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Come to the cabaret!



Perth International Cabaret Festival performers, clockwise from left; Tom Burlinson - *Simply Brill: The Teens who Stole 60s Rock n Roll's* Amelia Ryan, Michaela Burger and Michael Griffiths - Caroline O'Connor - Vika and Linda Bull © Brian Purnell of Mushroom Creative House

by Josephine Allison

INTERNATIONAL and national artists will grace the stage at His Majesty's Theatre for ten days next month when the *Perth International Cabaret Festival* brings an exciting new program to Perth.

"It's our fourth year and last year was not quite the festival we planned but now we are back on track. This is our biggest festival yet and our most ambitious," says artistic director Michael Griffiths, speaking to *Have a Go News* from Adelaide.

"For the first time, we are truly international and not just by name. We started the festival before the pandemic, not knowing that was to happen so that changed things.

"This year, we have Mark Nadler: *Cole Porter*

After Dark, direct from New York. New York born and bred, Mark is a wonderful old school piano man who I've crossed paths with for more than ten years; he is essentially a master of his craft.

"If you have never seen or heard of him, once you do you will instantly become a fan because he is so funny and charming and a brilliant pianist who also manages to tap dance. His talents know no limits.

"Another visiting artist is Christina Bianco who presents *Crowd Control*. She now lives in London and came to fame from doing YouTube impersonations when she was still in New York.

"She has been to Perth but not for a long time. We have Christina on the opening weekend and Mark on the

closing weekend."

The festival features some of Australia's finest voices including Deborah Conway and Willy Zygiar based on Conway's book *Songs From the Book of Life* which delves into the women who changed the face of the Australian music industry. Also on this same opening weekend is Australian powerhouse performers and the country's favourite sisters, Vika and Linda Bull. This paired back show, accompanied only by piano, showcases how truly magnificent their voices are.

Tom Burlinson has his new show, *Still Swingin'*, a montage of classics by the great superstars such as Tony Bennett, Sammy Davis jnr, Nat "King" Cole, Dean Martin and Frank Sinatra.

"Of course, Tom is well

known for his film *The Man From Snowy River* but he has also made his name as a jazz singer to great acclaim. He is versatile and charming and so we are delighted to have him," Michael says.

"The gem, *On the Boards*, we debuted in 2022 has the audience coming on stage at His Majesty's which is much bigger than you might imagine.

"The performer performs in the orchestra pit which becomes a raised stage with the auditorium the backdrop. So it's a mirror image of where you would normally be sitting.

"*Kristal West: Tribute to Dr Eddie and Dr Bonita Mabo* features the granddaughter of these First Nations activists, paying tribute to her late grandparents. She sings

in language and in English about her family and culture.

"*Sisters of Invention* from Adelaide - *You Ready for This?* is a four-member all-girl pop group who are proudly artists with disabilities. They are charming, funny and fierce and have been together for 10 years, singing their own songs and telling their own stories.

"*Simply Brill: The Teens who Stole 60s Rock n Roll* with Amelia Ryan, Michaela Burger and Michael Griffiths is a celebration of teenage songwriters such as Neil Sedaka, Carole King, Ellie Greenwich and Cynthia Weil who were hired to write songs that came out of the Brill Building in New York between 1958 and 1964.

Continued on page 43

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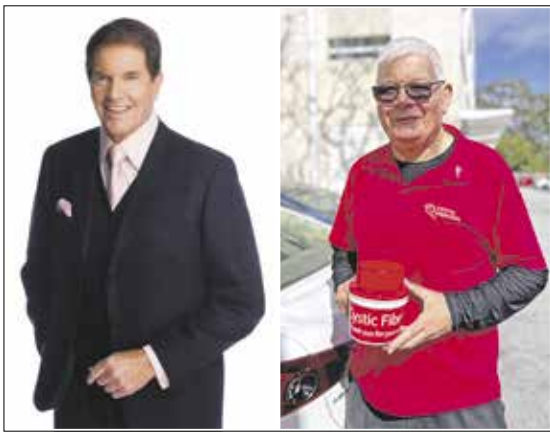
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Celebrating 75 YEARS

From the managing editor's desk



LR; John Burgess - Cystic Fibrosis volunteer Ron

I AM thrilled to announce that John Burgess has joined the newspaper as an ambassador, bringing his silky smooth style to our pages along with contributing a regular monthly column. We look forward to providing some special reader events which John will host throughout the year and, of course, he will come down to *Have a Go Day* on November 13. We have had a freshen up to our pages and hope you enjoy our new look which features Burgo.

Volunteers provide an essential function in our community and this month we have a very

special feature to mark National Volunteers Week inside our pages. There are opportunities to provide your skills to many organisations, see pages 23 to 26. Pictured above is volunteer extraordinaire Ron who has worked two days a week for the Cystic Fibrosis team for the last three years. He is the "tin man" which involves driving around the metro area (Two Rocks to Pinjarra) emptying the fundraising tins and replacing them. He also promotes fundraising for Cystic Fibrosis by encouraging business to display collection tins at their checkouts. His efforts last year raised

about \$20,000. This month 65 Roses Day, the annual fundraising day for Cystic Fibrosis: the most common, life-limiting genetic condition affecting Australians, will be held on Friday May 24 and 20,000 long stemmed roses will be for sale for \$5 per stem, from stalls located across WA. You'll find them in shopping centres and key locations, managed by an incredible team of volunteers.

Registrations are now open for *Have a Go Day* - a Livelihter event which is held on Wednesday November 13 during Seniors Week. If you would like to be a part of the day contact Seniors Recreation Council's executive officer Dawn Yates on dawn.yates@srcwa.asn.au or (08) 6118 2716.

Every month we reach thousands of people through our *Have a Go News* Facebook page, providing us with an opportunity to connect on a regular basis. If you are on that platform, we would love you to join us, please like or follow our page, we offer a variety of entertainment and information. We

would love for you to join us there. Follow our page at www.facebook.com/Haveagonews/.

We know that the newspaper goes like hot cakes, so we provide a service for people to receive the digital edition direct to your inbox, so you never miss an issue. We don't send any advertising material or have online registrations; it's a free service, just email readers@haveagonews.com.au with your name and email address.

Our website is updated regularly and provides a wealth of information that we cannot fit into the newspaper, along with club listings. Visit the page at www.haveagonews.com.au.

I hope you enjoy this last month of autumn and this issue which is full of interesting stories, events and activities. Please support the advertisers who allow to bring us this newspaper each month for free.

Jennifer Merigan
Managing Editor
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www.haveagonews.com.au
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Ageing snippet: Seniors have the power to implement change!

A GROUP of around 2000 women in Switzerland known as the Climate Seniors filed a lawsuit accusing their government of failing to take adequate measures to halt climate change... and they won! Go grey power!

Have a Go News Quick Quiz - Answers on page 39

- Ballard Salt Lake features what 51 items?
- The Pinnacles' limestone pillars formed about 25,000, 40,000 or 50,000 years ago?
- Perth Zoo opened in 1798, 1898 or 1905?
- She died in 2022 aged 65 but what was the name of Perth Zoo's popular female Asian elephant?
- What is the name of the golf club at Cottesloe Beach?
- They shared the same name, the same State and the same profession. Name these West Australians.
- When did Perth's casino-hotel complex open?
- When did Optus Stadium open?
- Name the long time Nedlands hotel on Stirling Hwy.
- Name the 1606 replica boat launched in Fremantle in 1999.

Noongar Words

Malyarak - Midday
Djalum - salt

Noongar Season

Djeran - Cooler time in April and May

Quote of the month

DO your little bit of good where you are. It's those little bits of good put together that change the world.

Desmond Tutu

Word of the month

braggadocio

noun

Pronounced brag-uh-DOH-see-oh

BRAGGADOCIO refers to brash and self-confident boasting - the annoying or exaggerated talk of someone who is trying to sound proud or brave.

Example

His braggadocio hid the fact that he felt personally inadequate.

English poet Edmund Spenser originally created Braggadocio as a personification of boasting in his epic poem The Faerie Queene. As early as 1594, about four years after the poem was published, English speakers began using the name as a general term for any blustering blowhard. The now more common use of braggadocio, referring to the talk or behaviour of someone who is trying to sound proud or brave developed in the early 18th century.

Great West Aussies - Did you know?

PLAYING in America, WA-bred baseball star, 35-year-old Liam Hendriks, bounced back from cancer to sign a two-year deal in 2024 - worth \$15 million - to join the Boston Red Sox. Hendriks had pitched only five games for the Chicago White Sox after returning from non-Hodgkin's lymphoma. Son of West Perth AFL star, Geoff, Hendriks - a three-time All-Star - was named Major League Baseball comeback player of the year.

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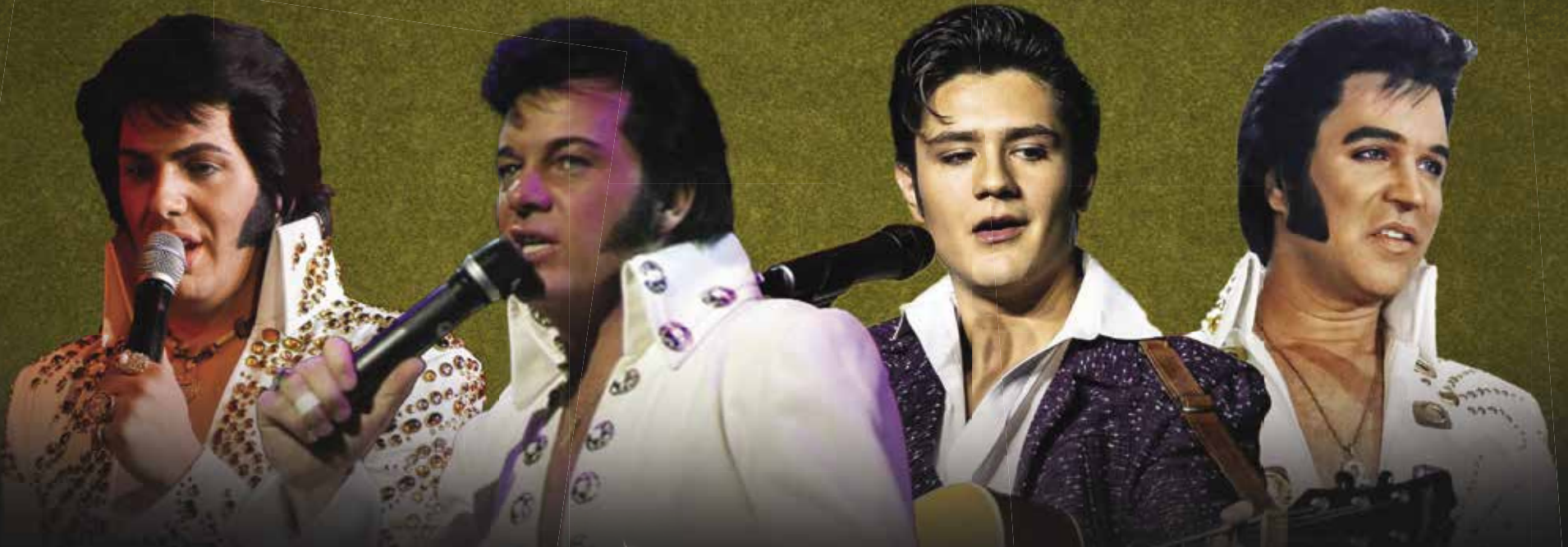
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Australia's number one baby boomer joins *Have a Go News*



Have a Go News ambassador John Burgess

by Allen Newton

MUCH loved radio and television personality John Burgess is to become ambassador for *Have a Go News*.

Burgo as he is affectionately known to his audience, says he is delighted to take on the ambassadorial role.

While he may have clicked into his eighties, Burgo has no intention of retiring and is looking forward to

working with the team at WA's family-owned and operated independent newspaper.

"I've seen so many people, I've had friends who were running big companies, like two or three hundred people working for them. They retire, have a wonderful time, they play golf every day for about two months. And about six months later they're dead. They just bore themselves to death.

While I'm able, I'll keep doing what I do," Burgo says.

These days his priority is looking after wife Gianna who has been battling an infection that has had her in and out of hospital.

He's also had his own share of health issues, admitted to Royal Perth with sepsis which almost killed him. This prompted Burgo to become an ambassador for Sepsis Australia as well as for the Cancer Council of WA.

As the ambassador for *Have a Go News* Burgo will write a monthly column about his experiences in the entertainment industry, offering his thoughts on life and getting involved in the paper's various promotions.

He has plenty of classic tales to share with readers about his experiences over 59 years in the industry.

Best known for hosting television's *Wheel of Fortune* and as a breakfast radio host, Burgo was born in Sydney where a chance encounter with radio host John Laws led him into the world of radio.

As a teenager Burgo had taken up professional ten-pin bowl-

ing and one night was talking to the girl behind the desk at St Leonard's Bowling Centre.

"There's a guy standing behind me and when I left, he said to her 'who is that?' She said he's John Burgess, a professional bowler and he just said quietly well he's got a very good voice he should be in radio.

"She couldn't wait to rush down and tell me that John Laws just said that I had a very good voice and should be on radio.

"I thought 'who's John Laws?' I had no idea who he was because I wasn't remotely interested in the business.

"So I went up, introduced myself, taught him how to bowl a bit. He said he was on 2GB in Sydney at that stage, doing 4pm to 7pm.

"He said why don't you come in while I'm on the air and have a look. He said I'll give you some scripts and he gave me a tape recorder so I could come home and read the scripts and listen back which was pretty horrifying."

The pair became good friends and when a job came up at 2UW

in Sydney as a relief announcer in 1965 Burgo went for an audition and got the job.

In 1978 Burgo came to Perth at the behest of Kerry Packer.

"He wanted me to come over here to take over from John K. Watts and Barry Martin who were on 6PM. They left and went to 6PR. And Kerry thought that I could stop the audience from going with them.

"I didn't want to come here. I was working in Melbourne at the time and Perth was too far away from my mum who was still alive in those days, living in Sydney."

Nonetheless Burgo was encouraged to get on a plane to come to Perth and take a look. He was shown the western suburbs where he says the streets were so clean they looked like the bitumen had been laid that morning.

"I was back on the air in Melbourne on Monday morning at 9 o'clock and when I finished the phone went and it was Packer's secretary. She said, Kerry wants to talk to you.

"He asked me what I thought and I told him

I was impressed with the boss there and the premises and the city.

"But, I said, it's too far away.

"Packer wanted to know what it would take to get me to come and made me an offer I couldn't refuse. I agreed to come for two years.

"I came here in 1978 for two years and stayed 15, met my wife Gianna, got married in 1989 and did a lot of

television while I was here firstly with Nine and then with Seven then got *Wheel of Fortune* in 1984.

