa, when

## Fostering the power of classical music in Leederville



L-R; Duo Connect, professional cellist Emma O'Keefe and violinist Grace Ah-quee

classical music world, both as soloists and ensemble players, they showcase their favourite melodies with finesse and flair.

Thanks to the support of WA Classical Music Connect, a not-for-profit organisation dedicated to promoting classical music accessibility, ticket prices for these concerts are in-

tionally kept low and subsidised. This ensures that everyone, regardless of financial means, can experience the transformative magic of live classical music.

To reserve your tickets for an unforgettable musical experience, please book through the following channels:

Ticket Prices: \$20 (full), \$15 (concession). Subscription to all nine concerts: \$150 (Full), \$120 (Concession)

Tickets: [events.humanitix.com/classical-music-club-concert-series](http://events.humanitix.com/classical-music-club-concert-series).

Enquiries: Rebecca Guy on 0414 638 734 or Email: [wacmconnect@gmail.com](mailto:wacmconnect@gmail.com)

CLASSICAL Musical Club Concert Series presents its next concert on Friday April 19 at 10am at the Leederville Town Hall. This platform aims to bring people together through the transcendent power of classical music. Held on the third Friday of each month from March to November, these concerts offer a unique opportunity for music lovers to immerse themselves in a world of sublime melodies and timeless compositions.

The April concert presents Duo Connect with professional cellist Emma O'Keefe and violinist Grace Ah-quee, who embark on a journey to share the exquisite allure of classical music. With an emphasis on fostering intimate connections through their performances, Emma and Grace curate a concert repertoire that resonates deeply with audiences, where communication and emotion take centre stage.

Drawing from their extensive experience in the

Presented by Arts and Culture Trust

# The 60 Four Live

24 April 2024 | His Majesty's Theatre, Perth

Heralded as "Australia's best tribute act", The 60 Four present the biggest hits of the '60s and other old-school classics in an energetic, Las Vegas-style performance.

Tickets available at the Box Office, phone (08) 6212 9292 or online at [artsculturetrust.wa.gov.au](http://artsculturetrust.wa.gov.au).

Morning Melodies

## Unleash your inner artist...



Armadale Society of Artists' members enjoying a painting class

ARMADALE Society of Artists (ASA) helps people enjoy a range of art classes and workshops, led by experienced and talented tutors, covering various topics such as water-

colour, acrylic, oil, pastel, drawing, and more.

There is the opportunity to join informal groups that meet regularly to practice and share ideas. Plus, members can par-

ticipate in exhibitions and events throughout the year, to display and sell artwork.

Choose the class or group that suits interest and skill levels.

Contact the co-ordinator of the class or group via phone or email to book your spot.

Don't miss this opportunity to unleash your creativity and join a vibrant artistic community. The spacious Art house is at the Armadale Arena, 4 Townley Street, Armadale.

Visit ASA website [www.armadalesocietyofartists.com.au](http://www.armadalesocietyofartists.com.au) or call 0419 801 624 to find out more.

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# This artist's journey is a reflection of love, light and loss across continents



by Serena Kirby

SARAH Bondini (pictured above) has come a long way from working weekends behind the counter at an upmarket art supply store in London. "I've always loved art,

but only realised I had a passion for it when my dad bought me an oil paint set as a teenager," says Sarah. "I remember sitting in my bedroom, painting with the oils and thinking; 'I love this but I don't

like the smell and I don't like all the cleaning up'. I think I did two paintings, which I liked, but then discovered acrylic paint as it's far easier to clean up." Sarah says she did well in her art classes at

school and could have gone on to attend art college but opted for clerical work instead as she knew the life of an artist is usually a frugal one.

"I was keen to make extra money to travel, so I got myself a weekend job working at Cass Art. It was the best art shop in London and I loved it so much that I sometimes took time off from my full-time clerical job to go and work there. Best of all, I got cheap art supplies."

Sarah's eventual travels provided opportunities for endless subjects including Niagara Falls and Hawaiian beaches; she found painting was becoming an essential outlet for her thoughts and creative inspiration.

