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PRINT POST 100022543

MAY 2023 VOLUME 32 NO. 09 ISSUE NO. 374

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Living a colour-filled life



Artist Sobrane Simcock Pic Serena Kirby

by Serena Kirby

YOU just need to view the work of WA artist Sobrane Simcock to see that she loves bold and vibrant colours.

But there's far more colour in Sobrane's life than any of us can possibly imagine. Sobrane has the perceptual phenomenon known as synesthesia.

In layman's terms synesthesia is when the sensory information that comes with sight, taste, sound, smell and touch stimulates unexpected

parts of the brain causing the senses to intertwine. Grapheme-colour synesthesia, where letters and numbers are seen as colours, is the most

common form but there's also sound-to-colour and smell-to-colour synesthesia. Sobrane has all these and more.

"I only realised I had synesthesia when I was 30, after seeing a TV program where they were looking for people to participate in a study," Sobrane says.

"I'd had it all my life and never realised people didn't see what I saw. It literally rocked my world!"

Sobrane says she grew up loving school as the blackboard was so beautifully coloured.

"The number 'two' is sky blue, 'three' is always yellow and 'four' is wine-burgundy. Poor 'seven' is baby-poo-brown. Number 'one' is a wild-card that morphs into all sorts of colours depending on where it appears."

Mind-bending isn't it? When Sobrane took part in a study at the University of Melbourne even she found it tricky to explain what she saw.

Synesthesia is more common in women than men and there's often a link to the visual arts and music. Even the great Van Gogh is thought to have had some form of synesthesia. These findings fit with Sobrane's experience as she's been a professional artist for several decades.

Sobrane's brain is made even more unique by the fact that she also sees music in colour.

"I remember going to *Opera in the Park* and it was like seeing an aurora floating across the sky. It was so magical; shifting and changing and honestly, I cried... a lot. For me, the colours of music have a weight value too - some are heavy and some are light. When I hear a loud drum beat, I can see it smash through the other colours just like a rock displaces water when thrown into a pond."

continued on page 13

Dentures

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Things I Know To Be True

HOME TRUTHS FROM WA'S BACKYARD

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Legacy WA's Peter Heeneey with West Coast Eagles Jackson Nelson and the Legacy Flame Grevillea



LEGACY Australia marks its centenary this year. This important service has supported thousands of veteran's families since a promise was made in the trenches in World War I.

This month the Legacy Torch Relay comes to WA, so look out for spots to see the relay. To honour the centenary Legacy has released the Legacy Flame Grevillea which is a water wise, bird attracting plant that grows to about half a metre and one metre wide. Perfect for pots and flowering all year round, they make wonderful additions to gardens and outdoor areas. At \$15 each, the purchase will raise much needed funds. The Legacy Flame is available at

From the managing editor's desk

Bunnings and nurseries.

★★★
Last month saw the closure of more newspapers with the *Mandurah Mail* printing its final edition. They blamed the soaring price of newsprint and the lack of government advertising support for the closure. We know too well these issues. Earlier in the year I had a meeting with another well-known independent newspaper owner who also said he saw little to no government advertising. Both state and federal governments spend hundreds of thousands of dollars on advertising, particularly on social media but are happily forgetting about the importance of local newspapers to communities. It's something that really gets me down.

I and the team work hard to provide quality content and have done for 32 years and counting. These days we have to beg for any advertising support from government and although we actually got one advert this month, the reality is that it's a bloody hard slog. One would think with our 32-year track record and continuing contributions to the community it would be a certainty!

As more and more newspapers close, reduce staff, pages and content, I continue to work hard to ensure we continue to provide the best quality content with limited resources. Maybe governments will realise that newspapers hold an important place in the community and start supporting them with advertising from their huge budgets which

currently go to international and national conglomerates. We would welcome any reader to write to local members to remind them of the importance of local newspapers...

★★★
Men in Harmony, with sponsorship from the City of Stirling, is facilitating a series of free, two-hour, Learn to Sing Workshops for Men. They will be held on May 24, June 7 and June 21 at the Bob Daniel Seniors Centre in Inglewood and on May 31, June 14 and June 28 at the Scarborough Community Hub.

So, shrug off any reservations you may have about your singing ability and have a go - book a place at a Harmony Workshop. They are free of charge and offer a fun environment in which to explore your singing potential. For booking or further details call Rob on 0419 900 224.

★★★
Our report by Lee Tate in the March issue on WA jails was timely. Reform patron and former federal minister Fred Chaney has called for a smarter approach and so does the report by the Justice Reform Initiative. All call for early intervention and

prevention programs. This involves redirecting millions of dollars spent on jails into programs and services run by community services to tackle drivers of crime and incarceration. Similar programs are proven to work elsewhere in the world and would be beneficial for all of us. *Have a Go News* has spelt out the price we are paying in Western Australia.

★★★
The *Have a Go News* Facebook page offers a variety of entertainment, giveaways, jokes, artwork and information on a regular basis. Join us by following our page at www.facebook.com/Haveagonews/.

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We send *Have a Go News* electronically to your inbox on publication day. Unlike other publications we don't send any advertising material, just the digital issue once a month. Sign up for free at readers@haveagonews.com.au.

★★★
Have a healthy and happy month and enjoy this month's read.

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

Ageing snippet

New research may mean grey hair is a thing of the past

A RECENT New York University team has studied the cells in mice which are known to control hair colour.

During the study they observed that melanocyte stem cells of youthful mice moved back and forth in the hair follicle compartments giving the hair colour. As the ageing process starts the cells slow down and get stuck in the follicle preventing the cell from being able to give hair its colour.

The scientists believe it's possible to get these cells moving again and reverse the greying of hair raising the possibility that the same melanocyte stem cells may exist in humans.

Have a Go News Quick Quiz

Questions

1. D-day landings in Normandy fall on which anniversary (60, 70 or 80)?
2. Which island is WA's largest?
3. Dirk Hartog landed in WA in ... (1616, 1716 or 1750)?
4. How many beans were said to be in every cup of a major coffee brand?
5. Advertising character Louie the Fly promoted what?
6. Which WA region was granted \$565 million in 2023 to upgrade its ports?
7. Northern Star Resources operates which world-famous WA mining area?
8. Name WA's biggest town/city in our SE coastal region?
9. WA's Jack Robinson is a world champion...?
10. WA's Min Woo Loo is a champion ...?

See answers on page 44.

Noongar Words

Jerripin - Happy

Noongar Season

Djeran - Cooler time in April and May

Great West Aussies - Did you know?

TAMBELLUP-BORN farmer's son Richard Goyder became CEO and managing director of WA-based Wesfarmers to oversee the biggest acquisition in Australian corporate history, buying Coles Group for \$19.3 billion. It brought Coles supermarkets, Kmart, Target and Officeworks under Wesfarmers' control in 2007. Mr Goyder also became chairman of both the AFL Commission and Qantas.

Quote of the month

"GROWING old is mandatory, but growing up is optional!"

Walt Disney

Word of the month

Petrichor

noun

A PLEASANT smell that frequently accompanies the first rain after a long period of warm, dry weather.

Example

Other than the petrichor emanating from the rapidly drying grass, there was not a trace of

evidence that it had rained at all.

The word was introduced by Australian scientists in 1964 and saying, "The diverse nature of the host material has led us to propose the name 'petrichor' for this apparently unique odour which can be regarded as an 'ichor' or 'tenuous essence' derived from rock or stone."

Do you need a second opinion?

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

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

Read the article in Healthy Living written by Robert Vander Kraats

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

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



Unity and kindness in adversity - Bob Smith's story from 9/11



Bob Smith

by Allen Newton

WHILE the world looked on in horror in 2001 as New York's Twin Towers collapsed when terrorists crashed aircraft into them, Perth resident Bob Smith was in the air heading for Chicago.

Now retired, the former shopkeeper and supermarket manager who had served in the RAF anti-terrorism unit, was living in America at the time and had gone back to the UK for his father's funeral. On the return flight, the plane was suddenly diverted to Gander in Newfoundland.

"If we had been 10 minutes later taking off, we'd have turned around and

gone back to London," Bob says.

"But they were over half-way so they carried on."

Bob's aircraft was one of 38 planes carrying nearly 7,000 people from more than 100 countries which were redirected to the small Canadian town, almost doubling its population.

The story of the people involved and how the town coped has been turned into Tony and Olivier award-winning musical *Come From Away* to be held at Perth's Crown Theatre from May 6.

The show is Broadway's 49th longest-running musical and has been playing in Melbourne, Sydney,

Brisbane and the Gold Coast since 2019.

On Tuesday, September 11, 2001, the U.S. Federal Aviation Administration shut down its airspace forcing more than 4000 planes to land at the nearest airport. Inbound flights from Europe were diverted to Canada.

Come From Away, a phrase native Newfoundlanders use to refer to those not born on the island, is based on the events of those few days where the community of Gander invited strangers into their homes.

The musical is about unity and kindness in adversity.

Come From Away draws on interviews, documentaries, and letters as a stimulus to develop a piece of theatre that examines the human spirit and the human capacity to show empathy in times of great adversity.

Because he had been in the RAF, Bob says he was one of the few people on the plane who actually knew where Gander was.

"I noticed we were venting fuel and the little TV screen with the map on it showed we were descending but I had no idea what was going on.

"The skipper came over the speaker system and said we were being diverted to Gander in Newfoundland because America was closed. We were trying to figure out what he meant by closed and the

only two things we could come up with were that air traffic control had gone on strike or there was a nuclear war going on, so we were looking out the window for flashes.

"It wasn't until we got on the ground that they piped through the BBC World Service and we found out why."

The plane sat on the ground for more than 24 hours because Gander was used to dealing with one, or perhaps two, international flights each day and had 33 in three hours on that day.

"They had to set up an emergency customs desk and process one plane at a time and as we were one of the last to land, we were the last one to get processed.

"As it happens it was one of the hottest Septembers in Newfoundland on record and the air-conditioning went out on the plane and we ran out of water, it was quite uncomfortable.

"Once we got off the plane we went through this emergency customs check.

"I sat next to a Palestinian named Kiefer who I kept in contact with for a while. All the Arabs were pulled to one side and interrogated because they had already worked out who had done the Twin Towers.

"When we came out from customs, there were all these lovely Newfies

standing there handing out cups of tea and coffee, sandwiches and stuff and then we got put on school buses - the bus drivers were actually on strike when it happened, but all went back to work to ferry 7000 people around Gander and neighbouring towns - and we got on a bus and went to the Salvation Army Church in Gambo which is about 30 minutes outside Gander.

"The bulk of the people were bunked down in the main church where they do the services, but I had a poke around and went downstairs and found the nursery so I bunked down there because it also had a toilet which was really useful.

"The Canadian Army appeared with stretchers and blankets and stuff, then toothpaste and toothbrushes appeared because we weren't allowed to take anything off the plane.

"They fed and watered us three times a day, they even had people staying in the church overnight in case there were any problems, they took us on trips around and they let us go to their homes to have showers.

"There was a newlywed couple on the flight. When the Newfies found out about that there was a Gambo family that was stuck because they couldn't get back either, because there were no planes, they just told the

Sally Army to give the newlyweds a key and let them spend their honeymoon in their house."

Bob says they were treated wonderfully.

"They were absolutely amazing, if you are going to be stranded, be stranded somewhere as beautiful as Newfoundland and with people who are as good as the Newfies."

Bob has been pretty involved with the *Come From Away* production and has been to the opening night in Melbourne and Sydney and will be on the red carpet on opening

night in Perth.

The production team generally invite any of the people from that time to opening nights and in Sydney found a native Newfoundlander living outside Melbourne who had helped out stranded passengers at a place called St Johns.

Bob ended up in Perth because his wife is a professor; they moved from the US to Saudi Arabia where they lived for 18 months before getting a job at Curtin University where she is now a lecturer.

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The *Have a Go News* JUNE edition will be published on Friday 9/6/23



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

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Love, laughter and longevity



Bernard Carney leads the Spirit of the Streets Choir

SPIRIT of the Streets Choir still have a lot of love, laughter and longevity heading into their 16th year of operation, with wonderful events on the horizon.

The choir that grew out of a few *Big Issue* vendors getting together for a sing along with local musician Bernard Carney OAM, has grown into a membership of more than 80 people from all levels of the community, many of whom have experienced life's rough edges and

their long-time effects.

The choir operates on an inclusivity policy, is free, has no auditions and welcomes all comers young and old, and invites them to partake in all the fun and feel-good benefits that singing in a team can provide. The well-known songs range from *Santa Lucia* to sea shanties, from *April Showers* to AC/DC with original songs thrown into the mix.

This all happens on Tuesday afternoons each

week at the Mount Hawthorn Baptist Church 98, Hobart Street in Mt Hawthorn from 1pm-3.30pm with the first 45 minutes being an afternoon tea and social time.

The regular fixtures in a typical year are the annual cricket match at Matilda Bay, St Patrick's day songs, Easter bonnet parade, Anzac tribute in song and story, Melbourne Cup songs and tall stories, and the huge Christmas party extravaganza with a three-course

meal interspersed with items, nativity plays and lots of carols.

Bring-a-friend days are great fun, when anyone interested, is invited to join in the singing action, meet the friendly choir and share a delicious lunch. May 16 is the next open day at the Mt Hawthorn Baptist Church, all welcome by ringing Trish 0420 926 929 or go to www.spiritofthestreetchoir.com.

The *Spirit of the Streets Choir* are no strangers to the Perth Concert Hall having staged two of their own very successful Sing for Health concerts, and on June 11 they are once more, performing at this grand venue as a guest choir in the first half of the *Born to Sing Festival of Song*, involving a 1000-voice choir and a 250-piece ukulele orchestra.

Their musical director, Bernard Carney, says of the choir: "I consider them to be a force of nature when they perform, they don't hold back and give a truly honest rendition of the songs. They are the living proof of the physical, social and mental health benefits of singing in a choir."

CLOTHES FOR EMPERORS



A Wheatbelt history through writer's eyes

ROYAL Historical Society of WA will present a community talk on May 24 at 10am about the history of the Wheatbelt through a writer's eyes.

The WA Wheatbelt now dominates the southwest corner of the Australian continent. During the 20th century, an area of land roughly the size of England was cleared of

its native vegetation for grain cultivation. Its creation, and the destruction that made it possible, was recorded in the creative literature of a number of its participants. Prominent wheatbelt writers include Albert Facey, J K Ewers, Dorothy Hewett, Jack Davis, Barbara York Main and John Kinsella.

This talk considers

the literary history of the Wheatbelt in which writers are treated as witnesses to the transformation of land at the scale of landscape.

The talk will be presented by Tony Hughes-d'Aeth, chair of Australian Literature at the UWA and is based on his book *Like Nothing on this Earth: A Literary History of the Wheatbelt* (UWA Pub-

lishing, 2017).

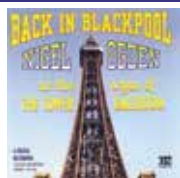
The landscape is so immense, hot and huge like nothing on this earth, that I fear it might swallow me. The heat makes its own horizon, multi-layered and inconstant. Out of this mirage runs a highway... the car burned along the lonely highway through miles of brown-green bushland and straw-coloured

paddocks, the stubble of the wheat blotched with charcoal-green tree clumps and bounded only by the endless miles of fencing strung to the horizon.

Tickets are \$10 for the talk on Monday May 24 at 10am, bookings essential. The talk will be held at 49 Broadway, Nedlands. Call 9386 3841 or email admin@histwest.org.au.

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- 5. Malaguena (3.35) 6. Memories of the Swinging Sixties (9.19)
- 7. Around the Tower (4.15) 8. Holiday for Strings (2.55)
- 9. Macushla (5.29) 10. Wee MacGreegor Highland Patrol (2.49)
- 11. Automne (5.23) 12. Neapolitan Nights (5.05)
- 13. A Trio of Golden Oldies (4.04) 14. Small Town Parade (2.09)
- 15. A Tribute to the Duke (5.48) 16. The Firefly (2.12)
- 17. Intrada (3.09)

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A decade on, Philippa O'Brien's book a remarkable achievement



WA artist and author Philippa O'Brien

by Josephine Allison

IT'S been a labour of love for WA artist and author Philippa O'Brien who decided almost a decade ago to bring together a book focusing on a glorious collection of pictures recording the landscape and unique flora of Australia's west from the earliest European contact.

"I have done quite a few hard things in my life but this is the hardest," the 81-year-old tells *Have a Go News* from NSW where she is holidaying with her daughter.

"The book was a long-term project. I sat at my computer for hours and days on end, but it is also the thinking that counts, the finding of things and thinking about it."

No Stone Without a Name - A visual history of possession and dis-

possession in Australia's West is a book of pictures that document the history of Australia's earliest contact with the outside world up to the era of British colonisation, written by renowned artist Philippa O'Brien and published by the Ellenbrook Cultural Foundation.

The Foundation is an incorporated not-for-profit organisation, first established in 2002, with the aim of providing artistic and cultural experiences for the community of Ellenbrook and surrounding suburbs.

No Stone Without a Name is about the land and the role played by the European language of landscape painting in defining the land, representing it, claiming it and the colonists' sense of owning it. It presents an engrossing picture of

Western Australian colonial life while making visible a richer, more complex history.

The collection of beautiful and largely unknown pictures tells the story of the Swan River colony and reveals the shadow presence of an alternative story: the drama of possession and dispossession, the relentless brutality of colonialism and the cultural consequences that have shaped Australian consciousness.

It resonates with contemporary ideas, questioning our physical, psychological and spiritual relationships with this land and with the descendants of the First Nations. It is a timely book.

The book is richly illustrated, filled with fascinating historical anecdotes and is thoughtfully introduced in a foreword by Kim Scott, celebrated Australian novelist of Aboriginal-Noongar ancestry.

Philippa O'Brien was on the design team for Ellenbrook 30 years ago.

"My job was to be the cultural person to make art works and I also came onto the design team, which was unusual," she says.

"I had to work out how to make a story out of this place which did not exist because everything was brand new. I tried to find out the history.

"Ellenbrook is just down the road from where James Stirling camped in 1827 when he came to explore the site. It is older than Perth as a name, the name was given in 1827. Then I started finding out the history, I became fascinated with it and went on from there."

Philippa says she start-

ed with local information and found a lot at the Art Gallery of WA.

"In those days the wonderful John Stringer was alive and running the Kerry Stokes collection and he invited me to come in and even established an office for me. Kerry Stokes has the biggest collection of paintings of French explorers outside France and I started looking at it.

"It was absolutely beautiful and I also went around museums, including the Mitchell Library in Sydney which has a lot of early WA stuff because Sydney and Perth were the two early places. I also did a lot of research online.

"The French Natural History Museum of Le Havre was actually set up by the artist Charles Lesueur who came here and spent a lot of time around Busselton. When you put everything together, you realise we know people are familiar with the Baudin expedition (1800-1803) or the Matthew Flinders expedition but you don't get the sense so much of it being in WA, but really the bulk of it is here.

"When you look at other books you get a vague feeling Baudin was sailing somewhere a little west of Victoria but he was actually sailing right around the WA coast to Shark Bay. In 1801 they spent three weeks in Geographe Bay and there are the most beautiful drawings of land around Busselton."

The book was launched at the Holmes à Court Gallery and, Philippa says, the Ellenbrook Cultural Foundation was very supportive during the long-term project.

"The writing is in little bits and it is quite hard to put it into a book which is meant to be very user friendly. There are around 500 pictures people will love to see, some have never been published before and the writing is on the same page as the picture.

"I hope the book is considered well for the writing but more for the ideas. The pictures are nice calming colonial pictures, very attractive, but that very pretty story in a sense is also telling another story which is a terrible story of Aboriginal people being forced off their land.

"The picture tells two stories and you need to think about what these ideas are, what people were thinking when they did the pictures. The whole story of the history of WA up to about 1860 is told in landscape pictures and paintings.

"In other parts of the country, people were painting colonial families, the dynasties, the important people. We have not one single portrait up to 1860 done in Perth. The people here were extremely self-effacing.

Philippa says she is an active person, currently working on several contracts for art works.

"I'm thoroughly enjoying having more time now that the book is finished, working from my studio in Darlington."

She says she would like to encourage people to think of the book (which has had great reviews) as something enjoyable.

"Older people will be familiar with some of the pictures, it's also a way of knowing about your own history. It's very relevant in

the year of the Voice referendum. The book helps you see there is another story but it has been done in a gentle and non-aggressive way."

No Stone Without a Name - A visual history of possession and dispossession in Australia's West by Philippa O'Brien RRP \$120, is available from www.ellenbrookarts.com.au and selected book

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THIS month features a unique design by one of our members, Sharon Stewart. If you love the colour pink, this is just for you. It was staged under the category of 'Monochromatic Rhythm', monochromatic meaning tints, tones and shades of one colour only.

It really goes to show just what you can do with heaps of imagination and very little in the way of material. With the current trends towards more sustainability in just about everything, this is certainly the way forward in the future.

Please check out our website for information about our Society. www.wafloralart.org.au. The 'Contact Us' facility is available if you would like to know more. We would welcome any enquiries.

Denise Shelbourn, President,
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Model trains coming to the Claremont Showgrounds in early June



L-R; A rural landscape at a railway crossing - Club members at work on one of the displays - There are plenty of activities for all ages

by Allen Newton

BILLOWS of steam from a train rushing below a railway bridge I'm standing on with my grandfather in the U.K. It is an indelible life-long memory.

And while train spotting in Western Australia has undeniably become a very niche hobby, there is still a group of dedicated enthusiasts just as entranced by the romance of rail.

Garry Pilmoor admits to being one of those people. He has been a member of Perth's Australian Model Railway Association (AMRA WA) for more than 36 years and says steam is part of the romance that attracts him to all things trains.

"I've been a model

train person for most of my adult life," Garry says.

"Model railways have always been something of a closet hobby. We tend to be loners at home with our little train sets and as much as we hate to admit it, we still play with toys."

Garry will be among the group sharing his enthusiasm for his hobby at the AMRA WA model rail exhibition at the Robinson Pavilion at the Claremont Showgrounds from June 3 to 5.

The exhibition makes its return, after a three-year absence, with more than 50 layouts of model railways from tiny N scale through to large garden scale on display, with exhibits from a wide range of WA model associa-

tions and traders.

There will be displays from WA rail heritage groups, layouts for kids and kids at heart to operate, retail stalls for model railway and hobby needs and Lego will be there with quite a substantial display.

In past years, they have built models up to 10m long with all sorts of Lego trains running.

There will be British, American and some Australian train models on display ranging from larger steam models through to the Hornby style models.

"It will go through to the N gauge which is the smaller stuff that we older people can no longer see," Garry laughs.

U drives and shunting

puzzles will give youngsters a hands-on experience.

"There are layouts with controllers that the children can use. The intention is for the children to get involved and to drive the trains."

Garry says the children get very excited.

"Just watching the kids' faces and being involved is fantastic."

While there are some younger people getting interested in model trains, Garry says today's distractions of iPads and smart phones and all the technology at their disposal make it difficult to attract youngsters to the scene.

But he believes modelling has plenty to interest them.

"There's a myriad of skills, you learn carpentry, you learn electrics, we came up making model planes out of plastic, those sort of modelling skills they can learn in model railways, you can do the scenery, make the hills and paint them, do the trees and make the buildings."

"Nowadays you can make your own rolling stock if you are that way inclined and the club has a very substantial library available which includes plans of rolling stock and there is a myriad of videos, so the ability to find out information is great."

While the exhibition will have plenty of attractions for the youngsters, including ride on trains, the displays will include

something for everybody.

"It will be a show as good as we've had in the past and we look forward to people thoroughly enjoying what's available."

"This year we have a new model of East Guildford back as it was in the 1950s and it will still have the flour mill in the background, it will have the Millar's Timberyard as it used to be, which is all long since gone now and you'll see the East Guildford station with trains running through it and the station as it still is today."

"It will be a lovely historic display for everybody to see."

AMRA WA has been going for 50 years, starting back in 1972, origi-

nally from a church hall in West Perth, then moving to the former Perth station master's house on the corner of Beaufort and Roe Streets in Perth in 1973, then in 1977 to the Meltham Railway Station buildings.

In 1989 it moved to its current site at Moojebing Street in Bayswater where the club built its own premises.

The building and its trains are open for visitors on Saturdays from noon to 5pm.

The club incorporates a wide range of special interest groups and even has the facilities to run live engines with a track outside where people can run live steam engines, fired up like the real things.

The model train exhibition will open from 9am to 5pm on Saturday, June 3, and Sunday, June 4, and 9am to 4pm on Monday, June 5. Family entry is \$40, adults \$20, concessions \$15 and children \$10. There are no door ticket sales.

Parking will be available at the showgrounds for \$10 per car.

Entry to the fun family event will only be available through online booking at expo.amra.wa.asn.au

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Bunbury Family History Expo returns for a second year



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

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

Bigger and better than ever, this free community event offers the chance to discover local organisations including the Bunbury Historical Society, Streets of

Bunbury Project, Daranup Heritage Collective, Bunbury Cemetery Board, Ron Maidment Archives and many more.

The day will include

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

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

Owned and operated by the City of Bunbury, the Museum opened in November 2016 with a

mission to inspire, educate and entertain the community and visitors about the history and cultural heritage of the Bunbury region.

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



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Anne Gray takes a different slant on art in new children's books



Author Anne Gray with a copy of her book *After Hours Children's Adventures in Women's Art* and her great nieces and nephews

by Josephine Allison

ANNE Gray has had an illustrious and busy life in the art world, first in Perth and later in Canberra working at major art galleries. It is only now in semi-retirement that she has had the time to fulfil a long-held ambition to write children's books on art and give them a wider appreciation.

The latest of her three children's books, *After Hours Children's Adventures in Women's Art*, is a fascinating book based on works by South Australian colonial artist Martha Berkley, Iso Rae who lived in France, Violet Teague, Grace Cossington Smith, Margaret Preston and Thea Proctor.

What takes place is in

an art gallery after hours. The children in the pictures are a bit bored so they decide to come out of the pictures. The first picture painted by Martha Berkley with three girls sees them come out of the painting and move to the painting of a young girl by Iso Rae who comes and joins them.

The girls move across to a painting by Violet Teague of a young boy with a palette who actually later becomes an artist himself. It's after dark and security guards decide to look around and enter the gallery with their torches. The children rush back into the pictures but they get into a muddle and don't go back to the right ones.

But when they get there, they stand perfectly still

and the guards shine their torches around and can't see anything astray. More adventures later unfold in this delightfully illustrated story.

"I decided to write children's books because I thought of my great nephews and nieces," Anne says. "I have this belief that if you can interest children in art before the age of seven they will be interested in it for the rest of their lives. It is really important to get children looking at art as well as making art."

"I was doing an exhibition on Australian Impressionism for the National Gallery of Victoria and we were dealing with a very important book on Australian Impressionists and I thought, this is all very good but we need to do

something for children so I wrote this book *The Lost Girl*.

"I did it initially for niece Virginia's birthday and that was a typescript with pictures added but then I decided to move to the next stage and get it edited and printed. This book came out the same year as the exhibition in Melbourne. The following year, I thought I would do another book for Virginia's birthday. So I did, publishing *Imagine This!*

"Then I thought I've done two books basically on Australian male artists, I need to do one of Australian women artists which brought me to *After Hours*. With children's books, you can only have about seven or so pictures in it. You can't have a whole gamut of works with images from beginning, that would be too big or a different kind of book."

Formerly from Perth, Dr Anne Gray was head of Australian Art and senior curator of Australian painting and sculpture before 1920 at the National Gallery of Australia. She worked in the art museum profession for more than 40 years.

She was previously director of the Lawrence Wilson Art Gallery at the University of WA, head of art at the Australian War Memorial, and educator at the Art Gallery of WA. In 2017 she was awarded an AM for significant service

to the visual arts as a curator, scholar and historian to Australian artists, and for the promotion of cultural heritage. She has a PhD from the University of Melbourne.

Anne says the transition from the adult art world to writing children's books was relatively easy.

"Way back I always had an interest in children's literature and I did a thesis at UWA on the aesthetics of nonsense based on *Alice in Wonderland*. I also worked in Perth for the Children's Activities Time Society formed in 1965 by Brian and Joan Pope. Sometimes we reworked plays and books such as *Winnie the Pooh*.

"Children's literature has always been with me, though I hadn't done anything with it. Working in an art gallery is always very busy buying pictures, putting on exhibitions, answering queries from the public and giving talks so there is little time left.

"It has given me pleasure to introduce children to works of art, to see them looking at works. I had wonderful feedback with the first book, *The Lost Girl*, which one of my friends gave to a teacher at Liverpool Public School in NSW. She used it with her class and really did a fascinating exercise with it.

"I was invited to create an educational kit for children, helping them look at

works of art and explore them further. In this book, there is a theme about a lost girl with the message: don't get lost, don't run away from your friends, make sure you are with someone whether you are in the bush or the city.

"*Imagine this!* focuses on not being bored, how to use the imagination. There are no contemporary gadgets, so children

can always entertain themselves by making and flying a kite, dancing or playing the piano."

After Hours Children's adventures in women's art (\$19.99, Bonamy Press), is available from the author Anne Gray, PO Box 242, Mosman Park 6912 and will be in all good bookshops soon. Email: yar.gan@netspeed.com.au. Visit kidsartbooks.com.au.

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Where opinions matter - tattoos are mainstream fashion these days



by Lee Tate

FOR dedicated followers of fashion, tattoos take the proverbial cake.

Tattoos have spread from the discreet image to a cartoonish, skin-wide outbreak.

Haven't been inked? You are probably in the minority. And don't dare speak up against tats, lest you be shouted down and declared boring.

Even the homeless, apparent battlers holding out their hands on our streets for donations, carry tattoos.

As we know, tattoos don't come cheap with untold millions of dollars splashed out on the worldwide phenomenon that is, frankly, perplexing.

The skin is hardly the ideal canvas for artwork; messages and images are not clear and many are obscured or covered-up by clothing for much of the year.

Who are the bodily messages and so-called artwork for? For self or others? Are we supposed to be gaze at them when we're told it's rude to stare at other people?

Love 'em or hate 'em, inking of the skin is unhealthy, risky and marks the skin for life.

To put it politely, not everyone has the body shape or skin condition to be drawing attention to themselves.

Research suggests that tattoos are a way for some

people to create their own identity, to stand out from those surrounding them, to make them feel a little unique.

"Their tattoos raise their confidence. Their tattoos make them feel better about themselves. Their tattoos help them love themselves more," says one psychologist.

With their modern rebirth, tattoos were banned in many work environments and deemed socially unacceptable in many parts of the world.

Suddenly, fanned along by actors and performers, tattoos were hip-and-happening. Favoured tattoo subjects a children's and partners' names, Zodiac signs, movie stars and pets' names and images.

Some orders were reportedly for a dead person's ashes poured into the tattoo ink and insert-

ed into the skin. Some ancient cultures included carrying the remains of loved ones through body ink.

Of course, tattoos are not new. They have been heavily favoured by sailors for generations, seamen eager to have a curvy woman, ship's name or the iconic anchor image inked on their weathered forearms.

As it evolved, tattoos became a (fuzzy) fashion statement.

One tattoo operator advertises his services: "from full tattoo sleeves on a lady to capture the pin-up style, or an eclectic mix of black and grey portrait tattoos, tattooing your body is a way to define your own individual style."

Most notably are the body smothering of tattoos favoured by gang members and prison in-

mates. Tattoos are a mark of gang affiliation.

Some people sell their bodies for prime advertising space, an online casino paying a woman \$15,000 to tattoo its casino logo on her forehead.

Tattoos, though, can be useful when covering scar tissue and can assist healing by improving body appearance and boosting confidence.