"It was probably the greatest move of my entire life. I came here because it opened up all sorts of different doors for me.

"Was it luck? Was I in the right place at the right time? Or did I actually have some talent?"

"Who knows?"

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100 years of CWA - Beyond the Scones



Visit *Beyond the Scones* May 13-24, Wanneroo Regional Museum

SCONES were very important to the functioning of CWA in the early days.

The pantry on farms always had the basics - flour and sugar mostly in bulk, eggs from chickens they raised, milk and butter from the milking cow. These basic ingredients made the scone that fed the shearers for their smoko, served at the funeral wakes, suppers at the country hall dances and the various CWA friendship afternoon teas.

Although the CWA is

known for the scones it is also well known for the blue covered cookery book.

The Country Women Association of WA was founded in Nungarin in 1924 to support women living in the country. Many friendships were formed over the 100 years, often lasting a lifetime.

CWA of WA is a lobby group advocating on social issues for all women and families in the state. Some of the successful changes have been the

compulsory wearing of helmets when riding bicycles and the warning labels on bottles of alcohol to help prevent Foetal Alcohol Syndrome. It was the CWA who successfully lobbied for breast screening of women for early detection of breast cancer. More recently members successfully protested the closure of the Moora boarding facility for country students.

The Association is often asked to provide items for various services. Many members are involved in the making of feely rugs for people with mental illness, special aides for women who have undergone mastectomy, neonatal items, and trauma teddies.

Members are also on call, together with other organisations, to provide disaster relief during times of bushfires and drought. In recent years the association has been able to offer scholarships to rural students studying medicine, dentistry and nursing.

CWA can look back with pride for the service provided to the commu-

nity during the past 100 years. The future is bright. There will always be a need to advocate for social reform. Bushfires and drought are part of living in Australia. Members will always extend the hand of friendship and serve their community wherever needed.

What about the scones? They will always be part of the morning tea where friends meet for a cuppa and a chat.

The Wanneroo Regional Museum together with the CWA Wanneroo Branch is holding an exhibition called *Beyond the Scones* from May 13 until May 24, highlighting the 100 years of community activism and its place in society today.

The museum hours are Monday to Friday 10am to 4pm and Saturday 12 noon till 4pm, Sunday closed.

Entry to this lovely museum is free. There are lots of eating houses and easy parking nearby.

Make up a party, visit the museum showcasing the exhibition and celebrate CWA of WA's first 100 years.

Crooner Gary Lynn has new shows coming up



Gary Lynn

ENTERTAINER Gary Lynn started his career in the 1960s playing with *The Wanderers*, *The Nomads* and *The Blue Dogs* and *The Nightbeats* as well as a few others.

In the 1970s he gave away music to concentrate on his own business and in the 1980s he joined *The Triune Music Society* with his wife performing old musical theatre along with singing with the *Perth Christian Choir*.

In the 1980s he worked with various bands entertaining seniors groups, clubs and doing anything from pop to musicals.

In the 2000s he decided to

produce his own show and now 3000 performances later he is still entertaining.

Gary specialises in swing and pop music from the 50s to 70s along with some popular musical tunes.

He has been a regular performer in Perth, country WA and even Bali.

July will see him return to the *Holly Wood Tuesday Morning Show* at the Perth Town Hall.

His next show will be at the Mandurah Seniors Centre on Wednesday June 5 from 1.15pm to 3pm. All enquiries call 08 955 0 3799.



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Grantlee Kieza's inspiring story of war hero Vivian Bullwinkel



L-R; Grantlee Kieza - Photo © Steve Pohlner - Sister Viv is available from all good bookshops

by Josephine Allison

WHEN award-winning author Grantlee Kieza started researching the background for a book about war-time nursing hero Sister Vivian Bullwinkel, he was fortunate to have the help of her closest relative, her nephew John.

"John gave me access to her personal memorabilia and belongings; he inherited it all," Grantlee tells *Have a Go News* from his home in Brisbane. "He gave me a lot of recorded television interviews which was terrific. I also

did a lot of stuff with the Australian War Memorial which was very helpful."

Just released, *Sister Viv* tells the inspiring story of Vivian Bullwinkel, the lone survivor of the Bangka Island massacre of 1942. She was just 26 when Japanese soldiers marched her and her fellow nurses into the shallow waters of a remote beach to be executed.

Miraculously, Vivian was the only survivor. She took on that mantle graciously and dedicated the rest of her life to an exceptional career caring for others.

Well known author Grantlee Kieza OAM was approached by publisher HarperCollins, with whom he has a long-term contract, to write the book.

"I wanted to write about Vivian at some stage and it was fortunate she was the one HarperCollins wanted me to write about."

"I had known her story for a long time. Back when I was young, I watched a small television documentary by Mike Willesee. One of the items John Bullwinkel gave me was Vivian's appearance on Roger Climpson's *This Is Your Life* which was fas-

inating.

"A lot of the nurses who were in the camps with her appeared on the show which was wonderful. The way I approached the book is that although there are a lot of experiences in there, I wanted it to be uplifting, a story of survival, of tomorrow being a better day than the one that went before."

"I think that is how Vivian lived her life, despite all the horrible things that happened to her and the awful experiences she went through, she was a bright, shining person. Her photo on the book cover reflects that."

"Once she returned home, she lived the best life she could in memory of the girls who didn't come back. I think she honoured their memory in the way she lived her life."

Grantlee says Vivian's attributes were her physical and mental strength, her ability to look on the positive side of life focusing on progress rather than sinking into despair.

"That's a lesson for anybody. Not all the women in the prison camps survived. Those who did

had a positive mental attitude. The human spirit is a powerful thing given the chance; these women probably didn't realise what they were capable of until they were tested and came through."

Grantlee says his book has been well received.

"I was in Sydney and Melbourne, went to Mansfield in country Victoria and Barwon Heads on the coast. I met many people who worked with Vivian in Fairfield Hospital and I've had many people contact me, the response has been terrific and really uplifting."

"John Bullwinkel has been very close to the story. I also met Michael Noyce, whose great aunt Kathleen was one of those killed on the beach and he was happy with the way I had covered some of the controversial aspects which I didn't want to sugar coat."

Sister Viv was launched at the Maritime Museum in Sydney on April 3 but the author also went to the RSL ANZAC Village at Narrabeen in northern Sydney to visit the Vivian Bullwinkel café-lounge.

"A lady who worked with Vivian at Fairfield told me some great stories about her, some of which is in the book, such as dispensing with the formality of being a matron and going around and sitting on people's beds and talking as if she was a friend which matrons didn't do."

"She said at one time a man came into the hospital who had been shot and badly wounded. Vivian sat on the bed with him and was talking about her bullet wound and how they compared."

Grantlee said he had hoped to visit Radji Beach with Michael Noyce who organises a commemorative visit each year but he was involved in something else.

"I hope to go next year but I spoke to people who had previously been there and Michael was very helpful with an idea of what it was like and gave me a lot of help with the map at the front of the book."

Grantlee reflects that Vivian didn't receive any counselling and just returned to hospital work af-

ter years in a prison camp. "They were a magnificent generation and equal to the task. They suffered so much, not just in war but at home."

"Viv's mother Eva didn't know what was happening with both of her children in the war (John Bullwinkel served and survived as a pilot in Britain). She was a widow but her letters reveal her hope and not sinking into despair."

"There was always a positive attitude."

Sister Viv by Grantlee Kieza (HarperCollins, \$35.99), is available at all good bookshops.

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Panelists include Steve Kinnane — family history and Miriwoong story making, Mike Lefroy — British heritage in family stories and Susanna Iuliano — the Italian multicultural strand in

Australia's story.

Don't miss this stimulating and insightful lecture which will be held at 5.30pm for 6pm on June 6.

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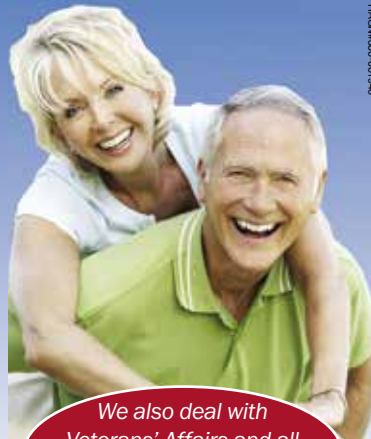
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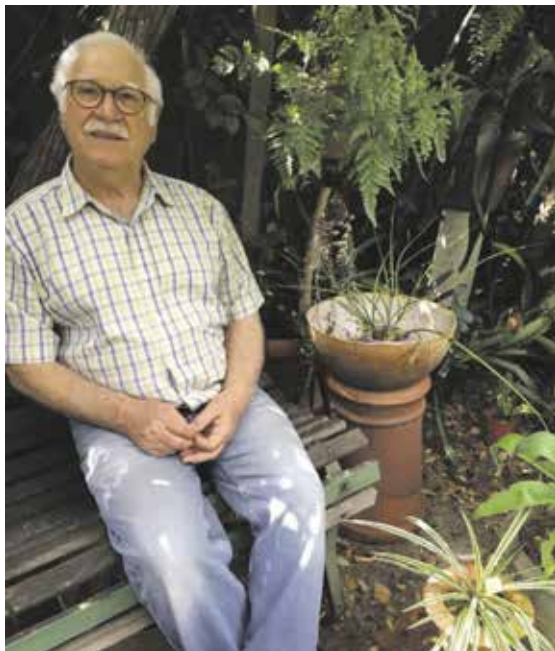
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John Viska - Western Australia's historical garden champion



John Viska

by Frank Smith

WHEN we think about historical gardens we tend to think of Chatsworth and Blenheim Palace in the UK, the chateaux of the Loire in France or Tivoli in Italy. But there are also heritage gardens in Australia

and even some in WA.

With a few exceptions these have flown under most people's radar.

This is beginning to change. The Australia Garden History Society was formed in 1980 and a West Australian branch began in 1988, with John Viska as chairman and

prime mover.

John's Greek and Albanian heritage introduced him to plants and gardening. He was always interested in gardening as a young man and followed his interests through collecting and observing seeds growing and exchanging plants with others who shared the same passion.

His working life started as a primary school teacher but he also studied horticulture at Bentley Technical College. Later he was seconded by the Education Department to Kings Park Education Centre for five years. He also lectured at TAFE for 25 years, teaching horticulture and the history of gardening, especially in a WA context.

This led to his enthusiastic involvement with the Garden History Society.

"WA is different from Europe - poor soils and climate governs WA gardening," he said. "Early settlers established subsistence gardens in Perth, growing vegetables and

fruit for consumption and olives for oil, important for cooking.

"We are fortunate to have an early photograph of one early colonial garden. Alpha House St George's Terrace was on a long block reaching Hay Street. Every block had to be fenced.

"It and similar kitchen gardens grew English fruit and vegetables but also tropical and native plants.

"Researchers use diaries and historical records to unearth what plants were grown in the 1850s. They have identified more than 800 different plants including vegetables, olives, vines, fruit trees, guavas, pomegranates and even bananas. Flowers came later.

"People were interested in native plants but restricted by the horticultural technology of the time," he said.

"When Bishop Mathew Hale came to WA in 1857, he established a garden at Bishop's House. It consisted of a kitchen garden, orchard

and vineyard. The garden is still there although the house is now a restaurant."

The Worthington Nursery was the first garden centre, established in 1860 on swamp land (now Perth Arena), it was run by a ticket-of-leave convict.

Pleasure gardens began to be established around 1870. First was Queen's Garden, East Perth where clay pits considered a drowning hazard were converted into ornamental lakes.

The Forrest government began to develop it as a pleasure garden in the 1890s. The tall palms they planted are still there. There was an artificial grotto, typical of the period. The gardens have been modified three times, most recently in 1966 and have lost much of their historical landscaping.

Hyde Park was established in 1897 with a £3000 donation from Sir John Forrest. This paid for fountains and two lakes with

artificial islands.

"Forrest gave Hyde Park to the City of Perth for recreation only. There is now a commercial kiosk. This causes issues with extra traffic, litter, vehicles, rubbish. There are also problems including the demise of 125-year-old trees caused by shot hole borer," said John Viska.

Another outstanding historical garden is the four-acre Wirra Willa Gardens in Armadale. The City of Armadale recently bought this run-down property to restore and preserve its cultural and environmental heritage.

The Garden History Society promotes knowledge of historic gardens, significant landscapes and research into their history. It aims to examine gardens and gardening in their widest social, historic, literary, artistic and scientific context.

It also advocates to preserve our garden heritage. Advocacy work includes objections to the proposed chairlift in Kings Park and the

pressing need for a conservation plan to maintain the cultural integrity of Hyde Park.

The West Australian branch of the Garden History Society has recently published *Historic Gardens of Perth: European Settlement to Modernism* co-authored by John Viska, with the aid of a grant from the City of Perth.

"It is the underlying story of the gardens, not how to grow plants. The book has been a 40-year project leading to an exhibition in 2011. The panels were brought together in a book with further research," John Viska said.

The book contains historic photographs, maps, plans, artworks and text and a list of plant species available to early gardeners. It is the first publication to deal solely with the history of gardens in Western Australia.

Historic Gardens of Perth is available from <https://www.gardenhistorysociety.org.au/product/historic-gardens-of-perth/> for \$50 plus \$10 postage.

WW II veteran Peggy Martin shares her memories...

MARGARET 'Peggy' Martin is 98 years old yet her memories of driving troop trucks in the British Army during World War II are clear. She served for three years and attained the

rank of Lance Corporal.

Peggy recalls the three-tonner and 1500-weight CWT vehicles loaded with as many soldiers as she could fit into them. She always

wanted to drive and even soldiers misbehaving in the back of the truck did not faze her - she just stopped and threw them out. She also revealed that 'not one night went by

without a date'.

Hearing of her service during WWII, wellbeing manager of Maurice Zeffert Home Sharon Cherny organised a visit to Irwin Barracks so that Peggy could look over some of the vehicles used by the 13th Combat Service Support Battalion (13CSSB), the primary logistics unit of WA's 13th Brigade based at Karakatta and meet today's serving soldiers. Accom-

panied by Sharon, occupational therapist Naz Aspandiar and Peggy's son Kevin, residents Peggy, Phil, Margaret and Hilly, all of whom had connections with the armed forces, enjoyed morning tea and a tour of the workshop and the opportunity to see some of the modern equipment and speak with personnel.

For the soldiers, hearing Peggy's exploits and the descriptions of her



Peggy and the soldiers

army career was fascinating, offering an insight into the pivotal role women played in the armed forces during WWII. It also gave them an opportunity to answer Peggy's insightful questions into how the 13CSSB operates and show off their workshop.