After meeting an Aussie man in a youth hostel in New Orleans and later reconnecting with him

during her around the world trip, Sarah ended up moving to WA – painting – was still on its own journey.

"I eventually moved away from traditional acrylics as I discovered the magic of watercolours. I've also ventured into using interactive acrylics."

This new generation of interactive paints gives the artist full control of the drying process simply by adding water. For Sarah this allows her to manipulate the paint, move it and form layers on the canvas. She also uses pastels and has even started to incorporate posca pens in her work; these too can be used for colour blending or for creating definition.

When it comes to Sarah's subject matter, she finds herself constant-

ly being drawn back to water scenes. Rivers, oceans, inlets, waterfalls; Sarah loves them all. So too do the buyers of her work as she often sells several paintings a month and has several repeat customers.

"I just love water and the reflections it creates. Maybe it's the Pisces in me, who knows?" Sarah adds with a laugh.

Sarah's paintings have a sensitivity and ethereal quality and there's no avoiding the fact that part of this is a result of having had one of life's most devastating experiences. In 2015 Sarah and her husband Steve lost their youngest son in a tragic farm accident. Jack was just 19.

"I feel Jack's with me when I'm painting. Painting is very soothing for me and I've been doing a lot of very minimalist

pictures that are calming, tranquil and peaceful. I'm sure that's Jack coming through. I've done workshops with Tasmanian artist Tony Smibert and his paintings often feature birds in the sky. His influence has led me to also add flying birds. Sometimes I add three birds to balance a painting and these also represent my three sons. But if only one bird is needed, it represents Jack."

And there is definitely something heavenly about Sarah's paintings; an otherworldliness, where the edges of life are softened and blurred. Every painter will tell you that art is a journey but it is also true that it's often the darkest turns that bring their talent into the light.

You can find Sarah's work on facebook and instagram.

## Find the secret word to go into the draw to win a \$200 voucher

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. Keyton

2. Specsavers
3. SK Dental
4. CPE Group
5. Life In Pictures Short Film Comp
6. Seniors Recreation Council of WA Inc
7. Hillview Golf Course

8. Brightwater
  9. Australia's Golden Outback
  10. Moondyne Festival, Toodyay
  11. Comfort Keepers
- Entrants can enter via email with Adwords in the subject line at [win@haveagonews.com.au](mailto:win@haveagonews.com.au) or write to Ad Words Competition

c/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 3/05/24. Congratulations to Maurie Jackson of Toodyay, our March Ad Words winner.

# 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.

- Travel companion    Wishing to contact  
 Seeking a friend    Seeking a partner

Name .....

Address .....

Phone ..... Email .....

**This is a free service. All care no responsibility.**

**Obtaining replies to your Friend to Friend Reply Box entry:**

Please include two stamped (\$1.50) self addressed DL envelopes. These envelopes measure approx. 11cmx22cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

## Seeking a Friend

**61YO** woman seeking male friend SOR for friendship, ND, please, GSOH for outings and maybe relationship if we are a match. I like music, movies, cats, plants, humour, trying new foods, DTE. WLTM. ALA.  
**Reply Box 9545**

**75YO** gent, tall, very active, normal looks. WLTM considerate lady for intimate, discreet fun loving friendship. Enjoy each others company. NOR, SD, NS, NG, DTE. Meet for chat, coffee. ALA.  
**Reply Box 9544**

**84** young Aussie gent, nearly 1.8m tall, GSOH, DTE, long retired businessman, lives 6012 area, have travelled, not so fit, have walker and new car. WLTM interesting, attractive lady for friendship, coffee, social drinking and outings.  
**Reply Box 9538**

**ATTRACTIVE** widow, 75, well groomed, NS, SD, NOR. WLTM well presented gentleman, 73-79, enjoying movies, travel, cruising, dining. I'm a librarian looking for long term relationship with that special someone. You won't be disappointed.  
**Reply Box 9536**