To be fashionable can bring benefits, said to include making a first impression of a person, staying relevant, putting a smile on your face and building confidence.

Said a psychology report: "To actively seek attention may be the result of a deeper psychology."

"Many of us growing-up simply didn't get from our parents the nurturing we craved. We could never feel adequately empathised with, respected,



Have you been inked?

or understood.

"Our parents may not have encouraged us enough or provided us with the guidance and direction we needed. We may never have received sufficient validation, praise and acknowledgment."

Of course, many people proudly parade their tattoos just for fun – dedicated followers of fashion!

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

There's a lot of fun to be had at the free *Holly Wood Tuesday Morning Show*

JOIN compere Bernard Carney OAM for the weekly entertainment at *Holly Wood Tuesday Morning Show* which runs every Tuesday at the Perth Town Hall

sponsored by the City of Perth.

The show has been running for many years and was named in honour of socialite and social writer Holly Wood who

worked tirelessly for the benefit of seniors and many charities in Perth. Morning tea kicks off for a gold coin donation from 10.30am and the free show starts at 11am.

All are welcome...

May 9 – Jennifer Merigan from *Have a Go News* will update people on the news, events, and competitions in this month's issue.

Martin Clare has been singing since he was a five-year-old boy sopra-

no, and he will entertain people with some beautiful song selections from his long career in opera and musical theatre.

May 16 – Annual Cancer Morning tea from 10am to 10.45am. Bring a bit of extra cash for the spectacular raffle and sweepstake and let's help with cancer research. *The Mucky Duck*, WA's premiere iconic bush band, will play some great Aussie songs and tunes to get toes

tapping in this their 49th year of entertaining Australia and the world.

May 23 – Eddy Storm – a lifetime of entertaining the community shines through when Eddie, a favourite entertainer, returns with his wonderful variety show and effortless vocal style. He'll be taking us on a musical trip back to the 60s and 70s.

May 30 – Susan Swain from Friends of Australian Rock Art will show some



of the oldest rock art in the world, which exists here in WA on the Burrup Peninsula near Karratha. She will talk about its potential World Heritage listing, and the threats to its preservation.

Carmel and Lynda are singer, songwriters, and musicians. They have individually performed their own special style of folk/contemporary music for many years around WA and nationally. In 2019 they decided to team up to perform their favourite songs, both

covers and originals at venues around WA. They will also perform songs about the intriguing history and heritage of Western Australia. Don't miss their beautiful harmonies.

Citiplace Community Centre situated on the upper level of the City Railway Station Complex, offers seniors a range of low-cost refreshments and services in a warm, friendly environment and is a perfect place to enjoy lunch following the show.

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air Independence matters Association of Independent Retirees

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Join a cycling club - it's a great way to keep fit and healthy



L-R; Andrew Simpson, Vicky Simpson, Jerry Lowe, Sandra Patulo, Mike Coldwell - Over 55 Cycling Club has a membership of more than 300 members

by Lee Tate

PEDAL power is flourishing among WA seniors with new innovations and the growing focus on seniors' health and fitness activities.

The Over 55 Cycling Club has embraced the cycling revolution.

The club has about 300 active members, aged from 55 to early 90s. Most members ride at least once per week, but often twice or three times a week.

"About 20 per cent of our members have e-bikes, but the majority use either drop-bar or flat-bar road bikes," says club president, Andrew Simpson.

The introduction of e-bikes in recent years has allowed older mem-

bers to remain active in the club.

The main riding day is Wednesday where all riders meet at a central location, mostly Burswood, but also at other locations, including City Beach and Point Walter.

"For our main Wednesday ride day there are often up to 150 riders," Andrew said.

"Riders divide into groups of approximately 10 with each group having a leader and tailender. The leader is responsible for planning the route and the tailender is responsible for safety and ensuring nobody gets lost. The club has a strict no-drop policy and everybody stays together.

"On Saturdays we have a north group that meets at Carine and a south

group, meeting at Deepwater Point. On Mondays there are also rides starting from a central location such as Leederville. Saturday ride programs are particularly popular with members that are still working during the week.

"Mid-ride coffee breaks are an important part of every ride. These are not just to refresh but also to socialise."

From time to time, the club arranges for some members to be trained in first-aid and or attend bike maintenance courses. There is a strong emphasis on safety and member welfare. There are also ride leadership programs and sessions using bike computer programs.

Andrew said: "We are not a racing club. We ride

at a pace to suit all members in the group. We have very strong groups averaging up to 28kph and then ranging down to very relaxed groups who just enjoy a nice pedal on the way to the coffee shop."

Ride distances vary from up to 80km for the strong groups, down to 40km for the more social riders.

Among the club's members are many couples and it is quite usual that the partners will ride in different groups, depending upon their riding ability and level of fitness.

Every year, the club organises three or four camps at country centres including Busselton, Albany and Collie.

"These camps have daily rides for the duration

of the camp which range from one to two weeks," Andrew said.

Social activities are organised in the evenings. The camps are popular. A recent Busselton camp saw about 125 members attending.

"Benefits include camaraderie, fitness, socialising and just being in the wonderful country outdoors with interesting new rides," Andrew said.

The club has burgeoned since forming in 1984 and welcomes

new members.

"Riding safely and happily, plus encouraging fitness for all members is the club's priority," Andrew said.

For information, visit the Over 55 Cycling Club website at O55perth.bike.

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Do-it-yourself around the house - or maybe not



by Rick Steele

IS it another hangover from Covid? Perhaps the increase in mortgage rates? Those annoying adverts from that giant hardware company? The fact that it's near impossible to get a tradie, and if you do manage that, you've got to take out a bank loan to pay for it. The plumber finally arrived. "How have you

managed with the leak?" "Not too badly," said the housewife; "while we were waiting for you, I managed to teach the kids how to swim."

Whatever, me, along with several of my friends seemed to have succumbed to the very infectious do-it-yourself disease again. Back in the olden days, when we first bought the place, I did suffer from painters syndrome and most rooms were repainted; (like they say in the wedding ceremony, for better or worse) but it did make the place, 'ours'. Rule of thumb for painting. Try and get more paint on the ceiling than you do on your hair and

your clothes. Unfortunately, my DIY skills may have improved marginally, but my ageing body with deteriorating muscle power means more tea breaks and increased chances of an accident. Ladder climbing is now like an Olympic sport and like the one-year-old granddaughter, needs constant supervision. These days I use a step ladder. I don't get on with my real ladder. This century we all seem to have so many photos. I'm having to go higher up the wall to move our wedding photo to make way for the next generation. Son number three is engaged.

"Congratulations my boy," said the groom's uncle. "I'm sure you will look back on today as the happiest day of your life."

"But I'm not getting married until tomorrow," protested the lad. "I know," said the uncle.

Autumn is gardening season and everybody knows that's more DIY. My neighbour asked if he could use my lawnmower. I told him he could as long as he didn't take it out of my yard. A bloke is in a nursery taking time looking at two wheelbarrows.

"I can't make up my mind between the red or the green one. It's a present for my wife's birth-

day." "Is it a surprise?" Asked the attendant.

"I reckon it will be, she's expecting a diamond ring!"

It is ironic that next week I will shovelling a wheelbarrow full of animal manure to make sure my beautiful roses bloom, my lemons and mandarins flourish and the passionfruit excels. At least the rain has come... my pansies might come out to say hello.

When it comes to electrical jobs around the house, since my last attempt I tend to call a licensed electrician. My experience was shocking!

They say that house-

work won't kill you, but I reckon why take the chance. I hate housework. You make the beds, sweep the floor, do the dishes, and six months later you got to start all over again.

On the good side of life the Perth Blues Club at the Charles Hotel every Tuesday night has been travelling very well. This May we are hosting two international acts including Eugene Hideaway Bridges from Texas and on Tuesday May 16 super group from Singapore: Universal Blues. Have a Go readers may well be surprised to know our average age group are 'Baby Boomers' and we are very senior friendly.

He saw the sign: 'Handy man wanted' and immediately applied.

After a quick approval Mother Superior asked if he could mend a fuse.

"Can't do electrical work," he replied.

"Well, the front fence needs painting," said the nun.

"Nope, I'm terrible at painting, no can do".

Sister Mary says; "We need the kitchen door put back on!"

"No way, I just can't do carpentry..."

"What makes you think you're a handy man then?" Asked Mother Superior.

"Oh, I just live around the corner," he replied.

Cheers dears!

Can you handle the truth - Is there a better policy than honesty?



by Jon Lewis

THERE we were. My

friendly dietitian Dr Angus Stewart and I taking calls on 6PR early one weekday morning when Steve phoned in.

He asked a very good question and Dr Angus gave him a very good answer. I then asked Steve if he would attentively adhere to the advice or like most of us, slide back into old habits.

Steve's reply refreshed

me. "Honestly, I am likely to do the latter" and I laughed at the truth in words and intention. However, what followed is why I am sharing this with you right now dear reader...

Steve said... "Well, you achieve more with honesty".

Angus and I were both taken aback at the remarkable statement.

Over the years I have

heard many such similar statements as I am sure you have too. 'Honesty is the best policy, I tell the truth because my memory isn't so good, honesty is the mark of a good person' and I am sure there are many, many more.

This wonderful recent statement was actually brand new to me and it revealed a wonderful array of ideas.

For example, even if you do not find much value in being a good person, by being honest there is more to achieve, and in the process, you may become a better person.

If temptation is offering a dangerous and lucrative short cut, this statement points out an even better long term and more lucrative path is available with hon-

esty. It even makes me consider that whatever you may have gained by being dishonest, would pail into insignificance when it comes to telling the truth the first time.

I love it!

I should say though, truth telling is still a delicate art at times. Should my dear darling wife ask me if she looks bigger in this or that... I first ask her if this is a test? Then

I carefully respond with caution and honesty. There have been times, on rare occasions, where I have requested not to be asked... still the truth?

"You achieve more by telling the truth" was uttered by caller Steve one early morning on the 6PR and I am so glad I heard it.

That is the truth! All the best.

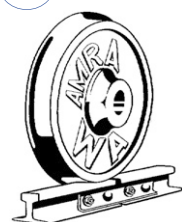


MODEL RAIL 2023

The Australian Model Railway Association WA will celebrate **Model Rail 2023** to be held on the 3rd - 5th June in the **Robinson Pavilion at the Claremont Showgrounds.** Tickets must be booked by going to <http://expo.amrawa.asn.au>.

It will be a great day out with lots of layouts on display from many rail Heritage Groups, layouts for the kids and retail stalls for your model rail and hobby needs and much more.

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Centrelink update - information about gifting and loaning money



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

I'm often asked to explain Services Australia's rules

about gifting and loans. There aren't any rules that stop you gifting, or loaning your cash or other assets – it's your money and you can do what you like with it. But gifting or loaning your assets can impact how we calculate your income support payments. Remember you need to tell Centrelink each time you make a gift or loan.

A gift occurs when you transfer an asset to someone and you don't get suitable value in return.

Gifting includes things like paying for a holiday or living costs for someone who isn't your partner or dependent. Gifts are assessed regardless of the reason for the transfer. For example, if you're paying school fees for a grandchild each term, that is a gift or a series of small gifts.

The biggest difference between a gift and a loan is the intention for the recipient to return the assets. If you expect the as-

set to be returned, either all at once or a series of repayments, then it's a loan. If there's no intention for the asset to be returned, it's a gift.

There's a gifting-free area that applies before you'll see a change to your income support payment. Regardless of whether you are single or a member of a couple the gifting free area is a maximum of \$10,000 in any one financial year, and \$30,000 over a rolling five

financial year period.

Any amount over these gifting free areas is assessed as a deemed financial asset and could affect your payment. Deeming is a set of rules used to work out the income created from your financial assets. It assumes these assets earn a set rate of income, no matter what they really earn.

After five years have passed, the gift is no longer assessed as a deemed asset.

Loans are treated differently to gifts. If you loan money to someone, the total amount is assessed as a financial asset – that is – there is no \$10,000 threshold before it impacts your payments. Loans are also assessable until repaid, however long it takes.

You don't have to charge interest when loaning money, but your loan will still be subject to deeming.

You also don't have to

have documentation for the loan, but it's something you should consider – it can make a big difference to your estate, so I'd recommend seeking legal advice.

Until next time.

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

British Pensions update - UK government postpones age pension review...



by **Mike Goodall**

THE UK Age Pension Review report has been finalised but the UK Government have decided to postpone their decision until January 2026. This is one year after the next General Election is due so you have just under two years to wait for the bad news.

In the meantime, campaigning will be undertaken to try and have pension unfreezing written into each party's manifesto.

The Parliamentary and Health Service Ombudsman (PHSO) has

investigated whether and how much compensation would be paid to women affected by the maladministration by the Department of Works and Pensions (DWP) in notifying the rates of the increases for the State Pension Age of Women from age 60-65 and then to age 66.

In the first stage of its investigation into the DWP's communication of state pension age changes, the ombudsman concluded that DWP had committed maladministration by failing to write promptly to the affected women.

However, the PHSO's stage two report concluded that maladministration in DWP's communication about state pension age and about national insurance qualifying years, and its complaint handling, did not lead to all the injustices claimed.

Following this, the WASPI (Women Against

State Pension Inequality) campaign raised £120,000 from thousands of affected women and launched a judicial review in the High Court to challenge the PHSO's report, arguing that the approach is irrational and could make a massive difference to the losses women suffered.

Before the High Court case the PHSO, who had been presented with a copy of the case presented by WASPI's solicitors, agreed to 're-examine' the Stage 2 report with the Stage 3 report to be reviewed in light of their re-examination.

The review concluded at the end of March with a draft Court Order and an agreed Statement of reasons which are:-

- the Stage 2 report will be quashed (so it will have no legal effect anymore and will have to be reconsidered);
- the Ombudsman ac-

cepts the criticisms we made of the Stage 2 report meant it was legally flawed and so the reconsideration will focus on those parts of the Stage 2 report;

- the draft Stage 3 report (which discussed what remedies, including compensation, should follow from the flawed Stage 2 report) will have to be reconsidered too; and
- the Ombudsman will pay some of WASPI's legal costs.

The court has yet to approve the settlement for the Stage 2 report to be quashed, but WASPI and the Ombudsman have asked the Court to give it urgent attention.

This is a huge victory for WASPI – and 1950s born women.

Am I UK State Pension Age?

UK Expats and Australian citizens born between October 6, 1954 and April 5, 1960, who have

worked for a minimum of 10 years in the UK, will be eligible to claim their UK State Pensions from their 66th birthday.

The date those born after April 6, 1960 can

claim will increase by one month for every additional month of birth until March 6, 1961 when it will become their 67th birthday.

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 mikecgoodall@btconnect.com

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Letters to the Editor

See page 15 for more letters...

Dear Editor,
HAVE just arrived home from visiting my son in Japan and having a holiday. Upon reading *Have a Go News* I was thrilled to see your wedding photo. Congratulations... I am thrilled to bits for you and wish Ron and yourself all the best for your future happiness.

I was very involved with your parents when I was marketing executive for Best Western and know how happy they would be.

Take care... you're doing a superb job of putting *Have a Go News* together each month. A huge role but one that you have done an excellent job with.

Lynette Bayens

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Michael, handler of Guide Dog Dunkley.

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State Government launches seniors' strategy action plan - what do you think?



Seniors and Ageing Minister Don Punch at Age-Friendly WA State Senior's Strategy plan launch



by Jennifer Merigan

LAST month the State Government's Seniors and Ageing Minister Don Punch launched Age-Friendly WA State Senior's Strategy plan which was compiled after

surveying around 2600 seniors and feedback from 17 State Government agencies and sector stakeholders.

For many years Western Australia seniors were extremely well represented by state government even having their own office of Office of Seniors Interests, which worked on policy and issues.

In the last 10 years it was absorbed into the Department of Communities and governments both Liberal and Labour allowed the seniors sector to become the

forgotten sector.

With seniors making up about 16 per cent of the population, I have often questioned why the government let this happen. Believe me I have asked and asked - it's a bit like the government or big business valuing the work of this newspaper over its 32 years... but I digress...

During an interview back in April 2021 when Don Punch became Minister for Seniors and Ageing, he assured me that he would work hard to get better representation

for the older demographic.

Interestingly his office forgot to invite *Have a Go News* to the launch, so I do really wonder whether that is the case...

Following the day of the launch I was contacted by his media adviser with an apology and whether I had any questions about the strategy.

My first question was "How will the Strategy make the lives of seniors better, particularly on a day-to-day basis, and how will services be improved?"

Seniors and Ageing Minister Don Punch said:

The Age-friendly WA: State Seniors Strategy 2023-2033 will be accompanied by two five-year Action Plans, with \$2 million to be included in the 2023-24 State Budget to support the plan.

The Strategy and the first five-year Action plan (2023-2027) are specifically aimed at improving the lives of seniors across the community, regardless of their situation or background, on a day-to-day basis.

The first Action Plan specifically outlines a range of actions - ongoing, short-term (the next one to two years) and medium-term (the next three to five years) that will address the four pillars of change:

thriving physically, mentally and spiritually;

safe, friendly communities;

staying connected and engaged;

and having seniors' views heard.

Actions within the thriving physically, mentally and spiritually pillar include: ensuring that seniors have the support they need to stay in place; they have the support and information needed to maintain their wellbeing and access to health care information and services that support their individual choice and needs and, carers are recognised and supported.

Within the safe and friendly communities pillar, actions include ensuring that members of the community welcome and respect seniors; community infrastructure is accessible; seniors can access and navigate the transport system with ease and, they are safe in their homes and as they navigate their communities.

Actions within the staying connected and engaged pillar focus on seniors being able to stay engaged, make independent choices, and contribute to society - including through paid and unpaid work - which allows them to manage life and meet personal needs.

The fourth pillar, having views that are heard, was a key focus of the extensive consultation process and is vital to the Strategy's success.

While specific actions will be embedded within various government agencies, there will be over-arching actions to ensure a wide-reaching connection to community.

How will the Strategy help to stamp out ageism, particularly within government?

Response from Seniors and Ageing Minister Don Punch:

One of the key actions will be to develop a public campaign across all age groups to address ageism in WA. The campaign, led by the Department of Communities, will focus on raising the profile of seniors in our community and working to ensure that all people - regardless of age - understand the importance of seniors and their contributions to the community.

The campaign will target ageism and the associated, stereotyping, prejudice, and discrimination in the community through innovative approaches to raise awareness of both conscious and unconscious ageist attitudes, bias and language in the community and will include a focus

on older Aboriginal people.

The Equal Opportunity Act 1984 is the State's anti-discrimination legislation that makes it unlawful to discriminate against a person on grounds that include a person's age.

This is particularly important as we have an ageing workforce and it's vital that seniors in the workplace are respected for their experience, expertise, and contributions.

The State Government will also develop a WA charter of rights for the older person. This will involve working with community and sector stakeholders.

It all looks good on paper but it is the actual outcomes that matter.

In our latest reader survey, nearly two-thirds of readers felt the State Government did not address their needs well, so I am interested to hear from you about the responses from Minister Punch.

Email me at jen@haveagonews.com.au with Seniors Strategy in the subject line or write to Seniors Strategy Feedback c/- Have a Go News PO Box 1042 West Leederville 6901.

We offer both forms of communication as we know not everyone likes to use technology.

Jennifer Mitchell takes top title of WA Mahjong Champion

MORE than 100 of Western Australia's keenest mahjong players vied for the prestigious title of WA Mahjong Champion 2023 recently.

When time was called, the scores were checked

and Jennifer Mitchell, of Claremont, was declared winner. She was only one point ahead of Clancy Jarvis, of Cottesloe.

The packed house at the South Perth Learning Centre included 88 play-

ers at 22 tables and was held to choose WA's top player to attend the 2023 Australasian Mahjong Festival in Caloundra, Queensland in August.

Although the national festival has been held annually since 1994, WA has never been formally included.

WA mahjong enthusiasts Ivy Branson, Anita Callander, Margaret Pereira, Lin Ang and Cheryl Williams, were the driv-

ing force behind the WA event, working with community centres and the media to ensure players across the State had a chance to participate.

"Altogether we had 100 applicants, but as we had to cap numbers at 88 we were in the ideal situation of having a waiting list to cover last-minute applications," Ivy said.

Seven women from the Bunbury Women's Club who travelled to Perth es-

pecially for the event arrived in Perth the previous night to ensure they were there on time.

Co-organiser Anita Callander said the event had logistical challenges in the beginning but came together smoothly on the day.

"We are all so glad that WA will now be represented at the national Australasian Mahjong Festival by such a worthy champion," she said.



WA Mahjong Championships Ivy Branson (left) and winner Jennifer Mitchell

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Find out more about Alzheimer's disease

PROFESSOR Ralph Martins AO is internationally recognised as a world leader of research into Alzheimer's disease (AD). His insight into this devastating disease has led to a number of ground breaking discoveries.

On June 7 at 2.30pm the Lions Club of Ballajurra is hosting Professor Martins in an informative community talk where he will address recent advances in detecting and

treating dementia years before its onset.

Don't miss this opportunity of being part of this informative discussion on all aspects of Alzheimer's disease and dementia.

Professor Martins will help people understand more about this disease which is causing so much concern, not only to our ageing population but also more and more younger people and their families.

The presentation will include a question time at the completion of the event which will be held in the main auditorium at the City of Swan Community Centre, 15 Hamelin Drive, South Ballajura.

A gold coin donation to the Lions Alzheimer's Foundation is required - bookings or information from ballajurallions@gmail.com or call Richard on 0415 089 599 or Alan 0411 789 222.



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What are the Nannas for Native Forests up to now? Slow fashion



Nannas on the Mend's leaf-stitching coordinator, Pam Gunnell

by Karen Majer

"IT'S 2.30am and I'm in a convoy of cars heading east from Margaret River to the Helms Forest. The

long train of headlights in the darkness is a spectacular sight. The driver of my car is 80 years old and a great grandmother."

That was the opening to my column in November 2020, and the beginning of my experiences with the Nannas for Native Forests.

Many readers will have followed the Nannas' journey since they stepped up as elders of the community leading a charge for the protection of our native forests.

The Margaret River Nannas led the way with direct action in forest coups under logging, a community rally and a bus tour into the magnificent south west forest. In November 2020, hundreds of people rallied outside State Parliament calling on the government to stop the logging of all native forests. The Nannas were there in force, singing their original *Nannas Anthem*. The campaign gained momentum with strong media

coverage and a tour of the inspirational film *The Cry of the Forest* produced by Jane Hammond.

The Nannas gathered in small groups in towns across the south west. In Denmark, Bunbury, Perth, Safety Bay, Margaret River, Bridgetown, Rockingham and more. They met to stitch leaf badges and talk to the public about the plight of our beautiful, but endangered, forests. The tiny embroidered leaves were given away with a message: 'We hope that stitch by stitch, leaf by leaf and conversation by conversation we can raise awareness and support the WA Forest Alliance in its efforts to enable our forests to continue to exist for our children and grandchildren.'

The result they hoped for came in September 2021 when the WA State Government announced that native forest logging in WA would end at the start of 2024.

Premier Mark Mc-

Gowan said the State's next forest management plan – covering the period 2024–2033 – would not include native forest clearing, and the government was spending \$350 million to expand softwood timber plantations and \$50 million to support affected workers and communities. The historic decision meant that WA would be the first Australian state to end native forest logging, ahead of Victoria's promised phase-out in 2030.

While the Nannas celebrated they also recognised that this announcement wasn't the end of the journey. With two years to go until the adoption of the new Forest Management Plan, they turned their attention to submissions during the public comment period and to drawing attention to other threats to our forests including road construction in the Gelorup Corridor, bauxite mining and fire.

In a beautiful celebration

of their craftivism, the Margaret River Heart currently features an exhibition of large leaves crafted and embroidered from felt, paper and upcycled fabric by Nannas from around the State.

Now the Margaret River Nannas have found a new direction. With 'Nanna-in-Chief' Peta Goodwin standing down to pursue other environmental interests, leaf-stitching coordinator Pam Gunnell and her group came up with a new idea.

They are alarmed by statistics on the waste associated with the fast fashion industry.

Pam explained: "Every year, Australians acquire on average 27kg of new clothing per person, chucking out a whopping 23kg. Maybe you send most of your throw-outs to op-shops, but in the end 90 per cent of the clothes, cushion covers, sheets, blankets, towels and other textiles we discard – about

800,000 tonnes per year – ends up in landfill. This is multiplied on a huge scale the world over. And not all countries have such efficient services as we in Australia do. In many places discarded textiles pile up on beaches, on river banks and by the side of roads.'

The newly-badged 'Nannas on the Mend' are promoting slow fashion. They have begun to hand stitch wearable patches, coasters and kitchen mats from scraps of recycled fabric to help raise awareness of this huge issue. They give them away with information to spread the word to family and friends. By buying clothes to last, buying second hand, repairing and even repurposing clothing, we can all help to cut down on unnecessary consumption, use fewer resources and reduce waste and pollution.

Slow fashion is kind to our budget and the planet. Go Nannas!



Artist Sobrane Simcock Pic Serena Kirby

continued from front cover

Living a colour-filled life by Serena Kirby

With around two per cent of the population thought to have some form of synesthesia, research on the topic is considered incomplete as many people remain undiagnosed and there are countless unusual variables. Spatial-synesthesia is one of those rarer forms and yes, Sobrane has that too.

A further nuance of this space-to-colour

perception is that it enables Sobrane to take one of her small-scale sketches and scale it up onto a wall using only her synesthesia as a tool; no grid marks, no projector.

Having spent many years running her successful art gallery in Broome and travelling nationally and overseas to work on public and private murals, Sobrane has

now chosen to relocate her life and business. She's recently moved south to Mount Barker where she's bought a magnificent 90-year-old building that formerly housed the local branch of the Westpac Bank.

With big plans afoot there's no doubt Sobrane's life and career will continue to be as prosperous and colourful as ever. www.sobrane.com.au



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MEMBER OF THE JWHGROUP

Retirees Club News & Recreation



Challenges of caring for the carers in our lives

THERE are hundreds of carers caring daily for a loved one. This can be physically, emotionally and financially challenging.

CarersWA is a not-for-profit organisation providing support for these invaluable carers. Come along to hear how they do this at the next meeting of the Association of Independent Retirees, Perth Branch (AIR) on Friday, May 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 talks embrace many interesting topics related to finance, travel, health, community and special interests of members.

Visitors are welcome. Enquiries

can be addressed to Margaret (marghw@inet.net.au).

Members (\$2) and visitors (\$5) are encouraged to bring the correct money and their own coffee mug.

On Friday June 16, Professor Peter Newman will address the group on Sustainable Cities.

An AIR Investors sub group will meet on Wednesday May 17 at the same venue. Enquiries can be addressed to John (johnkwellis@gmail.com).

What will the budget mean to you?

MANY people are anxiously waiting for the budget.

Newspapers have suggested many threats to our financial well-being including the loss of franking credits and additional taxation.

Mathew Chambers is a director of Partnership

Wealth which is a leading provider of financial advice to business and families.

At the May meeting of the Mandurah regional branch of the Association of Independent Retirees, Mathew will present a critique of the budget and other changes which

have happened recently.

The meeting will be at the Halls Head Bowling Club, 2, Sticks Boulevard, Halls Head, Mandurah on May 22 and starts at 9.30 am.

Visitors are welcome. For more information phone Norm Hodgkinson on 9527 2383.

Benefits for the WA Seniors Card holders

THE speaker for the Perth northern suburbs branch of the Association of Independent Retirees (AIR) meeting on May 18 will be Chris Foster from the WA Seniors Card. She will talk about the benefits and usage of the WA Seniors Card. So come along and find out what you might be missing out.

For the June 15 meeting, the speaker will be the one and only Jen Merigan from the *Have a Go News*. Jen will be talking about the life and times of *Have a Go News*.

If you are interested in attending as a guest, please reserve a seat by register-

ing your interest with Mike Goodall.

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

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

Cost \$4 per person including raffle and refreshments.

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

Protecting yourself from scams and ripoffs

GUEST speaker at the June meeting of the Western Australian Self-Funded Retirees Association (WASFR) will be Sharon Buchanan-Clarke, senior community education officer attached to Consumer Protection. She will provide up-to-date information on scams and what people can do to protect themselves.

The prevalence of scams, ripoffs and other fraudulent activity within society is causing

distress and misery to many thousands of victims each year and the problem is growing at an increasing rate. Every level and class within society are vulnerable including the elderly the sick and the disabled.

It is costing victims billions of dollars each year often through not knowing what is legitimate and what is a scam. Spotting scams early therefore and learning how to gain protec-

tion from falling victim, will help avoid the loss of money and personal information and avoid also the mental anguish that often goes with it.

Visitors are welcome to attend the meeting to be held at 10am on June 9 at the Cambridge Bowling Club, Chandler Avenue, Floreat.

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

Interesting five, one-hour lecture series at Manning this month with MALA

PERTH Branch, Mature Adult Learning Association, holds lectures at George Burnett Leisure Centre in Manning, on Friday Morning's only, and offers reasonably priced lectures on a variety of subjects to stimulate and inform.

Come join them and find out

what fun can be had.

Subjects include:

The Forever Project, with five different lecturers, presenting ways to innovate and change behaviours in business and personal lives to move forward more productively forever.

Fremantle Chamber Orchestra's founding and current director Hans Hugg will delight people about Classical Music's various time periods and special sound innovations.

Anthony Alborn will continue to unravel local histories and characters who contributed to the early

challenges of settlement in 1800 Western Australia.

Stacey Price gives practical hints and legal advice on how to feel secure in the current society as we age.

Frank Dymond speaks about past inventions and applications in

our everyday lives, making things easier for us, or maybe, more complex.

Check out the website www.MALA.org.au where you can find more information and enrolment forms, or contact Patricia on 0400 511 519.



A life well lived.
For Ken, it's the strength to dip his toes in the water.

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Letters to the Editor

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



Dear Editor,
ABSOLUTELY beautiful article from Jon Lewis in the April issue, I agree on all fronts.

Recently I have decided to give news a big miss. Too bloody depressing and was making me fearful too. I can get the weather on BOM and I am sure that if disaster happens I'll cope.

It is far more important to enjoy the days and times in the world around here.

I have imagined putting Putin in the naughty corner and then realised that he is only one of many barking mad people who have overdosed on power and control around the planet.

How this happened is a mystery.

Not mine to solve or fix.

Must be time for a cuppa.

Julie Hannaford

Dear Editor,
IT is unfortunate that Shirley Sanders was not told that all names had to be in full when she did the initial application for a photo card.

It would be good if the form stated that initials for a middle or other name is not acceptable.

My photo card has all my names in full because I did my application in person at a vehicle registration centre, due to the fact that I do not do that sort of stuff on the computer. My Medicare card and my pension card, like hers, have my middle initial only.

Having said that I am not surprised that Westpac is not doing anything to assist her, I swapped from them more

than 18 years ago due to them costing me money after my husband died.

However, would ringing the banking ombudsman and explaining her situation provide her with any sort of assistance? If nothing comes of that then why not ring the Bendigo Bank call centre, ask if they accepted a photo card with only the initial of the middle name.

If they agreed the main issue would be finding out where there is a branch as there are not a lot of them around due to being a community bank.

My account is with them and their service is fantastic.

Margaret Anne Ryan Ballajura

Dear Editor,
I FREQUENTLY hear kids being taught the tune *The Hokey Pokey* in Australia and have to severely restrain myself from screaming "For gawd's sake, it's Hokey Cokey!"

Before I launch into a serious campaign – banners in the street, mass walkouts and start demanding a Royal Commission, could we correct this gross inaccuracy and start teaching our toddlers the true lyrics to this jolly little anthem?