It was a very special event by the soldiers and

received good coverage in the media. You can check the story on the 13th Brigade Facebook page or the Australian Government Defence website at www.defence.gov.au/news-events/news/2024-04-02/ww2-vet-takes-trip-down-memory-lane.

And Peggy's comment after her visit? "I have had the best day!"



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PHOTO: BRENDA WYCH

A WA powerhouse - the remarkable story of Dame Wendy Pye



L-R; Dame Wendy Pye - New Zealand's 37th prime minister Helen Clark presenting Dame Wendy with the Wellington Cup - Wendy has launched her autobiography, *Teaching the World to Read: My multi-million dollar story* in Perth

by Allen Newton

FROM tomboy helping out her father on their Yarloop farm to multi-millionaire publisher, Dame Wendy Pye is celebrating her 80th birthday with the launch of her autobiography.

One of New Zealand's wealthiest women, Dame Wendy owns a stable of 65 racehorses and apartments in London and New York as well as her home in New Zealand, having built an international publishing empire. She has launched her autobiography *Teaching the World to Read: My multi-million dollar story*.

She is returning to WA, the state of her birth. She was born in Cookernup, not far from Yarloop in the South West, the youngest of four daughters.

"I wanted to launch it in Western Australia be-

cause I'm getting on now," Dame Wendy says.

"I've had a lot of success. I've had a lot of failures as well. I've helped a lot of people, mentored people, but I thought, if I put it down, I really want people to understand that you don't have to be born on the right side of the road, you don't have to go to a posh private school, you don't have to have lots of money.

"You can actually make it in the world if you're determined and you can have lots of failures as well. Anyone who hasn't had a failure has never really succeeded, so I wanted to put in the book all those failures as well."

Her story is a remarkable one. From high school in Harvey and then Bunbury, Dame Wendy headed for Perth and got a job copywriting for radio

station 6KY, then off to David Jones department store writing fashion copy.

Out of the blue, she decided to head for Sydney. She had one suitcase and £17 (\$34) to her name, got on the train at Yarloop Station and crossed the Nullarbor changing trains at Adelaide because of the different railway gauge in those days.

She marched into David Jones large copy department in Sydney and talked her way into a job, then on to a North Shore advertising agency.

"I always wanted to be a journalist which was my dream, initially because my grandfather was a journalist, the editor of the *Bunbury Times* and a feature writer in Perth.

"I never knew him. Unfortunately, he died when I was very young but my mother inherited a love of

literature. It was a time, as we all know from history now, that was an emerging time of writers, people like Henry Lawson and poets and some of the great writers of Australia were emerging. The British still published their work, of course, because they never ever thought that Australia could publish anything."

Even now Dame Wendy says they never quite know what do with her when she goes to London once or twice a year.

"The funny part is that you'll ring up to some snooty restaurant to have dinner.

"When I say this is Dame Wendy here. 'Oh

dear, we don't have a table'. This IS Dame Wendy here. 'Yes, yes, yes and they immediately give me a table. There are some advantages to being a Dame."

She met her husband-to-be Don on a trip to New Zealand and that country became her home.

And it was there in New Zealand's corporate world that Dame Wendy's reputation grew, spending 20 years building up magazines and restructuring the *Evening Newspaper* which was dying.

"I had the job of reconstructing the *New Zealand Woman's Weekly*, but it was too late. I worked with Ita Buttrose in Australia. I

flew over, looked at ideas. I brought the Australians over to help me. We pioneered a lot."

That was until corporate raider Ron Brierley stepped in and bought the company and Wendy found herself being marched out of the office and made redundant.

"I thought, well, you can either get a marketing job or you can go and work for Uncle Rupert if you want to. And then I thought, well, no, I might as well do my own thing, hang up my shingle and away we go."

From those beginnings, Dame Wendy built a \$100 million company in America.

Her Sunshine Books brand of learn-to-read texts has sold 300 million copies around the world.

Now the WA-born entrepreneur has written her own inspirational memoir, from growing up in the South West to becoming one of the biggest names in educational publishing, stories of dinners with world leaders, global trade deals, IT think-tanks and even the winner's circle at the Wellington Cup.

Dame Wendy wants the book to be a template for young entrepreneurs and anyone who aspires to create a business and life on their terms.

"Hopefully they don't make the same mistakes that I made, because I had to pioneer educational material from Australia, New Zealand, into America. No one was selling it. I went across America selling it out the back of a car like a soap opera, trying to do all the things, learning about America, learning about American history."

Dame Wendy will give \$20 from the sale of each book to a charity. The books are only available online from the Melbourne office which sells Sunshine Books rights throughout Australia. Books are available from www.sunshinebooks.com.au/dame-wendy-pye.

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Where opinions matter - community concerns for e-rideables



Lee Tate with an ebike

by Lee Tate

ELECTRIC scooters and

e-bikes, like all weapons, are a menace in the wrong hands.

This battery-blitz revolution in personal transport comes at a high price for those people who have been knocked over and injured in shopping centres and on footpaths. As well as riders increasingly becoming hospital casualties.

Electric scooters and bikes offer little protection for riders who reach high speeds at the mere touch of the throttle.

As someone who daily rides an e-bike, I have never seen an e-scooter or e-bike slow for a well-marked pedestrian crossing. I see menacing riders paying no respect to the pedestrian crossings around railway stations and shopping centres.

Inattentive and unaware pedestrians from train stations wander unknowingly onto bike paths, not no-

ticing or heeding warning signs. Electric bikes and scooters are going too fast to stop in time.

Flashing lights are probably the only practical solution on all those cycle/pedestrian crossings now extending alongside our rail lines.

Rising community concern and injuries are a growing worry for governments. Public awareness campaigns offer only limited success.

A policing or warning blitz on cycle/pedestrian paths and around schools, shopping centres and train stations over some months would be a positive step.

Volunteers could provide some of the people-power for the blitz, holding up signs akin to manned school crossings. Penalties could include

confiscation of bikes and scooters.

While electric scooters are legal in WA, the State Government says they must be confined to approved or designated lanes and areas.

E-rideables are permitted on footpaths, bicycle paths, shared paths and also on roads with no dividing lines; at a maximum speed of 50kph (which is mighty fast for transport with no rider protection).

Says the government: "When it comes to pedestrian crossings, e-riders and cyclists can ride across if they're coming from the connected path and not the road. Riders must also travel at a top speed of 10kph when crossing and give way to pedestrians."

In more than a year, I have never seen e-bikes

or e-scooters lower their speeds to anywhere near as low as 10kph. Giving way to pedestrians is also extremely rare.

For the record, e-scooters are legally banned on roads with a dividing line, roads with over-50kph speed limit, paths not designated for wheeled devices, paths and roads with 'no bicycle' signs or markings and sections marked for pedestrians.

If authorities want to get serious about reducing e-rideable incidents, they could also look at re-engineering e-scooters and e-bikes.

It takes only a touch of the throttle for e-rideables to take-off, shocking first-time users. A more gradual turn of the hand throttle to reach high speed would be a sensible safety adjustment.

Perth's bike/scooter/pedestrian paths have mushroomed in the e-transport revolution. Pedalling bike riders use the paths as a racetrack, hurtling past even e-bike riders doing 20-25kph and never slowing for crossing pedestrians.

Bike riders (powered and pedalling) in large groups on organised outings are generally self-controlled on speed and keep to their side of shared paths.

The key word in this brave new e-dominated transport world is 'shared'. That's the message to be emphasised in any awareness campaign. Plus penalties.

What do you think?
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Cindy shines as WA Mahjong Festival attracts big field across all ages



L-R; WA Mahjong Festival winner, Cindy Livshitz - multigenerational trio Rikki James, Lyn Corrigan and Scarlett James

THE vibrant spirit of friendly competition soared at the WA Mahjong Festival

last month when 88 players gathered to showcase their skills and enjoy the

camaraderie of the event. Among the youngest competitors were Oliver

Tran, 13, of Shenton Park and Scarlet James, 15, of Floreat, who showed that

age is no barrier in the skills of the game.

Oliver said he enjoyed playing at Shenton Park School's Mahjong Club, and was thrilled when the City of Subiaco provided a grant to cover his entry fee for the festival.

At the opposite end, were Ronald Day, 88, of Wembley and Esther Finklestein, 87, of Mount Lawley who brought decades of experience to the table, displaying the timeless appeal of mahjong.

Adding to the festival's familial charm, three players hailed from a multigenerational family, showing the enduring appeal of mahjong across the generations.

The trio consisted of Scarlett James, her mother Rikki and grandmother Lyn Corrigan, who brought a unique dynamic to the competition, highlighting the game's ability to unite families and create cherished memories.

The one-day competition, attracted competitors from throughout WA, including 13 players from Bunbury. One dedicated player came from Queensland with city players coming from Joondalup, Gooseberry Hill and Orelia.

The competition winner was Cindy Livshitz of Bedford, who clinched victory with an impressive 52 points, five points ahead of second placegetter Yuk

Ying Michell Ng of Treeby.

The libraries of the Cities of Swan and Coolbellup loaned mahjong sets for the event with the South Perth Learning Centre and the City of Nedlands supporting the event.

"Mahjong is a beloved pastime with no less than 65 public venues in the metropolitan area hosting free weekly mahjong sessions," said volunteer Ivy Branson.

"Each week more than a thousand players across Perth sit down to play mahjong, fostering connections and enjoyment across generations."

For further information contact www.mahjong.wa.org.au

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Artist Greg Baker looks in his own backyard for latest exhibition



Greg Baker in his studio © Tracy Routledge

by Josephine Allison

WHEN award-winning Western Australian artist Greg Baker embarks on his morning walk with wife Anna, he reflects on Beatle George Harrison's quote about seeing the world from the end of his garden.

"I sort of changed it a bit in my own terms so that I can see the whole world in my backyard," Greg tells *Have a Go News* as he prepares for the opening of his new exhibition *Looking In-Seeing Out (Life in a Circle)* in Fremantle this month.

"Because I haven't

travelled in the past year, I was reflecting on George Harrison's quotes on life," Greg says. "George was metaphysical in the way he thought. Because I decided I could see the whole world from my own backyard I thought I could take that idea and use it to a degree.

"Pretty much every morning my wife Anna and I go through all the seasons; we walk down to the beach, we take a different route each time, we roughly walk in a circle, as do other locals.

"Heading from home, we walk through a corridor of tuarts and redgums

to the Woodman Point jetty, then along my favourite strip of sand to the Omeo wreck, past the Coogee jetty and back home to the studio.

"Sometimes we stop to talk to the pelicans, pick up shells or have a swim."

Before 2020 Greg spent half the year painting and conducting painting workshops and tours. His works have been exhibited in Berlin, France, London, Singapore and Hong Kong, as well as throughout Australia. He had two exhibitions of ballet works at the WA Ballet Centre in Maylands in 2013.

His many commissions include works for corporate collections such as Shell, Woodside and Rio Tinto. Overseas commissions include the Sultanate of Oman and Oman Liquid Natural Gas.

His skills are diverse, and the range and breadth of his subject matter extraordinary. He has mastered visual art mediums and is celebrated for his oils, pastels, acrylics and watercolours. His paintings are mostly figurative and he is much acclaimed for his seascapes and landscapes.

Former WA Premier Colin Barnett said: "Greg is an institution in Western Australia and travels with his commissions around the world."

Apart from two paintings of Fremantle itself, Greg says his current exhibition of 30 works *Look-*

ing In-Seeing Out (Life in a Circle) is basically what he has done and is very local.

"I've lived in Coogee for six years, before that I built a gallery in Gooseberry Hill. My wife Anna is a Fremantle girl and my mum grew up in Fremantle so I thought I would look at a different scene, a real sea change."

Born in West Midland (now called Woodbridge) Greg has been a full-time artist since 1976. He started out at school and did graphic design but wanted to paint.

"I had a ruckus with one of the teachers and was told to leave. My father said: 'you are going to do the next best thing and become a mechanic', so I thought how does that relate? As a 16-year-old, I couldn't work that out at all.

"I did an apprenticeship and became a tradesman and they put me in the drafting office because I could really draw. I was drafting away with a wife and two little kids and came home one afternoon and said, 'damn this, I want to become an artist.'

"So, I spent three or four years filling shelves at Coles and Woolies, doing cleaning jobs and painting as I was going. Then I started winning awards with my paintings which was when I went full-time."

Greg says that so far life has been great.

"Before 2020 I spent half the year from 1985 doing painting tours around Europe including hiring a barge to be inspired by scenery. I went to various parts of the south of France and at least every second year would take a group of people away.

"We would tour around, drink some red wine and paint, basically being very creative. I have a good friend in Toulouse who has set up part of his barn as a studio for me. I also have a good friend who is a brilliant translator and I can wave my arms around and she will

explain to those watching what I am doing."

Greg says he has worked on his current exhibition for the past year, painting the circle he walks over the four seasons, winter, spring and lots of summer, capturing the changes in light, sky and the ocean.

He is exhibiting his works at the Greg James Sculpture Studio Gallery. Greg James is a sculptor who created the famous Bon Scott work in Fremantle.

"Greg and I have been friends since 2000; we had an exhibition in Berlin at the Australian Embassy

in 2006.

"I have been invited by the gallery to do another show before next Christmas. I won't have as many works but I would like to paint some rather medium sized to large works focused on Fremantle and down the coast.

"So I'm all fired up over that."

Looking In-Seeing Out (Life in a Circle) an exhibition of new works by WA artist Greg Baker, runs at the Greg James Sculpture Studio Gallery, Unit 2, J Shed, Fleet Street, Fremantle (north end of Bathers Beach), until Thursday, May 23.