**CATCH** of the day! 75 Aquarian lady, philosophical, active, engaging. Enjoys socialising, exercise, history, reading and writing family stories. Love live theatre, movies and friends. Look forward to finding a man around 70 to share life.  
**Reply Box 9528**

**FEMALE** 52, SOR, GSOH, NS, SD, easy-going, looking for friendship, companionship and outings. sense of humour a must. Seeking like minded male for coffee first, potential relationship if compatible.  
**Reply Box 9540**

**FOR** a mature older lady I can offer a longer cruise with an older capable gent. Not a "roll on roll off" gent experience. I will protect your honesty.  
**Reply Box 9529**

**FRIENDLY** NOR group for single ladies/gents, 65+ meeting to share lunch/coffee/chats together on a regular basis. No fees. Please provide mobile phone number. ALA.  
**Reply Box 9542**

**HAVE** a Go Meet a Friend Group 65+ is gathering every three weeks on Saturday at the Stirling Arms Hotel (close to Guildford Train Station) at 12noon to have lunch and drinks together, meet new people, make friends and mingle around; there is no fee involved other than your own meal and beverages, everybody is very welcome to join us.  
**Reply Box 9530**

**LADY** 70+, great personality, young at heart, GSOH, NS, SD, honest and caring. WLTM gent 75-80 to share life's journey and happy times. Bunbury area.  
**Reply Box 9546**

**NEW** singles group, 65+, Eastern Hills to Perth, meet Wednesday fortnightly for lunch Woodbridge Hotel, Guildford, close to railway station. Join us for a day out, meet a friend or companion. Please send phone or email. Contact Mike.  
**Reply Box 9533**

**WLTM** gentleman, Liverpool Manchester Wirral. GSOH, NOR, DTE, SD, like op shops, markets, friend meet lady for friendship.  
**Reply Box 9543**

## Seeking a Partner

**65YO** gent, English Australian, 6018, well presented, slim, sincere, NS, SD, loves good conversation, music, gardening, photography, eating out, coffee. WLTM lady 55-70, long term companion for friendship, possible relationship. Meet for coffee.  
**Reply Box 9541**

**67YO** LADY, SOR, DTE, caring, honest, a bit old school. WLTM gentleman with similar attributes who enjoys a laugh, good times and friendship. Meet for coffee then who knows??  
**Reply Box 9547**

**HAPPY** lady born UK seeking friend, partner, travel companion for adventures. I'm honest, outgoing. NS, SD, just NOR, close to coast. I enjoy the outdoors.  
**Reply Box 9535**

**HI!** English Australian lady 70+, well presented, educated, VGSOH, DTE, ND, SOR, own home, fin secure. I enjoy country drives, music, reading, socialising. WLTM genuine gentleman, 68-75 who is well presented, fin secure, not separated and has good old fashioned values for permanent long term relationship. ALA.  
**Reply Box 9531**

**MERE** Leo male seeking compatible star sign female for soulmate. Do you remember the 60s and 70s, gee that was a long time ago! Are you like me and still feel the need to have a go. If you're still fit, presentable and sometimes still turn a head. Perhaps we could be dancing partners, go for a swim, a picnic in the park or on the beach instead. I'd love a lady who will be more than my best friend. Are you interested in a having a soulmate with whose life yours could bend? NS, NG, GSOH, seldom drinks.  
**Reply Box 9539**

**NICE** female, 70, fit, slim, easygoing, honest, energetic, balanced, interested in personal growth, seeking someone special around 70, trustworthy, capable of independent thinking. WLTM for coffee to see if we are compatible. Area 6210.  
**Reply Box 9537**

## Wishing to contact

**METAPHYSICS** - Please write to me about the triangle and the question mark you have sent me. I will answer your letter by mail only - I don't do email nor sms nor telephone. Also please write about yourself.  
**Reply Box 9534**

**WISHING** to contact senior, 75, slim build, who replied to box 9503. I can't use email so please send me your phone or mobile number so I can contact you. I live SOR, just phone mobile.  
**Reply Box 9532**