For all the Hokey Cokeyists out there, the song was recorded by UK's Lou Preager and his orchestra in 1945 as Cokey, Cokey, which, at least is a bit of a compromise and I seem to remember it from those old British 1940s movies, probably with Jack Warner and Kathleen Harrison.

And before anyone asks, don't get me started on the correct pronunciation of yoghurt and project, not to mention the craze for rising intonations at the end of every sentence!

David Rudman Port Kennedy

Dear Editor,
AGED Care is like a beautiful flower with a flaw.

I have worked in aged care for 40 years and palliative care for six years. I am also a good advocate as I am 83 next month.

So many people do not understand the aged, I even dislike that word. We are all different.

There are many ways people caring for the aged can make the end of their life so much happier.

I learnt so much after looking after my own dear husband at home for many years. It is not easy, it is frustrating, tiring, painful, distressing and whatever you do it is not enough. One word stands out now he has died and that is kindness.

How can we ever be kind enough? We must care with kindness and show love.

Even men and woman with

dementia have special needs, basis needs, nourishment, food, comfort, mateship, activities, laughter, fun, relaxation and rest.

They also may still want a sexual life with partner or new friend. It is important as any other basic need. We are old but still have desires and yearnings. We all require these basic needs to survive.

It is difficult being a carer for the aged. Whether in a nursing home or your own home. It takes a lot of skills, you need understanding of all their ailments, including dementia. It requires patience, kindness, strength, time, sacrifice, to love that person helps.

Our own feelings sometimes surface, such as anger, frustration, self-doubt and depression.

When caring for someone you love you never want them to leave home but sometimes you

have to let them go when they need care you cannot provide. It is very sad but it happens, especially when both partners are elderly.

It did not seem so dramatic with my own grandparents. They seemed to live at home together with no external care and just died. No big thing.

Today we have so much help with aged care packages, Carers WA and respite if you can get it, but it is all so complicated. Lucky you to find a great aged care provider. I did for my husband.

It is not an easy task to get started into Aged Care. I had to be very proactive to survive.

All the hassles, making calls, sending emails, not giving in. So easy not to bother. One gets very tired but I do not give in very easily if I need help for my husband or now myself.

We worked long hard lives. Coming here in 1964 as ten-pound Poms with literally nothing, just ourselves.

It is important to love and care for our elderly citizens, they contribute so much to society even in their golden years, they still provide knowledge, wisdom, support, some are still working. Many older people are volunteers. Many care for children, their grandchildren or foster children.

The State would collapse without them.

Do not see them or look through them, they stand solid and strong. As someone once said: "you have to be tough to get old." If that makes me tough as old boots so be it. I hope I have left my mark.

Shirley Falco

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

Dear Editor,
NORMALLY it is quite easy to defend to the death his right to say... but in Rudman's case, this is not so easy.

He fervently believes we are all being deceived by the mainstream media, that the Ukrainians have no right to defend their territory, and vaccinations are not necessary, in fact, foisted on us by Bill Gates etc. not to mention the amount of brain radiation we are getting from the 5G towers.

I'm sure he revels in any attention he might receive by getting his doggerel printed, and I can understand why the secret publication down Mandurah way has ceased to allow him access.

There is another saying which covers this too: "better to keep your mouth shut and let people think you are an idiot rather than open it and prove it to them."

Tommy Morrison

Find the MISSING PIECE to your health

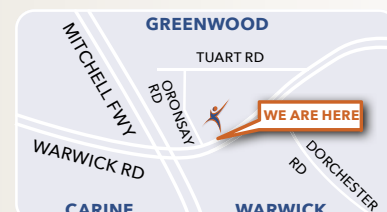
At Next Generation Physiotherapy we find the underlying cause, rather than treating the symptoms.



See Healthy Living section to read NEXT GENERATION PHYSIOTHERAPY'S Robert Vander Kraats' monthly contribution...

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Seniors Recreation Council Jottings



LiveLighter Aged Care Games Bunbury

It was a fabulous sunny day when the moon eclipsed the sun at the 2023 Bunbury LiveLighter Aged Care Games at the South West Sports Centre. Teams came from nursing homes, aged care facilities and day centres in the region to compete. SRCWA would like to thank SRCWA Bunbury branch president Barbara Fleay and her team of dedicated volunteers along with the volunteers and staff from Perth head office. The games were officially opened by Hon Don Punch MLA Minister for Regional Development; Disability Services; Fisheries; Seniors and Ageing who took time out of his busy schedule to attend. Thank you for your continuing support Minister Punch.

The games were played in great spirit and included modified seated hockey, seated pass ball, beanbag toss and skittles. The carer's game at the end of the day had representatives from each team competing in a fun event. Lunchtime entertainment was an energetic demonstration of Zumba Gold provided by City of Bunbury Councillor Betty McCleary, with some participants joining her for Seated Zumba. SRCWA state president Phil Paddon and Bunbury branch president Barbara Fleay presented the trophies plaques and medals. Best presented team was *CHC Bunbury - Blue Wrens*, First place went to *South West Community Care* (pictured above) and second place was *CHC Collie - Collie Miners*. Third place was *Bethanie Fields - Bethanie Super Force* with our oldest competitor at the games 96-years young Phillis Ryan from the *Collie Miners*. Well done to all those who participated.

SRCWA Rockingham Have a Go Day - a LiveLighter Event

The 11th Rockingham *Have a Go Day*, a LiveLighter Event was held at the Mike Barnett Sports Complex in Rockingham at the end of March. There were more than 60 sites and activities spread across the main hall showcasing seniors' clubs, groups, agencies and businesses from the Rockingham and surrounding areas.

SRCWA executive officer Dawn Yates, and Mayor of Rockingham Cr Deb Hamblin officially opened the event. Activities and entertainment included, *Swing n' Sway* dance group, *Ukulele Group*, indoor bowls, Hart Sports Equipment, quoits, Game of Bob, seated hover soccer, carpet golf and Exergaming.

The Lions Club of Rockingham provided a sausage sizzle which complemented the free tea, coffee and bottled water. Thank you to all the volunteers and the clubs, Cockburn Party Hire who set up and packed down the event and SRCWA photographers Martin Yates and Richard Dermody.

Thanks to the SRCWA Rockingham branch president Carole Overington and SRCWA head office who ensured the day was enjoyed by all.

This event would not have been possible without the sponsorship of City of Rockingham, LiveLighter Healthway, *Have a Go News*, Government of WA and Cockburn Party Hire.

SRCWA State Over 60's Mixed Pairs Lawn Bowls

Seventy two teams took part in the 2023 Seniors Recreation Council State Over 60's Mixed Pairs Lawn Bowls tournament with games held at various clubs throughout the metropolitan area. The tournament culminated with finals played at the Leeming Bowling Club on Thursday April 6. The semi-finals and final were very competitive with close scoring ends played in ideal weather conditions. Congratulations to Jenny Bruce (Busselton) and John Goddard (Osborne Park) who won Thursday's final over Julie Savell (Osborne Park) and Daryl Radford (Kardinya). Semi-finalists were: Debbie and Graeme Smith and Irene Kozak and Graham Miller. SRCWA acknowledges BOWLS WA president Doug Kelly, BOWLS WA staff and all those involved in running the event. SRCWA executive officer, Dawn Yates and Martin Yates attended the final with Dawn presenting the trophy, medals and prizes to the winning teams.

Have a Go Day 2023, a LiveLighter Event Burswood Park Wednesday November 15, 9am to 3pm

REGISTRATIONS NOW OPEN

Have a Go Day, a LiveLighter Event is an activity/information sharing event for over 50s.

This event provides the ideal opportunity for clubs/groups, not for profit agencies, commercial entities and activity based groups to share senior specific information to a target group in a beautiful outdoor environment at Burswood Park.

Registration forms are now available, for information call 9492 9773 or email dawn.yates@srcwa.asn.au.

This event is proudly sponsored by Burswood Park Board, Lotterywest, Crown Perth, *Have a Go News*, Government of Western Australia, Channel 7, LiveLighter Healthway, 882AM 6PR, nbnCo, Ingenia Gardens Telstra.

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

Experiencing the joy of paddling with a club



Fin (Karen Finlayson) enjoying a paddling

by Jan Gatt

ONE cold night 14-year-old Fin (Karen Finlayson) and her mother attended a slide show in Ballarat. The presenter was matron of a 20-bed hospital at Dogura Mission in remote north-east PNG.

This hospital treated 200 patients daily. The mission was staffed by 30 volunteers from UK and Australia including farmers, teachers, doctors, nurses, and office staff, all paid \$3 a week. There was an impressive cathedral, a 300-student high school and a primary school.

Being gripped by the slide-pictures and alternative lifestyle, Fin determined to visit there one day.

Fin and her three younger siblings grew up on a

mixed farm in Gordon, a bitterly cold region on the outskirts of Ballarat. It was a traditional upbringing and Fin enjoyed farm chores, attended high school in Ballarat, played netball, and went to church.

Aged 19, having worked several years with the Bank of New South Wales, she was incensed, when against her wishes, she was elected secretary to the Ballarat Young Farmers' Club. This provocation, along with the cold climate and lack of local employment opportunities, was the catalyst for Fin's departure for volunteer work in Dogura, which led to two wonderful years in her life.

As station manager's secretary she met the small planes, weighing

passengers and luggage. The airstrip had razor-back mountains one end, and the sea at the other. Flying in PNG was adventurous.

Her surprise 21st birthday party was unforeseen. Champagne and chicken were supplied by the local airline manager, and dozens of frangipani leis and dancing made it an unforgettable night.

There was a vibrant social life at the station, and volunteers gained exercise climbing Mount Pasipasi, or snorkelling at the local coral beach which abounded with tropical fish.

In PNG she met her lifelong friends, couple John and Cathy.

Fin reconnected with many PNG friends when, with a school friend, she headed to the UK

and Europe.

Life in London was fun, sharing a flat with four others, and doing agency office work. At Bowater Scott she handled complaints such as 'a toilet roll without perforations' with a replacement and standard poem. She became friends with Barbara, her boss, who will visit her this year after 48 years correspondence.

Working at the University of London, Fin was intrigued by the intellectual-looking men playing chess in the common-room. Noting her interest, they insisted Fin play, and she fluked winning her first game. Subsequent games were less successful.

She enrolled in local council courses in pottery and darkroom work, the latter absorbing much of her spare time. And visits to the Cats Whiskers Nightclub in Streatham were frequent.

Visiting Moscow and St. Petersburg became special highlights in camping tours around Europe.

Back in Australia, work in Derby and Port Hedland gave Fin opportunities to camp outback. Favourite sites were Tumblegoodiron on the Fitzroy and James Price Point with its towering red cliffs. Pottery, darkroom printing and drama club activities became

her hobbies in the Northwest.

She has lived in Perth now for 40 years, enjoying the weather and lifestyle. In between selling books to school libraries and lots of volunteer work, she has visited friends in Wyoming, Singapore and Victoria and loved her experience working in an orphanage in Vladivostok. She is a spiritual person but very down-to-earth, and helping people is part of her life.

Fin bucked the system and didn't marry. She shares a house with Cathy, now widowed, and loves sharing grandmother-duties with Cathy's two young granddaughters.

A neighbour encouraged Fin 'to experience the joy of paddling', and to join the Over 55 Canoe Club.

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

For more information visit www.over55canoeclub.org.au.



Find the secret word to win a \$200 shopping 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 dis-

cover the blue circled letter to make up the Ad Word.

1. Next Generation Physiotherapy
2. Men in Harmony
3. Australian Model Railway Association WA
4. Foothills Denture Clinic
5. Kings Tours & Travel
6. Emprise Mobility
7. Next Generation Physiotherapy
8. Hospitality Esperance
9. Home Visit Wills
10. WAYJO

11. Easyliving Furniture & Interiors

Entrants can enter via email with Adwords in the subject line at 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 31/05/23.

Congratulations to Andreas Rahmanto, of East Cannington our March Ad Words winner.

COMMUNITY NOTEBOOK

HUB OF THE HILLS

Cancer Council Australia's Biggest Morning Tea Tuesday May 9, 9am-11am. High Tea, raffles and a huge selection of good quality pre loved books for sale. Money raised will be donated to Cancer Council WA. Please support this major fundraising event 8 Craig St. Mundaring. Inq 9290 6683

NUHRA COMMUNITY VISITORS SCHEME

Visiting volunteers are needed for isolated residents living in aged care facilities throughout the community and Mandurah. Visit a lonely elderly person at least once a fortnight providing friendship and companionship. Contact Sonya 0414 942 426 or 9328 6272

MADE ON THE LEFT / PERTH HILLS EVENTS

Inspired By Nature Market June 10 & 11, 10am-4pm This boutique event will

showcase the best creative designers and artists from Perth channelling the essence of the natural world into their products. admin@madeontheleft.com. Held in the beautifully historic Victoria Hall in Fremantle.

US SUBMARINERS SERVICE

Sunday May 28, 10am-11am. Free event. "Still on patrol" Memorial Princess Royal Fortress. This memorial service is a tribute to the United State Sub Mariners who operated from the port of Albany during World War II. events@albany.wa.gov.au www.albany.wa.gov.au

COLLECTABLES SOCIETY OF WA INC

Saturday May 20 & Sunday May 21 9.30am-3.30pm. \$4 entry. South Perth Civic Centre Cnr South Tce and Southgate St South Perth Antiques, coins, records, timepieces, jewellery and more.

Caroline 0419 464 245

WA EXPOSE

June 17, 7.30pm- 9pm Drag, circus, burlesque, music and performance arts... a rapid-fire variety show like no other! Age restriction 18+only Kalamunda Performing Arts Centre 48 Canning Road, Kalamunda. Contact 9257 2558

TOODYAY FIBRE FESTIVAL

Sunday June 4, 10am-3pm Stirling Tce Free family celebration of fibre, arts and crafts. Featuring an artisan market, workshops, exhibitions, activities for kids, a fashion showcase and sheep shearing demonstrations.

PERTH HILLS ARTISAN MARKETS

May 21, 9.30am Mundaring Arena. Kicking off bright at 9.30am this market is held indoors. And proudly showcases WA's

woodworkers, potters, jewelers, artists, pottery, handmade clothing and much more. Food trucks and music all day long.

HERB SOCIETY OF WA

Meets the fourth Monday of the month at John McGrath Hall Hensman Street, South Perth. Doors open 7pm. Entry \$5 Includes speakers and supper. Visitors always welcome. www.herbsocietywa.com

JOIN VICTORIA PARK TOASTMASTERS

Fortnightly meetings Mondays 6.30pm. RSL Hall 1 Fred Bell Pde. East Victoria Park Contact Keith 0413 000 180

ROCKINGHAM SOUND DAY VIEW CLUB

Meets every first Thursday of the month in Port Kennedy at the Port Kennedy Tavern. They welcome new members and should anyone wish to join them please contact Jan Gray 0400 998 514.

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



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5 DAYS

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HIGHLIGHTS & INCLUSIONS

- ★ Home pick-up and return by Private Car
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 - ★ Breakfast daily, 3 lunches and 4 dinners
 - ★ Sightseeing & entry fees as per the itinerary
- ✓ Embark on a sights tour of Kununurra
 - ✓ Watch a Kimberley sunset
 - ✓ Visit the historic Durack Homestead Museum
 - ✓ Cruise Lake Argyle and the Ord River
 - ✓ Drive across the Ord Top Dam wall and see the Ord Hydro-Power Station
 - ✓ Relax in the hot springs at Zebedee Thermal Springs
 - ✓ Visit El Questro Wilderness Park
 - ✓ Enjoy a Chamberlain River Cruise

23 TO 27 JULY 2023

\$3890*

Per Person Twin Single Price \$4550*



8 DAYS

CAIRNS WINTER GETAWAY

HIGHLIGHTS & INCLUSIONS

- ★ Home pick-up and return by Private Car
 - ★ Fully Escorted by a Kings Tour Manager
 - ★ Return Economy Airfares and taxes
 - ★ 7 nights' accommodation at the 5 Star Shangri-La Cairns
 - ★ Luxury Coach transfers throughout with professional driver
 - ★ Breakfast daily, 4 lunches and 4 dinners
 - ★ Sightseeing and entry fees as per itinerary
- ✓ Wander the Cairns Botanic Gardens and enjoy lunch at Botanic Gardens Restaurant Café
 - ✓ Embark on a One Way Kuranda Scenic Railway & One Way Skyrail Rainforest Cableway
 - ✓ Enjoy a guided Coffee Tour at Jaques Australian Coffee
 - ✓ Visit the Curtain Fig Tree
 - ✓ Cruise on Lake Barrine including lunch
 - ✓ Enjoy a guided tour on the Daintree River including morning tea
 - ✓ Enjoy lunch at Daintree Teahouse Restaurant
 - ✓ Visit Mossman Gorge
 - ✓ Tasting at Gallo Dairyland, Atherton Tablelands
 - ✓ Enjoy a tour and lunch at Paronella Park
 - ✓ Enjoy a dinner cruise with Spirit of Cairns
 - ✓ Visit the Cairns Aquarium

24 TO 31 JULY 2023

\$4450*

Per Person Twin Share Single Price \$5850*

WHITSUNDAYS & O'REILLY'S RETREAT

HIGHLIGHTS & INCLUSIONS

- ★ Home pick-up and return by Private Car
 - ★ Fully Escorted by a Kings Tour Manager
 - ★ Luxury Coach with a Professional Driver
 - ★ Return economy airfares and taxes
 - ★ 2 nights' accommodation at O'Reillys Rainforest Retreat
 - ★ 1 night on board the Queensland Spirit
 - ★ 3 nights' accommodation at Coral Sea Resort, Airlie Beach
 - ★ Breakfast daily, 3 lunches and 5 dinners
 - ★ Sightseeing and entry fees as per itinerary
- ✓ Enjoy the beautiful scenery that surrounds O'Reilly's including the Tree Top Walk
 - ✓ Visit Moran's Falls, the Wishing Tree and Pats Bluff
 - ✓ Guided rainforest tour to the mystical Glow Worm Grotto
 - ✓ Journey on the Queensland Spirit from Brisbane to Airlie Beach in a RailBed
 - ✓ Day Excursion to Hamilton Island and Whitehaven Beach
 - ✓ Embark on a local guided tour of Bowen
 - ✓ Lunch at Oar Restaurant inside the Cape Gloucester Resort
 - ✓ Enjoy Morning Tea at the Whitsunday Gold Coffee Plantation
 - ✓ Guided Tour of the BIG MANGO!
 - ✓ Visit the Proserpine Historical Museum



7 DAYS

21 TO 27 AUGUST 2023

\$4790*

Per Person Twin Share Single Price \$5650*



9 DAYS

MURRAY PRINCESS CRUISE South Australia

HIGHLIGHTS & INCLUSIONS

- ★ Get up close to the river birdlife on board the 'Dragon-Fly' flat-bottomed boat
- ★ Riverland food & wine tasting
- ★ Experience Banrock Station Wine & Wetland Centre including a delicious lunch
- ★ Tour the gardens and orchards and visit the cellar door at Caudo Vineyard
- ★ Guided walk of the Morgan township and the Morgan Living History Museum
- ★ Take a walking tour of the Swan Reach township and visit the Swan Reach Museum
- ★ Watch the Sunnydale Woolshed Show and Native Wildlife Shelter
- ★ Enjoy an Aussie BBQ on the banks of the Murray River
- ★ Explore the Ngaut Ngaut Aboriginal Reserve archaeological sites with an expert local guide
- ★ Enjoy a Captains Farewell dinner and dance
- ★ Spend time in the quaint German village of Hahndorf

TOUR INCLUDES

- ✓ Home pick-up and return by Private Car
- ✓ Fully escorted by a Kings Tour Manager
- ✓ Return Economy Qantas Airfares
- ✓ Luxury coach transfers with a professional driver
- ✓ 1 nights' accommodation in Adelaide at The Stamford Grand Glenelg, Adelaide
- ✓ 7 nights' onboard the Murray Princess in an Outside Twin Cabin
- ✓ Breakfast daily, 6 Lunches and 8 Dinners
- ✓ Sightseeing and entry fees as per the itinerary

12 TO 20 OCTOBER 2023

\$5390* 8 CABINS LEFT!

Per Person Twin Share Single Price \$6850*



7 DAYS

GHAN EXPEDITION

HIGHLIGHTS & INCLUSIONS

- ★ Home pick-up and return by Private Car
 - ★ Fully Escorted by a Kings Tour Manager
 - ★ Return economy airfares including taxes
 - ★ 2 nights' accommodation at the Adina Hotel Darwin Waterfront
 - ★ 3 nights' on board the legendary Ghan in Gold Service
 - ★ All-inclusive dining in the Queen Adelaide
 - ★ Restaurant, Off Train Excursions and Outback Experiences
 - ★ Access to the Outback Explorer Lounge for beverages and socialising
 - ★ All-inclusive Australian wines, beers, spirits and non-alcoholic beverages
- ✓ In-cabin music channels and journey audio commentary
 - ✓ Complimentary Australian bathroom amenities
 - ★ 1 nights' accommodation at the Stamford Grand Glenelg
 - ★ Transfers throughout
 - ★ Breakfast daily, 3 lunches and 5 dinners
- ✓ Off train experiences in Katherine, Alice Springs, and Coober Pedy
 - ✓ Evening off train experience in Manguri
 - ✓ A spectacular dinner under the stars at the historic Telegraph Station, Alice Springs
 - ✓ Explore Nitmiluk Gorge's powerful natural wonders and rich Indigenous culture
 - ✓ Venture into the underground opal mining town of Coober Pedy
 - ✓ City sights tour of Adelaide

11 - 17 SEPTEMBER 2023

\$6250*

Per Person Twin Share or Single

CORAL COAST WONDERS TOUR

TOUR HIGHLIGHTS

- ★ Visit the iconic Pinnacles in Cervantes
- ★ Visit the new Kalbarri Skywalk and enjoy the spectacular views
- ★ Walk down to Natures Window for a photo opportunity
- ★ Relax and enjoy the scenery on the Kalbarri Wilderness Cruise
- ★ Enjoy dinner in a local Kalbarri restaurant
- ★ Experience the Dolphin Encounter in Monkey Mia
- ★ Jump on board the Aristocat 2 for a cruise around nature aquarium
- ★ Visit the Shark Bay World Heritage Discovery & Visitor Centre
- ★ See the Wildflowers in bloom
- ★ Tour with lunch at the Lobster Shack in Cervantes

TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully escorted by a Kings Tour Manager
- ✓ Luxury Coach with a professional driver
- ✓ 2 nights' at the Kalbarri Edge Resort
- ✓ 2 nights' at the Monkey Mia Resort
- ✓ 2 nights' at the Ocean Centre Hotel Geraldton
- ✓ Breakfast daily, 5 lunches and 6 dinners
- ✓ Sightseeing and entry fees as per the itinerary



7 DAYS

23 TO 29 AUGUST 2023

\$3290*

Per Person Twin Share Single Price \$3990*



8 DAYS

SPRINGTIME SPLENDOURS INCLUDING THE CANBERRA FLORIADE

Discover the vibrant colours and rich history of Australia's capital and beyond!

HIGHLIGHTS & INCLUSIONS

- ★ Locally guided tour of Canberra
- ★ Sheep demonstration and lunch at Gold Creek Station
- ★ Visit the Floriade in Canberra
- ★ Visit Australian War Memorial in Canberra
- ★ Self-guided tour at the National Portrait Gallery
- ★ Explore Cockington Green Gardens
- ★ Guided tour at the National Arboretum
- ★ Guided tour and lunch at the Submarine Museum
- ★ Visit to the Jindera Pioneer Museum Complex
- ★ Gallery Tour at Bruno's Art & Sculpture Garden

- ★ Museum Highlights Tour at the Immigration Museum
- ★ Lunch at The Tea Rooms 1892 in Melbourne
- ★ Laneways of Melbourne tour

TOUR INCLUDES

- ✓ Home pick-up and return by Private Car
- ✓ Fully escorted by a Kings Tour Manager
- ✓ Return Economy Qantas Airfares
- ✓ 7 nights' specially selected accommodation
- ✓ Breakfast daily, 5 lunches and 5 dinners
- ✓ Luxury Coach with a professional driver
- ✓ Sightseeing and entry fees as per the itinerary

6 TO 13 OCTOBER 2023

\$4990*

Per Person Twin Share Single Price \$5790*



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As it Happened - beyond the stories...it's time to say farewell possums!



Vale Barry Humphries

by Lee Tate
BARRY Humphries put on a free show every time he came to Perth – at least for us journalists. Dame



Edna did the same on her visits. It looked as if they were trying to outshine each other.

They never appeared together on stage – presumably for fear of losing some of their individual limelight.

Baz and the dame both declared their love for Perth and it was in Perth 10 years ago that Australia's most famous housewife broke the news.

A report went out to a stunned nation: "Dame Edna Everage will next month hang up her stock-

ings after almost 60 years in showbiz."

The Moonee Ponds widow announced that she was looking forward to retirement.

"I don't want to be worshipped, I don't feel that's my role. I'm just a person," she told a packed media room.

"A lot of people put me on a pedestal but I don't need that. I just want to mingle with ordinary people and enjoy my extreme wealth."

It was the *Eat, Pray, Laugh* tour, concluding in Perth with the dame flanked by dubious diplomat Sir Les Patterson and sad-faced Sandy Stone.

The stage show opened in the garden of Sir Les Patterson who thanked: "the traditional owners of this land, the Rinehart family".

He referred to Prime

Minister Julia Gillard as 'fanta pants', Indians as 'curry munchers', Chinese as 'chinks' and 'slopeyes' and gay people as 'pillow biters, fur traders and carpet munchers'.

Even vulgar Les Patterson was reported as being particularly popular with elderly ladies.

Baz said: "It's amazing how many old ladies you'd think would be shocked by Les, seem to love it. I suppose, well, he reminds them of their late husbands."

He said he wanted to thank his audiences: "for turning up on so many occasions, especially to-night."

"Promise me one thing: that each and every one of you will come along to my next farewell show."

Then he added: "Although this tour, farewell

tour, ended in Perth, it will be continuing in Scotland at the end of the year and in London, Wales, then in New York, Washington, Chicago and Boston.

"So, the farewell tour, I'll be waving goodbye for a few years yet."

Barry Humphries came frequently to Perth for the performances, the promotions, Telethon and his favourite seafood restaurant in Australia, Kailis Brothers.

Seriously ill in hospital, he was still cracking jokes: "I've got this new hip. You can call me bionic Bazza."

Ahead of his death, Humphries wrote a memorial essay for himself from Dame Edna's perspective, published in Sydney's *Telegraph* newspaper.

"It is true that he put me on stage for the first time

in December 1955, but it was in order to belittle me and get cheap laughs at my expense and ridicule the great Australian way of life," Dame Edna 'writes'.

"How the tables were turned! I became the star and he merely a footnote to my spectacular career."

Dame Edna then warns of what happens when artists don't achieve success: "Hitler, for example – they either become interior decorators or mass murderers."

She adds: "He (Humphries) had a lovely family and my heart goes out to them as well as to his unfortunate wives and numerous stage-struck research assistants."

Barry Humphries died in Sydney on April 22, at age 89 after serious health problems following hip replacement surgery.

School traffic wardens - Keeping our children safe on the roads on a daily basis



From L-R, left; Sue Wilsmore receives her certificate for 35 years' service.

Right; School crossing attendants were recognised for their long service with Wendy McKenna (centre) spending a remarkable 43 years on the job

A GROUP of school traffic wardens were recognised for their outstanding service by the State Traffic department of the Western Australia Police Force on April 13.

Wendy McKenna is the longest serving active warden with an impressive 43 years in the job and Sue Wilsmore received a certificate marking her 35-year service.

The group of wardens have more than 300 years of experience and provide an essential service in neighbourhoods.

Have a Go News congratulates them on their dedication and service.

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In the hotseat - Desmond Jennings celebrates his 100th birthday



Clockwise from left; Desmond Gerald Jennings's chalked 100th birthday celebratory driveway - King and Queen Consort's 100th birthday message - Desmond served Australia 1941-1946 in the Australian Army Service Corps - Kathleen Jennings OAM (right) and fellow WRAN

DESMOND Jennings holds the record for the oldest person to compete on Channel 9's *Millionaire Hotseat*. He went on the show four years ago aged 96 and just missed out on \$100,000 but earned a consolation price of \$1000.

To celebrate his 100th birthday last month, host Eddie McGuire gave him a fitting tribute on the show to mark the auspicious occasion.

Desmond Gerald Jennings was born on April 9, 1923 in WA and educated at various country primary schools, ending up at Aquinas College. Still at school when WWII broke out in 1939, Des left school aged 16 and hit the workforce initially at a wool scouring mill and then to a foundry. In December 1941 he enlisted. He was posted to Darwin until 1944 with the Aus-

tralian Army Service Corps and then shipped out to the regular Army Service Corps posted to a combat zone in New Guinea. Des served until March 1946 and was discharged in June of that year. He joined the RSL in 1942 and is the only platinum member.

Des took on an accounting course for two years, played footie with Subiaco in 1947 and in 1948 married his childhood sweetheart Kath. Kath was a WRAN and served in the Royal Australian Navy during WWII. That same year Des joined the R&I Bank where he worked for 36 years.

Des and Kath enjoyed a very happy and productive marriage producing four children (three boys and a girl) and 72 and a half years of a great marriage. Kath spent 48 years with the

Red Cross and was awarded an OAM for her services. She passed away at 95 in 2020.

Much of Des's career with R&I was spent in the bush. These stints included positions at Dalwallinu, Carnamah (his first managerial role), Katanning, Margaret River and Bunbury.

Des played a lot of sport over these years including golf, cricket and football. He knew many people through these avenues and attracted quite a lot of good business (poached from other banks) which did him no harm at HQ level. After 22 years of countrification Des was transferred back to the big smoke. A new era was beckoning.

First came William Street as the accountant followed by Belmont and Osborne Park. Des was then kicked upstairs and

became business development manager in the early 70s and was invited to the new role of marketing development officer from where he retired in 1983.

Des loves to dance and did so until he was 96, often with his daughter Catherine. To celebrate his 100th birthday his driveway was chalked with celebratory messages, he received letters from the King and Queen Consort, the prime minister Anthony Albanese and WA premier Mark McGowan. Mayor of Stirling Mark Irwin visited and congratulated him on the day and *Have a Go News* columnist and musician Rick Steele visited to play the ANZAC song as part of the celebrations.

Have a Go News extends its congratulations for his 100th birthday!

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Helping people to learn more about the digital access space and workshops



The Centre for Accessibility's Scott Hollier - staff members Christopher Leighton and Aarthi Gurunathan at work

by Allen Newton

DR SCOTT Hollier is the founder of the Centre For Accessibility Australia. He is also legally blind and has the eye condition retinitis pigmentosa.

With a PhD in Internet Studies, a Master of Management and experience across the not-for-profit, corporate and government sectors, he has made it his mission to enable people with disability to have equal access to technology and the Internet.

He founded CFA Australia in 2020. It operates a help desk supporting people with disabilities and supports other organisations to become more accessible through training and website auditing.

Scott studied computing at university and realised when he entered the workforce that there weren't a lot of other people with disability working in IT, which surprised him.

"Having low vision, I found that IT was a great job because I could

change the colours and the fonts and things on the computer to make it easier for me to see, it didn't require moving around a lot and I was a bit surprised to find there weren't more people with a disability in this area," Scott says.

"At Curtin, they introduced a humanities-based qualification to look at how people with disabilities were able to really embrace the internet as a gateway to independence.

"Because my first de-

gree had been in computer science the humanities focus was of real interest to me. I was working full time and went back to study part-time and got a lot out of that study and went on to do a Master's and PhD. When I finished that, I wanted to work somewhere where I could make a difference around supporting people with disability and technology."