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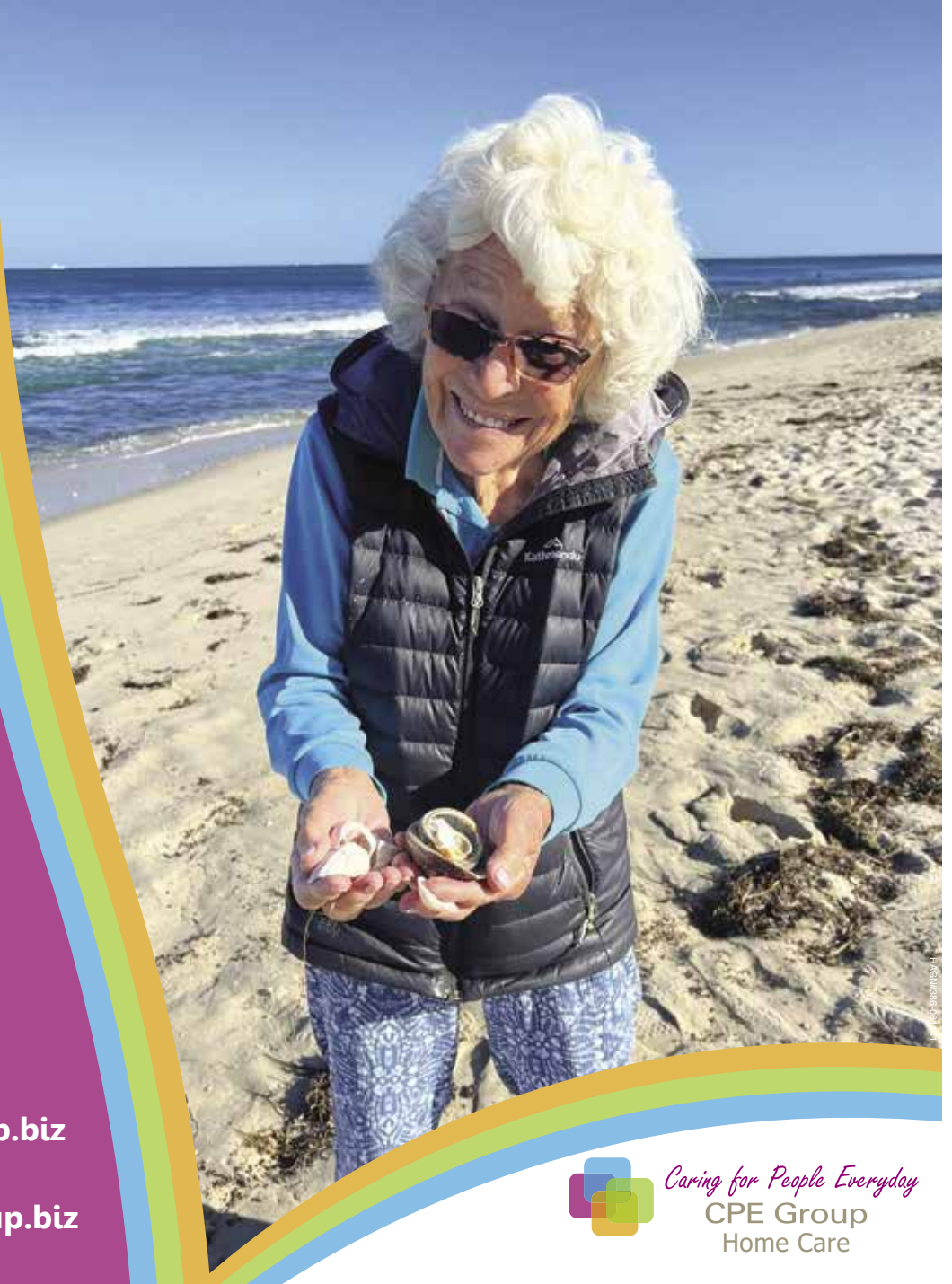
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Que sera sera... the birthdays get bigger, but the songs remain the same



by Rick Steele

I REMEMBER there was a band, and they may well still exist, called *Weddings, Parties, Anything*. I thought that was quite a bonza name, 'cause if they were doing it like I was, the name was spot on.

Those were the days when what went on, or what came off at the party; stayed at the party. I performed at many weddings including a rather posh affair, which after some rather disparaging remarks about the bride from the groom's father erupted into a monumental brawl.

"Just keep playing," I was instructed.

I'm not sure if the marriage survived. I had trouble getting paid.

At another salubrious affair at the Morley Park Hotel, about 1973, I was requested to play the bridal waltz. I had

barely begun when the groom, best man and groomsman appeared stark naked, apart from their shoes and preceded to bounce and bobble across the dance floor; with a cacophony of mother-in-law howling, cheering and jeering, babies crying, bride a'hoorin', bogans hollerin' and cameras flashing.

The bride's father was not amused.

Reminds me, my uncle George said his wedding was like a fairy-tale - Grimm.

Recently I caught up with a bloke who reformed me I had played

at his wedding 25 years ago.

"Yeah, we just celebrated our anniversary last week. We went to same hotel with the same room as our honeymoon," he said. "But this time it was me that went to the bathroom and cried."

Back in those days, the parties were mostly 21sts, 18th or the occasional 30th. I did a few housewarmings for first homebuyers. But, as Emily Pankhurst once said.

"If things don't change, they'll stay the same."

Struth, she weren't kidding. In the last six months I've done a 100th

birthday, a spritely 80th, a 75th wedding anniversary, a home for the elderly, and a couple of funerals.

They say such beautiful things at funerals. It makes me kinda sad to think I'm gonna miss mine by a few days.

Luckily for me my repertoire seems to have aged with me. Some people say the older you get, the better you get. That may be true, unless you're a banana. Songs I learnt in my youth, including Elvis, Everly Brothers, Buddy Holly and even the Kingston trio's Tom Doolley have had senior citizens putting down their

cup of tea and singing the chorus.

There was an 80-year-old grandma singing along, and even at her age, she still doesn't need glasses. Drinks right out of the bottle.

I seem to be at that age now where my back goes out more than I do. I'm not complaining, well, not much. To be able to still sing an old song, and get a smattering of applause every now and then, with a grannie or a grandpa singing along, helps keep my pulse rate up.

Incidentally, to the bloke singing along with

the Everly Brothers' song last week at the home. The correct lyrics are: "Whenever I want you, all I gotta do is dream." Not what you were singing; "All I gotta do is scream."

A couple of weeks ago during the Anzac Day celebrations I did a special regimental testimonial luncheon.

"Today we honour a man who doesn't know the meaning of fear, a man who doesn't know the meaning of defeat, quit or surrender so, we've all chipped in and bought him a dictionary." Cheers dears.



Stepping off the treadmill and finding new beginnings

by Jon Lewis

I HAVE had, of recent days, the opportunity to consider where and who I am.

It may sound profound or indulgent, and it probably is that and more. I also feel it is something many of us go through by choice or without as in my case.

It is true that for me I had the wonderful opportunity to thoroughly enjoy nearly 40 years at the same company. I travelled through many different and wonderful jobs.

Firstly, commencing as a cartridge operator, a position that no longer exists, through to a sound engineer and finally an announcer. It's oddly poetic that also that position now no longer exists either. Perhaps it's a full circle?

I discovered by chance an old interview of a TV presenter for a car show. He explained once he was no longer working it gave him some time off the treadmill. It was an interesting idea to me.

Can we, by accident or in a surreptitious manner, find our-

selves on a treadmill? So invisible are the steps that we hardly even notice? He finished by saying that he was now learning the drums.

I have not taken quite that path and yet I also have found new things to love. My darling wife has introduced me to early morning ocean swims. Brrr... yes, it is cold, however a short expedition to the surf shop and one wet suit later, I was in. Splash!

It is an experience I have quickly grown to love. Although, my courage in the cold

is not nearly equivalent to the seasoned swimmers I join, I am able to get in.

Who knows, one day I might be able to do it without the aid of 2.3mm of wetsuit material. Perhaps in summer?

I wonder if you have stepped off the treadmill and discovered something? It is a form of diversity and it can bring delights.

Thank you to all the wonderful people who listened and called me on the radio.

I hope to meet you again one day.
All the best.



Alexander Park Craft House Open Day

Craft Demonstrations | Displays
Meet the Artists | Talk to Experts

Sunday June 30th
10:00am - 3:30pm



Supported by the
City of Stirling Community Grants Program

apch.com.au
Clyde Rd Menora

Enjoy the free Holly Wood Tuesday Morning Show

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

The show has been running for many years 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...

What's coming up...
May 14 - PLEASE NOTE THIS SHOW WILL BE IN BURT HALL

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

Martin Clare has previously told the show about his early years, from war times to being a well-known boy soprano in the UK. He then came to Perth, joining the State Opera company and Gilbert and Sullivan Society. He will entertain with many of his favourite songs.

May 21 - Annual Cancer morning tea will start at 10am - 10.45. Bring a bit of extra cash in a warm, friendly environment 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 everyone's toes tapping in this their 50th year of entertaining Australia and the world.

May 28 - A lifetime of entertaining the community shines through when Eddie Storm sings.

Hear about all the marvellous work he's done as an entertainer over the years, and then he will regale everyone with a selection of great songs.

Following the show head to the *Citiplace Community Centre* situated on the upper level of the *City Railway Station Complex*, which offers seniors a range of low-cost refreshments and services in a warm, friendly environment.

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Scrumptious scones
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What's on at
St Patrick's Anglican
Church Mt Lawley

10.15am each Sunday
Regular services of Holy Communion

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

www.stpatricksmtlawley.com
Father Stephen Conway 0478 514 516

Australians Saying No to Traditional Rigmarole and Expense of Hearing Aids, with New 'Pocket Aids' now the Alternative Path to Solve Mild-to-Moderate Hearing Difficulties.

This No-Hearing-Test, No-Appointment, and Ready-to-Use Solution is Gaining 5-Star Reviews, with Countless Numbers Finding them Superior to their Previously Owned Devices, which had cost them up to \$12,000.

For far too long, many individuals with mild-to-moderate hearing trouble have been subjected to a process that significantly exceeds the simplicity their situation demands. This journey involves navigating through intricate layers of hearing tests, consultations, and often facing exorbitant hearing aid pricing—which in many cases is vastly disproportionate to their needs.

“People with mild-to-moderate hearing loss have frequently encountered a process that misaligns with the straightforward support their condition necessitates. Australia-wide there are countless numbers of people who have normal or near-normal hearing across several of the major speech frequencies, paying thousands of dollars for hearing aids to address a simple hearing loss presenting at just a few frequencies on the speech spectrum. The complexity of accessing suitable hearing aids for this group has not only been daunting at times, but also excessively burdensome and very expensive given the straightforward support their situation requires.”

A mild to moderate hearing loss is different. These people report hearing difficulty only in certain situations. This type of hearing loss, characterised by difficulties in hearing soft sounds or understanding speech in noisy environments, doesn't always translate to a constant need for auditory assistance. This subtler form of hearing loss might not disrupt daily life to the extent of its more severe counterparts, but can still pose specific challenges in certain scenarios, such as conversing in crowded places or listening to distant speakers.

In an audiological leap forward during the Covid-19 pandemic, *PocketAid* redefined hearing assistance for Australians with mild-to-moderate hearing loss. This era of innovation was sparked by the global crisis, which saw audiology clinics deserted as thousands hesitated to attend in-person consultations. Facing the daunting reality of a service model reliant on face-to-face interactions, *PocketAid*, embarked on a mission to create an advanced broad prescription device, which could be posted direct to

the customer, and ready to use straight out-of-the-box, with no need for a related hearing test or appointment.

Rooted in a deep dive into audiology data, *PocketAid* leveraged over 1,000 real-world audiograms to inform the frequency responses and digital programming of their hearing aids. And the results were extraordinary.



Michael wears the Jaspa 3 Dura.

“We had numerous customers report they were doing better with the *PocketAid* hearing aids than the hearing aids that they had spent thousands of dollars on, and we knew we could provide these devices at much more affordable prices Australia wide.”

The *PocketAid* range of hearing aids allows customers to choose from three distinct models, depending on their preference for style. Discreet behind-the-ear (including a rechargeable option), and tiny in-the-ear models are now available. All devices are ready-to-use straight-out-of-the-box, and give users access to various settings and volume levels via a simple on-board button. No digital apps or programming is required. Prices range from just \$429 to \$595 per aid.

All Pocket Aid orders come with a **30-day money back guarantee**, standard warranties, and **free delivery Australia wide**. No hearing tests or appointments are required to use the devices. *PocketAid*, an Australian company, also offers local Australian phone support if required. Pocket Aids can be purchased at **www.PocketAid.com.au** or call **1300 903 355** to order over the phone.

<p>Jaspa 3 Dura</p> <p>RECHARGEABLE</p> <p>1 for \$595 A Pair for \$1,049</p>	<p>Spot Mini 6</p> <p>1 for \$565 A Pair for \$965</p>	<p>Jaspa 3 BTE</p> <p>1 for \$429 A Pair for \$799</p>
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HEALTH FUND REBATES NOW AVAILABLE

Health fund rebates are also available for those with extras cover for hearing aids.

- Step 1: Check your policy cover and conditions.**
- Step 2: A copy of your hearing test is required for health fund claiming purposes only. Email us a copy to info@PocketAid.com.au**

*Check your own health fund cover to determine your eligibility and level of cover for hearing aids.

MOST RECENT REVIEWS

<p>★★★★★ Reviewed by ROLANDO, NSW</p> <p>I'm so happy that finally there is now a hearing aid that really solved my hearing difficulty. There is so much clarity in hearing the sound, the words being spoken that I don't feel I am actually wearing one. It is so small that people around me don't even notice I'm wearing a hearing aid. You can never go wrong in handling it, just follow the instructions given in the quick reference guide or video attached to the email. Thank you so much PocketAid, you are super fantastic, a real lifesaver.</p>	<p>★★★★★ Reviewed by AL, NSW</p> <p>Simply put the Jaspa 3 gives me better hearing for TV and for conversations than my \$9000 dollar pair.</p>	<p>★★★★★ Reviewed by PETER C, QLD</p> <p>I have now been using the Spot Mini 6 hearing aid for 6 weeks and I can highly recommend the product. It is small, fits to the base of the ear comfortably and is almost invisible. It is easy to maintain and to set up and the sound response is excellent even in noisy environments, it can be used also when engaging in moderate physical activities without fear of being dislodged. Thumbs up for this product.</p>
<p>★★★★★ Reviewed by DORIS, WA</p> <p>I only have difficulty on occasions and although hearing aids were recommended by a specialist I haven't been able to justify them until now. These work very well to serve my needs.</p>	<p>★★★★★ Reviewed by CHRIS, NSW</p> <p>I am unable to distinguish any difference between the Jaspa 3 and the \$5500 set of aids that I trialled from my Audiologist. Particularly in terms of sound quality. And that's what is most important to me. The hearing quality.</p>	<p>★★★★★ Reviewed by BESSIE, NSW</p> <p>I have been trying to get my husband to wear his hearing aids that we paid a lot of money for, however he never wore them after the first month stating that he didn't get enough benefit. Since I bought him the Jaspa 3 aids he has been wearing them at least every few days and for watching the news etc, and I have noticed a big difference in not having to repeat myself.</p>

Read hundreds more reviews at www.PocketAid.com.au



Always read the label. Follow the directions for use.

The burning question of protecting our south west forests



by Karen Majer

WHEN a bushfire raged through the Boranup karri forest in the Leeuwin Naturaliste National Park in December 2021 it was devastating for the iconic landscapes, plants, wildlife and tourist attractions, but also struck at the very heart of the community.