## When replying to a Friend to Friend entry...

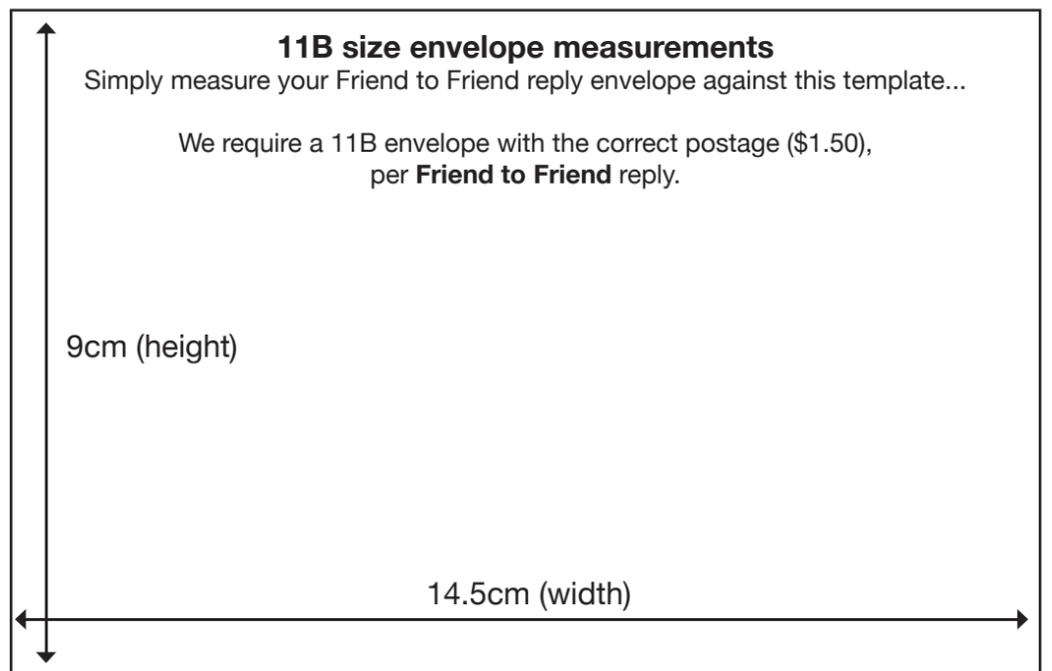


To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner

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 example below.  
 No greeting cards, bulky items and photos.  
 All replies will be forwarded early in the next month.  
 All replies are strictly confidential and are not opened.  
 Replies must be in response to reply boxes no older than three months.

## Envelope size for sending Friend to Friend replies...



## New era for Cascade Tours



CASCADE Tours owner Chris Gill has now retired and handed over the company she has nurtured for 31 years to Ewen Lawrie and his dynamic team.

Chris and Roger wish to thank their wonderful passengers for the years of support and friendship; the group organizers both past and present for their dedication and hard work to make the group day tours fabulous and all who have been involved in keeping this great company a friendly and professional operation.  
 Ewen and his team are dedicated in continuing the standard of service to all who travel with them and to provide friendly professional service for both day tours and charters.  
 Chris Gill said: "Thank you Ewen for the smooth transition. I have every confidence that you will nurture and grow Cascade Tours, as you have already shown."  
 For your day tour list and inquiries please email info@cascade tours.com.au or phone 0458 893 983.