Scott worked in Sydney for a time before deciding he wanted to do more in the accessibility area. He and a digital agency and another not-for-profit teamed up and in 2028 created the Centre For Accessibility as an initiative.

"We really wanted to advocate and promote the importance of digital access, making content accessible and from there

we got a lot of traction and decided to hold an awards ceremony, the Australian Access Awards in 2019 to celebrate organisations that do make their content accessible and that went really well.

"We decided with this momentum to continue the path, so we incorporated in 2020 and have grown now to nine staff, seven of whom have a disability and continue to find ways to support organisations and individuals in getting access to digital content."

Scott says his staff experience a range of disabilities from vision to cognitive disability, mobility impairment and some mental health-related disabilities.

"We have a great list of perspectives when it comes to looking at digital access.

"I think the thing that is important in terms of the staff is that although many of us have a disability it's important to stress that every single staff member is highly skilled and to have staff with a disability is an extra benefit in terms of providing us with the perspectives and understanding of lived experience in addition to the skill-sets they provide."

Scott says those perspectives sometimes bring things to the table that he would never have

considered, which enriches the work they do.

"The more you recognise and support diversity and equity in the workplace the more you do get these great nuggets of information and greater ways we can work and support each other and support people with disability and the community at large."

Much of the work CFA does revolves around its auditing team which works to an international standard, the Web Content Accessibility Guideline (WCAG) which determines whether websites and apps and documents are accessible.

They aim to make sure organisations can make their information accessible through auditing and workshops and by providing them with advice.

The help desk with a variety of equipment helps people with a disability directly, so if people call up and they or family members are having trouble with something like Windows or Mac or their iPhone or Android, there are people who can support that.

An advocacy arm focuses on advocacy, news and social content, and the awards.

Funding for the CFA comes mainly from the audits and workshops where organisations pay

to have their websites audited, along with training to enable them to make their content accessible.

They also receive some grant funding.

The help desk service is free to be directly help people with disabilities and their families and carers in how to get devices up and running and using the features they need.

Scott believes business is getting better at ensuring accessibility.

"It is a journey and I think most people who work in this space would say that awareness is increasing, however, there are still a lot of organisations that aren't aware of what accessibility is or how they need to go about it.

"Quite often it can fall to one person who has ad-hoc responsibility for accessibility in a big organisation. They are waving the flag and trying to put out fires when a lot of people around them aren't aware, but we do find that most organisations have someone who does something, but a big part of our role is to try to get a whole of organisation buy-in."

At the ATSA Expo Scott says the AFA will be providing workshops and helping people to learn more about the digital access space.

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Find out about assistive technologies at expo at Claremont Showgrounds

PERTH is set to hold its third assistive technologies expo, highlighting the resources available to the 4.4 million people in Australia classified as having a disability.

The Assistive Technologies Suppliers of Australia (ATSA) Perth Independent Living Expo will be the largest yet, with more than 70 companies involved and up to 2000 people expected to attend the event to be held on May 31 and June 1 at the Claremont Showgrounds.

Primarily aimed at health profes-

sionals, such as occupational therapists, speech therapists, and rehabilitation engineers, the expo is free and open to anyone who would like to attend.

The venue is wheelchair accessible, with ramps, wide aisles and accessible toilets, plus a change room with hoist and bed.

The expo will include a number of seminars from industry experts and includes discussions about wheelchair optimisation, NDIS briefings, information about ATChat for assis-

sive technology users, toilet training for children with special needs, using online gaming to build community participation, parenthood with vision loss, and managing behaviours of concern through wheelchair interventions that allow for sensory expression and enhance participation.

There will be a paediatric panel discussion and a talk about how the NDIS can support people with a disability to travel, shoulder injuries for wheelchair users, postural care,

alternating air mattresses, getting a job for people with a disability, helping people with neurological impairments to stand, and assistive technology for manual wheelchairs.

A special adaptive clothing fashion show will also be held on June 1, from 12.15pm.

Interpoint Managing Director Simon Cooper, who has been running the ATSA expos around Australia since 2005, says he is expecting many new products to be displayed for the first time.

He says people are keen to engage in face-to-face conversations and visitors want to see, touch, feel and discuss patient needs.

The expo opens on the Wednesday at 8.30am and runs to 4.30pm and on the Thursday runs from 8.30am to 3pm.

A café will be at the expo with various food offerings, including catering for many dietary requirements.

Seminar times and more details are available from expo.atsa.org.au/perth-expo/

There's no shame in finding the right equipment to keep you independent for longer



Sydney-based chair for the Centre for Universal Design Australia (CUDA), Dr Jane Bringolf

by Allen Newton

WHILE Sydney-based chair for the Centre for Universal Design Australia (CUDA) Dr Jane Bringolf won't be at the Perth Assistive Technologies expo, she has delivered seminars at previous expos and has some advice to offer on the subject, particularly for older people.

"Use every gadget and piece of equipment that you can because it is there to help you with your independence – and to quote my mother: who wouldn't use her walking stick until an occupational therapist persuaded her into it and she found she could walk longer and

better without pain – she said to me then: 'so being independent means depending on things,'" Dr Bringolf says.

"This relates to assistive technology. You hear phrases like someone saying to an older couple after Susan's had a fall in the bathroom, so you need a grab rail, and then the husband says: 'Oh, so it's really come to this now, has it?'"

"The stigma around assistive technology is still there. People don't want to be called disabled, which is laughable really.

"Granny would rather hang on to her daughter's arm in the supermarket than use a wheely walker which would keep them

both safe.

"I say to people as a motivational thing, because I have worked at the Independent Living Centre and I've seen everything there is to see to help. I am not frightened of growing old because I know there is a gadget for everything I want to be able to do and I am going to use it.

"If I need a wheely walker to get out on the street and keep going then I'll be using a wheely walker."

Dr Bringolf says her work with universal design, encouraging the whole community to develop barrier-free design in everything from buildings to the food they eat, aligns perfectly with the assistive technology industry.

CUDA promotes the concept and encourages a thinking process about design that embraces the full bell curve of the population.

"We provide a lot of information and advice; we are also happy to do paid consulting, but the marry up between assistive technology and universal design is an easy one; it's like a continuum along a spectrum.

"At one end you have very specific devices to overcome or support specific physical or emotional or sensory loss – a classic one would be a prosthetic limb – and at

the other end you have environments that will allow a person to walk easily in and around whether it be open space or a building or whatever.

"The example I use is that a wheelchair will give you mobility, but if there is no level entry into the building the wheelchair is of little use.

"Likewise, if there is level entry to the building and you don't have the assistive technology then that doesn't work either, but the two come together at some point along that continuum."

The concept of universal design began many years ago in America as barrier-free design to include wheelchair users, particularly those coming back from the Vietnam war who were using wheelchairs and couldn't get across the street because there weren't basic things such as kerb ramps.

"Once they got the kerb ramps in place there was a realisation that people with prams and bikes and shopping trolleys find it easier to cross the road as well, actually it's a universal design, and that is how universal design got going.

"Then of course we had the legislation in terms of disability discrimination – the U.N. convention and so on. They've picked up that term universal design which is why it's associ-

ated mostly with people with disability, however, if we're thinking about the whole population bell-curve we're talking about a whole range of diversity, men, women, different genders, people from different backgrounds, different ages, different abilities.

"We're talking about not just physical disabilities, but also those invisible ones such as autism and all the rest.

"Universal design has evolved over the last 40 or 50 years so it's not a new concept, but it is often more recently that people for the first time have heard it."

CUDA's main role is in promoting the concept, something Dr Bringolf does through a regular newsletter and articles in the media which might relate to everything from architecture, tourism, transportation, website design, or graphic design.

"We're all designing things every day. We design a meal, we design an email and all of these things that we design even if we're not trained designers. We need to think about who is going to be using this and how well will they be able to use it or will they be able to use it at all."

Take an email for example.

"Is it in a font that lots of people can read, is it in short sentences, is it easy to read, is it a plain language one or is it lots of waffle, what kind of type-face are you using, are you using a squiggly one or using something plain like an Arial or Helvetica? All of those sorts of things mean you are designing whether you realise it or not.

"But I think that detracts from the key thing and that is that universal design covers anything and everything you can think of, everywhere, every time for everybody."



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Practical ways everyone can make a difference in the disability space



From left to right; CEO of Good Sammy, Kane Blackman at one of the Good Sammy stores - Kane Blackman and staff - Good Sammy also operates a logistics business

by Allen Newton

KANE Blackman, CEO of Good Sammy which employs 600 people, including 300 with a disability, is out to raise the awareness of the employment opportunity for people with a disability in Australia, when he speaks at the Assistive Technologies Suppliers of Australia (ATSA) Expo.

While most people are familiar with the 23 Good Sammy retail stores, it also has a diverse range of roles for people with a disability in its logistics business with truck drivers with disability, container recycling business, cafés, and gardening service.

Kane says when the Commonwealth Productivity Commission in 2011 recommended that a national disability scheme be introduced it identified that improving disability employment in Australia would add \$50 billion to the country gross domestic product.

"That would actually pay for the NDIS itself," he says.

"However, we have

not achieved the employment outcomes that were underpinning the original assumptions for the scheme.

"In fact, we're going backwards.

"If you are an NDIS participant over the age of 35 and in the scheme for two years or more your employment chance is actually negative, you are going backwards, so fewer people with disability who are NDIS participants and over 35 are being employed."

Kane wants to identify the opportunities for the individual and the country and talk about the practical ways in which organisations and individuals can make a difference in the disability space.

He says it's an arena that has seen a considerable amount of change.

His own involvement with the sector began six years ago after his son was diagnosed with the rare disability called Angelman Syndrome, a seizure disorder that affects speech and brings with it learning difficulties.

Before that Kane worked in private roles in equity, resources and government, but his son's diagnosis made him re-examine his purpose and use the skills he had developed to contribute to the community sector.

"I joined a number of boards and advisory councils just after his diagnosis and really joined the sector full time in the role at Good Sammys in February last year," he says.

"It's useful coming into the role bringing both commercial acumen, but also lived experience.

"The sector is in deep change at the moment, there's a Royal Commission with findings out later this year, there's a review of the NDIS being undertaken looking at the outcomes it's achieving and its sustainability, there are a number of reviews occurring in the employment space – and that's an area I'm really passionate about.

"It is Good Sammy's core mission, disability employment and one of the core things that has

stuck with me ever since I've joined is that at a state and national level, we are celebrating low unemployment rates at 3.5 per cent, however if you are a person with a disability the unemployment rate is 10 per cent.

"If you are person with intellectual disability, it's 20 per cent.

"If you think about the size of that cohort in Australia with disability of working age not in a job, it's a million people, so there are a million Australians with disability of working age not in employment and the various parents and carers who are probably not contributing socially and economically to their full potential because of their responsibilities as well.

"And yet we are seeing employment rates for people with disabilities stagnate or go backwards in a number of age cohorts."

Kane says we are getting a number of things wrong.

"We don't have the right policy settings and funding to create employment outcomes for

people with disability.

"For example, the NDIS funds employment at \$300 million a year for participants. That's the same amount that they fund for house cleaning and yard maintenance for NDIS participants.

"The prioritisation of an activity that is critical to the social and financial independent purpose and identity and ultimately the GDP of this country doesn't have the funding focus.

"Secondly, we've made great strides in our community for Indigenous employment and for women in leadership roles, we're not there yet on those cohorts, however we haven't had the same organisational focus on the proportion of people with a disability in the workplace."

Kane says one in five, or 4.4 million Australians have a disability.

"Yet if you look at almost every workplace in Australia there is not that representation in the workplace, so a lot of employers should be examining what the proportion is in their workplace,

what are the barriers and discrimination that's causing that?

"Let's go out and actually target people, let's make our employment practices more inclusive, and let's have disability awareness training for our staff.

"Another thing is procurement, we've had some great success in Western Australia with the State Government's Indigenous procurement policy which sees one to two per cent of State Government contracts go to Indigenous-led businesses. That's a great way to deliver economic and social outcomes.

"There's not a similar policy around disability employment with procurement. Wouldn't it be amazing to follow the Victorian Government's lead on saying when you tender for government goods and services you need to actually talk about how many jobs you'll create and what are the diversity cohorts that will be serviced by this project.

"Also, you are seeing a lot of organisations focus on placement of people with disability into roles, but not the ongoing support and also not focusing on people with intellectual disability.

"That's why you are not seeing employment rates change."

Kane says there is plenty of good intent amongst employers, but there are a number of people who just don't know how to start to improve the inclusivity and diversity of their workplaces.

"It's not necessarily only tailoring jobs or customising roles. People with disability can be the board directors, the

CEOs and the front-line managers, we've got very talented people in the sector.

"Also, businesses don't even necessarily need to have vacant roles to create employment.

"For example, if a business is paying a commercial gardener for service on a contract that could identify an organisation like Good Sammy and purchase gardening services through Good Sammy.

"That delivers jobs for people with disability who come out to perform that work. It just requires an open mindset and a willingness to reach out to organisations to get some assistance.

"That's our core mission. We have 600 people, of whom 300 have a disability, so 50 per cent of our workplace has a disability whereas most workplaces in Australia are less than one per cent."

Kane says employers open to employing more people with disability should talk to their staff and stakeholder who have a disability and tell them they would like help to improve their diversity and then identify the sorts of things that can be done.

Some of it can also be done by reaching out to organisations like Good Sammy to find staff or procure services such as disability awareness training or building a disability employment strategy.

"Others might be using a disability employment service provider, but make sure you choose one that provides ongoing support and one that actually employs people with disability in strong workforce proportions."




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Physiotherapy update - do you have urinary incontinence?



There are several different types of incontinence...



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

CONTINENCE Foundation of Australia defines urinary incontinence as: a very common condi-

tion that can range from the occasional leakage of urine when you laugh, cough, sneeze or exercise, to the complete inability to control your bladder.

Urinary incontinence occurs twice as often in

women as in men, and one in four women over the age of 40 will develop urinary incontinence in their lifetime. Further, 30 per cent of women will experience symptoms immediately after child-birth.

There are several different types of incontinence, the most common are:

Urge Incontinence: this is the involuntary loss of urine associated with urgency – a sudden and strong need to urinate.

Stress Incontinence: the leakage of small amounts of urine during

activities such as coughing, sneezing, laughing and lifting.

Urinary Retention: the inability to empty the bladder completely. This may result in leaking small amounts of urine on a regular basis.

Other types of urinary incontinence can result from surgery (like a hysterectomy or for prostate operation), a prolapse, from a neurological cause, a combination of two types of urinary incontinence, and several others.

As there are several dif-

ferent causes of urinary incontinence, a medical assessment is often indicated. If the contributing factor is weakness from the pelvic floor, a physiotherapist can assist in implementing an individualised strengthening program. This may be completed in conjunction with a 'bladder diary'.

A physiotherapist often uses a real time ultrasound to objectively assess the contraction of the pelvic floor and to assist with the correct implementation of the strengthening program.

This provides operator with immediate visual feedback.

Women's and Men's Health is offered on a Monday and a Friday at Next Generation Physiotherapy located at Suite 4, 5, 6/3 Castlegate Way, Woodvale. Appointments can be made by calling 9203 7771 or online at www.ngp.net.au.

Urinary incontinence can be embarrassing. In the attempt to make you feel comfortable, a 60-year-old female will be present during the consultation.

Improving arthritis symptoms with stem cell nutrition



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. The disease begins in the cartilage and eventually leads to two bone surfaces rubbing directly against each other. This is not only painful, but very restrictive on daily mobility and flexion. Osteoarthritis 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 of

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 about how stem cell nutrition can transform your life phone Sandra Barnsley 0412 479 156.

Raising awareness about palliative care

NATIONAL Palliative Care Week from May 21 to 27 is an annual awareness raising initiative held to increase the community's understanding of what's involved in palliative care.

With the theme 'Matters of Life and Death' – people are at the heart of quality palliative care. The week also provides an opportunity to showcase the work of Palliative Care WA.

People needing advice on palliative care can call the free and confidential Palliative Care Helpline – 1800 573 299 – available 9am to 5pm

every day of the year. The helpline is staffed by caring, experienced professionals who listen and help people of all ages to navigate their way through the challenges presented by end-of-life issues.

Palliative Care WA also has other free services for community members in Western Australia including the Advance Care Planning workshops and the Advance Care Planning Support Service.

To book and for further details visit www.palliativecarewa.asn.au or phone 1300 551 704.

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

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

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

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

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

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



healthy living

ADVERTISING FEATURE

health options
for the mature west
australian

Reviewing your medications by a pharmacist in the privacy of your home



Alison Menzies and her children at the HBF run - Pharmacist Alison Menzies at an ADEA medication management workshop

by Allen Newton

AS the years advance, for many older people that means a corresponding increase in the number of medications that keep the body ticking over.

And it's not always as easy as swallowing a bucket full of tablets for breakfast. Some need to be taken with food, some without, and some don't play well together. Getting it all sorted can be a bit tricky.

While pharmacists are always ready to have a chat about medications at the chemist shop, it's not the most conducive environment for a chat about your drug taking habits.

And that's where accredited pharmacist Alison Menzies comes in. She is one of a growing band of pharmacists, who armed with a referral from a GP, will come into your home to do a thorough medications review.

Even better, the service is covered by Medicare at no cost to the patient.

Alison's company, HealthMed Lifestyle Clinic, is her vision for pharmacy – a health hub.

"As a pharmacist I believe in safe effective use of medications. Sometimes that means stopping, or changing formulation or adding medications," Alison says.

"For me it always means looking at that person and knowing 'their story'. This is what a home medication review (HMR) can help to achieve.

"The patient is more than the referral – they have experienced the diagnosis, the start of medications, the change of medications.

"They know what has worked, what has not. They know what food they like to eat, what makes exercise possible and how they feel about that.

"Managing health condi-

tions is more than starting or stopping a medication, it is looking at the person and knowing the other factors that can also be contributing."

Alison says there are many elements to home visits and among the issues she discovers are missed medications, medications not matching GP records, doubling up of medications, not understanding generic medicines, and checking for adverse drug reactions.

She will also check for correct use of inhalers, insulin and other devices.

The report incorporates blood test results, so the clinical aspect back to the GP may include monitoring glucose levels, B12, kidney and liver function, lipid profile and so on.

She will also check to make sure the patient is able to swallow medications.

"I can see the home environment – are there many

stairs, are there rugs, is it cold/hot? This information is hard for a GP to know."

She will also check for correct storage of medications and if medications can be rationalised, if they are effective, and if the patient is isolated.

Alison says it is fairly common for her to be the only visitor for the week.

"Do they have any specialists? Should they? Are they being followed up? The GP is the gate keeper to specialists. GPs are time poor; paperwork is too heavy and things can be missed. Utilising a team approach to medications can help with this."

Alison says when she first started HMRs she needed to learn how to interview people, how to obtain information so she could improve her skills to achieve the best outcome.

"Each HMR I complete is a learning curve still to this day. Each patient story fascinates, and I know

I am privileged to be able to go into people homes, into their lives.

"HMRs started for me so I could keep up to date. The enjoyment of my role means I have never wanted to give it up, even when working full time, if a referral came in I completed it. This was actually what led me to re-evaluate my career so that I could go back to completing more HMRs."

Born in a small town in the UK, Alison says she always knew she wanted to do something medical.

"When I was completing my GCSE's in Year 10 my school organised a two-week placement in a small local community pharmacy. I found the two weeks fascinating. I loved the interaction between patient and pharmacist.

"The pharmacist also took time with me; to explain a few medications, their interactions, why we would choose certain over-the-counter medications, what to look for and what to ask.

"I was curious to learn, curious to be part of this world, a curiosity that has continued to this day."

Alison says HealthMed is about the pharmacist branching out and looking at each individual and matching their needs in terms of health, optimising their medication to maximise their health.

"I also have a dietitian and the aim is to eventually branch out further with other allied health services that I can offer."

Alison completed her de-

gree at Bradford University before working in the UK and travelling to Australia.

She moved to Perth in 2002 and has worked in Royal Perth Hospital, Osborne Park Hospital and the former Swan Districts Hospital.

When three children came along, and it was difficult to balance home and work Alison decided to become accredited to complete home medication reviews and residential medication management reviews at nursing homes and began promoting her services to local GPs and pharmacies.

Alison had gestational diabetes with two of her pregnancies which led to an interest in diabetes. She completed a postgraduate certificate in diabetes education in 2013 and then completed credentialling to become a credentialled diabetes educator early 2015.

"At this stage there were very few pharmacists who were diabetes educators and even fewer accredited pharmacist diabetes educators. I think then I was in the top 10-15 around the country. There are more now, which is great to see."

Alison says HMRs are still flying under the radar and believes they are the best kept secret in the world, something that would be wonderful to see change.

HMRs are GP referral based so the person needs to have a GP referral and then this is covered under Medicare

Diabetes education is

done in person through sites in Kalamunda or Midland.

"I have a dietitian and now she works through telehealth and I am in the process of recruiting a second.

"I have a passion for gestational diabetes so down the track I do hope to also have lactation consultant as one of my allied health assistants, I am also looking at an exercise physiologist. These will be in time as I slowly develop."

Most of HealthMed's referrals are Hills, Midland and Murdoch, reflecting the relationships Alison has developed over the years with differing GPs.

Alison believes there are around 2000 accredited pharmacists in Australia, and a much smaller proportion who are also diabetes educators.

"HMRs need to be driven by the pharmacist at the start so the GP can understand what the pharmacist can do. This takes time and perseverance and if you're working a fulltime job already can be limiting."

Diabetes and diet consultations work slightly differently.

"A GP can complete a GP management plan and Enhanced Primary Care Plan and this will allow for a Medicare rebate (currently \$56 per appointment).

For dietitians, many private health funds cover a portion and some also provide for diabetes education.

For more information visit www.healthmedlife.com.au.

Shop around for a good deal for hearing health

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

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

Failing to do so could create unnecessary budget stress.

Specsavers Audiology is committed to

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

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

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

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

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



Why pay full retail prices for your specs?



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

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

every time you visit the showroom.

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

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

Factory Direct Specs have a fantastic range of prescription spectacles and sunglasses catering for every budget. The onsite HICAPS machine allows you to claim directly from your Health fund*; more times than not, single vision spectacles are fully covered. Although they offer a range of budget frames, they

also stock quality optical brands and latest designs for the fashion conscious. All at great value for money.

If you have a frame that you love but the prescription has changed, Budget Factory Specs can fit new lenses into the existing frame. They know that you can't leave your only pair of glasses while new lenses are being ordered, as is with most optical stores taking anywhere from one to two weeks to have them back to you from the laboratories over east.

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

*Conditions apply



Factory Direct Specs (WA)

WHY PAY FULL RETAIL PRICES FOR YOUR SPECS?

Just bring in your prescription and **SAVE \$\$\$** or we can contact your optometrist and obtain it for you!

Visit us at Unit 6, 28 Canham Way, Greenwood WA 6024
Call Jason 0418 881 751 or
email enquiry@factorydirectspecswa.com.au

HARRIS/AL-DOBBS

Celebrating National Volunteer Week
The Change Makers



NATIONAL 15-21 MAY 2023
VOLUNTEER
 THE CHANGE MAKERS WEEK

Isobel Wilson shows the value of volunteering in the community



Isobel Wilson

by Serena Kirby

EVERY Wednesday morning, Isobel Wilson clips on her name tag and pulls out her lists. She checks supplies, arrang-

es foodstuffs and prepares to welcome those that have a need to come. Isobel is one of the caring women who volunteer at her local Community Resource Centre's Food

Pantry in Denmark which helps provide basic supplies to locals in need. Isobel has been donating her time to this vital service every week for the past two years and says volunteering had always been something she wanted to do.

"My background is in banking and administration," Isobel says. "My husband and I ran a printing brokerage in Perth for a decade and I handled all the office admin."

"I'm a very organised person and I've always valued a sense of community, so when I moved to the Great Southern I dropped into my local CRC to ask what volunteer roles were available.

"Helping manage the Food Pantry seemed a perfect fit."

Originally from England, Isobel moved to Australia 40 years ago and after selling their printing business she and her husband chose to swap the city life for the country living six years ago.

"I feel life's about balance; you give a bit, you take a bit. I see my role at the Pantry as one of facilitating people that perhaps aren't in a good place right now. It's been an eye-opening experience as we often tend to live in our own little world and how we see the world is not always true for everyone else."

Isobel adds that, while she always greets those who come to the Food Pantry with a smile and a willing ear, she's conscious that not everyone is comfortable with admitting they need food support.

"There's been moments when people have sat down and poured their hearts out, but others just want to get supplies and leave. I don't judge and I don't push. I'm led by the person as to how much they want to talk or share. For me it's all about listening and accepting them."

Sometimes special connections are formed and Isobel recalls one young mother who want-

ed to learn to crochet as she hoped to start a market stall.

"I'm more of a knitter than a crocheter, but I was able to teach her the basics and we spent a lovely morning together with our hooked needles and yarn. It was a pretty special experience."

And Isobel doesn't confine herself to simply

helping in the Food Pantry. She also volunteers with several other community groups and helps with sewing reusable carry bags and fabric bunting.

"People often think that volunteering is altruistic but I don't see it that way. I get a lot more out of it than the effort it takes to do it," she said.

Vinnie's volunteer Maria is a change maker



FOR Maria, volunteering is a great way of giving back to the community. She helps by answering requests for emergency assistance at the Vinnies call centre.

"Our call centre in Canning Vale takes about 200 calls a day. That's an awful lot of people," she explains.

Requests for assistance go to local volunteer groups in the community, who visit people in their homes. They help with

food, bills, clothing and more.

Maria is just one of the many Vinnies volunteers who are change makers in our community.

After experiencing a personal tragedy last year, she decided to get out and do something for her community. A short time later, she began volunteering at Vinnies.

"I've never looked back. It makes such a difference to me and it is so rewarding," she says.

"Once you put the phone down, you can say to yourself, at least they're going to get a meal, and you've helped them."

During National Volunteer Week, we celebrate the incredible contribution of our Vinnies volunteers, and thank them for everything they do.

Without them, we wouldn't be able to support 61,000 West Australians a year.

The Vinnies website is www.vinnieswa.org.au/volunteer

Cat Haven thanks our Valued volunteers

Thank you to our valued volunteers for all the time spent helping on grounds, in admin, at events and fostering cats. We truly couldn't help the amount of cats we do each year without your help.

If you have the opportunity to help with any of the below please email volunteer@cathaven.com.au

- Event volunteers for upcoming markets, Wet Nose Day, Quiz Night, Destress and fundraising opportunities
- Skilled volunteers for HR and Marketing

Skills needed

- Customer service, happy to talk to people on behalf of Cat Haven, computer skills, organisational skills and a happy positive attitude

We would love to hear from you!



We need you!

Six good reasons to volunteer...



#TheChangeMakers

Celebrating National Volunteer Week
The Change Makers



NATIONAL 15-21 MAY 2023
VOLUNTEER
 THE CHANGE MAKERS WEEK

WA Volunteer Award winners announced for Ed Connect



L-R; Volunteer award recipients Learning Support Volunteer of the Year, Deb Singleton, Shenton College - School Coordinator of the Year: Kathryn Seisun, Margaret River Senior High School - Peel Volunteer of the Year, Proudly supported by Alcoa Foundation: Terry and Liz Stevenson, Coolesong Primary School - Mentor Volunteer of the Year: Malcolm Jennings, Vasse Primary School

THE annual EdConnect Australia WA Volunteer Awards recognises individuals who devote their lives to improving the lives of students. EdConnect Australia is celebrating a significant milestone of 25 years of volunteers supporting students in schools this year. CEO EdConnect Australia, Gerri Clay attributed the success of the school volunteering program to the volunteers who work directly with primary and

high school students providing them with their time, energy, compassion and support. In 2022, EdConnect volunteers monitored 895 students and nearly 12,600 students received classroom support. EdConnect Australia announced the winners of the 2022 WA Volunteer Awards, celebrating the outstanding commitment and passion of EdConnect Australia volunteers to school students across WA.

The four winners were selected from 892 WA volunteers who provided 1,040 hours of support each week to 10,354 students throughout WA in 2022. Volunteer award recipients were... Learning Support Volunteer of the Year: Deb Singleton, Shenton College; Mentor Volunteer of the Year: Malcolm Jennings, Vasse Primary School;

Peel Volunteer of the Year, Proudly supported by Alcoa Foundation: Terry and Liz Stevenson, Coolesong Primary School. School Coordinator of the Year: Kathryn Seisun, Margaret River Senior High School. "There are many volunteers who deserve recognition for mentoring and supporting students, and choosing just one winner for each volunteer award was extremely challeng-

ing. That they have been nominated is a significant testament to their efforts," says Ms Clay. As part of the Awards Ceremony, held on March 22 in Maylands, EdConnect acknowledged and honoured several volunteers' length of service: three volunteers had reached 20 years of service (including Mentor Volunteer of the Year, Malcolm Jennings) and 15 years of service, and six volunteers had completed 10 years

of service. EdConnect Australia urgently needs more volunteers to support vulnerable students. The Covid pandemic significantly disrupted volunteering in schools; the demand from schools for volunteers providing 1 to 1 mentoring or learning support to an entire classroom could not be met, highlighting the potential risk of teacher fatigue and overwhelming them. Call 1800 668 550 for details.



Six reasons to volunteer at Whiteman Park

WHITEMAN Park relies on a highly valued group of volunteers. In fact, they are the heart of Whiteman Park, with more than 600 volunteers giving their time to support and operate the many attractions. Whether you are a nature-lover or transport heritage enthusiast, you will find a range of volunteering opportunities available to suit your passions! Need more convincing? Here are six great reasons why you should consider volunteering at this amazing bushland reserve and tourist attraction:

1. Meet people with shared interests
2. You will join a winning team of highly motivated staff and volunteers

3. Feel good, making new friends, learning new skills and be mentally and physically active
 4. Find purpose as an active member of the Park community
 5. Whether volunteering 'outside' in the natural environment or 'inside' preserving the past, you will be helping to make a difference.
 6. Help others and enjoy the positivity it brings to your life!
- If this all sounds good, get in touch with the team to find a volunteering opportunity that suits you!
www.whitemanpark.com.au/about-the-park/volunteering.



Intergenerational volunteering

It takes a community of happiness to be happy

THESE are the wise words of Brightwater Onslow Gardens resident Janice, as she took part in the new Brightwater Intergenerational Volunteering video. Joined by fellow residents Mavis and Tom, they met with intergenerational volunteers Evan, Owen and Natalie to demonstrate the value of volunteering at all ages. From having fun playing connect four, to a bingo championship and one-on-one social connection. In-

tergenerational volunteering can help build self-confidence, develop healthy habits and reduce social isolation for both participants. And now you can participate in an intergenerational volunteering program here in Perth. The Brightwater Buddies Intergenerational Volunteering program takes many forms. From our Playgroup WA visits for our youngest volunteers, to the tech savvy teenagers teaching us

the tips and tricks of smart phones. Volunteers can join in a range of activities including arts and crafts, exercise groups, outings, entertainment, social connection and even writing letters. If you enjoy something in particular, we probably have a Brightwater resident or client interested as well. Volunteers are not able to take on caring or support worker roles as part of the Brightwater Buddy Inter-

generational Volunteering program. Instead, they spend their time socialising and connecting with residents and clients. If you are interested, or have a young community member who would love to volunteer, follow the QR code link or visit brightwatergroup.com/support-us/volunteer to see the Brightwater Buddies Intergenerational Video and register your interest.