The coastline, traversed by the popular Cape to Cape Track, the cave and karst systems of the ridge and the majestic forest symbolise the region for locals and visitors alike. There is immense history

here as well with tens of thousands of years of Aboriginal culture and more recent European settlement.

The forest is slowly recovering but the fire's effects are still seen in 'stag' dead karri, altered vegetation communities and proliferation of invasive weeds.

Research following the largest and most severe karri forest fire on record, that burnt extensive areas of old-growth (>250 years) karri forest near Northcliffe in 2015, indicated that soil fungal communities were considerably altered by extreme severe fire and karri trees may have an upper limit to their fire tolerance. Karri forests may have an ecological tipping point highlighting the need for long-term research into the effects of climate change and severe wildfire.

The Boranup bushfire

was a wake-up call for the community who understood that the State's most visited National Park was being loved to death by intense public use in a place where human and fire impacts are being exacerbated by a warming, drying climate.

In a show of solidarity, representatives of key community organisations in the region, including from the business, tourism and wine industries as well as conservation organisations, joined together to propose a six point recovery plan to Government. The plan includes joint Aboriginal management of the Park and allocation of resources to ensure that it can be restored and maintained in good health, with weeds and feral animals controlled to support biodiversity and cultural values.

Other priorities include

a program of prescribed burning based on contemporary scientific evidence with introduction and trial of traditional Wadandi burning practices.

Fast forward to 2024 and some of the Plan's recommendations are in place, including initiating an Aboriginal rangers program, interpretation at Lake Cave and investment in upgrading the Cape to Cape Track, but many remain outstanding. A push is on to encourage Government to step up to restore and protect one of WA's most precious assets.

Other sectors of our community, including the WA Forest Alliance and a suite of prominent scientists, are putting pressure on Government to review prescribed burning practices to bring them in line with the latest research. There is evidence that frequent burning is making

some ecosystems more flammable whilst also having a profoundly negative impact on biodiversity, climate and people's health.

At the end of this record-breaking dry summer in the south west, sadly evidenced in our bushland and gardens by bone-dry soils, dying vegetation as well as the destructive Waroona bushfire, it is time for all of us to get behind initiatives to understand, protect and better manage our priceless natural environment.

Our forests need our help.

Editor's Note; In late April the State Government announced significant funding as part of a \$165 million Outdoor Adventure Tourism package, including \$17.5 million to complete the iconic Wadandi Track and campsites for Cape to Cape Track walkers.



Boranup forest - photo Stuart Hicks

Garfield Barwick (and me) - making the most of a situation

A gift of independence

In 2022 Guide Dogs WA started its own Guide and Assistance Dog breeding program. Thora was selected to be a brood dog and had her first litter of five black puppies in September.

Thora was named in honour of a lady who kindly left a generous gift in her Will to Guide Dogs WA.

For more information about including a gift in your Will please contact **Kay McIntyre** on **(08) 9311 8285**, visit our website or scan the QR code.

Guide Dogs WA



guidedogswa.com.au/supportus/gifts-in-will

ABN 11 157 291 960 Guide Dogs WA is owned and operated by EverAbility Group

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

IN his early legal career, Sir Garfield Barwick was a prominent, successful young Sydney lawyer. He lived somewhere near Penrith, about an hour's drive from his Law Chambers in Sydney.

Rather than drive his car from home to work each day, he usually caught a taxi to and from home to his Chambers.

I understand he often sat in the back of the taxi, perusing legal briefs and making notes on the cases he was handling. Charging clients for his time as a barrister. His fees as a prominent barrister would have been many times the price of the taxi fare.

Rather than the monotony of driving through congested Sydney traffic, he made the best of adversity and used his

time to assist his clients, make a healthy income and advance his career.

I call Mr Barwick an existential philosopher - making the most of a situation.

At the height of his career, Mr Barwick was appointed Sir Garfield Barwick, Chief Justice of the High Court of Australia.

Although I never met Garfield Barwick, he did teach me a lot. How to make the most of adversity and make the most of time.

Over the last half century, I have appeared in numerous suburban Magistrates Courts - Armadale, Midland, Joondalup and Fremantle. Driving to and from courts takes time. Usually, I am driven to and from courts while I am able to read briefs, make notes and work on pending cases.

Author, J.K. Rowling, often drafted books

while she travelled on trains. The rocking motion and the sound of trains would quieten and placate her young child, who usually slept quietly, while she wrote.

Often travelling on trains (rather than driving myself) allows time to read and write, or at least look out the window.

Roads are congested. Are there ways we can use time spent on them effectively, like Mr Barwick or Ms Rowling?

In the first years of my law school, I was playing music in order to pay for my university fees.

Times were tough. I needed to rehearse with the band, arrange gigs to play at various Perth pubs, load the band gear, set up, unpack at the end of the evening and drive home and get some sleep before university the next day.

Meanwhile, I needed to study, absorb material



from the law lectures and to pass exams.

Looking back, I realise I seem to have learnt much from Mr Barwick - making the most of time. I dictated notes so that I could play back the tape when I drove to and from band gigs, while having my breakfast or evening meals and before I went to sleep.

Absorbing information during normal idle times. Making the most of time.

I learnt a lot from Garfield Barwick. He was a wise teacher.

One of my first jobs was working for the New South Wales Law Society in the area of legal aid.

Northern suburbs friendship group welcomes new people

NORTHERN Friendship Group is a seniors' social group of both couples and singles aged 55 plus, who enjoy each other's company at events throughout each month.

They gather on the third Sunday of every month in Wanneroo with

a short meeting, finalise an events calendar for the month and then enjoy afternoon tea and social time.

The events calendar is varied as they try to suit as many members as possible.

If you feel you would like to come

along to try out the group, please contact Carole Birley, on 0410 201 306 who will give you more information and answer any queries you might have.

They look forward to welcoming you.

COMMUNITY NOTEBOOK

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

DON RUSSELL PERFORMING ARTS CENTRE
ART - with a - GLASS
May 17, 7pm-10pm
Art class with Geraldine Gustavino, subject is flowers and butterflies. Online bookings \$38.95 - \$45.70 Ticket price includes all materials. For more information 9498 9414

SOUTH PERTH LIONS BIG BAND
Friday May 24, 8pm
BYO food, drink and glasses. South Perth Community Centre Cnr Sandgate St and South Tce. \$20 at the door or prebook lionsband.southperth@gmail.com or call Phil 0417 916 733

HILLS FABRIC AND CRAFT DE-STASH
Saturday May 25
9.30am-2pm
Church of Christ Gold coin donation. 1470 Stoneville Rd, Mundaring 0410 204 693

THE 2024 PINJARRA FESTIVAL
Saturday June 1 and Sunday June 2, 9am.
Live music, market stalls, vintage car and machinery displays. Activities, attractions and much more for the whole family. Edenvale Heritage Precinct. Free event. Inquiries 9531 7777

NATIONAL SENIORS AUSTRALIA PERTH BRANCH
Friday June 7, 10am-12noon
Guest speaker Paul Udinga, park ranger at John Forrest National Park. Loftus Community Centre, 99 Loftus Street, Leederville Cost \$5 0435 583 229

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Wednesday 1-2pm
Contact Darling Range Hub

Jack Healey Centre Kalamunda Bookings essential 0492 807 603

THE LOCAL FARMERS MARKET AT PEEL ESTATE WINES
Second Sunday of each month
10am-2pm
More than 40 artisan stallholders and vendors, there is something for everyone. Free entry. Info 9524 1221

ST HILDA'S CHURCH MARKET PLACE
Fourth Saturday of the month
8.30am-11.30am
Sausage sizzle, clothing, books, cakes and jams. View Street, North Perth



BARNABAS SINGERS
Adults of all ages and abilities are welcome to join this friendly group who love to sing. barnabas.singers@gmail.com

CHURCHLANDS COMMUNITY ORCHESTRA
Encouraging atmosphere for amateur musicians to play a varied repertoire of orchestral music. New members welcome. churchlandsorch@gmail.com

HAVA GO RETIREES AND RECREATION



The inspirational Ivy Chen to talk about her full and fascinating life

ONCE again U3A Perth has found a speaker with a difference to deliver the free Perth Lecture.

Ivy Chen is a remarkable person. She is a geologist with a wealth of experience in the resources industry, she has worked as a corporate gover-

nance specialist with the Australian Securities and Investment Commission (ASIC) is a director of Horizon Power and she gives back to the community through Multicultural Futures and Football West.

Ivy is going to share her life story and when asked for a

title, she said: *I became a geologist because tiger-hunting cowboy was not a real job.* This will be a fascinating talk delivered in Ivy's unique personal style. U3A can't wait to hear it and hope people will take the opportunity to come along.

This Perth lecture will be held on Sunday, June 2 at 2pm. Registration from 1.30pm at the State Library Theatre, Perth Cultural Centre. Entry is free but bookings are essential. Go to www.u3aperth.au and click on the booking button. For assis-

tance contact Ron Mitchell on 0439 919 670.

While you're on the website check out the branches tab and discover all the interesting activities U3A Perth conducts across the metropolitan area. U3A Perth is a proud partner of Act Belong Commit.

Retirees club raises the taboo subject of incontinence with expert guest speakers

INCONTINENCE is widespread within the community, men women and children of all ages and background are affected. In the more severe cases self-esteem, independence and the quality of life are impacted.

Family members and carers are burdened also, the condition is particularly prevalent amongst the elderly.

Assistance aimed at lessening distress and inconvenience is available. To assist in recognising the availability of help the Western Australian Self-Funded Retirees Association (WASFR) has invited guest speakers Odette Gaynor and Deborah Waghorn to their meeting to be held in June.

Both speakers are associated with the disability support service Therapy Focus, they are well qualified and experienced in occupational therapy and clinical physiotherapy with emphasis on continence and pelvic health.

WASFR endeavours to protect and advance the interests of retirees who have funded in whole or in part their

own retirement and gain recognition as a body speaking on their behalf at federal, state and local government levels.

The meeting will commence at 10am on Friday June 14 at the usual venue, the Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue, Floreat.

The speakers presentation will commence at 11am following the main meeting and morning tea. Visitors are always welcome; an entry fee is not required and ample free parking is available on site.

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

Keeping retirees in the loop on an array of interesting topics

COTA CEO Mark Kinsella will address the next meeting of the Perth branch of the Australian Independent Retirees (AIR) on Friday May 17 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, who over the years embraces many inter-

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

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

Walsh (marghw@outlook.com).

On Friday June 21 they will be hearing from Wheelchairs for Kids.

For further information about the next meeting of the AIR Investors discussion group enquiries can be addressed to John (johnkwellis@gmail.com).

WA Floral Art Society welcomes new members



THIS month's design was done by one of our newer members, Dawn Fathers. I am sure you will love her use of different materials and colour - just stunning.

The class for this design was *Beauty and the Beast* - an interpretative design, meaning that it is your choice as to how you interpret the title.

We would love to

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

We meet on the second Saturday of the month, excluding January, at 1pm at the Osborne Community Hub,

9-11 Royal St., Tuart Hill (behind BP Service Station, corner Royal and Main Streets, Tuart Hill).

Further details about us are available on our recently redesigned website www.waflo.org.au This is well worth a visit.

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

Medical research and aged care will be hot topics

MITCH Messer from the Telethon Institute will be the speaker for the meeting of the northern suburbs branch of Australians in Retirement meeting on May 16.

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

The June 20 meeting speaker will be Margaret Walsh who is the acting president of AIR in Australia. Margaret also holds a position in the Aged Care Taskforce and will be discussing the future of aged care following the Taskforce's final report released in March.

This is a most important subject for all pensioners and soon-to-be pensioners.

If you are interested in attending as a guest, please reserve a seat by registering 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 you there.

Cost \$5 per person including raffle

and refreshments.

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

Do you have or know someone with Alzheimer's?

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

Places are now available for a clinical study to test this new treatment.

You may be eligible if:

- You are between 18-84 years of age
- You have been diagnosed with Alzheimer's
- You are willing to attend 14 study visits and receive 7 phone calls over two years, with a dedicated study partner.

If you or someone you know are interested in finding out more information, please contact us via the details below:

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HAVA GO LETTERS TO THE EDITOR



Dear Editor,
I HAVE just read an article about the trail of a Western Australian woman at Karrakatta cemetery, and I think it's a great initiative. However, it's very unfortunate that the Metropolitan Cemeteries Board hasn't taken steps to rectify the desecration of war graves. This has resulted in Gallipoli veterans who died from the effects of the Great War being buried under footpaths, garden beds or brick walls. The events that led to this disgraceful situation are as follows:
• From 1914, veterans who succumbed to the effects of WWI and returned to Australia during or after the war, were buried in civil

cemeteries as no war cemetery existed.
• In 1922, the Australian government offered eligible veterans in Western Australia a permanent granite headstone as the official commemoration. The Karrakatta Cemetery Board (now Metropolitan Cemeteries Board) agreed to maintain these graves for all time.
• During the 1960s, the Anzac Agency (now Office of Australian War Graves), abandoned more than 100 war graves and removed the headstones from the gravesites.
• In 1986, the Western Australian government legislated for the 'renewal' of existing graves at Karrakatta cemetery, resulting in

the abandonment of an unknown number of war graves and their AIF granite headstones were either destroyed or saved for repurposing at the Perth War Cemetery. After years of avoiding responsibility, the cemetery and War Graves authorities have failed to acknowledge their mistake of desecrating the memory of these young soldiers. Imagine how Australians would feel if they found out that the Turkish government was repurposing the graves of our fallen soldiers buried on the Gallipoli Peninsula. However, the Australian authorities themselves did something similar on our own

soil and have not taken steps to rectify it. After persistent lobbying by the Claremont RSL sub-branch, the Metropolitan Cemeteries Board has agreed to reinstate the graves of fallen soldiers where possible. The removal of the commemorations was purely motivated by generating revenue for the cemetery. However, they are unwilling to reinter the graves as it poses a significant challenge and may incur additional costs. I find this situation to be completely unacceptable.
David Thomas
President, Claremont RSL Sub-Branch

Dear Editor,
LEE Tate's opinion article – an anti-firearm view. Assuming his arguments are valid the next step is the seizure and ban of all private ownership and use of vehicles. Look at the following points please. Hundreds of people are killed, and thousands injured each year by them. People also commit massive amounts of criminal acts with them, as seen lately when nearly a third of drivers were seen speeding in a school zone. And I defy anyone to state with all honesty that they have never, ever committed an offence themselves when driving.

We have police announcements on TV that they will target certain offences. We see weekly news stories of people who have stolen cars, sometimes in quite violent ways, to use them for their own criminal activities sometimes leading police in hazardous pursuits. All points you have made in your argument to ban firearms. Incidentally, the UK made its first anti-gun laws in the 1920s. Then in 1940 they appealed to Americans to donate their firearms to the British to enable them to defend themselves when the Germans invaded.