**GENUINE LADY 66** Noranda, young, outgoing, active, widow, educated, well spoken, funloving, good humoured, country girl at heart, sociable, kind, sk friendly, sincere gent who likes travel 62-72.  
**Ph 9371 0380 or email info@solutionsmatchmaking.com.au**

**GENUINE LADY 75** Rockingham, slim, stylish widow, attractive, fit, healthy, gentle natured, enj o/ door activities, the garden, travel, sk gent 70-80.  
**Ph 9371 0380 or email info@solutionsmatchmaking.com.au**

**GENUINE LADY 75** Balcatta, slim, well dressed, Brit, great SOH, young at heart, widow, sk active man 70-80 to enjoy life together.  
**Ph 9371 0380 or email info@solutionsmatchmaking.com.au**

**GENUINE LADY 80** Claremont beautiful widow, refined, ret. Professional, fashionable, funloving, big heart, sk gent similar 77-86 for companionship.  
**Ph 9371 0380 or email info@solutionsmatchmaking.com.au**

## BIG CROSSWORD

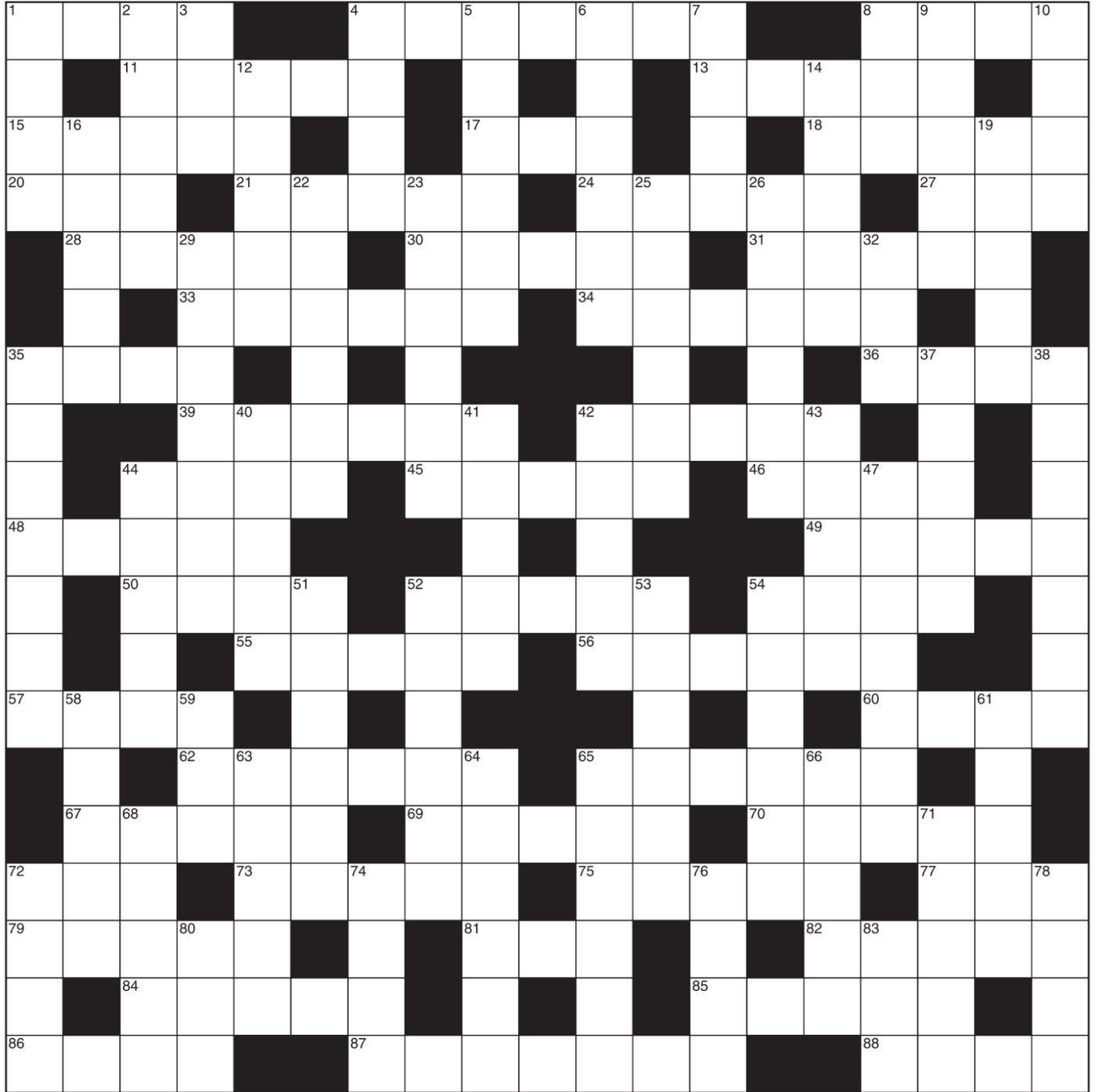
SEE PAGE 41 FOR SOLUTIONS

**ACROSS**

1. Kitchen hand
4. Wander
8. Swelling
11. Let up
13. Computer correspondence
15. Victimises, ... upon
17. Angry crowd
18. Summarise
20. Large lake
21. Vietnamese city
24. Symbolic brooch
27. Period of time
28. Beneath
30. Revolt (against)
31. Lead-in
33. Length units
34. Expel (lawyer)
35. Surrender