Contribution of volunteers acknowledged in City of Rockingham



Volunteers Lyn Amm and Tony Gale

THE contribution of several long serving City of Rockingham volunteers was acknowledged in late March at the Gary Holland Community Centre. Years of Service awards were presented to City volunteers who have dedicated their time to assisting at the Rockingham Volunteer Centre, Autumn Centre, Neighbours Unite, Rockingham Connect Community Transport Service,

libraries and at City events. The efforts of two long serving volunteers in particular was highlighted, with the contribution of Waikiki residents Tony Gale (20 years) and Lyn Amm (25 years) celebrated. Tony has volunteered countless hours for the City by supporting Neighbours Unite, volunteering on several advisory committees and also being a Castaways Sculpture Awards volunteer.

Over the years Lyn has volunteered for Neighbourhood Watch (now Neighbours Unite), Safety for Seniors and the Rockingham Connect Community Transport Service. Mayor Deb Hamblin thanked all volunteers for their selfless contribution. For more information on volunteering visit rockingham.wa.gov.au/community/volunteering



The National Trust of Western Australia would like to say a big **thank you** to our incredible team of volunteers.

Your time and passion help us make a difference for the generations to come. To find out more about an enriching volunteering experience visit nationaltrust.org.au/volunteers-wa



NATIONAL VOLUNTEER WEEK 2023



**Thank you to each one of our
Vinnies volunteers in WA.**

**You're the change makers
who help us grow!**

Let's go motoring - Citroën; what a heritage of motoring difference



The classy and distinctive Citroën C5X



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

CITROËN has been a perennial fascination; with early models from the 60s littering the family drive driveway when we were kids.

They were a constant source of curiosity; differ-

ent from other cars that appeared at our house.

Alongside Rover, Humber, Jaguar or Daimler, Citroën seemed weird looking. The shape, length and odd-looking nose was almost creepy. The front of a 1960s model reminded me of the frog mouth; so different to anything we'd seen in the many cars that over the years adorned the McManus driveway.

As Dad gently explained at the time, (if not a little disparagingly): "It's French!"

As an inquisitive car-mad nine-year-old, that answered none of the

questions I was asking in my own enthusiasm for information.

History and a little research tell me Citroën goes back to 1919, founded by André Citroën, who had built armaments for France during World War 1. After the war he soon realised that unless he planned ahead, he would have a modern factory but without a product.

Wikipedia tells me, Mr Citroën was already pretty experienced in the burgeoning automotive business. His decision to switch to car manufacturing was taken in early 1916. Long before that

though he'd decided, like Henry Ford, the best post-war opportunities in car making would involve a lighter car of good quality, made in sufficient numbers to be priced enticingly.

The result was the Type A, announced in March 1919, only four months after guns fell silent. That first Type A emerged from the factory located at Quai de Javel, Vaungirard, Paris.

On July 7 1919, the first customer took delivery of a new Citroën 10HP Type A.

For now, let's focus on today, May 2023, with the

newest Citroën to arrive in the McManus driveway; the Citroën C5X.

Instantly you can see and feel the quirkiness that is Citroën; it's like no other. It drips in Citroën heritage that is joyful and more than a little playful. The quirkiness is substantial; for owners reassuringly recognisable.

But be clear, this is not simply another small SUV; its way better.

The Citroën C5 X is a front-wheel drive wagon, powered by a turbocharged 1.6-litre four cylinder engine, delivering 133kw and 250Nm of torque.



All while riding a little higher. A clever blend of wagon, sedan and SUV; so charmingly Citroën.

Does it have fruit? Copiously! All with a touch of class.

Sat-Nav, wireless phone charger, eight

speaker sound system; 7.0-inch digital instrument cluster, leather steering, dual zone climate, electric parking, heated seats, sunroof, really attractive 19-inch wheels, and plenty of other "stuff" to remind you're behind the wheel of something classically European, even if only driving the Mitchell Freeway!

From around \$59,000 plus on-roads.

Would Andre Citroën approve of the 2023 C5X?

I'd love to think so. Heritage is important and it demands our attention.



9 MUST WATCH PROGRAMS THIS MAY



TODAY PERTH
Wake up with Karl Stefanovic and Sarah Abo for Australia's most talked about breakfast show! Includes the latest news, sport, weather, opinion and analysis.
WEEKDAYS FROM 5.30AM



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



9NEWS
Join Michael Thomson and the 9News team for the full story. Perth's comprehensive live one-hour bulletin covering the latest in news, sport, and weather.
NIGHTLY 6.00PM



A CURRENT AFFAIR
See stories covering the realms of politics, crime, human rights, science, technology, celebrities and entertainment. Hosted by Ally Langdon.
WEEKNIGHTS 7.00PM



THE SUMMIT
A group of 14 strangers will embark on an epic quest unlike anything ever seen. With their backpacks containing an equal share of 1 million dollars, the group must reach the peak of a mountain in just 14 days to win the cash.
SUN MAY 14 AT 7.00PM, MON-TUES 7.30PM



LEGO MASTERS: GRAND MASTERS GRAND FINALE
It's the highly anticipated grand finale. Will Perth's Scott and Owen be crowned the winners of LEGO Masters: Grand Masters and take home the \$100,000 cash prize?
MONDAY, MAY 8, 7.30PM



GETAWAY
Showcasing interstate destinations and overseas adventures to satisfy viewers hunger for excitement and travel, join the team for Australia's longest running travel program.
SATURDAYS 5.30PM



TRAVEL GUIDES
Ordinary Australians take on the job of being travel critics as they rate their vacation experiences in some of the world's most popular locations.
WEDNESDAYS 7.30PM



DESTINATION WA
Explore the very best of the west, with host Trevor Cochrane and the Destination WA team as they visit scenic travel spots, try new eateries and explore historic locations.
SUNDAYS 5.30PM

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

@9NewsPerth | @Channel9




let's go travelling

ADVERTISING FEATURE



travel options for the mature west australian



Gillian O'Shaughnessy and Heather Morris at Margaret River Readers and Writer's Festival 2022

MARGARET River Readers and Writer's Festival is back, bigger than ever from May 12 to 14. It's the largest literary event in WA and this year enjoy three days of storytelling from some of Australia's best journalists, authors, innovators and big thinkers. Some of the main stage headliners include Bryan Brown, Richard Fidler, Danielle Laidley, Hugh Mackay and Simon Holmes à Court. The fes-

tival hub is located at the Margaret River Heart in Walcliffe Road with satellite venues across the region including a one-day special edition literary festival in Busselton. The program is diverse, offering a range of events including book launches, dinners and a Young Readers and Writers Program. Find out more or book tickets at www.mrrwfestival.com

★★★



Bicton Travel announced they are expanding their presence in the Perth market with the acquisition of Claremont Cruise and Travel Centre from July this year. The well-established agency will continue to operate under its current name, with its employees remaining in place, and

current owner Lyn continuing to consult within the business. However, clients can expect to see new travel offerings with in the branch as a result of the acquisition.

★★★

The finalists have been announced in this year's WA Top Tourism Town awards with Collie, Mandurah and Geraldton vying for top spot. The small-town finalists include Exmouth, Leonora, Tom Price and York. Tiny Tourism Town finalists are Coolgardie, Dwellingup, Gascoyne Junction, New Norcia, Northcliffe and Pemberton. The public can vote

for their favourite town at www.toptourismtown.wa.com.au

★★★

Culinary travel is on the rise with six in 10 holidaymakers travelling for foodie experiences. Travel experts from Panache Cruises have revealed their top 10 locations for indulging in delicious food around the world. Tokyo in Japan takes out the number one spot with Paris coming in a close second, followed by Hong Kong, New York City, London, Bangkok, Singapore, Berlin, Barcelona and Rome. Have you enjoyed delicious expe-

riences in any of these cities?

★★★

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

See page 37 for details on the flight which departs January 26, 2024. If you would like a copy of the brochure which outlines conditions and seating classes and the booking form, please email jen@haveagone.ws.com.au or call the office on 9227 8283.

★★★

Solo travelling has doubled since the pandemic. If you are travelling alone, it's worth taking some

measures to ensure your trip runs smoothly. Before you leave always inform friends or family of your itinerary. Create an emergency plan finding locations for hospitals or police stations for each destination. Protect your valuables keeping phones, credit cards and passports in a secure bag out of sight and ensure you have travel insurance. Another tip is that you should not tell strangers that you are travelling alone.

Happy trails

Jennifer Merigan



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

It's the Milky Way Season...



by Donna Vanzetti

ONE of the most incredible objects to see in the night sky is the stunning band of the Milky Way as it makes a stary arc across the night sky.

Astrophotographers often refer to this time of the year, from mid-autumn to mid spring, as the "Milky Way Season". That's because, during this time of year, we look towards the centre or core of our Milky Way Galaxy. It's dense with stars and stretches across the dark night sky in country WA. Astrophotographers love it.

The Milky Way is best seen when there's no moonlight and you're away from bright city lights. What you're looking for is a band of cloudy or dusty-looking light that stretches from the south-east to the south-west. It looks like a cloud, but it's actually billions of stars that make up the Milky Way galaxy, our home in the Universe.

It is worth noting that many people around the world never see the Milky Way, as they live in areas or cities with heavy light pollution. But out in country WA, under a moonless sky, the view is quite simply spectacular and memorable.

When to look: after sunset on moonless nights, 6.30pm, between May 12 – 23. It will also be visible right through to the end of October.

Which direction to look: south.

Another beautiful cosmic view to enjoy will be on May 23 when we have the Venus and Moon show. The Evening Star, Venus, will be glowing brilliantly with the lovely thin slither of the Moon sitting directly below, providing a special duet in the sky.

When to look: end of twilight on May 23.

Which direction to look: north west.

After a busy day it is very calming to gaze upon the stary night sky. Make the time to go out and look up at nature's astronomical wonders. It is a window out to the incredible and mysterious cosmos beyond.

For more stargazing news and information visit the Astrotourism WA website at <https://astrotourismwa.com.au/>.

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let's go travelling

ADVERTISING FEATURE



travel options for the mature west australian

Flour and fire - discovering the best of Italy with a well-known WA chef



L-R; Positano - Cooking class - Flour & Fire - tour guide, Italy Tour Co.'s Luca Rocconi

by Gail Williams

IF life, pleasure and sublime culinary experiences is all about the journey,

then Valerio Fantinelli has just the trip for you.

But this chef's extraordinary Italian secret dining experiences begin with...

let's be honest... a somewhat unremarkable journey through winding Hamilton Hill streets. Of course, it all adds to the surprise when diners stumble down Fantinelli's side path to discover he has created a delightful little piece of Abruzzo in the heart of suburbia.

It's there, among geraniums, wine barrels, stucco walls, a wood fired oven, a volcanic rock floor, recycled timber and rusty memorabilia from his childhood that Fantinelli works his magic over eight or 12 courses. The feast includes cured meats, handmade cheeses and breads, seasonal dishes made from local ingredi-

ents - some plucked from his own veggie garden - all channelling the recipes passed down from his Nona when he was growing up in Pescara, Abruzzo.

Fantinelli and Anna Tamburri - his partner who is front of house in their catering business - are used to the audible gasps as diners enter the al fresco dining area and think they have landed in Tuscany or Sicily or, indeed, Pescara, which sits on the Adriatic Sea and where Fantinelli started work as a pizza chef at the age of 15.

After moving to Australia, he started up Flour & Fire, in 2015, catering for private functions, and in

his spare time slaved over the backyard doing all the heavy lifting to remodel it all by hand, brick by brick, stone by stone.

"In 2018 I finished building and started putting on occasional dinners," he says. "Now we have completely sold-out seasons and there is a 10-month wait for a table."

There's good news for those who haven't been able to score a table yet and are thinking it might be quicker to just actually go to Italy for a holiday. Fantinelli can help out there too. After a couple of false starts during Covid he has now launched, with his Italian based cousin, Luca Rocconi, the Italy Tour Co.

This is designed to take travellers to their favourite Italian spots and soak up the shared passion for their homeland.

Their one, two and eight-day tours offer unique experiences in Abruzzo, Tuscany, Pompeii and the Amalfi Coast - with Rocconi guiding tours on Italian history and culture and Fantinelli cooking up authentic dishes using recipes from each region.

"It's not a just a taste of Italy, it's the full banquet," he says.

"Thanks to Luca's connections and years of guiding experience our groups can go where other travellers can't. Think meeting princesses in their

castle, the Pope's summer holiday hideaway, Marlon Brando's Roman apartment, and an underground medieval basilica next to the Colosseum."

Part of the experience is shopping with Fantinelli at local markets, fishing on a boat off Capri and dining at his favourite restaurants, as well as cooking classes.

The tours start in May but, if the interest is anything like that in his cooking places will sell out fast.

Qantas now fly direct from Perth to Rome so the culinary and historic delights of Italy are only a day away.

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

The aim of ACCWA is to foster and promote

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

The association represents Caravan, Motor

Home and Recreational Vehicle Clubs in Western Australia and operates under a registered business name of Caravanswest.

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

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

The Association provides free help for WA caravanners to find

and join their ideal club. Whether you are interested in mid-week getaways, weekend trips, family-oriented treks or pet friendly ones, ACCWA will assist you to find a club that suits their needs.

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

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To be in the draw, simply email win@haveagonews.com.au with Scratchie in the subject line or write to Scratchies c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 1/6/23. Congratulations to our March 2023 winners... D Parker, J M Reilly, D J Clark, Carmela Cazzulino and Nicole Baker.

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Highlights

- Half-day adventure on Dirk Hartog Island
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- Shark Bay eco cruise
- Pinnacles Desert Discovery Centre
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- Carnarvon Space & Technology Museum

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Highlights

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- Museum of the Goldfields
- Golden Quest Discovery Trail
- Leonora
- Kookynie
- Coolgardie

North West Cape - Reef to Range

8 DAYS > 24 June to 1 July 2023

Highlights

- Ningaloo Centre galleries & aquarium
- Working cattle station visits
- Ningaloo coral reef cruise
- Yardie Creek & gorge cruise
- Milyering Discovery Centre
- Cape Range National Park
- Coral Bay natural wonders
- Carnarvon Space & Technology Museum
- Wooramel Station
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- Kalbarri National Park & Skywalk

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10 DAYS > 13 to 22 Jul & 10 to 19 Aug 2023

Highlights

- Kalbarri Wilderness cruise
- Kalbarri National Park & Skywalk
- Monkey Mia dolphins
- Stomatolites of Hamelin Pool
- Shell Beach
- Ocean Park Aquarium
- Shark Bay wildlife cruise
- Francois Peron National Park
- Exmouth & Cape Range National Park
- Yardie Creek cruise
- Coral viewing cruise, Coral Bay
- Carnarvon Space & Technology Museum

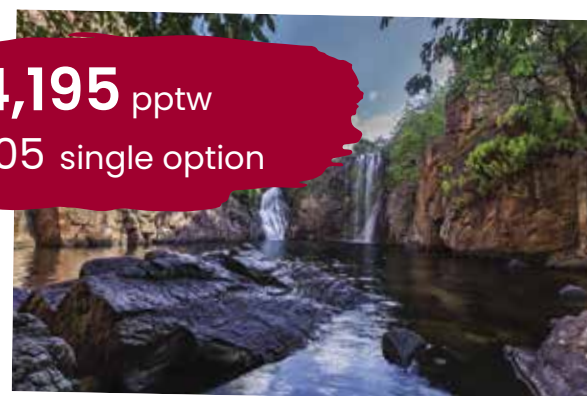
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Highlights

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- Dales & Joffre Gorges
- Karijini Eco Retreat stay
- Yardie Creek gorge cruise
- Ningaloo Coast World Heritage Area
- Cape Range National Park
- Exmouth Gulf
- Bullara & Wooramel Stations
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ADVERTISING FEATURE



travel options for the mature west australian

Flying solo on a trip of a lifetime starting in North Carolina USA...



Pat discovers the beauty of North Carolina

by Pat Paleeya

IN NOVEMBER last year I had the trip of a lifetime made possible by the incredible generosity of my friends Claire and Martin. They had booked and paid for me to join them in North

Carolina where they stay until the hurricane season ends. Once the season begins in the Bahamas they return to their home on Windermere Island. I was to spend a week or so in North Carolina then return with them for three weeks

at Windermere.

To ensure my comfort for the long-haul flight from Perth they had booked me a Q Suite on Qatar Airlines. I luxuriated in my splendid suite, dining on WA crayfish, international cheeses and champagne. My seat con-

verted to a bed, my pyjamas were a gift from Whyte and Co and from the French brand Diptyque came a box of beautiful toiletries.

Overwhelmed by my friends' kindness and generosity I never stopped thanking them, I was in great danger of becoming a modern-day Uriah Heep.

I arrived at Cashiers, a small town in North Carolina where my friends lived in a rustic log cabin situated in a private gated community known as the Chattooga Country Club. I was warmly welcomed by them and their Doberman dogs Wish and Shaq Dobermans, and Knox a German Shepherd who stole my heart. A large crackling fire added more warmth to their welcome.

The rustic cabin was not how I imagined. The living area was enormous, there were five bedrooms and six bathrooms. Some of the furniture was antique. Textures and fabrics were rich. There was such an eclectic mix of styles in this wonderful home that it brought to mind Downton Abbey meets

French Chateau. Arranged around the log fire were the sofas with plump cushions just begging to be lolled upon, which I did later.

The day ended with a large gin and tonic by the fire which I thoroughly enjoyed until I tried to climb into my rustic bed. The bed was a little high, I was a little Brahms but managed to manoeuvre myself up under the watchful eyes of six Indian chiefs staring at me from their picture frames.

Situated on a plateau in the Blue Ridge Mountains, Cashiers is an outstanding area of natural beauty and is a popular tourist destination owing to many stunning waterfalls, hiking and cycling trails and breathtaking scenery. Whiteside Mountain is a magnet for hikers, the trail is about five kilometres, steep one side but an easy descent on the other. A 20-minute walk from our cabin is Mac's Lookout. Cashiers elevation is about 3,500 ft and from Macs there is an incredible view of the Blue Ridge Mountains. Whiteside can be seen very

clearly. I walked the six-kilometre Gorge Trail and apart from a few shy squirrels and flocks of small grey and white birds I was quite alone for the whole hike, and that's when 'bear' thoughts popped unbidden and messed with my tranquillity. This is black bear country and although bears are active from dusk to dawn I was still a little edgy.

I was informed that if you see a bear don't run, just clap loudly and shout noisily. Another tactic is to take a big stick that has bells attached and shake vigorously, a little manic merlis dancer which would scare anybody. Just saying. Bears are shy creatures apparently (bless). Not so the one that got into the basement of the cabin one night looking for food and left a big mess of bags and flour on the basement floor. It also ate big chunks from our small but colourful Halloween pumpkin display leaving them quite topsy turvy. Although I arrived just at the end of Halloween there were still plenty of pumpkin displays on show.

Driving through Highlands, a town about a half hour from Cashiers the pumpkins were everywhere arranged like works of art outside homes and businesses vibrant and rich; their colours brightened an otherwise overcast day. After having a coffee in the Old Edwards Inn in Highlands (worth a look on Google) we took a drive to the town of Cherokee to visit the Museum of the Cherokee Indian.

The story of the Cherokee Indians is told through exhibitions and videos in the museum and it is quite confronting at times. A brochure from the museum describes how American settlers forcibly exiled Cherokees to Oklahoma a trek of 2,200 miles. More than 4,000 of them died along the way, small wonder that the route to the West came to be known in the Cherokee language as Nuna-dat-Sun'y, the trail where they cried, known today as The Trail of Tears (The American Indian Wars by John Trebbel and Keth Jennison).

We visited Harrah's Cherokee Casino out of interest but also to lunch in a very popular Tuscan Restaurant inside. It didn't disappoint. The meals were dustbin lid size, reasonably priced and the service was impeccable. The Casino is huge and I was so impressed to learn that their profits went into building a new hospital and a much-needed school. The big plus for me was learning that the money also pays for the education of members of the Cherokee tribe who

would never be able to afford the fees.

Another day was drawing to a close and back at Downton Abbey I withdrew to a small very snug room just made for an anti-social bibliophile and curled up with a coffee and a pile of books. Knox and Wish padded in now and again, Knox to check that I was still breathing as he was trained as a protector dog, Wish came to eat my shoes or my bag, he has a yen for anything leather.

Martin fixed me a large gin and tonic before dinner which made me quite wobbly, I think I am allergic to juniper berries! I woke in the night with the unsettling noise of creatures scurrying in my bedroom ceiling at 3am. My imagination ran as wild as they did. My friends thought that they may have been raccoons.

After breakfast I took a long walk in the dampness of the night's rain. The autumn mist hovered over the tops of the trees, the hickory and maples were starkly beautiful as slivers of promised sunlight shimmered through the last of their leaves. Ghostly shapes of far-off houses loomed through the mist looking abandoned and eerie. These are holiday homes maybe inhabited once a year or even less. I noticed that some fly the flag of their state perhaps denoting 'Hi honey, I'm home'. The homes are large, some three-storey or more and are set on gigantic blocks, there is much land between neighbours, privacy assured.

On my way back from my walk a small pile of stones caught my attention. Negotiating a lake-size puddle I gingerly stepped onto a long slope of a garden from a house on the hill. The stones resembled a cairn. As I got closer a car stopped and the driver asked about my interest in the stones. He was the owner of the house and he verified that indeed it was a cairn, the top stone he had picked up from the rubble of the Twin Towers. He had the stone engraved with its origin.

This delightful gentleman said that he was a Yankee and with a twinkle told me 'they don't like me down here'. Dressed all in white I guessed rightly that he was off to play croquet. Shades of the Civil War being played on the croquet lawn then, I asked. He smiled, waved and then went into battle.

My time in Cashiers drew to a close, the following day we flew to Windermere, but that's another story...

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let's gotravelling

Desert Diary: Numbat on the Nullarbor - an unusual road travelled



L-R; Rare: Designer theatre curtain - longest road straight - Skylab chunk - Norseman: Kicking-up gold - roo border beast

by Numbat, our travelling scribe

NUMBAT has scratched an itch to jump in the car with no timetable and drive to the West Aussie border.

What does it cost these days? What's of interest? What's changed in 25 years?

First leg: Perth to Kalgoorlie. Out again heading into the wide expanses, alongside the water pipeline. The 590km drive is best done with an early start. Off, 6am. In Kalgoorlie (after several stops) at 1.20pm.

Wildlife: A trio of half-grown emus nonchalantly strolling near Coolgardie.

Stopover in Kalgoorlie or turn right at Coolgardie.

Second leg: 253km to Balladonia. An easy drive with signs of woodlands and some lush bush growth and millions of tiny bush flies welcoming motorists brave enough to take a roadside pitstop.

Norseman: The town named after a horse. In 1894, Norseman the horse kicked up gold to the delight of Scots owner Laurie Sinclair and a gold rush followed. Then came

the town, now displaying a statue of Norseman the horse which Sinclair named after his Scottish clan.

Balladonia: Famous after Skylab crashed around there in 1979. People rushed there, including Miss USA who was in Perth for a Miss Universe contest. US President Jimmy Carter rang the motel manager, Mrs L. Gallen, to apologise for showering us with space junk. A fridge-size piece is kept at the motel's museum.

Two distinct Aboriginal mobs, Ngadju and Mirning, with different languages but who inter-marry, are custodians. Balladonia sits on rock 1,100 million-years-old with older earth around them.

Camels served here as heavy transport for Europeans from 1894 until Eyre Highway and cars came from 1945, getting heavier from 1960s with the highway sealed.

Third leg: 1,528kms Balladonia to Border Town (WA/SA border). Longest leg but changing outlook.

Countryside: 50 species of thriving eucalypts in the western Nullarbor: Gimlets, mallee and salm-

on gums. Also, straw-like, brown fields, followed by extensive smoke bush.



Wildlife: Rare during the drought cycle with no roadside fresh grass shoots to attract the roos, emus and camels (half of Australia's 200,000 feral camels wander WA).

Caiguna (population 4). Worth a roadhouse pit stop at the end of the famous 90-Mile Straight (actually 146 kms), one of the world's longest straight road sections. Caiguna was established in 1962 to provide for services for people headed to Perth's Commonwealth Games.

Road conditions: Eyre

Highway excellent.

Edward John Eyre with John Baxter and three unnamed Aboriginals crossed the Nullarbor in 1841. Baxter was killed by two of the Aboriginals who took most of the supplies. Eyre was rescued after a month near Esperance by a French ship's crew. A memorial to Baxter was erected 10kms south of the Caiguna roadhouse.

Cocklebidy: Roadhouse with two caged wedgetail eagles hit by trucks. Bruce was rushed to Perth and Samantha sent to Kununurra for medical treatment but they won't survive back in the wild.

Madura: The most interesting landscape, with nearby hills all the way to the border.

At the base of the Hampton Tablelands, the region excelled at breeding cavalry horses and polo horses. Its free-flowing bore water was hailed but proved suitable only for animals.

Eucla. No stop is required crossing into SA but vehicles entering WA are checked for fruit (fruit fly not welcome). Across the border, SA displays

a tacky, giant kangaroo holding a jar of Vegemite.

The entry to WA displays a weak, barely-noticeable welcome sign high above the traffic. A separate WA/SA border sign is ancient and old-fashioned. The letters "WA" had fallen off.

Mission complete. Turning for home.

Cost (one-way to border): diesel - \$471.

Accommodation: \$175 a night (3 nights: Kalgoorlie, Balladonia, Eucla).

Supplies: A supermarket slab of bottled water, tubs of mixed fruit, health bars, sunscreen, driving gloves and long-sleeve shirts (UV protection while driving). A thermos would work well with coffee and tea packets supplied at motels.

Food: Desert tucker has improved markedly in quality and quantity, some at Perth prices. Soft drinks, sweets and ice creams are double-priced.

Bookings: Recommended during holiday periods but early starts and early arrivals make for better chances of scoring rooms.

COMMENT: Roads and signage are good with two major route choic-

es - via Esperance or via Coolgardie. Sealing the Norseman Road to Hyden would save distance, time and money but apparently has been resisted by vested interests on the other routes.

A sensational way to clear cobwebs at a return cost exceeding \$2,000

(\$2,500 with extra days in Kalgoorlie but well worthwhile). Contain motoring costs and increase safety for (hu)man and beast by driving at 90-95km/hr.

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Chiriguana Bay Antarctica © Espen Mills

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Discover the delights and secrets of Western Australia's Wheatbelt



Elachbutting Rock near Mukinbudin – Tin Horse Highway near Kulin

HITTING the road and exploring the countryside is one of life's simple pleasures, and the Wheatbelt region of Western Australia is an adventure just waiting to be explored.

There's an incredible network of self-drive trails to choose from starting within just 90 minutes of the city – so whether you want to spend your days hiking around rocky outcrops and

camping under a blanket of stars, or if you'd prefer to discover quirky, fun and unique attractions like Wave Rock and the Giant Ram, there's an itinerary to suit you.

There are four Wheatbelt Weekend self-drive route options to explore, each with its own special charm and appeal, or do a mid-week Wheatbelt adventure instead.

The Wheatbelt Way is the perfect trip for hiking fans, with many incredible trails to explore. Pack up the tent and enjoy a few days of fresh countryside air, hikes around stunning rock formations and an abundance of wildflowers in Spring.

The Golden Pipeline Heritage Trail tracks the story of how water was first piped more than 560km from Perth to the Gold-

fields of WA. The trail takes you through the remains of a major earthquake site, a comic book-worthy pub, two colourful, towering silos and kilometres of stunning countryside and campsites.

The Pathways to Wave Rock trail takes you from Perth to the iconic inland wave. Along the way, you'll see spectacular, multicoloured salt lakes, a Yabby Farm and the amazing Tin

Horse Highway. Throw in some tiny museums and outback pubs and you've got a pretty special road trip.

The Pioneer's Pathway is a historic trail that follows in the footsteps of the early farming pioneers who journeyed east into the Wheatbelt. This colourful road trip will take you via historic pubs, cute countryside towns, super-size silo art and a plethora of pretty places to enjoy a picnic or set up camp for the night.

One of the best things about road-tripping around the Wheatbelt is the sheer number of towns and villages you'll see along the way. These outback towns are famous for their character and charm – something that will stay with you long after you arrive home.

There are so many quirky things to discover on your Wheatbelt Weekend. Uncover boutique wineries in the heart of the countryside, float in a secret salt pool,

bush walk through fields of wildflowers and enjoy a meal at one of the Insta-worthy pubs en route.

There are plenty of surprises to discover on a trip through the Wheatbelt.

Family-owned and run, Walkers Hill Vineyard is the most inland winery in Western Australia. The farmer who started it was nearly laughed out of town, but he proved the sceptics wrong when his wine repeatedly won awards. Found north of Lake Grace, you can roll up for free wine tastings, or spend the afternoon with tea and homemade cake. They also have half wine barrels where you can pretend to stomp grapes before wandering between the vines. Meanwhile, just outside Narrogin, Down-derry Wines sits pretty on a hill with farmland views. Although set in an unlikely grape growing location, the winery has also managed to earn accolades.

Don't miss a float in the salt pool which is similar to the Dead Sea, bathers get buoyant in this 20m, round, constructed salt and gypsum pond. The 6m deep pool is said to have therapeutic properties, and because it's so little-known, there'll hardly be anyone else splashing around. Slide in and sense weightlessness only 800m from Wave Rock. If you're considering a trip in September, time it for the annual Wave Rock Weekender music festival, and tune in as you float.

Expect the unexpected, and revel in exploring places you might never even have heard of.

From Boodalin Soak and Koorda to Kondinin and Wyalkatchem – a Wheatbelt Weekend is a trip filled with fun, discovery and adventure.

Find out more and plan your itinerary at www.australiasgoldenoutback.com/wheatbelt-weekends.

Aussie Redback Tours has two exciting trips back and forth across Australia

SHARON from Aussie Redback Tours particularly enjoys travelling around and through the more remote parts of Australia on the longer tours. Two of these tours – The Savannah Way, and The Outback Way – are coming up over the next few months.

The Savannah Way in July is an adventure drive across the top of Australia from Kununurra in Western Australia to Cairns in Queensland via the

natural wonders of Australia's tropical savannahs and the Northern Territory's Top End. It's a route that most people dream about but never actually do it, but thankfully Sharon is offering it as one of her regular tours and it has become very popular over the past few years.

The Outback Way in August is another tour that takes you through remote Australia, this time diagonal-

ly from Cairns to Perth via the iconic outback areas of the Northern Territory. Along the way you'll visit classic Australian outback scenery, explore the ancient past, and soak in the atmosphere of the heart of our beautiful country.

Aussie Redback Tours has also just produced their latest brochure and there are some new hidden gems in-side, including extra wildflower tours in

anticipation of another wonderful wildflower season.

In addition to the usual four-day Northern Wildflowers tour, Sharon has added a four-day Flowers of the Outback tour, a four-day Wheatbelt Wildflowers tour, and two tours to Mt Augustus at wildflower time. If you're a wildflower enthusiast, there will definitely be something to please you. There will also be a wildflower guide

on each of these tours, who will help you identify and spot various wildflowers on the way.

To receive more information on any of the tours above, or to receive a copy of the latest brochure, contact Aussie Redback Tours today on 1300 662 026 or email info@aussieredbacktours.com.au. You can also find more information on their website – www.aussieredbacktours.com.au.



With an incredible network of self-drive trails to choose from starting within just 90 minutes of the city,

The Wheatbelt is an adventure just waiting to be explored.