Les Wasley

Dear Editor,
FRANK Cherry's December letter about mobile phones and their obessional usage, raises some interesting points and I thought I'd add a few belated comments. One only has to sit on a bus or train to see the omnipresent heads bowed and the dexterous movements of digits on screens and wonder what has happened to a society that can quite readily tell all in social media, but finds it increasingly onerous to communicate face to face. The health consequences of using modern day technology also need to be addressed. Can there possibly be a link between how we live our lives and the explosion of sudden death, cancers, heart and diabetes cases? Radiation exposure, genetically modified and sprayed foods, fluoridated water, unsafe medicines, 5G, Roundup, fast food etc. Turn the clock back by less than a century and there appears to be little of the health problems associated with today's lifestyles, despite the so-called improvements and medical interventions.

Am I also alone in seeing the even further degeneration and dumbing down of television? Have you seen those ads? They are incredibly puerile to say the least. But I digress. We should be protesting en masse at the way things are heading, but we don't. We continue to believe what we are told and either obliviously bend our necks over the aforementioned devices or bury our heads collectively in the sand.

David Rudman
Port Kennedy

Dear Editor,
IN reference to ZM from Toodyay's letter in the April issue regarding a certain bank closing all of its branches and moving to digital banking due to the falling numbers of walk-in customers making it unjustified

to keep branches open. This is total rubbish. The customers had no say in branches closing, the customers owned the bank, not the CEO. Without customers there would be no bank. Like many customers my wife and I are

not able to do banking online. The CEO's don't give a toss, that's progress. We feel so sorry for all those who have been made redundant because of closures.

Frank Cherry
Southlake

Dear Editor
I WAS horrified reading how many guns are allowed per person. As Lee Tate commented, why would a farmer need 10 guns – to me that means 10 people on one property – crazy. Time for a big change in our gun laws, or America here we come.

Yvonne Cooper

Submissions may be edited for clarity and space
Please keep submissions to 200 words or less.
Email jen@haveagonews.com.au
Continued on page 16



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A WINTER ESCAPE TO FAR NORTH QUEENSLAND

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

Tour Inclusions

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

8 DAYS

Tour Cost
\$4750*

Per Person Twin Share
\$6100* Single



Tour Highlights

- ★ Wander the Cairns Botanic Gardens and enjoy lunch at Botanic Gardens Restaurant Café
- ★ Embark on a One-Way Kuranda Scenic Railway & One Way Skyrail Rainforest Cableway
- ★ Enjoy a guided Coffee Tour at Jaques Australian Coffee
- ★ Visit the Curtain Fig Tree
- ★ Cruise on Lake Barrine including lunch

- ★ Enjoy a guided tour on the Daintree River including morning tea
- ★ Enjoy lunch at Daintree Teahouse Restaurant
- ★ Visit Mosman Gorge
- ★ Tasting at Gallo Dairyland, Atherton Tablelands
- ★ Enjoy a tour and lunch at Paronella Park
- ★ Enjoy a dinner cruise with Spirit of Cairns
- ★ Visit the Cairns Aquarium

12 to 26 August 2024

EXCLUSIVE SRI LANKA

Embark on our Exclusive tour to Sri Lanka, immersing yourself in the enchanting tapestry of Sri Lanka's cultural heritage and natural wonders. Begin your adventure with a warm welcome at Heritage Negombo, then traverse ancient kingdoms in Polonnaruwa, engage in the heart-warming experience of bathing elephants at the Millennium Elephant Orphanage, and partake in a wildlife safari at Yala National Park. Stay in deluxe accommodation such as Aliya Resort & Spa, Cinnamon Citadel, and the iconic Galle Face Hotel, while indulging in authentic Sri Lankan cuisine and special experiences like the Esala Perahera festival in Kandy. Unveil the secrets of this tropical paradise with scenic train rides, historic city tours, and moments of leisure in picturesque locales. Your journey concludes in Colombo, leaving you with memories of a captivating exploration through the diverse landscapes and cultural treasures of Sri Lanka.

Tour Inclusions

- ✓ Home pick-up and return by Private Car
- ✓ Return economy airfares including taxes
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ 14 nights deluxe accommodation
- ✓ Breakfast daily, 2 lunches, 1 High Tea and 10 dinners
- ✓ All travel in airconditioned coach
- ✓ All sightseeing and entry fees as per the itinerary

15 DAYS

Tour Cost
\$5990*

Per Person Twin Share
\$7690* Single



Tour Highlights

- ★ Enjoy city tours of Negombo, Galle and Colombo
- ★ Visit the Millennium Elephant Foundation
- ★ Explore the Polonnaruwa Ancient City
- ★ Experience a local farm house lunch
- ★ Engage in a pottery making experience

- ★ Experience traditional village life at Hiriwaduna
- ★ Experience the Kandy Esala Perahera festival
- ★ View the Dambulla Cave Temple
- ★ Enjoy a delightful high tea at Grand Hotel
- ★ Explore a Tea Factory and Plantation
- ★ Embark on a wildlife safari at Yala National Park
- ★ Visit the Kosgodia Turtle Hatchery

10 to 14 September 2024

SUNSET BLVD AT THE SYDNEY OPERA HOUSE

Discover the iconic city of Sydney with our 5-day Tour with the highlight, 'Sunset Blvd' the musical performed at the Sydney Opera House! Dine at the famous the iconic Sydney Tower Eye Restaurant, wander along Circular Quay, enjoy a tour of Sydney Opera House, explore Vaucluse House and indulge in high tea and marvel at the architectural wonders of the Art Gallery NSW. This tour offers a perfect blend of sightseeing, entertainment, and relaxation, making it an ideal holiday.

Tour Inclusions

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares and taxes
- ✓ 4 nights' accommodation at the Intercontinental Sydney
- ✓ Breakfast daily, 1 lunch, 1 high tea and 2 dinners
- ✓ Transfers throughout with a professional driver
- ✓ All sightseeing and entry fees as per itinerary

5 DAYS

Tour Cost
\$4490*

Per Person Twin Share
\$5390* Single



Tour Highlights

- ★ Dine at the famous the iconic Sydney Tower Eye Restaurant
- ★ Embark on a tour of Sydney
- ★ Visit Mrs Macquarie's Chair and enjoy views of Sydney Opera
- ★ House, Harbour Bridge and Fort Denison

- ★ House, Harbour Bridge and Fort Denison Tour of the Opera house including lunch at the Opera Bar
- ★ Visit the Art Gallery NSW
- ★ Watch the musical Sunset Blvd performed at the Sydney Opera House, starring Sarah Brightman
- ★ Visit Vaucluse House and enjoy a high tea
- ★ Enjoy a 4 course dinner on Sydney Harbour

4 to 12 October 2024

CANBERRA GARDENS & SYDNEY WONDERS

Join our Canberra Gardens & Sydney Wonders Tour immersing yourself in vibrant colours, rich history, and breathtaking landscapes. Explore Canberra's farming life at Gold Creek Station and witness the beauty of Floriade Festival. Discover the National Portrait Gallery, Cockington Green Gardens, and the National Arboretum Canberra. In Sydney, enjoy a Captain Cook dinner cruise, explore the Royal Botanic Garden, and marvel at the architectural wonders of the Art Gallery NSW. Conclude your holiday with a day in the Blue Mountains and a farewell dinner at the Sydney Tower Restaurant before heading home with cherished memories.

Tour Inclusions

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return economy airfares and taxes
- ✓ Luxury Coach with professional driver
- ✓ 4 nights at the Rex Hotel, Canberra
- ✓ 4 nights at the Novotel Sydney City
- ✓ Breakfast daily, 3 Lunches, 1 High Tea and 4 Dinners
- ✓ Sightseeing and entry fees as per the itinerary

9 DAYS

Tour Cost
\$6290*

Per Person Twin Share
\$7350* Single



Tour Highlights

- ★ Locally Guided tour of Canberra
- ★ Talk, sheep demonstration and lunch at Gold Creek Station
- ★ Visit Telstra Tower on Black Mountain
- ★ Explore Floriade Festival
- ★ Visit Parliament House
- ★ Tour the Australian War Memorial with the Last Post Ceremony
- ★ Visit National Portrait Gallery
- ★ Explore Cockington Green Gardens

- ★ Visit the National Arboretum Canberra
- ★ Visit Tulip Top Gardens
- ★ Enjoy a Captain Cook dinner cruise on Sydney Harbour
- ★ Explore Royal Botanic Garden Sydney with lunch at Botanic House
- ★ Tour the Art Gallery of New South Wales
- ★ Day trip to the Blue Mountains, explore Leura, visit Everglades Gardens, and view the Three Sisters
- ★ Explore Sydney landmarks, including Circular Quay and the Sydney Opera House
- ★ Farewell dinner at Sydney Tower Restaurant

8 to 15 October 2024

O'REILLY'S RAINFOREST RETREAT & THE WHITSUNDAYS

Discover the beauty of Queensland with a two-night stay at Gold Coast Hinterland Rainforest Retreat, surrounded by lush rainforests and mountains. Extend your journey on the Spirit of Queensland train for an overnight ride from Brisbane to Proserpine, revelling in the scenic landscapes. Enjoy a three-night retreat at Coral Sea Resort in Airlie Beach, offering luxurious accommodations and easy access to the stunning Whitsunday Islands. Immerse yourself in various activities, from a relaxing swim in crystal-clear waters to snorkelling among coral reefs or soaking up the sun on pristine white sand beaches.

Tour Inclusions

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return economy airfares including taxes
- ✓ 1 nights' accommodation at The Pacific Hotel Brisbane
- ✓ 2 nights' accommodation at O'Reillys Rainforest Retreat
- ✓ 1 nights onboard the Spirit of Queensland from Brisbane to Proserpine
- ✓ 3 nights accommodation at the Coral Sea Resort
- ✓ Breakfast daily, 4 lunches, and 6 dinners
- ✓ Luxury Coach with a Professional Driver
- ✓ All sightseeing and entry fees as per the itinerary

8 DAYS

Tour Cost
\$5890*

Per Person Twin Share
\$7150* Single



Tour Highlights

- ★ Locally guided tour of Brisbane
- ★ Lunch at O'Reilly's Mountain Café at O'Reilly's Rainforest Retreat
- ★ "Best of O'Reillys 4WD" Bus tour
- ★ Evening Glow Worm Tour

- ★ Overnight journey on Spirit of Queensland from Brisbane to Proserpine
- ★ Locally guided tour of Bowen, Murals and Flagstaff hill lookout
- ★ Hamilton Island and Whitehaven Beach cruise including lunch at the Marina Tavern
- ★ Full day Crocodile Safari tour including a cruise, wetland train and lunch Safari
- ★ Visit to Proserpine Historical Museum

30 November to 6 December 2024

SINGAPORE CHRISTMAS LIGHTS AND SIGHTS

Immerse yourself in the festive spirit of Singapore with our Christmas Lights and Sights tour. Enjoy a morning tea at the National Orchid Garden, a dinner at the Fullerton Hotel, and a morning at Gardens by the Bay. Board a boat on the Singapore River and stroll down Orchard Road to see the Christmas Lights. The tour concludes with a Little India & Arab Street tour, high tea at the Fullerton Bay Hotel, a ride on the Singapore Flyer, a morning at the Singapore Zoo, a Christmas Wonderland at Gardens by the Bay, and a morning tour of Sentosa Popiah & Peranakan Tour.

Tour Inclusions

- ✓ Home pick-up & return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares and taxes
- ✓ flying Qantas
- ✓ Return Airport/Hotel Transfers
- ✓ 6 nights' accommodation at the Carlton City Hotel Singapore
- ✓ Breakfast daily, 1 morning tea, 1 high tea & 2 dinners
- ✓ Sightseeing and Entry Fees as per the itinerary

7 DAYS

Tour Cost
\$5390*

Per Person Twin Share
\$6550* Single



Tour Highlights

- ★ Singapore Sights tour including morning tea at the National Orchid Garden
- ★ Dinner at the Fullerton Hotel
- ★ Morning at Gardens by the Bay
- ★ Boat Ride on the Singapore River
- ★ Christmas Lights stroll down Orchard Road

- ★ Little India & Arab Street Tour
- ★ High Tea at the Fullerton Bay Hotel
- ★ Ride on the Singapore Flyer
- ★ Morning at Singapore Zoo
- ★ Christmas Wonderland at Gardens by the Bay
- ★ Morning Tour of Sentosa Popiah & Peranakan Tour



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TERMS & CONDITIONS: Prices and information is correct at the time of printing. Tours are based on reaching a minimum number. Home pick-up and return is included based on a set radius – surcharges will apply outside these areas. Other special conditions may apply to each individual tour, please contact the office for further details. A&OE.

Centrelink update - assessing income from homestay students



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

IF you've got a big house

with more bedrooms than you need, you might start thinking about getting some money from those empty rooms. One choice you have is taking on a homestay student.

A homestay student is an arrangement where a student, usually from overseas, comes to live with you and your family for a period of time. The time ranges from weeks, months or years. Having a homestay stu-

dent in your home gives them the opportunity to learn another language and go to school or university in a safe environment. If you're registered as a homestay provider through an official organisation, you can also get paid.

Services Australia may look at the payments you receive for a homestay student differently from boarders and lodgers.

With boarders and

lodgers, the amount of board that's assessed is based on how much you provide in services. The more services you provide, the less the income is assessed.

With a homestay student through a registered provider, there are more expectations on you to look after the student than there are to look after a boarder. You'll be providing a room and meals of course, but you'll also be

responsible for the student's care and helping them develop socially. This additional support comes with an expectation of additional costs - more than would be required for a boarder and lodger.

Putting it simply, if you have one homestay student through a registered homestay agency, the income you receive won't count towards your income test as it's expected

that all of it will be used to cover those extra costs.

This changes if you have more than one homestay student living with you at the same time. So, the more students you have staying with you, the more income we may assess.

If you are thinking of taking on a homestay student through a registered organisation, please call our Financial Information Service first to discuss

how it might impact your pension payments. Ring 132 300 and say 'Financial Information' when asked for the reason for your call.

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 - scammers abound - be on the alert for incoming emails



by **Mike Goodall**

HIS Majesty's Revenue and Customs (HMRC) are increasingly being targeted by scammers who are issuing emails with links purporting to be from various HMRC

departments. Like many organisation HMRC issues QR codes. They are telling everyone that while they use these codes, they will never take a person to a page where you have to input personal information.

Their QR codes will usually take you to guidance on GOV.UK, but when they do not, they will tell you. People logged into their HMRC account might find QR codes redirect them to different web pages or their login page.