36. 365 days
39. Quake
42. Ache
44. Sweat droplet
45. Dark hours
46. Arrests
48. Samurai weapon
49. Goad
50. Post haste (1,1,1,1)
52. Lessened
54. Burrowing mammal
55. Of the kidneys
56. Acquaintance
57. The Leaning Tower of ...
60. Suss
62. Butter containers
65. Sinew
67. Unchains
69. Anaesthetic
70. Light-bodied beer
72. Notice
73. Poor
75. Hearth flakes
77. Grow old
79. Rail transport
81. Jug rim
82. Metal bar
84. Mania
85. Pesto ingredient
86. Deem
87. Tranquillises
88. Greek letter

**DOWN**

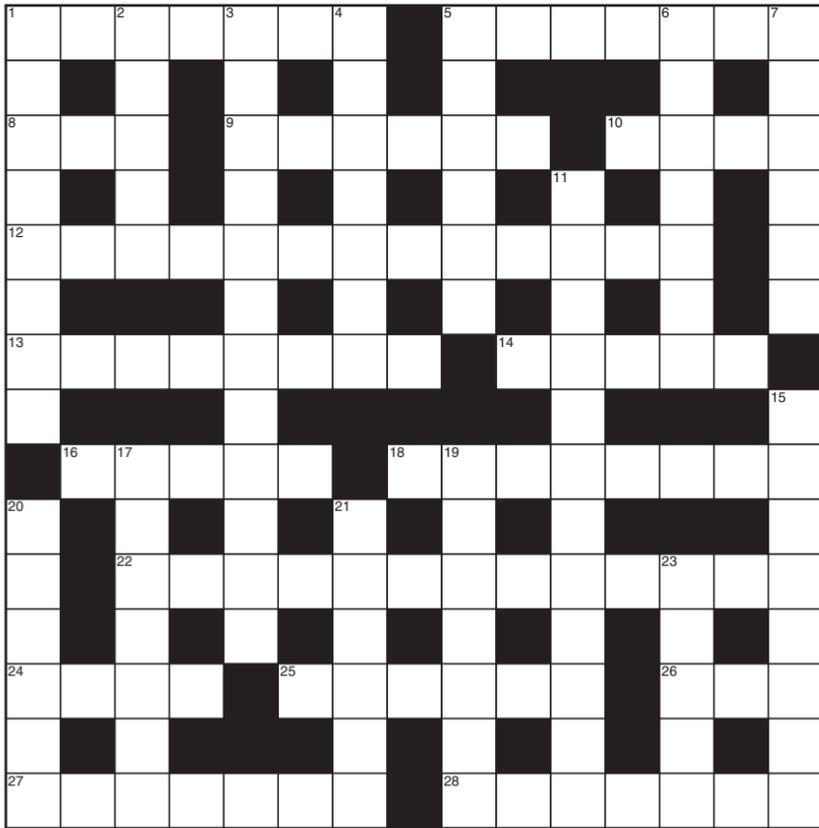
1. Drinking vessels
2. Blue water (sailing)
3. Map legend
4. Penny-pinching
5. Military forces
6. Patted
7. Comprehend writing
8. Tell a porky
9. Gastric ailment
10. Father
12. Pale
14. Rink
16. Utilise again
19. Scent
22. Raised (eyebrows)
23. NW US state
25. Burning
26. Long-armed ape
29. Slimmers
32. Attempt
35. Portrait photo (5-2)
37. Follow
38. Put right
40. Scanning device
41. Foe
42. Brigand
43. Relay stick
44. Trawlers and launches
51. Look over
52. Merited
53. Hot-air machines
54. Butt in
58. Surmise
59. Trump card
61. Do without
63. Hair dye
64. Fashioned
65. Leaf beverage pourer
66. Fertile desert spot
68. Respond
71. Predatory bird
72. Stellar object
74. Sheep
76. Centres
78. Famous volcano
80. Fury
83. Pen tip