Call the Central Wheatbelt Visitor Centre 1300 736 283 or visit www.australiasgoldenoutback.com/wheatbelt-weekends for more information on Wheatbelt Road Trips or a copy of the Australia's Golden Outback Holiday Planner.



let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian

Going fishing - fly fishing is a unique and satisfying way to catch fish



Toby Roennfeldt caught this beautiful bonefish on fly in shin deep water

by Mike Roennfeldt

I'VE been a keen fly fisherman since my early 20s,

which is a helluva long time. It's a unique way of catching a fish but ever so rewarding. Just the

casting is a satisfying experience, especially when it's in a beautiful environment.

Some people suggest that fly fishing is just another way of making life hard for yourself and that's true to some extent, but I've always felt the most significant successes almost always involve some measure of difficulty.

The thing with fly fishing is that you are casting the weight of the line itself. The line is rated with a number (goes back in time to grains per foot or some other long lost arcane formula). The power of the rod is also numbered to match the line. So, a trout fly fisher might be using a five-weight outfit, while someone chasing giant trevally might be using a 13-weight.

The reel will generally also be rated by number to ensure it has the capacity of line and backing

to cope with the species of fish you are chasing. And that's the end of the technical stuff for now.

The magic of fly fishing is not just limited to the graceful arc of line moving back and forth through the air that is the hallmark of good casting. It is so much more. From watching a trout glide up to the surface to suck in a thistledown light dry fly on a mountain stream to the heart-in-the-mouth moment when a sailfish lit up in neon lavender colours turns and smashes the big streamer you have just landed near his head. Each in its own way is absolutely breathtaking.

Unlike most other forms of fishing, fly fishing is a very manual, one-on-one experience. It's you against a particular fish most of the time, espe-

cially in the shallow-water world of sight fishing. This is the stuff I really love.

Fly fishing for trout, often in the company of lifelong friends, has taken me to countless bubbling streams and crystal clear alpine lakes across Victoria, Tasmania and even our South West. It was absorbing and satisfying, a game of finesse and a far cry from the more rough and tumble world of saltwater fly fishing that really got hold of me in the 1980s.

My first taste of sight fishing for bonefish came in 1983 at Kiritimati, three hours flying south of Hawaii. It was something I had dreamt about and the reality was so much greater than the fantasy. I was absolutely hooked but the follow-up trip took 30 years to arrive. I re-

turned with my son Toby and mate Dan Tenardi in 2013 and it was even better than the original trip.

Since that time the three of us have got together to make quite a few trips to spots closer to home to continue to feed our addiction to catching these great fish.

Imagine spotting a 5kg fish in water so shallow its dorsal and tail fins broke the surface as it fed along the bottom, knowing that this fish was officially the seventh fastest on the planet. The cast, the heart pumping moments as it snuffled over to the fly and then then the take, followed by an initial run of unbelievable power and speed that covered close to 200m in shin deep water.

Does it get any better than that?

Great seniors specials available in the delightful Swan Valley



Maalinup Aboriginal Gallery

SEE, eat and do a little more, for a little less, when you visit the Swan Valley and surrounds this autumn and winter.

The Senior and Midweek Deals blog has been updated for the cooler months, with a range of new offers joining some continuing favourites. Many require a valid Seniors Card to be redeemed.

Pamper yourself with 20 per cent less for treatments and products at Brookleigh Beauty and Spa in Upper Swan when you visit on a Thursday or Friday from May to September.

Take your four-legged friend to Dog's Breakfast Café in West Swan to enjoy a toasted sandwich and hot coffee for \$10 from Monday to Friday.

The House of Honey in Herne Hill is continuing its popular \$7 Devonshire tea and \$8 senior's menu on Mondays.

Enjoy 10 per cent off your meal at Silver Oak Cafe in Herne Hill for lunch on Saturday and Sunday or dinner from Wednesday to Friday.

Bonnie's World in Guildford is offering 10 per cent off all items except jewellery, while Boards by Frank at Swan Settlers Market in Herne Hill is also offering 10 per cent off its unique range of grazing and cutting boards.

There are meal offers aplenty at venues including Sittella Winery, Valley Social, Txoko Brewing and Guildford's The Stirling Arms Hotel, which has four tempting \$17 meals on its senior's menu; or for groups of

12 or more, enjoy three courses for \$30.

Spend more time in the region by booking a stay at The Colony at Mandoon Estate, Caversham, with 15 per cent off the best available nightly rate for seniors. Quest Midland is offering 15 per cent off the best flexible rate for studio and one-bedroom apartments until August 30.

While staying at Mandoon, pop into the recently relocated Maalinup Aboriginal Gallery for 10 per cent off merchandise (excluding large on-consignment artworks) and 10 per cent off bookings for Dale Tilbrook Experiences such as art classes and bush tucker talks and tastings.

Visit swanvalley.com.au/seniors for the full list of offers and terms and conditions.

Fly to Antarctica on the world's best day trip



IN the last year two groups of *Have a Go News* readers have taken

to the sky and enjoyed the day trip of a lifetime flying across Antarctica in the last year.

John Farnan decided to go on the trip as a 90th birthday present to himself. He said he had a great experience on-board. John said the fact that that the continent of Antarctica is larger in area than either Europe or Australia makes the point that we saw only a tiny fraction of the coastline much of which is normally covered by cloud during the five hours flying over

the continent.

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

Diane Hansen said she had wonderful memories of the flight over Antarctica.

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

notch too," said Diane.

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

The next trip is scheduled for Australia Day January 26, 2024 and we have seats available.

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

Get ready to board the 787 Dreamliner with its

larger windows providing a better viewing experience for passengers.

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

Passengers will receive a comprehensive information kit, two full-service Qantas meals plus in-flight snacks and full bar service - including champagne, wine, beer,

spirits, soft drink and usage of the state of the art entertainment system.

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

The following seating is available:

Explorer Economy Class - \$1199 per person

Economy Class Standard - \$2199 per person

Superior Economy Class - \$3199 per person

Premium Economy Class - \$3999 per person

Business Class - \$6499 per person

Business Class Deluxe - \$7999 per person - sold out

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

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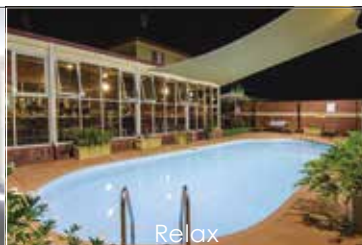
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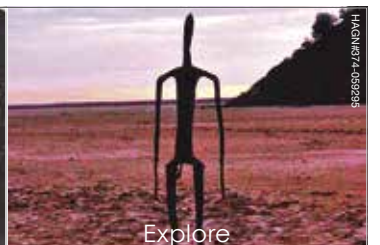
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Feel the wind in your hair - free trishaw rides for seniors

by Frank Smith

CYCLING Without Age connects people, unable to ride themselves, with their community and the outdoors by giving them rides on trishaw eBikes, piloted by volunteer cyclists.

Cycling Without Age was established in 2012 in Copenhagen, Denmark by Ole Kassow. It is now a global, non-for-profit organisation and registered charity.

Mr Kassow decided that he wanted to help elderly people get back on their bicycles to make them feel a part of the local community, but he had to find a solution to their limited mobility. The answer was a trishaw, and he started offering free rides to local nursing home residents.

He then got in touch with a civil society consultant from the City of Copenhagen, Dorthe Pedersen. Together they

bought five trishaws and launched Cycling Without Age, which has now spread to all corners of Denmark and, since 2015, to another 41 countries around the world.

Kassow wanted to build bridges between generations and help prevent loneliness. Cycling without Age provides elderly people an opportunity to avoid social isolation and remain active in their community by taking them out on bike rides and allow them to

feel the wind in their hair, to enjoy life, feel involved in their community and connected to other people and the environment.

The interaction of passengers, pilots and the community promotes inclusivity, reduces social isolation and makes passengers feel valued.

Tim McGragh (65) has been volunteering for four years.

"A friend suggested piloting a rickshaw was something worthwhile to do when I retired.

"I've not been a serious cyclist although I have cycled all my life. What attracted me was the need for community engagement. I recognised that as my parents got old."

Tim pilots his trishaw every Monday at Fremantle and on special occasions, including the recent transplant games.

"I've had one or two

memorable passengers; one old Irishman recited poetry by WB Yeats throughout the trip. Another, a singer, sang opera and a 107-year-old former Burma prisoner-of-war road came with me to visit the war memorial in King's Park.

"One very large man filled both seats; he had been an actor for 50 years and also did stand-up comedy. He was really entertaining.

"It is easy to hear and talk to passengers on a trishaw; it is like therapy," he said.

Slowness in a ride enables you to sense the environment and be present in the moment; it allows people you meet along the way to be curious about Cycling Without Age Australia.

One in six Australians are over 65 years of age and half of these have a



Sam is driving a visitor at Woodbridge Riverside Park, Guildford. Rides available Thursdays and Sundays

disability. In younger age groups over 10 per cent have with a disability. This all leads to challenges of these vulnerable people who are often more isolated from people, their community and the environment. Cycling Without Age wants to positively impact this group of people.

Cycling Without Age offers free rides at scenic locations in the Perth metropolitan area most days of the week.

The bike rides are free of charge. Bookings are available between 9.30am and 11.30am, on the hour or half hour by emailing bookings@cyclingswithoutage-perth.org.au.

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First of its kind exhibition in Australia comes to the Maritime Museum



Archways of replica blue whale ribs - Sea Monsters - A photo showing the size of ancient turtles compared to replica leatherback turtles Pics Australian National Maritime Museum

by Allen Newton

DR Mikael Siverson has a thing for old sharks.

And when we say old, we mean millions of years old.

Palaeontologist, Dr Siverson is the head of the Department of Earth and Planetary Sciences at the WA Museum and specialises in the study of the remains of the huge sharks that roamed the oceans millions of years ago.

It's no surprise then that he is a fan of the WA Maritime Museum's latest exhibit *Sea Monsters: Prehistoric Ocean Predators* - which runs until July 16.

The exhibition is about extinct marine reptiles that shared the world with the land-living dinosaurs. This is the first exhibition of its kind for Australia.

It includes life-sized casts from real specimens and real fossils from Australia and around the world that are millions of years old, never before seen in WA and reptiles that were more than 20 metres long that hunted the oceans.

More than 70 exhibits tell the story of how these once land-dwelling creatures adapted to the sea.

Exhibits include a 13-metre-long elasmo-

saurus, a nine-metre prognathodon, a 1.4-metre kronosaurus jaw, and a five-metre-long fish that died after swallowing another fish whole.

Developed by the Australian National Maritime Museum in partnership with Queensland Museum, the exhibition was first displayed in September 2019 at Australian National Maritime Museum.

While Dr Siverson hasn't been involved in putting the current exhibition together, he is involved in fieldwork in WA every year which finds the remains of the extinct reptiles.

Ichthyosaurs are the most common group found in WA, and mosasaurs, a huge aquatic lizard, are only found in WA on mainland Australia.

Dr Siverson says the mosasaurs were the apex predator in the ocean from about 80 or 85 million years ago to about 66 million years ago.

"They were very, very big lizards, absolutely spectacular predators," he says.

An excellent section in the exhibition is devoted to the creatures and has the cast of a complete skeleton that is around nine metres long.

WA also has some fos-

sils of turtles, which are the only group of reptiles that survived the extinction at the end of the Cretaceous Period that killed the dinosaurs.

Dr Siverson specialises in the sharks and rays from the Cretaceous and Cenozoic times in Australia, North America and Europe but with a focus on Australian mid-Cretaceous and Miocene faunas, along with Cretaceous dinosaurs and marine reptiles from Australia and northern Europe.

He manages the museum's palaeontology collection, of around 1.5 million plant and animal fossils.

It is rare to find complete fossil skeletons so Dr Siverson says much of his work involves putting the pieces from different skeletons together to create a complete animal and it's a time-consuming process that can take years.

"Some of the outcrops in WA are incredibly rich. There are places where we go that it is pretty much guaranteed that we will find not just remains of one reptile, but multiple ones.

"Last year we went out and found, I think, three partial skeletons of ichthyosaurs.

"There is a section on

the third floor at WA Museum Boola Bardip in the Portals of the Past Gallery where we feature marine reptiles that we found just north of Kalbarri which is one of the areas where you can find these creatures."

Dr Siverson says finding the best places to look for fossils is basic detective work.

"Firstly, every palaeontologist has their own area of expertise. I work on fossil sharks, but also on marine reptiles from mainly the Cretaceous period, so it's a matter of looking through the records of the geological survey of the state or territory you are in to see where they have recorded marine rocks of the right age and then it's just a matter of going out and exploring those areas."

To get a skeleton ready to exhibit could take from a year to a decade.

"In some cases, you might have, for example, outcrops on a cattle station where the cattle have trampled the skeleton, so you end up with 1000 pieces that you have to glue together, which is painstaking work.

"First you have to clean the bone or the bone fragments, glue them back together and then describe them in a scientific journal

then you could consider putting them on display and that might take several years until there is space available or parts of an exhibition are rotated. It's a long process.

"But the value is not only for the exhibition, it's for the great scientific value as well that we learn about these creatures that inhabited our coastal waters hundreds of millions of years ago."

We are still discovering new fossil species.

"Two years ago, one of our volunteers discovered the remains of a plesiosaur of a type that is most likely new. We have a world-renowned plesiosaur expert coming with us on our field trip this year to study this particular individual in great detail.

"We found half of the skeleton on the first trip, more of it the second time and we hope to find even more the third time, so we're slowly putting together this skeleton and it appears that it is probably a new species.

"One type of ichthyosaur that we found has never been found in Australia before, so there are new things to discover in WA."

Dr Siverson says it is a remarkable feeling when you first see a bit of bone

sticking out of the ground.

"Then there is all this activity starting and you get these people together and very carefully remove the sediments to try to reveal more of it.

"In this particular area where we are working, you don't find a whole complete skeleton, you find partial skeletons because there were a lot of sharks around and we find hundreds of fossil shark teeth, so they would have been scavenging any dead marine reptiles on the sea floor.

"This particular plesiosaur, the head was gone and all four flippers were gone but much of the rest of the skeleton was still there."

His own most exciting discovery was back in 1996 when he found a skeleton of a shark that turned out to be not only a new species, but an entirely new family of sharks. These were found just southeast of Exmouth and were bigger than white pointers.

They were the dominant sharks around 100 million years ago.

"I was walking along the outcrops with my ex-wife, and she was the first to spot one of the vertebrae of these sharks, a really large vertebrae, about 9cm across, so I instantly

realised the potential of finding not just one vertebra, there are usually more than one.

"And sure enough there were more vertebrae and then we started finding teeth and in the end, I think I collected more than 120 teeth."

Dr Siverson says the Maritime Museum exhibition is a world-class exhibition and includes a plesiosaur found in Queensland that is possibly the best-preserved plesiosaur ever found in Cretaceous rocks anywhere in the world.

Running alongside the exhibition are a number of public programs such as Sunday seminars and after-dark movies. More information and tickets are available at visit.museum.wa.gov.au/maritime/sea-monsters-prehistoricocean-predators.

WIN WIN WIN

We have three family passes (2 adults and 2 children, or 1 adult and 3 children) to give away to some lucky readers. To be in the draw simply email win@haveagone.ws.com.au with Sea Monsters in the subject line or write to Sea Monsters C/- Have a Go News PO Box 1042, West Leederville 6901. Closes 15/5/23.

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food & WINE

...eat, drink and be merry... ADVERTISING FEATURE

Back to the first home of Australian wines in the Hunter Valley



by Frank Smith

HUNTER Valley, just two hours north of Sydney is New South Wales and Australia's oldest wine-growing region. The first vineyards were planted back in the 1830s.

The region is famous for its long-lived Semillon whites and soft savoury,

earthy Shiraz reds. The Hunter also produces full flavoured Chardonnay and Verdelho. Increasingly the region is now being planted to alternative varieties better suited to the changing climate.

The combination of red soils over limestone, together with a warm

climate in summer, has helped create some of our best wines. Coastal breezes give the vines some relief from the summer heat.

The regional visitor's centre will tell you there is much more to the region than just wine. Think gourmet dining, art galleries, display gardens,

breweries, cheese makers, golf, yoga, hot air ballooning. You name a tourist activity and you will find it in the Hunter.

We tasted wines from two iconic Hunter Valley wineries to bring you a taste of this iconic wine region.

Pepper Tree Wines Venato Hunter Val-

ley Chardonnay 2021 (Venato is hunter in Latin). This wine has rich stone fruit aromas of peach and nectarines with a hint of nutmeg and cloves spice. The palate is filled with melon and stone fruit notes finishing with a nectarine-style acidity. Constrained use of French oak provides palate structure and complexity. Enjoy now or cellar for up to five years. RRP \$40.

Venato Hunter Valley Semillon 2022. Pure Semillon aromas of fresh lemon and lime cordial in this classic Semillon. The palate is intense and crisp, displaying mineral flavours with great length. The finish is bright and fresh, coupled with more natural acidity than is usually found in the Hunter Valley wines. RRP \$35.

Venato Hunter Val-

ley Shiraz 2021 This is a good representative of the best of red wines from the region. It is medium bodied with bright red fruit, savoury spice and a touch of violets. The palate has concentrated fruit flavours with fine ripe tannins and balanced acidity. RRP \$40.

Carillion Wines Carillion Origins Semillon 2022. The fruit was hand-picked from a single block planted with vines grafted using cuttings from the famous Braemore vineyard. The wine displays vibrant lemon zest aromas and citrus acidity. It has a balanced mineral palate with a crisp, dry finish. An ideal match for seafood. RRP \$40.

Carillion Expressions Semillon Chardonnay 2022. An unusual blend of varieties - Semillon 60 per cent and Char-

donnay 40 per cent. The different fruit varieties were both hand-picked, whole bunch pressed and fermented separately, then blended before bottling. The wine has aromas of citrus with a touch of oak. The palate is savoury with restrained fruit and persistent. RRP \$27.

Carillion 2022 Expressions Shiraz Nouveau 2022. Nouveau wine is released the same year its grapes are harvested. It developed as a race between vineyards in the Beaujolais region of France to see who could get the first bottle to Paris. This Shiraz nouveau is light bodied and slightly paler than other reds, but with fruitier aromas with vibrant acidity. The palate is fresh and low in tannin with long lasting fruit flavours. RRP \$30.

Knife and fork talk with the Dining Divas - Japanese in Joondalup



by Pat Paleeya and Judith Cohen

WE had a lovely train ride to Joondalup to check out a Japanese restaurant that we had been told about.

We arrived a little early and we decided to have a walk to Neil Hawkins Park, so off we trotted. The weather was perfect, there were families picnicking and at our myopic estimation there were about a thousand cruising ducks on Joon-

dalup Lake and one long necked turtle which caused us a little bit of excitement as you don't see them very often.

We meandered to Central Walk where Katsur'a the Japanese restaurant is situated. They have an under \$20 lunch time special from which we chose pork Katsudon and chicken Karaage.

Both meals were accompanied with a small bowl of miso soup.

The fried crumbed pork in the Katsudon was ten-

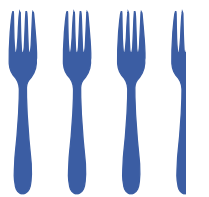
der and came sliced and layered over a sweetish tasting broth which flavoured the rice and onion. Whisked egg was drizzled over the top and cooked to a creamy consistency similar to an omelette. A blend of all these layers was a taste not to miss and hard to beat. A very satisfying lunch.

The chicken Karaage bowl came with rice and a garnish of salad. The chicken was moist and encased in a very crispy batter that wasn't oily and not too thick - it was just right. This came atop a generous serve of rice and a small salad garnish. A small bowl of mayonnaise on the side was per-

fect for dunking the chicken. It was really good!

The restaurant was pristine clean, simply furnished with Omo white tables set off with black chairs. Two walls have striking patterns. Interesting and unique Japanese design. The restaurant isn't large. One busy person served very efficiently.

3½ Forks Katsur'a Japanese Restaurant, Unit 2/40 Central Walk Joondalup Phone 6406 2379 katsuyajapaneserestaurant.com.au Lunch time special. Mon to Fri 11.30am - 3pm except public holidays.



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

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Mother's Day, Sunday May 14th
Cafe Bookings recommended, phone 9444 9884

WEEK DAY LUNCH SPECIALS

Information correct at going to press

ARMADALE PARK CAFE
Under \$23 all day menu
7 days, 7am-2.30pm
193 Jewel Street, Armadale
0420 394 007

GANGNAM
\$15 weekday lunch special (4 dishes)
Yagan Square, Perth

KATSU'A
Under \$20 lunch time special
Mon-Fri 11.30am-3pm except public holidays

Unit 2 / 40 Central Walk
Joondalup
6406 2379

KALAMUNDA HOTEL
\$20 and under seniors lunch menu
43 Railway Parade
9257 1084

KHANNA
\$21 and under lunch
Thurs -Sun 11am-2.30pm
170 Scarborough Beach Road
Mt Hawthorn
9443 7373

STIRLING ARMS HOTEL
\$17 seniors menu
7 days from 12pm
117 James Street, Guildford
6142 4352

THE MIGHTY QUINN
\$18 seniors menu, 12-3pm daily
112 Wanneroo Road, Yokine
9349 9600

THE ROSE HOTEL
\$19 express lunch
Weekdays 11am-2pm
27 Wellington Street
9721 4533



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ADVERTISING FEATURE

Busting brunch all over Perth - it's a dog's life in City Beach



by Buster the Bruncher

BRUNCH at the Beach Bar is hard to beat. Bring your partner. Bring your visitors. Bring your dog. The outside deck at the City Beach eatery is ideal for you and your faithful doggies with plenty of room indoors for us pet-free types to peer into the magnificent Indian Ocean. The Beach Bar, an oceanside arm of Clancy's Fish Pub, is certainly no humble beach shack but

strives to create that lay-back atmosphere.

Buster's brunch buddy, Professor Ken, noted how dog numbers had boomed at eateries since Covid restricted all our movements and activities. Thankfully, no furry friends were sitting on customers' laps or being fed tid-bits under the tables.

When the menu arrived, we were drawn to its prices because we never anticipate cheap dining this close to the beach.

City Beach produces enormous stretches of white sand as well as thumping waves on its shoreline, but with a strong easterly, the sea was peacefully flat for our visit.

With healthy appetites, we took a plunge on ordering two main courses but could easily have been satisfied sharing any one of the big dishes.

Corn fritters (\$20 plus \$3 for poached egg) is more of a dish than it sounds with the fritter joined with smashed avocado, confit cherry tomato, rocket, roasted corn and balsamic glaze. Beautifully presented.

Now, it takes a huge effort for Professor Ken to tackle the traditional Big Breakfast but with my offer to share and with his huge hunger, we took the plunge.

We reminded ourselves that we were sitting at a table against an enormous window that presented world-class beach and ocean vistas so the dish's \$29 price was not a shock. Waterfront restaurant rents and rates don't come cheap, anywhere.

Having swallowed the costs, we dissected the meal to prove it was top-class. With scrambled

eggs came generous serves of bacon, garlic butter mushrooms, smashed avo (of course!), hash brown and toasted super loaf.

Butter came in those little, wrapped parcels, imported from Victoria. What! We can't produce our own humble butter? Western Australia's South-West is, after all, perfect cow country!

Buster still recoils from the butter parcels we unwrapped in a Cottesloe café some moons back.

They were from Ireland... think of the effort and cost of all that packaging, freight and refrigeration. Hard to swallow.

Back to City Beach. The cold pressed bottled juices we ordered were well worth the \$7.50 each. The Old Fashioned Lemonade was handmade in Perth from fresh, juicy, Western Australian lemons, raw sugar and filtered water.

Their Bazinga juice of pear and apple, lime, carrot, ginger and pineapple came with some small

print: "Too much ginger or not enough? Tough! We can't please everyone."

Perusing the menu, we see, for \$14, a kids bacon and egg with toast, for \$17 there's a breaky wrap with bacon, egg, chicken, lettuce, cheese and mayo and for \$15 free range eggs on their toasted super loaf.

For the young-at-heart, there's the wholemeal crumpet with ricotta, banana, berry compote, fresh berries, maple syrup, almond and coconut

at \$22 and enough to feed two classrooms of schoolkids.

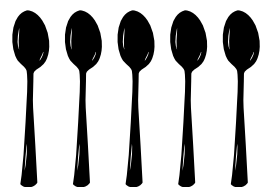
Coffees hover around the usual \$4-\$6 level. Professor Ken felt they could have been a tad stronger.

So, bring your friends, bring your dog and bring your bathers. Feel free to wear your thongs.

5 Spoons
The Beach Bar, 195 Challenger Parade, City Beach
Phone: 9385 7555
www.clancysfishpub.com.au/city-beach/
Open: Monday to Thursday. 6.30am to 11.30 am
Friday to Sunday. 6.30 am to sunset

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.



Mondo recipe of the month - Vince's chicken and pine nut filo pie



by Vince Garreffa

PREPARE this Moroccan filling with pine nuts from Europe and filo from Australia to make this delicious and easy pie.

- Ingredients for 4 big eaters**
- 350g small diced skinless chicken thighs
 - 4 cups of finely diced Spanish onion
 - ½ cup pine nuts (toasted)

- 50g freshly chopped coriander
- 1 level teaspoon ginger powder
- 2 level teaspoon cinnamon powder
- 9 sheets filo pastry – 25cm x 40 cm size
- 100g melted salted butter
- 1 egg yolk
- 1 teaspoon of nutmeg
- 50ml extra virgin olive oil (EVOO)
- salt and pepper
- 1 spring form 24cm baking pan

Method
 Fry the onion with the EVOO in a large non-stick frypan, until a little coloured. Now add the chicken, ginger, cinnamon, salt and pepper to taste, stirring well. Then put a lid on the pan and cook at medium heat, lifting the lid to stir every five minutes until the chicken is cooked through.

Next remove the lid and stir and cook constantly until the mix is a little dry with no juices bubbling, only oil in the bottom. Remove from the heat and add the fresh coriander and pine nuts, mixing well. Now cool the filling while you prepare your filo.

Paint the inside of your tin with melted butter, then lay one sheet of filo into the tin and paint it with melted butter, pushing it into the shape of the tin with a brush. Also paint the filo that hangs out of the tin. Repeat this procedure with six sheets, criss-crossing each sheet and painting each one totally with the melted butter

(melt more butter if you need to).

Fill the cavity in the tin with the mixture and fold all the excess bits inwards to cover the top. Cut two filo rounds the same size as the top of the tin and paint them and press them on top of the pie. Then cut the last sheet 3cm wider where possible and, without painting it, lay it on top and poke the excess down the sides of the pie to hold everything together. Now paint the top with the egg yolk and sprinkle it with the nutmeg. Bake at 175°C for 45 minutes, then rest with the oven turned off and the oven door a little

open for an extra 10-20 minutes. Cut into wedges and serve hot and yummy. Tonight, we dream of the kasbah.

Mondo Butcher and Grocer is located at 824

Beaufort Street, Inglewood. They are open Tuesday to Friday 9am to 5.30pm Saturday 8am to 2pm. Phone 9371 6350 or visit www.mondo.net.au.

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As the cold weather approaches, enjoy the allure of autumn in the kitchen

by Noelene Swain

WE'RE starting to feel that fresh chill in the air, the leaves are turning a deep russet colour and our thoughts turn to open wood fires and heart-warming nibbles that restore and replenish the soul.

The lovely first rains of autumn traditionally brings with it the first flush of mushrooms in paddocks and parks – nature sprouting like magic. As a child it was an annual treat on the farm to set off with bowl and knife to collect our fill for Mum to simmer

up on the wood stove.

Today, commercial production of mushrooms means we are treated to amazing mushrooms all year through, however the first rains of Autumn still trigger fond memories and a yearning to return to the rich and hearty flavours of winter eating – all of which benefit from the addition of the umami-rich flavour of mushrooms.

Thick, roasted slices of Portobello mushroom with oozing Taleggio cheese and freshly dressed rocket? Hopefully you're hungry, folks, as May is a great moment to kick off

some mushroom mania. Think about risottos, hearty stews and casseroles, pies, soups and sauces – all will be packed with flavour with the addition of your favourite mushrooms.

Know your mushrooms.

Buttons:

Are small, tightly closed and have a mild flavour. Perfect to use raw in salads or with dips. Buttons are ideal for adding to pasta, sauces, curries, risotto and stir-fries.

Cups:

Are larger than buttons and just beginning to open. With their

full-bodied flavour and firm texture, they're perfect to stuff, grill, barbecue or sauté. Use them whole, quartered or sliced.

Flats:

Are the largest and most flavour-some mushroom, and are a meal in themselves. Delicious pan-fried, grilled, baked, barbecued or char-grilled. Use them to make a mushroom burger.

When stored in a brown paper bag on the bottom shelf of the fridge, mushrooms will last at least a week. So when you're shopping,

fill the bag full of fresh mushrooms so you can add them to various meals throughout the week. Mushrooms are an easy, delicious choice for breakfast, lunch and dinner. There's no need to wash or peel mushrooms – simply brush off any specks or wipe over with a damp cloth or paper towel.

Stoke that fire, pour a glass of delicious Pinot and start dreaming up what morsels you can create with our wonderful autumn mushrooms. Here are a couple of recipes to get you started...

Chicken and mushroom tagine



Preparation: 15 mins; cooking: 40 mins; serves 4

600g skinless chicken lovely legs or cutlets, trimmed
3 tablespoon Moroccan spice mix
2 tablespoon olive oil
1 brown onion, halved, thinly sliced
3 garlic cloves, crushed
400g button mushrooms, sliced

1 lemon, halved, thinly sliced
100g green olives, pitted
375ml reduced-salt chicken stock
3 tablespoon flaked almonds, toasted
Couscous, to serve
TOSS chicken with half the spice mix and set

aside for five minutes. Heat a deep large frying pan over high heat until hot. Add half the oil to the hot pan and cook the chicken, in batches, for two to three minutes each side or until light golden. Remove to plate.

Reduce heat to medium, add the remaining oil with onion, garlic and remaining spice mix, cook, stirring often for three minutes until softened. Add the mushrooms, cook, shaking the pan occasionally for five minutes until mushrooms are just tender.

Return the chicken to the pan, add the lemon, olives and 250ml of stock to pan, cover and cook over medium heat for 25-30 minutes, adding more stock if required or until chicken is cooked through. Scatter over the almonds and serve with couscous.

Mushroom soup



Preparation: 15 mins; cooking: 30 mins; serves 4

Ingredients

1 teaspoons oil
1 onion, sliced
600g mushrooms, sliced
½ tablespoon fresh thyme rind and juice of 1 lemon
1L vegetable or chicken stock
¼ cup cream

PLACE oil in a large non-stick pan over medium-high heat. Add onion and thyme. Cook, stirring often, for five minutes or until soft and golden.

Add the mushrooms. Cook, stirring, for five minutes or until mushrooms are tender. Add lemon juice and rind. Add the stock. Bring to the boil then simmer five minutes. Remove from the heat. Blend or process soup in batches, to your desired consistency. Stir in the cream. Return to medium-low heat. Cook, stirring, until hot. Season with salt and pepper to taste.

Grilled rump with creamy mushrooms

Preparation: 10 mins; cooking: 25 mins; serves: 4



4 pieces rump steak
1 tablespoon butter
1 onion, chopped
1 clove garlic, crushed
400g sliced mushrooms
2 tablespoon tomato paste
½ cup red wine
1 cup light sour cream
PLACE steaks under a hot grill for five minutes each side. Transfer to

serving plates to rest.

Sauté butter, onion and garlic in the frying pan until onion is tender. Stir in mushrooms.

Cook for five minutes. Fold in tomato paste, wine and cream. Reduce heat. Simmer for five minutes. Spoon mushroom mixture over steaks. Serve with sautéed potatoes and a fresh green salad.

Enjoy and look out for what's fresh in the fruit and vegetable markets this month...