Recent surveys have

shown that 72 per cent of people do not check QR codes before scanning, with only 16 per cent of respondents being aware that QR scams exist.

Before scanning a QR code you should ensure it originates from a reputable source and verify with the venue that it belongs to them. It is easy for scammers to stick false QR codes over those in a webpage. It is similar to putting a false front on an ATM.

Check everything and don't be blasé about

new technology being infallible.

The most recent scams I have seen here in WA have been about energy rebates in the UK. These scam e-mails are being sent around the world and if any of you receive these scam emails, please forward them to phishing@hmrc.gov.uk.

You will know that they are scams because HMRC does not send out emails and will not address you by name and National Insurance Number but most likely

just by your email address.

The latest news about WASPI (Women Against State Pension Inequality) is that the UK Government is supporting the Department of Work and Pension's (DWP) refusal to pay compensation for maladministration. The Public Health Service Ombudsman found maladministration, because the DWP did not notify in advance the pension age increases, from 60 to 65, to women born after April 5, 1950.

To add insult to injury the UK Labour party (in opposition) are also refusing to support compensation.

This situation is going to cause problems for the WASPI women to decide which party they will vote for at the upcoming UK Parliamentary Elections, due before January 2025.

Am I UK State Pension Age?

People born between October 6, 1954 and April 5, 1960, who have worked for a minimum of 10 years in the UK,

will be eligible to claim their UK State Pensions from their 66th birthday.

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

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

LETTERS TO THE EDITOR

Dear Editor,
IT was with interest that I read Buster the Bruncher on page 34 of the April issue.

We decided to book for lunch on Friday 19 April based on Bruncher's assessment.

Our experience was quite different, service was indifferent - after sitting for some time we had to ask the waitress whether we had to order at the counter or if there was table service. She then took our orders. We also had to ask for water.

Drinks came within a reasonable time as did the food.

On the menu was steak with prawn, only the prawn didn't make it to our table. When queried with the waiter he said it was an old menu. This was the only menu available. The prawn came after brunch was finished.

I had the Anthony's big breakfast and

I completely disagree with Brunches' description. 'Enough to feed a sword swinging Roman army.' It was just sufficient for one.

The bread was on the plate but no butter.

In summary the experience was maybe three spoons at best.

I realize this was an advertising feature but felt it was misleading.

Bernie O'Shea

Ed's Note - Buster's brunch reviews and the Dining Divas lunch reviews are not paid advertising, they are blind reviews where the restaurant has no idea that the reviewers are coming and the meals are paid for as per a normal visitor. We ran this feedback past Buster and he said he only writes what he finds on the day. We are sorry you did not have the same experience.

Dear Editor,
I HAVE just finished reading the article written by Lee Tate on the subject of the new gun laws and gun controls.

As a registered firearm licence holder, as an avid recreational / amateur competition shooter, I wholeheartedly agree with the recent changes in gun control and ownership.

I too also abhor any form of gun violence as it taints more than one

community (gun owners, sport shooters, professional shooters, and even farmers) with the opinion that guns are evil.

I agree with making the laws stricter precisely to have more control of unregistered weapons available on the street. Because guns should be controlled and used in a responsible manner for which ever community you are involved in.

And that's why you sir, in my opinion are an absolute buffoon and my second opinion is you as a local newspaper columnist should perhaps keep your opinions to yourself and not write them in print as if they were facts.

You present very little good points in your article; essentially all you are doing is perpetuating this stupid nonsensical American stereotype view that all guns are evil

and if you own one, even legally, you are contributing to gun violence.

As a mature level headed adult, wouldn't it make sense to promote and provoke serious conversation about guns and ownership?

Promote more awareness of firearms; provoke that conversation in general society?

John Ardelean
Australian, avid shooter and law abider.

Dear Editor,
LEE Tate nailed it. Too many guns is why I left Ohio (USA) to settle in Oz.

Can it be some people think they can protect themselves with guns?

When I worked at St Brigid's Catholic College, some of the staff said they would have a gun for security. I wondered if it was rational to be fastest with a pistol. Maybe an armed intruder would go to heaven

but the home owner would go to hell.

Is there a connection between guns and munitions manufacturers?

Yes, thinking wars are fought so some can have freedom, is an illusion.

That's my opinion.

Thanks for reading this far.

Sunny Miller

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

Seniors Lifestyle Expo 2024

Friday 17 May 2024 | 9.30am - 1.30pm
Lakeside Shopping Centre
420 Joondalup Drive, Joondalup WA 6027

Come along to this FREE event for information about local programs, activities, and support services for older adults. Engage with City of Joondalup staff and a range of service providers to help maintain a healthy, active, and social lifestyle.

No bookings required.

For more information, scan the QR code, call **9400 4000** or visit joondalup.wa.gov.au



Lakeside Joondalup



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



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

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

WA Seniors Card members must register by May 31, to receive this

year's payment, which will be made in late July.

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

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

In addition to the Cost-of-Living Rebate, the WA Seniors Card offers valuable State Government concessions and rebates, including free off-peak public transport, concessions on local

government rates and water service charges, and the \$400 Safety and Security rebate.

WA Seniors Card members can apply for the Cost-of-Living Rebate by registering for online access to their account or by downloading an application form. Please visit the WA Seniors Card website at www.seniorscard.wa.gov.au/forms-guides/.

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

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

I needed flour, butter, sugar. And a helping hand. You guided me through my grandmother's recipe, with as much love and devotion as she'd shown.

With genuine support comes greater independence. At Bethanie, we take a more personal approach to home care.

We get ageing.



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Looking back - Beyond the stories...a low-key date



Parliament House in Canberra



by Lee Tate

MAY 9, 1901, is a remarkably low-key date in our history lessons.

Yet it was a milestone

at the birth of our nation amid rifts and rivalry – and a reluctant colony of Western Australia.

May 9, 1901, marked the opening of the first Australian Parliament, in Melbourne, following a freshly-brewed federation.

The grand opening, at the exquisite Exhibition Building, was attended by no fewer than 12,000 guests, headed by the Duke of Cornwall and York, deputising for the new King of England, Edward VII.

Aussie artist Tom Roberts captured the historic scene in his famous painting, *The Big Picture*, which went on permanent loan to the Parliament from the British Royal Collection.

The duke came dressed in the uniform of a Royal Navy rear-admiral with the green sash of the order of St Patrick across his chest. His wife, the Duchess of York, wore 'a gown of black embossed velvet and a string of diamonds from shoulder to waist and carried a black chiffon parasol.'

The Clerk of the Parliaments read the Letters Patent of the king, empowering the duke to open the first Parliament.

The duke told the pioneering parliamentarians that his father had been moved by the generous aid offered by the Australian colonies in the South African Boer war and in service in China.

He expressed the king's gratitude and 'heartfelt satisfaction at the completion of that political union of which this Parliament is the embodiment.'

A fanfare of trumpets rang out.

"The senators and members proceeded by foot or in carriages to Parliament House in nearby Spring Street, where each house (of parliament) met in order to elect a presid-

ing officer."

Leading local figures were Australia's first Prime Minister, Edmund Barton, and Governor-General, Lord Hopetoun.

The nation's lead-up to federation had been bumpy. Western Australia, protective of her independence, feared a federation dominated by the eastern States.

But the other States forged ahead to establish Australia's Constitution Act, leaving the West to stew over its position. The Act was passed by the British Parliament on July 5, 1900, and signed-off by Queen Victoria four days later.

Three weeks later, Western Australia held a referendum on federation and by then, public opinion had shifted. Thousands of gold miners had moved in from the eastern colonies and 'yes' votes doubled 'no' votes.

On January 1, 1901, Australia became a nation, amalgamating six British colonies – NSW, Victoria, Queensland, South Australia, WA and Tasmania.

It's remarkable to consider that, until then, all six colonies had acted like separate countries with their own governments, laws and military. They also taxed goods crossing their borders and issued their own colonial stamps.

The colonies had even built railways using different gauges which complicated the transport of people and goods across the continent.

But where to put the new Federal Parliament? It was a red-hot issue with a tussle between Victoria and NSW until it was determined the national capital must be at least 160kms from Sydney.

Leaders, including federal MP and former WA Premier, John Forrest, compromised on a bush site between Melbourne and Sydney at the northern tip of the Australian Alps, Australia's highest mountain range.

Inhabited by Aborigines for up to 21,000 years, including the Ngunnawal, Ngunawal and Ngambri, the coming national capital needed a name and the public responded with 750 suggestions.

On March 12, 1913, Lady Denman, wife of Governor-General Lord Denman, declared the name as "Canberra" (Aboriginal for meeting place).

The Victorian Parliament House remained the temporary home of Federal Parliament for 26 years. In 1927, Parliament House was opened in Canberra and, 97 years later, it thrives as a capital city with a population approaching 500,000.



Scratchie packs up for grabs this month

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

To be in the draw, simply email win@haveagonews.com.au with Scratchie in the subject line or write to Scratchies c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 1/6/24.

Congratulations to our March 2024 winners... Thomas O'Donovan, Annette Gidley, Uyen Huynh, Fred Neubronner and H Eisenmann.

Meet the Over 55 Canoe Club's president - Chris Cocker



Barb and Chris Cocker

CHRIS Cocker, president of the Over 55 Canoe Club, arrived in Australia in 1970, as a £10 Pom. He landed in Victoria with little money, but with a bachelor's degree in chemical engineering and a passion for the outdoors.

At 21, Chris had decided to travel. On arrival, he quickly secured employment at the BP Refinery. Chris enjoyed the Australian openness, the lifestyle and especially living on the Frankston Peninsula; being able to enjoy both the ocean and the beautiful Westport Bay.

Chris soon bought a Fireball yacht, 16ft long, fast and very tippy. Previously, he raced one as a crew on the River Trent in England and one year they came sixth at a British schoolboy national cham-

ampionship. But now, with clean water and a good sea breeze, he could push his yacht to its limits with no fear of capsizing in a contaminated Trent.

Chris's favourite winter sport was playing rugby. He joined the Melbourne Harlequins Club, and later with a friend helped establish a local rugby club in Frankston.

Chris was born in Derby. At age five, his father quit his bank job to train as a teacher in Huddersfield. While, Chris, with his mother and young sister squashed into their grandparents two-bedroom terrace house in Stockton. Once his father qualified, they lived in several places. Chris's favourite was living on the edge of Ilkley Moor, appreciating both its openness and its wildness in winter.

Chris studied chemical engineering at Swansea University. He and some fellow students learnt to kayak and perfected group rescue techniques in the University pool. While surf kayaking on the Gower coast one rogue wave capsized them all leaving a long swim to shore. So, they learnt to Eskimo roll.

Another lesson was to double check all kayaks are safely tied down before transport. Whilst, travelling with a trailer full of kayaks there was a woosh noise. On stopping they were missing the Univ's prize Eskimo kayak. Fortunately, no damage.

Chris also played Rugby Union with a West Wales Team and being a poor student relished the hearty meal provided after each match and the concept of boot money.

In 1974 he met Barbara at Rotaract. Chris invited Barb to come sailing and soon she became his light weather crew. One year they won the annual Frankston Yacht Club tournament (fireball division). But to Barb's dismay, the president decreed that year the prizes be practical – a frying pan.

They married in January 1976, and the following year moved to Perth. Here, with a work colleague and his friends they went camping and again enjoyed kayaking ventures. Chris and Barb particularly enjoyed exploring the Murray and Collie Rivers. Twin boys were born in 1981 and initiated into camping when 10 weeks old.

In 1984 a third son was born.

They relocated back to Melbourne, followed by a couple of years in England working and assisting ageing parents, before returning to Perth, where their daughter was born.

Chris retired in 2014, and with friends immediately took off on a long dreamed of 4WD trip up through the Kimberleys to the Mitchell Plateau and onto Kalumburu. And, encouraged by Gay, another long-time friend, they joined the Over 55 Canoe Club.

The couple are proof that 'behind every good man is a good woman', although Barb sits in front of their Nomad double kayak which she and Chris usually paddle. With Barb's support, Chris has been a very effective club president.

He particularly enjoys researching and exploring new and interesting sections of rivers to paddle. He leads a great club with like-minded members.

If you are interested in or just want to know more about the club ring Chris (president) on 0410 479 024 or Iris (vice president) on 0438 926 578.

Website: www.over55canoeclub.org.au



Seniors Recreation Council Jottings



LiveLighter Aged Care Games Bunbury

IT was a fabulous sunny day when 12 teams competed at the 2024 Bunbury LiveLighter Aged Care Games at the South West Sports Centre on Thursday April 18. Teams came together from nursing homes, aged care facilities and day centres in the region to compete in games specifically designed for people in care.

Officially opened by Member for Forrest Hon Nola Merino MP, games include modified seated hockey, seated pass ball, beanbag toss and skittles. The carers game at the end of the day had representatives from each team competing in this fun event. Entertainment was an energetic demonstration of Zumba Gold provided by Betty McCleary and her team, with some participants joining in.

SRCWA would like to thank SRCWA Bunbury branch president Barbara Fleay and her team along with the volunteers from South Regional TAFE, and SRC head office staff for helping to make this event possible. Thanks goes to the Bunbury Regional Prison for the team who came in and assisted with set up and pack down.

SRCWA state president Graham Bennett and Bunbury branch president Barbara Fleay presented the trophies plaques and medals. Best presented team was *Belong at Home Collie Miners*; first place, winning gold medals, perpetual and replica trophy *Dream Catchers, Bunbury Gardens*; second place winning silver medals and plaque, *Belong at Home Blue Wrens 1* and third place winning bronze medals and plaque *Belong at Home Blue Wrens 2*. The oldest competitors at the games both 99-years-young, were Daisy Reading from Bethanie Fields' and Jean Sattell from Bunbury Gardens, both ladies turn 100 later this year. Congratulations to all participants, carers and volunteers for their outstanding support of this event.

Thank you Martin Yates for the photography on the day and to our naming rights partner LiveLighter Healthway and Government of WA for their support for the LiveLighter Aged Care Games.

SRCWA State Over 60's Mixed Pairs Lawn Bowls

It was great to see 81 teams taking part in this year's Seniors Recreation Council State Over 60's Mixed Pairs Lawn Bowls tournament. Held at various clubs throughout the Perth metropolitan area, the tournament culminated with the finals played at the Manning Bowling Club on Friday April 12. The finals were very competitive with close scoring ends played in ideal weather conditions. Congratulations to Lisa Featherby (Mosman Park) and Bill Brandsma (Kalamunda) who won the final over Chris Margin (North Beach) and Chris Ace-Watson (Mosman Park). Semi-finalists on the day were: Derek Angell and Lily Djukic (South Perth) and Lee Poletti, Mark Douthie and Rhonda Prosser (North Beach). SRCWA acknowledges Bowls WA president Doug Kelly, Bowls WA CEO Ken Pride, Bowls WA staff and all those involved for running a great event. SRCWA executive officer Dawn Yates and Martin Yates attended the final, presenting the trophy, medals and prizes to the winning teams.