**Not happy with your current home care provider?**

**Puzzle Solved!**

## CROSSWORD



- ACROSS**
- Cut pouch with scissors - just a little bit (7)
  - Al left Australia for the land of Von Trapp (7)
  - Wow! Letter number seven! (3)
  - Queen hides behind fat in pantry (6)

- Scheme for vacant site (4)
- Mail cubicle could pose toffees, Spock's claimed (4,6,3)
- Creature known to be an underwater celebrity? (8)
- Little Kenneth, do some Japanese fencing (5)

- Tropical fruit makes Guy depart (5)
- Faint as a change is made to a Disney classic (8)
- In addition, commonplace becomes exceptional (13)
- Dash into Ireland (4)

- Give a very loud order without hesitation (6)
- Former dictator Amin hiding inside (3)
- Pet eels escape in church tower (7)
- Little Rod will grow up to be a frog (7)

**DOWN**

- Write name on pole used as roadside marker (8)
- Concepts incorporated by nationwide association (5)
- Will gift shop be affected by skirmishes in the school dorm? (6,6)
- Import duties if rafts are renovated (7)
- In Copenhagen, cyclists found a business providing a service (6)
- Tangled lead Rex unwound (7)
- Coasters company quits making blooms (6)
- Forgetful like the professor? (6-6)
- Kelly and Ida together are awfully polite and dignified (8)
- Over-age duck becomes a standard (7)
- Publicise drink where thousands of flyers get distributed (7)
- Guardians like Charlie's? (6)
- Rabbit on pancake? (6)
- Spanish friend made French friend depart (5)

## WORD SEARCH



FIND all the words listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally.  
Theme: ACE WORDS

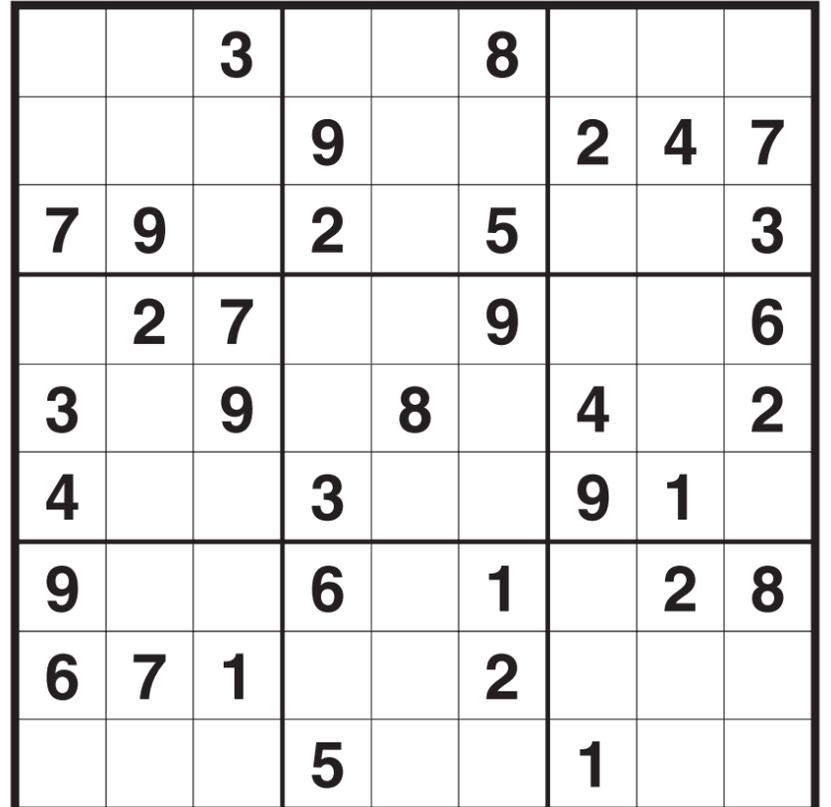
- |            |           |           |
|------------|-----------|-----------|
| Bootlace   | Face-Lift | Populace  |
| Bracelet   | Furnace   | Racehorse |
| Carapace   | Lacerate  | Replace   |
| Coalface   | Menace    | Space     |
| Crustacean | Necklace  | Typeface  |
| Face Cloth | Palace    |           |
| Face Cream | Placemat  |           |