FUJI Apples: Look out for this popular apple right now and you'll be rewarded with that lovely straight-from-the-orchard taste. Available in a variety of sizes, the Fuji has a cream toned flesh and a delicious sweet and spicy flavour-perfect for eating and cooking.

The smaller apples are great for lunchboxes, being the ideal size for little hands, and you can serve the larger ones sliced with cheese and good bread to make a very satisfying lunch. Fuji apples also store very well

— grab a bag, pop them in the fridge and have them on hand to munch all week long.

Limes: Sensational fresh WA limes are coming in from Gingin, bringing their heady scent and unmistakable zingy flavour. They add a highly perfumed, acidic kick to all manner of dishes; beautiful squeezed over trout or salmon, essential to finish off a coconut-based curry or South East Asian-style broth and lovely in a creamy lime curd tart.

When selecting, check the

sticker to be sure it's of WA origin and select limes with a brightly coloured smooth skin. Keep in mind that the Tahitian, the variety most commonly seen in Australia, doesn't have to be completely green to be ripe. Harvested green, they turn yellow as they sweeten and mature. Small areas of brown colouring on the Tahitian won't affect the flavour, but make sure they give a tiny bit when squeezed – a good indicator of juiciness.

Pears: Savour the flavours of

Autumn with fresh new season pears. Take your pick of varieties as the season unfolds. Bartlets, Packhams and creamy buttery flavoured Beurre Bosc. With an attractive russeted skin and exceptional eating qualities, they're lovely eaten crisp, finely sliced and chilled – perfect for a fruit platter or to accompany cheeses.

When selecting, don't be too concerned about a blemish-free pear; most markings are made by branches and leaves brushing against the immature pears

when still on the tree, however avoid those with actual cuts or bruising. Buy pears at various stages of ripening according to when you're going to eat then and store on the bench or the fridge accordingly.

Portobello mushrooms: Also referred to as Swiss Browns, these mushrooms have a longer growing cycle which results in a hearty meaty texture and rich flavour. Buy the size appropriate for the use – button for salad, cups for stuffing, flats for frying and grilling. A quick brush

with oil is all that's needed before grilling: flavour the oil with fresh herbs, chilli or garlic if you wish.

Portobellos are ideal for giving a real mushroomy kick to soups, roasted vegetables and stuffings. Keep refrigerated in a paper bag for seven – 10 days. Wipe with damp paper towels – no need to wash or peel as they will absorb water and turn mushy when you cook them.

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GREAT HOME and GARDENING



The art of gardening - an in-depth study of Japanese gardens



Some of the delightful plants and gardens in Japan



by Colin Barlow

HAVING just returned from my first ever trip to Japan to study the gardens, cities and cultural sites, I am inspired to share my experiences on further tours with fellow travellers and gardeners.

Japanese gardening and bonsai are living art forms based on precise principles and practices that incorporate specific elements and plants to form visual and symbolic effects.

The art of bonsai is believed to have been first practiced during the Chinese Han Dynasty (206BC – AD220) later developed by the Japanese. Bonsai means a plant or plants growing in a container. Bon means basin and sai 'to plant'. The art form consists of growing miniature trees in the form of their mature appearance. Many bonsai trees in Japan are centuries old and are passed down from generation to generation. They are often described as heaven and earth in one container.

Japanese gardening style was developed when Chinese Buddhist and Taoist ideas were incorporated into Japanese culture and its ancient religion, Shinto, in the seventh century. This ancient history has sculpted the art of what lies within the soul of Japanese gardens and bonsai.

Many of the gardens on our trip were constructed of stone and sand. These gardens have now become the gold standard for abstract garden art throughout the world.

In Kyoto we visited

Ryoanji Temple in which is renowned as Japan's finest example of a rock and sand garden (seki-taki). The meaning of the raked patterns and placement of the fifteen rocks has puzzled scholars for centuries and allowed visitors to ponder and explore its mysteries as they meditate in the Zen garden.

The spirit of a garden is to be quiet, calming and reflective, avoiding unnecessary distractions, based on seven aspects of Zen including asymmetry, simplicity, austere sublimity, naturalness, tranquillity, subtle profundity and freedom from attachment.

Ginkakuji in Kyoto incorporates wonderful Zen gardens with raked and moulded gravel placed within a serene garden setting. The garden features ancient pines, Ginkgoes,

maples and Camellias set against the backdrop of The Silver Pavilion.

Japanese gardens have an enduring and profound relationship with the land and can be divided into five principal styles – dry gardens, pond gardens, stroll gardens, tea gardens and courtyard gardens.



Plants are central to all but a few Japanese gardens and most possess significant symbolic meaning. These plants include contorted or twisting pine trees, Japanese maple, cherry blossom,

Wisteria and Lotus. Moss is often used to great effect under trees as a groundcover. The plants within the landscape are meticulously placed to celebrate their fleeting beauty through the seasons. Elements within the garden including the rocks, plants, water and lanterns create a unified, balanced and poetic picture.

The Rikugien Garden in Tokyo comprises garden features and views that represent scenes from classical Japanese literature.

Water is a key element in Japanese garden and can be incorporated through ponds, waterfalls, streams or a water basin. If water is missing, areas of water are often represented in the landscape by gravel and sand, or by dry streams.

Rocks are regarded as having a spiritual quality and living nature that should be respected when placed within the landscape.

Japanese gardens have developed over many centuries to become an art form where the whole garden is far greater than the sum of all its parts. I am looking forward to incorporating some of my newfound gardening and bonsai techniques into practice in Western Australian gardens.

Join me next year with Ross Garden Tours on a trip to see Japan at Cherry Blossom Time in late March to early April.

Chelsea Flower Showtime

From May 12 until May 26, I will be leading a Ross Garden Tour to the 'Chelsea Flower Show and the

Gardens of England' that takes in some of the most admired and esteemed gardens, landscapes and historic houses in England. Follow us on Facebook www.facebook.com/GardensfromEden1969/ and Instagram www.instagram.com/colinbarlow/.

Mother's Day flower parade or Bonsai bonanza?

1. The gifting of a traditional Chrysanthemum on Mother's Day is part of our culture. Check out the wonderful range of different species and cultivars at the **WA Chrysanthemum Society's annual championship flower show**. The show will be held at the Hawaiian Forrestfield Shopping Centre, 20 Strelitzia Avenue (corner of Hale Road) Forrestfield from May 11 to 13 from 10am until 5pm each day. For more details contact Michael Drake-Brockman on 9293 7650.

2. **The Orchid Society of Western Australia Autumn Show** is on from 9am on Thursday May 11

until 5pm on Sunday May 13 at the Flinders Square Shopping Centre, 3 Wiluna Street in Yokine. There will be orchids on display and for sale with expert growers on hand to provide advice and answer any questions. For further information go to www.orchidsocietywa.net.au

3. **The 35th National Bonsai Convention** will be held at Crown Towers, Burswood from May 20 to 21. The Association of Australian Bonsai Clubs (AABC) event will showcase both international and national bonsai demonstrators on stage daily. Attendees will be given the chance to improve their bonsai skills, with traditional and native species demonstrations, display set-ups tips, and critique sessions of the bonsai and suiseki (decorative stones) exhibition. Entry \$10 (children under 15 are free) to take a relaxed stroll through the large suiseki and bonsai exhibition. To find out more go to www.bonsaisocietywa.com.

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50-years and still turning the pages



The Book Club toasting to their 50th anniversary

CHAMPAGNE flowed amidst laughter and frivolity at the 50th anniversary of *The Book Club*. The group celebrated this memorable milestone with lunch and a wine tour of the beautiful Swan Valley.

Ini Campbell-Fraser and Gail Arnold were acknowledged as founding

members, and Ini was specially thanked for her leadership and organisation of *The Book Club* since it began in suburban Perth in 1973.

Members were in their 20s with young families when the meetings began. Times have changed since then. In 1973 each person contributed two

dollars per month for books that were bought en-masse at a bookstore. Now they enjoy a range of media including audio, ebooks and hard copy.

The group's favourite genre is contemporary fiction, but they also enjoy biographies and non-fiction and occasionally dip into the classics, science fiction and fantasy. Each year the group rates the books and an 'Oscar' is awarded to the most popular book – a fun way to reflect on the books selected, and to reveal that some were extraordinary and some were shockers.

The novels always generate thought-provoking discussions – the best discussions being those that strongly divide opinion. As with all groups, members have different tastes, but all feel free to respectfully express their honest opinions without

causing offence.

The Book Club has become much more than a get-together to discuss books over a glass of wine and a delicious supper. Strong friendships have developed over the years. Life's joys have been celebrated – births, the first day of school, success at sports, school balls, graduations and weddings, and more recently the joys of grandchildren.

Book club friends also provide support through life's difficult times. Every year the members enjoy a celebratory dinner; a momentous and joyous occasion to which they graciously invite partners.

After a fabulous day reminiscing about the books they've read, and the fun times they've shared, the ladies toasted the next chapter of *The Book Club* story.

Have a Go News PUZZLES SOLUTIONS

Solution for BIG Crossword page 54

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

Solution for Crossword page 55

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

Solution for Sudoku page 55

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

Solution for Wheel Words page 55:

Acne, Amen, Cane, Damn, Darn, Dean, Dine, Dune, Earn, Main, Mane, Mean, Mend, Menu, Mien, Mind, Mine, Name, Near, Nerd, Nice, Nude, Rain, Rein, Rend, Rind, Ruin, Rune, Amend, Amine, Anime, Cairn, Caned, Caner, Crane, Cumin, Dance, Denim, Dinar, Diner, Drain, Incur, Inure, Maned, Manic, Mince, Mined, Miner, Nacre, Nadir, Named, Namer, Nicer, Reman, Rumen, Runic, Unarm, Under, Urine, Acumen, Cedarn, Cinder, Cinema, Craned, Crinum, Dancer, Decani, Iceman, Induce, Inured, Maiden, Manure, Marine, Median, Minced, Mincer, Minder, Rained, Rancid, Remain, Remand, Remind, Ruined, Unmade, Unread, Uranic, Cairned, Carmine, Cranium, Durance, Inducer, Manured, Maunder, Numeric, Unarmed, Uranide.
9-letter word: MANICURED.

Solution for Quiz Quest page 55:

Port, Fin, Queen, Red, Strawberry, Normandy, Starboard, Green, King, Apple, Kiss, Champagne, Finn, Rudder.
Mystery keyword: ISLAND

Answers for Have a Go News Quiz page 2:

1. 80 2. Dirk Hartog Island 3. 1616 4. 43 5. Insect repellent
6. Pilbara 7. Super Pit 8. Esperance 9. Surfer 10. Golf

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Wills, Legal & Finance



Keeping your Will up to date when your relationship status changes



Framy Anne Browne

by Framy Anne Browne

IT'S never fun thinking about your Will. Failure to make changes to your will when there is a change of a relationship status can cause disputes amongst your loved ones, while you are still alive or after your death. So, with every new relationship or breakdown, you should

review and update your Will in order to protect the interests of other beneficiaries, including your children, upon your death. Whether your new relationship is a de facto relationship or marriage, family law in Australia creates rights in your assets for new partners as time passes. The terms of your Will (prior to the new re-

lationship) do not protect your beneficiaries, as the rights of your new partner will, over time, take priority.

The following are some relationship status events that should trigger you to update and review your Will:

Marriage

When you marry, your existing Will becomes invalid, unless it states that it was made in contemplation of marriage. Many Australians are unaware of this. If you fail to update your Will when you marry, a large part of your estate may be left to your spouse. This may not be a concern in first marriages, but it may be problematic if you have other people that you want to provide for, including any children from a previous marriage. This also applies to second marriages.

If there is no valid Will

at the time of death, then your estate will be distributed in accordance with the rules of intestacy. Depending on the state or territory in which you live, your new partner may inherit everything or your children may receive a significant portion of your estate and even previous partners may be entitled to a share.

As second marriages become more common and blended families increase, it is important that wills are accurately reviewed and updated when someone marries.

Divorce

In Western Australia, getting divorced automatically revokes and invalidates your Will, unless it was made in contemplation of the marriage ending. Again, in the absence of a Will at the time of your death, your estate will be distributed under

the rules of intestacy.

Entering into a de facto relationship

Living together with someone does not have the same impact on a Will as marriage. However, as time passes the person that you are living with accumulates rights. Whilst de facto couples across Australia have had similar rights and obligations as married couples, proving a de facto relationship existed or did not exist is not always that easy. It is important when contemplating entering into a de facto relationship to review and update your will. By updating and reviewing your Will, you may wish to protect other beneficiaries such as any children from a previous relationship and/or you may wish to provide adequately for your new partner.

It is most likely the surviving de facto has

a strong claim to a significant portion of your estate. Each state and territory has legislation which makes provision for eligible persons to make a claim against an estate where the deceased did not make adequate provision for a surviving de facto. The courts consider a range of issues in making a determination, including the nature and extent of the relationship, the nature and extent of any obligations and responsibilities owed by the deceased to the surviving de facto, the de facto's financial circumstances and extent of the deceased's estate, to name just a few.

Updating and reviewing your Will has become increasingly important since Australians are living longer for various reasons. Longer lives mean a longer time living on this earth and wanting

companionship. Many a widow/er will set-up house with a new-found love after their previous partner has passed away. Retirees are now entering relationships that can last five, 10 years or more.

Separation

If you separate from your spouse, the separation has no impact on your existing Will. If you die whilst separated and not yet divorced, your assets Will be distributed according to your will. In most cases, your former partner will be the beneficiary. If this is not the outcome you want, you should prepare a new Will when you're preparing to separate. As separation rarely happens spontaneously and without thought, you have more time than you realise. Otherwise, prepare a new Will immediately after you separate.

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Nick Bruining at AIR seminar held last year at the State Library Western Australia @independentretirees

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reation Club, from 10am to 12noon, tickets are \$10. To purchase tickets visit <https://www.eventbrite.com/e/preparing-for-retirement-with-nick-bruining-in-mandurah-wa-tickets-620545647737>, email johnhuntsmail@gmail.com or phone 0452 453 643.

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Downsizing

ADVERTISING FEATURE



Looking at the nitty gritty of retirement village living in Western Australia



by Lee Tate

RETIREMENT villages are often the last thing on our minds until we approach the golden years – our 70s. But for over-55s, villages offer safe, community living and benefits.

In retirement villages, you no longer have to maintain your garden or your home – especially welcome when arthritis and back pain creep-

in. Your focus may be changing too, in that you want to lock-up-and-leave for travel. An estimated 25,500 residents live in about 300 WA retirement villages.

The appeal of retirement villages to residents aged over 55, or who are full-time retirees, is leading independent lives while sharing fully-maintained facilities with a sense of community in village life.

Retirement villages' offerings include bowling greens, swimming pools, gyms, and tennis courts. Generally, there's a community centre for residents and sometimes a library. Some provide rooms for doctors, physiotherapists and hairdressers.

Whereas aged-care facilities provide round-the-clock care for residents, residents of retirement villages lead independent lives. Some retirement villages have aged care facilities on site with arrangements to transition to aged care facilities and some include security monitoring, emergency call systems and a village bus to transport residents to shops or outings.

Villages are either profit-making enterprises or not-for-profit organisations. There are different types and tenures with most operating on a 'loan lease' or 'loan licence' basis where the resident does not own the house but pays a fee to live there.

There is an ongoing service fee to cover the cost of maintaining the village facilities. The national average fee is \$502 a month but in WA it hovers just over \$400 a month.

Entering a village, prospective residents are usually required to make a payment known as a 'premium', based on the market price. This is usually a one-off, upfront payment and can range from a nominal amount

to one equivalent to the cost of buying the premises.

This premium may take the form of a non-refundable payment, an interest free loan to the operator or it can be the purchase price in a strata development. There can also be other fees such as wait list fees and administration fees.

Here's an example for an over-55 person going into a \$300,000, WA retirement village for 10 years. There's a deferred (exit) management fee (five per cent a year for five years) of \$75,000, a sinking fund fee of \$15,000, an estimated refurbishment cost (when you leave) of \$15,000 and marketing expenses of \$9,000 for your unit to be advertised and sold. With total deductions of \$114,000, your estimated refund after 10 years is \$186,000.

Taking into account a private home-owner's ongoing expenses for rates, water, gardening and home maintenance, the village fees are probably comparable. No more council or water rates to pay.

The State Government points out: "From the outset it's worth empha-

sizing that life in a retirement village will involve living in a community with an older age group.

"Although retirement villages are marketed to over-55s, the current average age of entry in Western Australia is 78 years and the current average age of residents is 80 years."

The government says the decision to move into a retirement village must be seen more as a lifestyle choice for the long term rather than an investment decision. But industry surveys indicate that people are generally happy with their decision to move to a retirement village.

The government cautions: "Communal living doesn't suit everyone's temperament. Remember that you will live in close proximity to others and will have restrictions placed on your ability to make independent decisions concerning your residence and lifestyle.

"Communal living requires a 'swings and roundabouts' mentality – you will like some of the decisions impacting on your life better than others."

Retirement village residents have rights under

the Retirement Villages Act. These include contract cooling off periods, termination rights and dispute resolution.

A code of practice also applies. The code is law and covers the provision of information, as well as the promotion, sale and operation of villages. Operators must comply with the code.

Most villages also have their own day-to-day rules, known as residence rules. They are not law but a residence contract may require you to abide by them.

Governments support over-55s with fiscal offerings unavailable to home buyers.

The government issues this alert: "Make sure both you and your partner's name are on any title, lease or licence. Otherwise, he/she may have to move out if you die or need to move to aged care.

"Consider village rules around new partners. Check whether the rules allow for a new partner to live with you on a temporary or ongoing basis."

If a retirement village changes hands, residents cannot be evicted. New village owners

are bound by the contract you entered into with the previous village owner.

Residents of retirement villages may elect a residents' committee if they want to. If residents seek to form an incorporated association to carry out the function of the residents' committee, this must be decided by a special resolution.

Committees can also be formed in the village for social activities but there can only be one residents' committee.

There are published guidelines for setting up and running a village residents' committee.

Last year, the State Government put a microscope over retirement village laws. They probed everything from when seniors decide to enter into a retirement village contract, to issues that arise while living in a village and some of the difficulties experienced by residents when it's time to leave, or by families when the resident passes away.

If a dispute resolution process is unsuccessful, residents can lodge a complaint with Consumer Protection with an online complaint form.



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Downsizing

ADVERTISING FEATURE



A bedroom upgrade to keep it cosy and comfortable as winter approaches



L-R; Bedroom looks from David Jones - Coco Republic and Zofia's former country home bedroom

by Zofia St James

MOTHER'S Day and family birthdays makes for a busy month, not to mention the last of autumn before the big chill really kicks in. I hope readers that you liked my description of creating a Hygge home... meaning cosy, comfortable, warm and inviting.

Not just a feeling you want to create for your visitors but more importantly for yourself. This time last year I was liv-

ing in the Wheatbelt and assisting my mum with preparations to sort, sell, pack and move us back up to Perth. Never have I lived in such a cold climate, in a very cold house, thankful that we had a combustion heater that worked overtime to keep the house warm day and night. It was an unforgettable chapter in my life for which I'm grateful, but even more so now we have an apartment that will stay a lot warmer with less effort than foraging

for wood... no, I didn't chop it, but I did have to stack the woodshed.

But back to the subject... comfort. Given we spend nearly 300,000 hours in bed, how's that situation working for you? As we get into these years of a certain age, sleep is challenged at the best of times. Make sure that your mattress is comfortable and supportive, the sheets are to your specific liking, meaning soft and silky or crisp and cold. The doona is warm

and weighted enough to lull you into dreamland and the quilt cover delights your eye.

In winter I like to make the bed look as plump, sumptuous and cosy as possible, so that it just beckons you to dive in and snuggle. If there is one place to spoil yourself it's here. There is little that we really need now, so spoil yourself and update with the perfect pillows and quilt... be it feathers and down, wool or the 'feather like' feel

polyester that's available now and especially for those of a PC outlook. If you don't want to buy a new mattress there are toppers that extend the life of your mattress and makes you feel like you are sleeping on a cloud.

Bedside lamps are a must, as is a bed head in order to enjoy sitting up reading or watching TV. With some new cushions and a throw, your bedroom makeover is complete. Adairs have fantastic bed heads which

can be easily secured or sit well up against the wall. It makes a room look furnished and complete. I also recommend European pillows as this makes sitting up in bed and sleeping much more comfortable.

Painting your room can completely change the mood and set the tone for relaxation, I think we tend to decorate our bedroom in our favourite colours, so this is somewhere we can really express ourselves and create something that is all about you, your very own luxurious private retreat that you makes you smile and feel at peace.

I hope this inspires and moves you to action some updates and

changes that you have known but procrastinated about. The end result will be worth it and do of course take advantage of sales which seem to a constant thing now.

My advice is to buy the very best you can afford because you are worth it... and... you deserve it. Bye for now.

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Even young musicians love singing the songs from the golden era



The Milford Street Shakers lead singer, Ayla Woodland - Ayla with one of her paintings - The Milford Street Shakers (Ayla Woodland in gold dress)

by Allen Newton

SHE may only be 19 years old, but Ayla Woodland is making a big hit with the music of 50 years ago as the new lead singer for 1960s Perth Soul band the *Milford Street Shakers*.

In fact, she says, her music playlist pretty much matches that of her father Chris Woodland whom some might remember as part of the many television programs created by Elephant Productions, including *Flapper and Friends* and *Perth's Young Entertainers*, screened on Channel 9 in the late 1970s and 80s.

Ayla says she and Chris, who is now retired, often jam together in his

home studio and she still gets him to drag out old episodes of *Flapper and Friends*.

"I've been singing with my dad on the guitar or the ukulele ever since I can remember," Ayla says.

"He's been a huge influence. He had me in piano lessons when I was in Year 3 and from a young age encouraged me to learn different instruments and was always trying to teach me the guitar. And my brother learned bass and drums which he taught me.

"My Dad really encouraged me to explore my singing voice from a young age and was always very encouraging.

"I started taking vo-

cal lessons in year 11, four years ago, with Mia Matthiessen (former lead singer with the *Milford Street Shakers*). I was always singing in high school musical productions and various jazz and rock bands, and I did a diploma of contemporary music industry at WAAPA in 2021."

Mia knew that Ayla loved the music the *Milford Street Shakers* were playing and introduced Ayla to band leader Dom D'Leno. Dom says despite Ayla's relative youth she was a perfect fit for the band.

Ayla says while most of the band members are older stalwarts of the music industry, she is part of a new generation coming into the band.

"I'm a bit of an old soul so I would fit in anyway," she laughs.

"I love the authenticity of the sound from the 1960s, with real people playing real instruments instead of all this computerised production stuff that is going on nowadays."

She's been part of the 11-piece band for around six months performing at venues like the Quarry Amphitheatre, the Ellington Jazz Club, the Perth Blues Club at the Charles Hotel, the Duke of George in Fremantle.

She is looking forward to getting up on stage at the Regal Theatre in Subiaco on Friday June 16 to perform *Soulphonic Strings Attached* with songs from the golden

era of soul.

Ayla grew up in a house that was always filled with music that accompanied every household activity.

"I was always exposed to music from the 60s, 70s and 80s. I think music from those days is raw and utilises musicians' raw talent and song writing skills. I'm not a huge fan of autotuning and heavily technologically produced styles of music.

"I also love old music for the performance styles and costumes. I love seeing Elton John's old performances and *Queen's*. How they get the audience involved and how they take their image so seriously and make it unique and fabulous really inspires me." That's also something

that attracted her to the *Milford Street Shakers*.

As well as throwing their heart and soul into the music of the 1960s, the band dresses to impress and goes out of its way to share their enthusiasm for their music with their audiences.

The band specialises in the music of the Motown era with their own take on soul music from the likes of Aretha Franklin, Ray Charles, James Brown and Etta James with songs that make people want to get up and dance whether they are 20 or 80 years old.

The *Milford Street Shakers* are the first major band Ayla has performed with, although she has sung in multiple bands in high school and

ensembles at WAAPA.

"This is the most professional music setting I've been in but it's definitely the most fun.

"It feels like an absolute blessing to be singing with such serious and talented musicians."

While Ayla is in the spotlight for her performances with the *Milford Street Shakers*, she is a woman of varied interests, studying architecture and painting as a hobby.

She paints Renaissance-style portraits, mostly in oil.

"My dad asked one day for a Renaissance portrait and ever since then, people just kept asking for them. I also paint people's pets in renaissance outfits."

Ayla has exhibited in several exhibitions and competitions and has won a couple of awards, including the City of Fremantle's 25 under 25, the Lester portraiture prize and Pulse Perspectives at the Art Gallery of WA.

"I'm studying architecture because it has that creative and hands-on design aspect as well as having a good academic balance. I feel like it's a good middle of both the left and right sides of the brain and it challenges me. I love learning new things and keeping busy and it does just that."

Tickets for *Soulphonic* are available from Ticketek.

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Drew Anthony presents the Perth season of *Strictly Ballroom* at The Royale Theatre



Strictly Ballroom the Musical set to entertain Perth audiences next month

LAST year was a big year for theatre in Perth. As the pandemic slowly

started to disappear in the rear-view mirror major interstate touring

musicals began returning and local producers also made their mark.

Perth-based producer and director Drew Anthony invigorated the local theatre scene with first-class reimagined productions of the Broadway classics *Grease* and *Chicago – A Musical Vaudeville* at Perth's new The Royale Theatre at Planet Royale in Northbridge.

In 2023 his independent theatre company Drew Anthony Creative (DAC) will bring Baz Luhrmann's iconic film-turned-musical hit *Strictly Ballroom* followed by the Broadway classics *A Chorus Line* and *Gypsy!*

It's no mean feat to produce a musical the-

atre production, but presenting three per year for the next five years is the challenge facing Drew Anthony Creative after The Royale Theatre at Planet Royale committed to supporting first-class musicals for the benefit of audiences, while providing unprecedented opportunities for Perth-based performers, technicians and musicians.

Strictly Ballroom the Musical follows arrogant, rebellious young ballroom dancer Scott Hastings who, when his radical and daring dance style sees him fall out of favour with

the Australian Federation, chooses to ignore authority and dance with beginner Fran. Together they find the courage to defy tradition and discover that to win, your steps don't need to be 'strictly ballroom'. The show features iconic songs including *Love is in the Air*, *Time after Time* and new material written by Sia, David Foster and Eddie Perfect.

The 1992 film famously starred Paul Mercurio as Scott and featured a young Todd McKenney in one of his first breakout performances. This production introduces rising musical theatre

stars Ethan Churchill as Scott and Kate Sisley as Fran, with choreography by Perth ballroom dancing legend Kallyanne Brown and music supervision by Joe Louis Robinson. Drew Anthony directs.

Tickets are now on sale for this much anticipated season of *Strictly Ballroom the Musical* which will play 28 performances in June and promises to burn the floor, dazzle and entertain Perth's musical theatre audiences.

Tickets on sale from Ticketmaster or www.drewanthonycreative.com.au

Enjoy this hilarious comedy for one show only at The Maj



DON'T miss *Mourning Tea*: a romantic comedy to die for, starring Kim Lewis (Sons & Daughters) and written by Angus FitzSimons (*Senior Moments*).

It's "Shirley Valentine" for the death set; a hilarious love story about farcical funerals, misplaced bodies, kismet and champagne. With *Mourning Tea*, death is not

necessarily a serious business. The play is about Grace Stevens, who works at a lovely small town funeral home, Beebe & Sons, serving morning tea to the mourners.

But now her new boss could be the new-age Hal Samson, of Samson's Life Celebrations, who wants to turn funerals into a party, complete with luaus, skydiving

and fireworks.

A horrified Grace is determined to save Beebe & Sons and be rid of Hal Samson, which would be a lot easier if she wasn't falling in love with him.

Enjoy the sweet treat of *Mourning Tea* at His Majesty's Theatre, 11am matinee, May 18.

Member of a library? Join this fabulous free online Book Club and meet an array of authors



From L-R; Libby Book Club for WA host David Allan-Petale - journalist, producer, media executive and author, Michael Thompson - *How to be Remembered* is Michael Thompson's first novel

LIBBY Book Club for WA is building a loyal following, with more library members turning into the online event each month. Professionally run and

presented, yet friendly and accessible, readers from anywhere in Western Australia can enjoy engaging conversations and interviews during these

community events each month from the comfort of their own home, at no cost.

This free online event is being offered to every

library member in Western Australia. Hosted by local author David Allan-Petale, the Libby Book Club for WA is on the third Wednesday of every month and gives readers across the state the opportunity to ask questions, interact with authors, and enjoy a well-rounded bookish discussion.

The next event is on Tuesday May 16 from 7-8pm. People can join host David Allan-Petale in conversation with breakout author Michael Thompson to discuss his unforgettable new novel

How to be Remembered. This event will be hosted on Zoom, the link will be sent to all attendees on the day of the event.

David Allan-Petale is a Perth/Boorloo writer whose debut novel *Locust Summer* (Fremantle Press) was longlisted for the 2021 ALS Gold Medal and shortlisted for the 2022 WA Premier's Book Awards. The manuscript was shortlisted for the 2017 Australian/Vogel's Literary Award, and developed through a fellowship at Varuna, the National Writers' House. David worked for many

years as a journalist in WA and internationally with BBC World and Al Jazeera, and is passionate about helping the arts sector thrive.

Michael Thompson has been a successful journalist, producer and media executive for the last fifteen years. He now co-owns a podcast production company and is the co-host of one of the highest-ranked podcasts in Australia. He lives in Sydney with his wife and two young children. *How to be Remembered* is his first novel. During this digital book

club, guests will have the opportunity to ask questions, interact with the authors, and enjoy a well-rounded bookish discussion.

For more information about borrowing digital books from your library, visit www.overdrive.com/apps/libby.



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40th Anniversary Concert

SATURDAY 4pm-10pm 27 May
40th Anniversary Festival

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Sparkling, hilarious, irreverent *Mono* comes to His Majesty's



John Wood, Emily Taheny and Max Gillies in *Mono*

by Josephine Allison

THEATRICAL monologues were once extremely popular, but changing times took them in a different direction. A new three-person show, *Mono*, coming to Perth soon, shows the brilliance of this work, showcasing talented actors who can capture audiences on a simple stage with few props. Writer-director-producer Angus FitzSimons, who delighted audiences with *Senior Moments*, has written a sparkling new work starring Max Gillies and John Wood who both played in *Moments* and Emily Taheny who spent 10 years with

Shaun Micallef on the ABC's *Mad as Hell*.

"I wrote the three-person monologue in just under two weeks in 2020," Angus tells *Have a Go News*. "I can write very fast but I had been thinking about it for a long time. The story goes Noel Coward wrote *Private Lives* in a weekend but he said he had been thinking about it for a year. You think about things for a long time, then you sit down and do it." "*Mono* happened at the beginning of Covid, I had an idea about doing a show with three people doing monologues in the style of Joyce Grenfell or Bob Newhart so I wrote three

individual pieces.

"At the time, there was a lot of speculation if people could be in the same room to rehearse or have anything like that going on. So I thought I would write something where everybody is distinct and individual and that was how the show was born.

"Monologues are not so common these days and one of the reasons my thoughts turned to this was when Barry Humphries died recently. Dame Edna started out in a monologue. It was that style in the 50s and they were popular pieces but, apart from actors auditioning, the monologue has become a lost art.

"There was a time when such performers as Shelley Berman, Bob Newhart and Joyce Grenfell did monologues and audiences loved it. I thought it was time this sort of comedy should be revived.

"That unique style of performer has changed. I think what changed it in some ways was such shows as *Beyond the Fringe* with Peter Cook and Dudley Moore and Alan Bennett who was also a very good monologue writer. It changed things into a review, more like plays and ensemble pieces."