## SUDOKU

Fill the grid so that every column, every row, and every 3x3 box contains the number 1 to 9.

RATING: ★★★★★



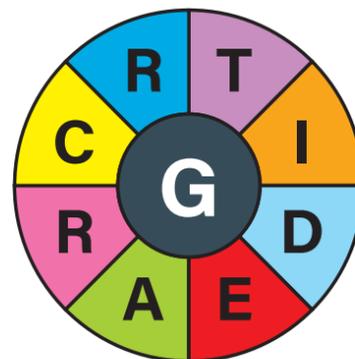
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## WHEEL WORDS

Create words of 4 letters or more using the given letters once only, but always including the middle letter. Do not use proper names or plurals. See if you can find the 9-letter word using all the letters.

### Wheel Words

16 Good 23 Very Good 30+ Excellent



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

If you are not happy with your current home care provider, did you know you can make the change at any time. Maybe you are moving to a different location, you're not happy with your current package, or you just want to ensure you're making the most of your budget. Whatever your situation, Comfort Keepers can help.

Comfort Keepers is one of WA's most respected aged care providers. We have been providing the highest quality of care and support services to Western Australian families for over 18 years.

We offer a free, no obligation consultation in the comfort of your own home. Our friendly team

will help and guide you through the change process and importantly ensure you are fully aware of the steps you need to take to ensure a smooth transition from your current provider to the highly experienced team at Comfort Keepers.

We offer affordable hourly rates and we will work with you and your family members to ensure you get the most from your government subsidy by designing an individual package to fit your budget, needs and preferences.

If you want to change home care providers or just want a chat about your current home care package, don't hesitate to phone Comfort Keepers today.



**Comfort Keepers**  
In-Home Care Specialists

### North of the River

- (08) 9492 8920
- info@comfortkeepers.com.au
- www.comfortkeepers.com.au

### South of the River

- (08) 9315 2200
- support@comfortkeepers.com.au
- www.comfortkeepers.com.au

# HBF health programs

**We're supporting members to better manage chronic health conditions, such as cardiovascular disease and diabetes.**



The COACH program is telephone based health coaching delivered by qualified health professionals.



**Fully covered for eligible HBF members with HBF hospital cover.\***



**Tailored to your needs.**

Each coaching session is customised to help you identify and achieve your goals.



**Complements existing care and support.**

This flexible program can enhance your interaction with your existing health care team.



**1 to 1 practical health advice.**

Reliable and easy to digest information that helps you understand and take control of your health.



**Convenient and easy to access.**

Telephone support at a time that suits you.

Call **1300 886 513**  
email **hbfhealthprograms@hbf.com.au**



\*HBF health support programs are fully-covered for members who hold an eligible level of HBF hospital cover and meet the program eligibility criteria. Members may only participate in each HBF health support program once per lifetime.