Angus says he went to see a play about younger people aged in their 20s in an unhappy marriage yelling at each other.

"I thought, why don't I write a play for older people that seniors would be interested in, instead of watching a play about younger people having arguments, so *Senior Moments* was born.

"From that show I have Max Gillies and John Wood and also Emily Taheny. Max is one of the

funniest people I have seen, John is a great actor who brings the house down in *Mono* with his police monologue and Emily is a brilliant comedic actress."

Audiences will be delighted with a range of roles from the trio who give three monologues each, including a headmistress, mother of the bride, a priest giving a sermon, a police officer giving evidence, an auctioneer and a conductor Victor Borge-style.

Costumes range from a policeman's uniform, a conductor's suit and a spangly number and there are a lot of quick changes, Angus says.

"The set is a central podium so we don't have to worry about transporting sets around the country."

Post Covid, Angus says there is a huge thirst for theatre.

"There's a real buzz, the thrill and joy of being back, the roar of the crowd is electric, you can't replace it."

Mono toured nationally last year and there are plans for more touring including to New Zealand. Angus is also presenting a one-woman play, *Mourning Tea*, starring Kim Lewis (*Sons and Daughters*).

He has written a book, *Senior Moments* (Hachette 2020) and is working on another comedy. He has another book, *300 People You Should Avoid At All Costs*, coming out later this year.

"I'm refreshingly busy at the moment," he says.

Mono, presented by Bunbury Productions, plays at His Majesty's Theatre from May 17-21. Bookings: Visit the *Mono* website.

The jazz party of the year... WAYJO's 40th anniversary weekend

A TWO-DAY celebration of the WA Youth Jazz Orchestra's (WAYJO) 40th year takes over the Studio Underground and its foyer

at the State Theatre Centre of WA on Friday May 26 and Saturday 27.

WAYJO is marking the occasion in style - bring-

ing together Perth's biggest jazz names alongside future stars of the Australian jazz scene for one very special weekend.

"WAYJO has been at the forefront of forging professional jazz artists aged 14 to 25 since 1983 and holds a very special place in many WA musician's hearts and memories," said Mace Francis, artistic director and musical director, band leader of the WAYJO Wednesday Night Orchestra, who first joined as a guitarist in 2001.

"Our celebration even features three members of one family who have all



been with WAYJO at one time.

"Please come and join us as we celebrate WAYJO's 40-year history and

look towards the future of jazz."

The celebrations begin with a gala performance on Friday evening at 7pm

featuring all three WAYJO big bands alongside special guest alumni including Perth's premier jazz vocalist, Libby Hammer, the versatile trombonist Catherine Noblet, the accomplished saxophonist Gemma Farrell, and the elegant vocalist Lucy Iffla.

Rapper Zero Emcee, who joined WAYJO in 2022 in a collaboration called *Beats & Pieces* that was a highlight of last year's program, will join the WAYJO Wednesday Night Orchestra to add some hip-hop flavour to the big band repertoire.

On the Friday night 40th Anniversary Concert all three bands - Minter Ellison Monday Night Orchestra, St John of God Health Care Tuesday Night Orchestra, and WAYJO's Wednesday Night Orchestra - will take to the stage to perform commissioned works, band and fan favourites, and classic big band jazz repertoire.

The celebrations continue on Saturday May 27 from 4pm, when WAYJO transforms the State Theatre Centre's Studio Underground and Foyer into a festival hub with a relaxed atmosphere of in-conversations, small group jazz ensembles, historic photo displays, projections of performances spanning four decades, alumni appearances, and big band performances.

For ticket bookings for either event visit www.arts.culturetrust.wa.gov.au

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"TUNEFUL SONGS IN A BREEZY RANGE OF '60S STYLES.."
THE HOLLYWOOD REPORTER



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Home truths from a Western Australian backyard



Black Swan State Theatre Company's *Things I Know to be True* actors Humphrey Bower and Laura Shaw © Frances Andrijich

THE Prices seem like your typical tightknit, working-class suburban family. Fran and Bob have worked hard to raise four loving, noisy, healthy kids; taking the stresses, strains and growing pains in their stride. However, when the kids return home after flying the coop, buried truths come to the surface, turning everyone's world upside down.

Celebrated WA writer Andrew Bovell (*When the Rain Stops Falling*, *Lantana*), exposes a tumultuous year in the life of an Australian family that digs deep into the heart of household dynamics and how we react to change.

Moving in its honest beauty, Bovell teases out a rare, uplifting optimism in the face of pain and tragedy that would shake the foundations of even the most united families among us.

Artistic director Kate Champion, who is making her directorial de-

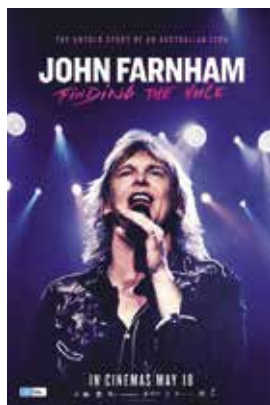
but for the company adds, "*Things I Know To Be True* is about many things. It's about trying to find your place in the world and a sense of who you are and how you fit into it. It's about the choices you make along the way and how to live by them, particularly during the many watershed moments we inevitably face in life. It asks - how do you love someone without loving them too much, or too little? Is change the only thing that's certain in life? It's relatable, complicated, and deeply suburban and I can't wait for Perth to experience this wonderful production."

Brought to life by an all-WA cast, bringing a local touch to the story with Humphrey Bower (*The Tempest*) as Bob, a retrenched auto factory worker, married to Fran, a nurse played by Caroline Brazier (*Mary Stewart*, *Rake*). Their four children

are Pip, the oldest child played by Emma Jackson (*Once in Royal David's City*); making their Black Swan debut, Kazim Kane as Mark, the second oldest child, who works in IT; Will O'Mahony (*Oil*) as Ben the third child working in financial services; and recent WAAPA graduate Laura Shaw as Rosie, the youngest child who doesn't know who she is or what she wants to be just yet.

With its blend of humour, poignancy, and familiarity, *Things I Know To Be True* is a compelling drama that is sure to leave a lasting impression on anyone who sees it, making you want to run home to squeeze your perfectly flawed family and never let go.

Black Swan State Theatre Company of WA presents *Things I Know to Be True* by Andrew Bovell from May 27 to June 18 at the Heath Ledger Theatre.



New biopic on Australia's iconic singer – the legendary John Farnham

JOHN Farnham: Finding the Voice tells the untold story of an Australian music icon.

In this first authorised biopic, we follow Farnham's life from the quiet suburbs of Melbourne to '60s pop fame, through incredible highs and lows, and ultimately to record-breaking success as 'Australia's Voice'.

John Farnham was 38 years old

when *Whispering Jack* was released. Nobody ever questioned that Farnham could sing but the challenge to find his artistic voice and become Australia's most trusted and beloved performer took half a lifetime.

Whispering Jack is still the best selling Australian album of all time, and this powerful documentary

tracks the personal and public journey that has made Farnham Australia's greatest and most beloved musical artist.

Directed by Poppy Stockell, and featuring commentary by Olivia Newton-John, Jimmy Barnes, Celine Dion, Richard Marx, Robbie Williams, Darryl Braithwaite, Glenn and Gaynor Wheatley, James and Rob-

ert Farnham plus many more, *John Farnham: Finding the Voice* is the must-see movie event in cinemas from May 18.

WIN WIN WIN – Email Only

We have some double passes available to win. To be in the draw to win simply email win@haveagoneews.com.au with *Voice in the subject line*. Closes 16/5/23.

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New 'must-see' British gem



BASED on the true-life experiences of Dave Fishwick, *Bank of Dave* tells the story of how a working-class man, and self-made millionaire, from Burnley in the UK, fought to set up a community bank.

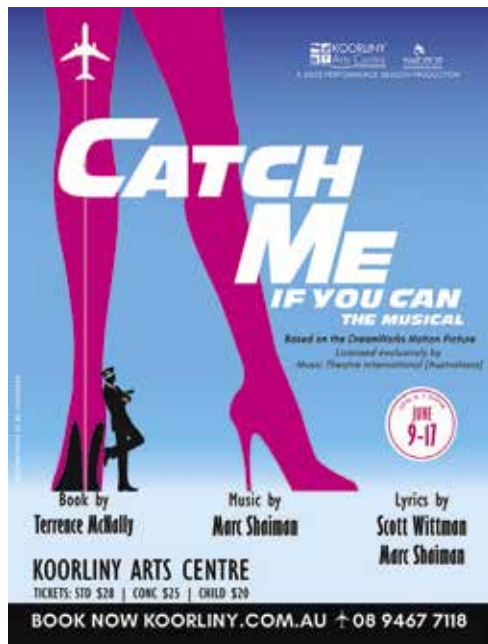
From director Chris Foggin (Fisherman's Friends), *Bank of Dave* stars Rory Kinnear, Phoebe Dynevor, Joel Fry and

Hugh Bonneville and opens in cinemas June 1.

WIN WIN WIN

Thanks to the *Reset Collective*, we are giving away 10 in-season double passes to this 'must-see' feel-good British gem. To be in the draw simply email win@haveagonews.com.au with *Dave* in the subject line or write to *Bank of Dave* c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 31/5/23.

Catch me If You Can premieres at Koorliny Arts Centre



TONY-Award Nominated musical *Catch Me If You Can* will make its long-awaited WA debut at award-winning Koorliny Arts Centre this June.

Based on the hit DreamWorks film, this splashy musical theatre spectacle follows the high-flying adventures of a globetrotting con artist.

Seeking fame and fortune, precocious teenager, Frank Abagnale, Jr., runs away from home to begin an unforgettable adventure. With nothing more than his boyish charm, a big imagination and millions of dollars in forged cheques, Frank successfully poses as a pilot, a doctor and a lawyer – living the high life and winning the girl of his dreams. When Frank's lies catch the attention of FBI agent, Carl Hanratty, though, Carl pursues Frank across the country to make him pay for his crimes.

Nominated for four Tony awards, including Best Musical, this delightfully

entertaining show was created by a Tony Award-winning 'dream team', with a book by Terrence McNally (*The Full Monty*, *Ragtime*) and a swinging score by Marc Shaiman and Scott Wittman (*Hairspray*).

Director Katherine Freund's vision pays homage to her love of great stage spectacles.

"Colourful, tight and showy, expect wonderful vocals, big dance numbers, feel-good moments and a few songs that tug at the heart strings," she said.

Catch Me If You Can, a Koorliny Arts Centre and Kwinana Industries Council 2023 Performance Season production, runs from June 9-17, with matinees and evening performances available.

Tickets are now on sale and cost \$28 standard, \$25 concession and \$20 child. Group prices and Companion Card options are available.

For more information visit www.koorliny.com.au or call the box office on 9467 7118.



The Unlikely Pilgrimage of Harold Fry in cinemas June 8

An unlikely hero discovers redemption in a new film

LED by Oscar, Golden Globe and BAFTA-winner Jim Broadbent, *The Unlikely Pilgrimage of Harold Fry* is based on Rachel Joyce's best-selling novel of the same name.

Harold Fry was never meant to be a hero. He's an unremarkable man who has made mistakes with all the important things: being a husband, a father and a friend. And now, well into his 60s, he

is content to fade quietly into the background of life. Until, one day – Harold learns his old friend Queenie is dying.

Harold leaves home, walking to his post office to send her a letter. And out of the blue, Harold decides to keep walking, all the way to her hospice, 450 miles away.

The film follows Harold on an uplifting journey of redemption and self-discov-

ery, and at its heart is a film about community and love.

In cinemas June 8.

WIN WIN WIN

To be in the draw to win a double pass simply email win@haveagonews.com.au with *Harold* in the subject line or write to *Harold Fry* c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 5/6/23.

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18 MAY 2023

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Friend to Friend



Instructions - Please read carefully

Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:

Friend to Friend
PO Box 1042
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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

I am over 45 years of age (Signature)

Obtaining replies to your Friend to Friend Reply Box entry:

Please include two stamped (\$2.40) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

Seeking a Friend

ACADEMIC retired, seeks female: causerie, cross-words, coffees, Hills area, cafe, library, venue, NS, SD, WLTM, ALA, books, garden, art, interests.
Reply Box 9318

AN easy going sincere lady, 70s, WLTM gent appropriate age, mutual interests, good company, conversation, GSOH, fin sec, long term if compatible, NOR.
Reply Box 9321

"DESPERADOS" girls and boys, 65+, come along, have lunch together, make friends, mingle around; If you don't have a go you will never know, we meet every three weeks. No fees other than your own beverages. Reply with a mobile phone number only.
Reply Box 9330

GENT 71, fit, active, NS, ND, GSOH, DTE, enjoys socialising, music, movies. Good conversation, like to meet lady similar interests, Mandurah area. Please include phone number.
Reply Box 9329

GENT 73, widower, reasonably fit, Bunbury area, DTE, honest, caring, NS, SD, outlook ahead; take each as we are to look forward to happy times ahead. WLTM DTE, honest, caring lady, 67-73 with similar outlook.
Reply Box 9326

NEW singles group, 65+, eastern hills to Perth. Meet regularly for lunch pay for own beverages, no fees apply, near train station. Come find a friend, companion have fun. Please send phone or email contact.
Reply Box 9327

QUIET Aussie gent, 78, normal looks, seeking a nice, pleasant, understanding, lady 60-85+ for discreet daytime only friendship, coffee, chats, cuddles and love making. Looking forward to your contact with phone number soon.
Reply Box 9316

RETIRED female, single, fit, 60s, seeks same for walking holidays, weekends away, enjoys outdoors, sport, history, GSOH, NS, NOR, looking to share adventures.
Reply Box 9328

SRI LANKAN born (English Sinhalese) Australian citizen seeks honest, active gentleman. Love to travel, ballroom dancing, music and cooking.
Reply Box 9314

Seeking a Partner

ATTRACTIVE well presented English Australian lady, 70+, medium build, educated, SOR, 6107, VGSOH, ND, fin secure. I enjoy reading music, gardening, country drives, socialising, good conversation, WLTM well presented, loyal, unattached (not separated), fin secure gentleman, 67-75 with old-fashioned values for long term permanent relationship. Genuine replies only. ALA.
Reply Box 9315

ENGLISH gent 78, slim, respectful and sincere, healthy, lives peaceful lifestyle, fin secure, enjoys walking, shopping, theatre, a romantic, likes holding hands. WLTM oriental lady for relationship or friendship with similar approach on life being happy.
Reply Box 9322

GENT 60+, socialising, NS, DTE, enjoy movies, dancing, travel. WLTM honest, Capricorn lady up to 60 years young for relationship.
Reply Box 9324

LADY model 1940, English, good chaste, headlights, gear box starter motor all in order. Seeks careful male driver to look after me, shine good humour on me. Drive me nuts and service me regularly. ALA.
Reply Box 9325

PROFESSIONAL semi-retired Australian gent, unattached, slim build, active in competitive sport, fin secure, enjoy the finer things that life offers; travel, dining, boating, own home, SOR. This being my initial advertisement. excuse reluctance. Further comment.
Reply Box 9313

Seeking a Travel Companion

LADY 80, attractive, WLTM gent for travel, caravanning, good Christian values, live near 6019 area.
Reply Box 9320

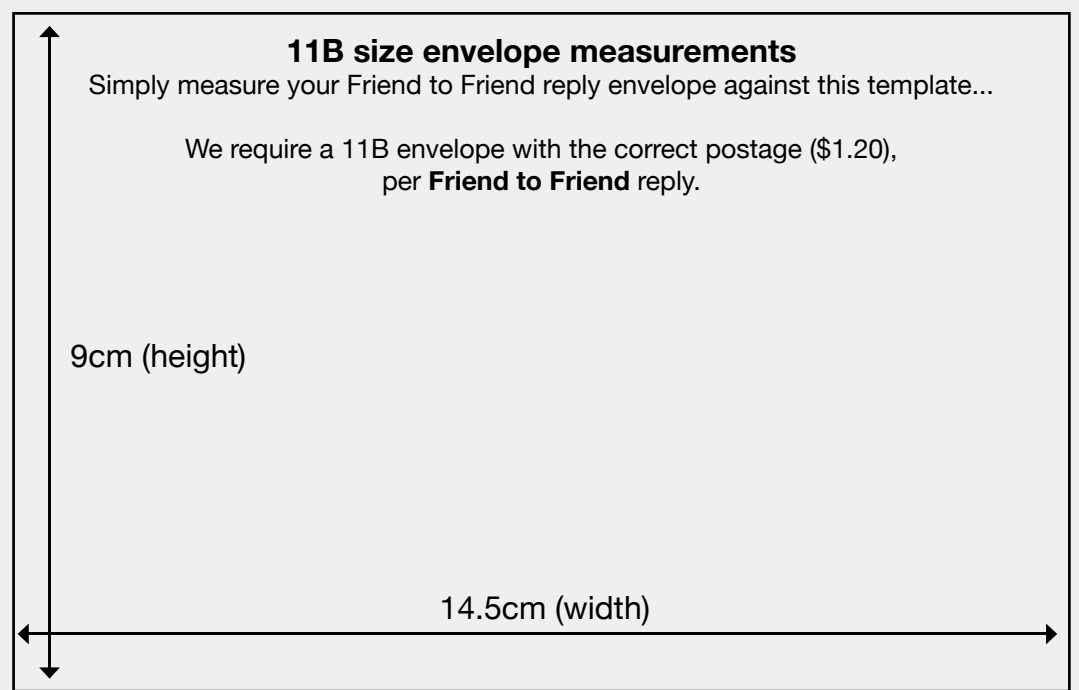
LADY travel companion wanted for female 72, to travel to South Korea.
Reply Box 9319

MALE 73, NS, SD, active seeks female partner for caravan trips around Australia. Sharing expenses, large van fully equipped mod cons. I enjoy most social activities and 60s music. Looking forward to hearing from you.
Reply Box 9323

Wishing to Contact

GENT WLTM lady 75-85 for ongoing friendship, enjoys outdoors, quiet life good music, well travelled, Australia, NS, GSOH, SOR, TLC.
Reply Box 9317

Envelope size for Friend to Friend replies...



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 above.

No greeting cards, bulky items and photos. All replies will be forwarded early in the next month. All replies are strictly confidential and are not opened. Replies must be in response to reply boxes no older than three months.

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CANNING LADY 76 attr, youthful, slim, petite brunette, modern, fit, active, no ties, loves travel, sport, outings, homelife. Sk gent 74-80.

BUNBURY LADY 75 fashionable widow, funloving, GSOH, intell, d.t.earth, loves life, sk active, positive, well grmd gent 70-80.

BELMONT GENT 85 sincere, active, indep, well grmd, tidy habits, country boy at heart. Loves caravanning & visiting interesting places. Sk lady 80s.

WANNEROO GENT 77 retired professional, educated, well-travelled, enj golf, gym, swimming, dancing, social activities, o/seas travel. Sk lady 67-77.

MANDURAH GENT 77 tall, trim, outgoing, intelligent, happy, young o/look, enj travel & the arts, o/door pursuits. Sk lady 70s.

COTTESLOE GENT 82 ret. businessman, intell, relaxed, e/going, sociable, sk attr, youthful lady 70-80 nearby to enjoy socialising.

MANDURAH GENT 75 ret. farmer, wid, active, kind, love o/doors, animals, the enviro, country music, sk lady similar 70-78.

NORTHLAKES GENT 84 friendly, intell, gd conversationalist, great sense of humour, kind, dependable, happy, sk lady 78-86.

HAGN#374-059770

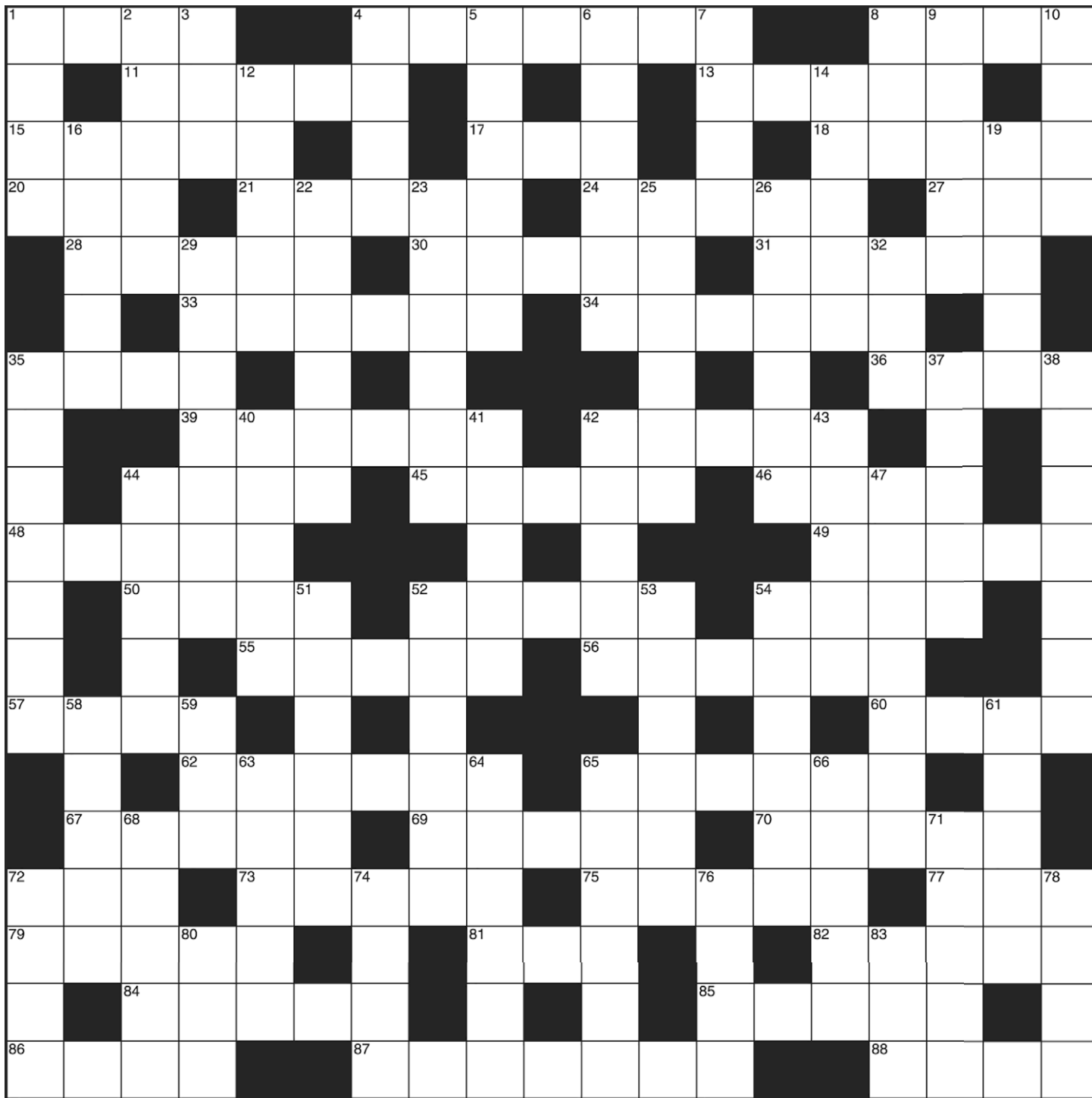
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Have a Go News PUZZLES PAGE



BIG CROSSWORD - SEE PAGE 44 FOR SOLUTIONS



ACROSS

- 1. Torso
- 4. Understood
- 8. Facts
- 11. Stormed
- 13. Electronic message
- 15. Vibrate
- 17. Vehicle Identification Number (1,1,1)
- 18. Watery fruit
- 20. Delicious!
- 21. Flavouring herb
- 24. Eskimo building
- 27. A single entity
- 28. Sicilian crime group
- 30. Instruction
- 31. Raft ferries
- 33. Bury in vault
- 34. N African desert
- 35. Wildebeests
- 36. North Atlantic Treaty Organization
- 39. Starting (golf), ... off
- 42. Hoisted (flag) (3,2)
- 44. Small pool
- 45. Tribe's spiritual emblem
- 46. Per head
- 48. Twerp
- 49. Profits
- 50. Was aware of
- 52. Writer, ... Allan Poe
- 54. Give food to
- 55. Is wet (of weather)
- 56. Control arms
- 57. Jumble
- 60. Absent
- 62. Radioactive element
- 65. Neither male nor female
- 67. Dark yellow pigment
- 69. Governed
- 70. Rancher's rope
- 72. Which person?
- 73. Laundry machine
- 75. Embroiderer
- 77. Portion
- 79. Lift
- 81. Yoga floor pad
- 82. Non-clergy
- 84. Cavalry weapon
- 85. Elementary
- 86. Fling
- 87. Walks confidently
- 88. Dole (out)

DOWN

- 1. At work
- 2. Tense situation
- 3. Chatter
- 4. Friendly Aussie greeting (1'3)
- 5. Action-word modifier
- 6. Shetland animals
- 7. Distribute cards
- 8. Perish
- 9. Apportion
- 10. Prince Philip's daughter
- 12. Obtain access (3,2)
- 14. Love (French)
- 16. Homo sapiens member
- 19. Beginning
- 22. Great loathing
- 23. Short while
- 25. Inventor, Alexander ... Bell
- 26. Frosted (glass)
- 29. Decorate with ribbons
- 32. Mum's mum
- 35. Biblical giant
- 37. Plant louse
- 38. Outlast
- 40. Enrol
- 41. Cattle prods
- 42. Stately
- 43. Calling device
- 44. Early infantry spears
- 47. Roman emperors
- 51. Prison guard
- 52. Withstand
- 53. Flow back
- 54. Fit, in fine ...
- 58. Waikiki welcome
- 59. Royal acronym (1,1,1)
- 61. Under way
- 63. Cosmetics brand, Elizabeth ...
- 64. Barely-audible remark
- 65. Made home
- 66. London's ... Court
- 68. Loops
- 71. Carve
- 72. Decree
- 74. Couturier, ... Saint Laurent
- 76. Spiders' traps
- 78. Rubber wheel
- 80. Army commando regiment (1,1,1)
- 83. Target



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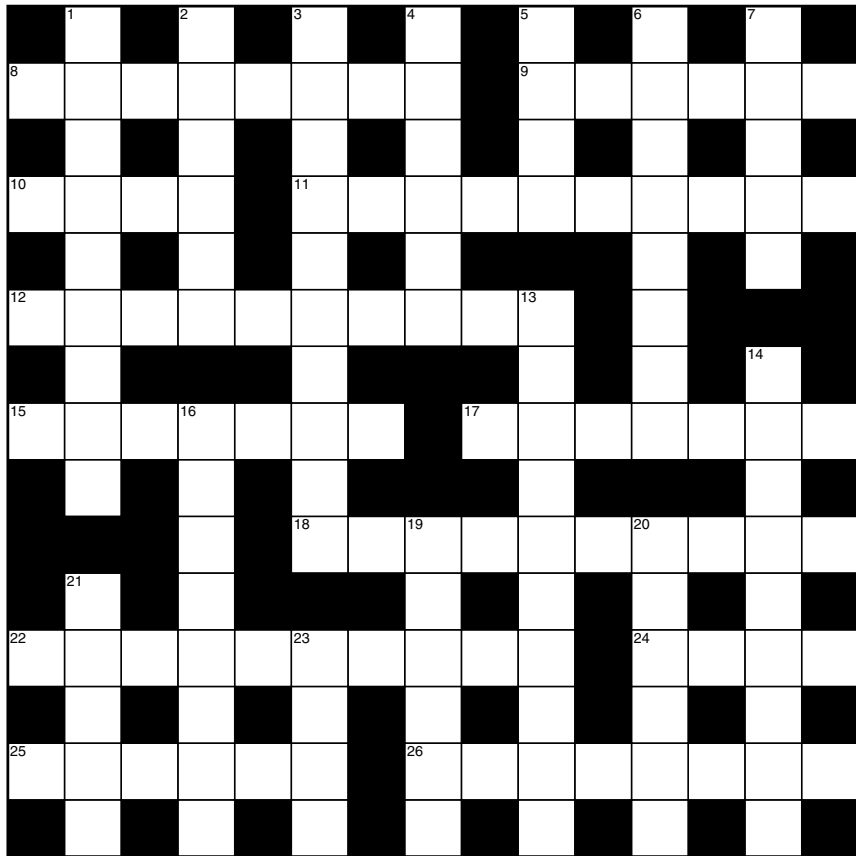
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CRYPTIC CROSSWORD



ACROSS
 8. Person who can be easily persuaded to topple (8)
 9. Petty matter of a sponge dessert (6)
 10. If it's all right, go back to former UN boss

(4)
 11. Recalled when club got all new delegates (10)
 12. Be without Sheen? How boring! (10)
 15. Picking up after shop or weight (7)

17. Arrived on the last part of Honduras with what tourists wear around their necks (7)
 18. Didn't make a big thing of news chief following Irish county drama (10)

22. Fussy about specific detail (10)
 24. Hang around to get bread (4)
 25. Dread terrier that is swapped for duck (6)
 26. Honestly changing in a secretive manner (2,3,3)

DOWN
 1. When discussing autumn, attic sounds reflexive (9)
 2. Hikers wildly scream (6)
 3. Upset when six balls went in different direction (10)
 4. Reminder to be punctual (6)
 5. Originate from small talk? Excuse me! (4)
 6. Where linesman stands with his secondary income (8)
 7. Senior part of Bristol Derby (5)
 13. Apex eaters can cause great irritation (10)
 14. Military headquarters' social events thrown by pitchers (9)
 16. '60s dancers caught up in whirlwinds? (8)
 19. China pattern on cricket bat (6)
 20. Pacino fibbed about being affiliated (6)
 21. Brief movie role came to nothing (5)
 23. Part of the deal? (4)

SUDOKU

Fill the grid so that every column, every row, and every 3x3 box contains the number 1 to 9. **RATING: ★★☆☆☆**

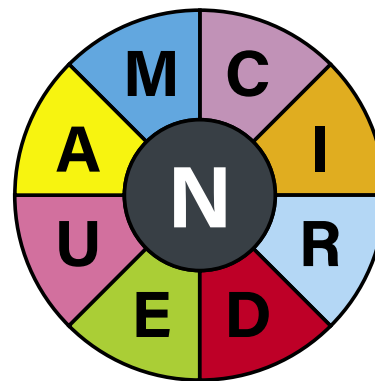
		9		4	5			
8	3		2					6
				6	2	3	7	
		3	7		8		2	
4			1	8	3			9
6		5		9	1			
3	9	8	6					
7				8		6	4	
		6	9		3			

WHEEL WORDS

Create words of 4 letters or more using the given letters once only, but always including the middle letter. Do not use proper names or plurals ending with S. See if you can find the 9-letter word using all the letters.

Wheel Words

30 Good 50 Very Good 70+ Excellent



QUIZ QUEST

Strawberry	Fin	Green
Rudder	Kiss	Port
Normandy	Finn	Champagne
King	Apple	Queen
Starboard	Island	Red

All the answers to the clues are in the boxes, either as a word or picture. Solve all the clues and cross off the boxes. One word will be left over. This is the mystery keyword.

- CLUES**
- 1. Style of fortified wine
 - 2. Surfboard blade
 - 3. Brian May was a member of this band
 - 4. Moscow's ... Square
 - 5. Beatles hit, ... *Fields Forever*
 - 6. WWII D-Day landing coast
 - 7. Boat's right-hand side
 - 8. Colour of Kermit from Sesame Street
 - 9. Checkmate quarry
 - 10. Poisonous gift to Snow White
 - 11. Originally known as Wicked Lester
 - 12. French region famous for its sparkling bubbly
 - 13. A native of Oulu or Tampere
 - 14. Ship's steering device

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