Have a Go Day 2024, a LiveLighter Event - Burswood Park Wednesday November 13, 9am to 3pm REGISTRATIONS NOW OPEN

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

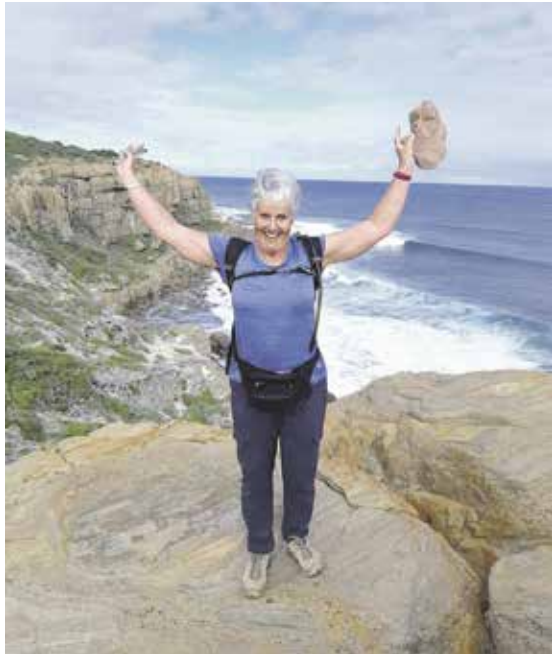
This unique day provides the ideal opportunity for clubs/groups, not for profit agencies, commercial entities and activity based groups to share senior specific information with the target group in a beautiful outdoor environment at Burswood Park.

Registration forms are now available, for information call (08) 6118 2716 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, LiveLighter Healthway, Juniper, Channel 7, 882AM 6PR

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

Glennis tackles a 12km walk for a very special cause



by Josephine Allison

WHEN Glennis Wilson starts her 12km walk in the HBF Run for a Reason in Perth on Sunday, May 19, her thoughts will be with her late husband Lindsay.

"We were married for 43 years and he always encouraged me to walk," Glennis said. "I feel he is sitting on my shoulder, encouraging me."

Lindsay Wilson passed away 16 months ago from idiopathic pulmonary fibrosis, a progressive lung disease. He was just 69.

"Lindsay was on a couple of trial drugs at the Institute for Respiratory Health which, he believed, extended his life," Glennis said. "He

was told in 2017 that he had this terrible disease and had three to five years to live. He lived for five years and nine months."

HBF Run for a Reason is Perth's biggest annual fitness fundraising Challenge and has been bringing more than 30,000 people together annually since 2010.

For its 12th year, the event is aiming to raise more than \$1.2 million for charities while celebrating togetherness in the heart of Perth.

"I saw the Respiratory Institute was putting in a team to help fund research so I thought I would like to join and give something back," Glennis said.

"I did City to Surf in

2012 when my granddaughter was born at 24 weeks so I did that for miracle babies. Lucy is 12 now and in her first year at high school and I have a grandson Oscar 14."

Glennis, who lives in Chidlow, belongs to the Perth Hills walking group, walking on Fridays. "I joined because I was going to do a walk in New Zealand with my sister but it was canned because of Covid."

"Instead, I went off and did the Cape to Cape walk. I like to try and keep going, I also walk with another group on Wednesdays."

Glennis, who has two adult sons, says she believes walking 12km for HBF Run for a Reason



is achievable.

"I've got comfortable walking shoes, cotton pants and a HBF Run for a Reason tee-shirt for the event."

Outside her walking week, Glennis enjoys knitting and craft and enjoying time with her dog

Maltese cross Charlie. "I'm right into creating mosaics now, I've done house numbers and welcome signs."

HBF Run for a Reason will be held on Sunday, May 19. For more details go to www.hbfrun.com.au.

L-R; Glennis Wilson - Lindsay Wilson with wife Glennis

Results and winners from the *Have a Go News* 2024 Reader Survey



THIS year 622 people took part in our reader survey; that is a 37 per cent increase in the participation rate.

We're really grateful so many people took the time to do it either online or by post.

We were thrilled when 99 per cent of people said they would recommend *Have a Go News* as a good source of information.

We were also really pleased to see that we have a healthy bunch of readers with 40 per cent exercising daily; 58 per cent saying their health was good and 37 per cent saying it was average.

It's pleasing that 90 per cent of people referred back to the newspaper after their first read and 59 per cent kept their copy for two

weeks or more.

Holidays will be the biggest purchase over the next 12 months with cars, white goods, furniture and houses all on the list.

Only 33 per cent of readers felt that the State Government fully addressed their needs with a mere 28 per cent feeling the Federal Government met the needs of mature people.

Interestingly only 40 per cent felt respected by mainstream media and 40 per cent of readers said they had experienced ageism in everyday life.

More than 65 per cent of our readers would like to see Government messages advertised in the newspaper along with health

products (60 per cent), supermarkets (44 per cent) and food (54 per cent).

Digitally 84 per cent of readers own a smart phone and 78 per cent own a computer, but 92 per cent prefer to respond to advertisements they see in print.

We are currently compiling all the results which will be available soon. In the meantime congratulations to the following winners:

\$100 gift cards: Choon Soh, Canning Vale; Selby Munsie, Carine and Wendy Court, Currabine.

Scratchie packs: Robert Cruikshank, Gosnells; George Schafer, Maddington; J Birkett, East Bunbury; G Crane, Rockingham and Gail Fuhrmann, Marmion.

Your Perth
Your News

9 NEWS

AFTERNOON 4.00 NIGHTLY 6.00

HAVA GO MOTORING



Test driving a high point of electric vehicle engineering and design



2024 Audi e-tron GT



by Tony McManus

ELECTRIC vehicles are here; some make sense and others, well, the Australian jury is still out.

It's the drive and feel of a high-end EV with which I find myself falling deeper in love.

Be still my beating heart.

The 2024 Audi e-tron GT represents a high-point of electric vehicle engineering and design,

seamlessly blending Audi's luxury pedigree with cutting-edge EV technology. As the flagship electric sport sedan from Audi, the e-tron GT embodies the brand's commitment to sustainable performance without conceding style or innovation.

At first glance, the e-tron GT captivates with a sleek and athletic silhouette. Its low-slung stance, wide track, and aerodynamic lines not only enhance dynamic presence but also optimise efficiency.

Every detail, from sculpted front to the integrated rear spoiler, serves both form and function, contributing to an impressive drag coefficient.

Underneath the striking exterior lies Audi's

advanced electric powertrain, delivering exhilarating performance with zero emissions.

The e-tron GT variants include powerful dual-motor configurations with Audi's signature quattro all-wheel-drive system. This setup not only provides exceptional traction but also enables lightning-fast acceleration, propelling the e-tron GT from 0 to 100 in mere seconds.

The heart of the e-tron GT is its state-of-the-art battery technology, engineered for optimal range and quick charging capabilities. Audi's battery system incorporates advanced thermal management to ensure longevity and consistent performance, even during

spirited driving or rapid charging sessions.

With around 450km range it is suitable for daily driving and access to high-speed charging networks.

Audi's dedication to luxury is evident.

Features include driver-centric cockpit with premium materials throughout, fine leather upholstery, aluminium accents, and customisable ambient lighting. The seating is designed for comfort and support during lively driving, while advanced infotainment and connectivity keep occupants engaged and informed.

A standout feature of e-tron GT is its integration of technology. Audi's virtual cockpit delivers a

futuristic driving experience, with customisable digital displays providing essential information and navigation. The MMI touch infotainment system, complemented by natural language voice commands, ensures seamless control of entertainment, climate, and vehicle settings.

Safety is paramount in e-tron GT, with Audi's suite of driver-assistance systems offering peace of mind on the road. From adaptive cruise control to lane-keeping assist, Audi leverages cutting-edge sensors and cameras to enhance situational awareness and mitigate potential risks.

The driving experience of the e-tron GT is refined and dynamic, thanks to

Audi's meticulous chassis tuning and adaptive air suspension. Whether cruising on the highway or tackling winding backroads, the e-tron GT delivers a blend of comfort and agility that's characteristic of Audi's performance heritage.

Beyond its impressive performance and luxurious amenities, the Audi e-tron GT represents a broader vision for sustainable mobility. By embracing electric propulsion without compromising on driving dynamics or comfort, Audi demonstrates a commitment to shaping the future of automotive transportation.

The 2024 Audi e-tron GT is a compelling testament to Audi's pursuit

of electrification and innovation. It combines breathtaking design, exhilarating performance and advanced technology into a package that sets new standards for electric luxury sport sedans.

With the e-tron GT, Audi not only showcases the potential of electric vehicles but also offers a glimpse into the exciting future of automotive engineering.

And drive you must.

Love to hear your thoughts on anything motoring. Please tell me of a specific car, about which you would like to know more.

Drop me a line at my email address - Tony. Mcmanus@nine.com.au

9 MUST WATCH PROGRAMS THIS MAY



TODAY PERTH

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

WEEKDAYS FROM 5.30AM



9NEWS AFTERNOON WITH MONIKA KOS

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

WEEKDAYS 4.00PM



TIPPING POINT AUSTRALIA

Hosted by Todd Woodbridge, four players pit against a mesmerising machine. Mystery prizes and a jaw dropping jackpot up for grabs for any player with the skill and strategy to see off their human rivals and conquer the machine.

WEEKDAYS 5.00PM



9NEWS WITH MICHAEL THOMSON

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

NIGHTLY 6.00PM



A CURRENT AFFAIR

Hosted by Ally Langdon. Covering the realms of politics, crime, human rights, science, technology, celebrities and entertainment - all investigated by a dedicated team.

WEEKNIGHTS 7.00PM



CLARKSON'S FARM 2

Jeremy Clarkson attempts to run a farm in the countryside. He contends with the worst weather in decades, disobedient animals and unresponsive crops.

TUESDAYS 8.45PM



TAKE ME HOME

Centred on the emotionally captivating world of every day animal adoptions, Take Me Home shines a spotlight on WA foster care and adoption organisation SAFE.

FRIDAYS 7.30PM



THE SUMMIT

14 new strangers will work as a team through rugged terrain, wild weather and obstacles to carry the cash prize of \$1 million to the top of New Zealand's highest peak.

STARTS SUNDAY, MAY 12 AT 7.00PM



TRAVEL GUIDES

Returning for its seventh season, Travel Guides is the perfect way to see the world from the comfort of your living room. Featuring both extraordinary overseas adventures and domestic delights with the best travel critics.

STARTS SUNDAY, MAY 19 AT 7.00PM

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

@9NewsPerth | @Channel9





What the Australian Aged Care system can learn from Canada



Dr. Anna Grosse

by Frank Smith

CANADA and Australia have a lot in common – colonial history, native peoples and a large immigrant population, although geographically they are very different. Both countries have a commitment to provide care for older people in need.

A report by the National Institute on Ageing (NIA), Enhancing Care for Older Adults in Canada and Down Under, identified several opportunities to improve the organisation, governance, and delivery of long term care services in both Canada and Australia.

Dr. Anna Grosse, lead author of the report said: “The challenge both countries face is to create long term care (systems) that have the capacity to coordinate and provide the care that millions of older Canadians and Australians will rely upon over the coming decades. “A health care system that recognises,

appreciates and accommodates individual needs, values, and preferences will become even more important for these ageing populations.”

Canadian and Australian populations are ageing in similar ways; life expectations are around 85 years for women and 81 for men. Nearly 20 per cent of people are over 65 and most (95 per cent) older adults live at home.

Canada spends more money on the provision of LTC services than Australia, both as a total figure and as a proportion of Gross Domestic Product.

Long-term care providers in both countries are grappling with similar problems – not only helping people live longer, but to improve the quality of their lives as they age.

Australian aged care is funded by the federal government which provides a single point of access (My Aged Care) to services, both for residential and in-home care.

In Canada, aged care is primarily funded and regulated by the provincial governments through a mix of tax revenue and voluntary contributions. The quality of care can vary depending on the province and there is no universal point of access to long term care services.

In both countries many older adults occupy hospital beds while waiting for a place in a care home or for the availability of home-based care services. This is expensive to the state and unsatisfactory for the patient.

The Australian aged care system has been recently reviewed by the Royal Commission into Aged Care Quality and Safety. The commissioners made 148 recommendations calling for an overhaul of Australia’s LTC system and its governance.

Some of these recommendations are now in the process of being implemented through a National Aged Care Reform plan. The aged care system in Australia is currently largely based on supporting service providers. This is to be changed to a system where the rights of

aged people are considered paramount.

One of the most striking differences between Canada and Australia is that inspection of seniors’ facilities in Australia is far stricter. They must pass an accreditation process and be subject to regular quality reviews by the Aged Care Quality Commissioner who audits compliance with eight Aged Care Quality Standards using information that is supplied by service providers and obtained during site visits.

Recently residential care homes have been awarded star ratings based on their facilities and performance.

While the proportion of seniors in residential care in both countries is similar. Around 20 per cent of Australians over 85 live in residential care compared to only 14 per cent in Canada.

In Australia 91 per cent of long-term care homes are run by private for-profit organisations compared to just over 50 per cent in Canada. Two thirds of Australian care homes claim to operate at a loss.

Both Canada and Australia spend more money on providing care in residential homes than on home care services, despite the latter being more cost-effective and consistent with the care preferences of 99 per cent of older adults

Staffing levels are the key to quality residential care. In Canada, a personal support worker may take care of as many as 36 patients. However, many tasks may require two support workers, who may not be available at the same time.

Until recently in Australia, residential care homes only had to maintain an ‘adequate’ number of appropriately skilled staff. But in 2022, the Australian Government mandated that every home have an on-site registered nurse (RN). Additionally, from last year residents must be provided with at least 200 direct care minutes per day, including 40 care minutes provided by an RN.

What Australia can learn from Canada?

The interRAI assessment systems are used in Canada for clinical assessment, quality improvement and general data collection regarding in-home and residential care. The report authors say the data gathered could add considerable value to Australia’s aged care sector. The systems are also well suited to both in-home and residential care needs assessment.

In some Canadian provinces, older adults can access Home-Based Primary Care – health care services that usually require attendance at a GP clinic. Australians who cannot travel to attend medical appointments are left without appropriate medical care or must rely upon the limited numbers of GPs and locum doctors who perform home visits, ambulance services and hospital emergency departments.

The report also lists eight main ways in which both countries can improve the care they provide for their aged citizens:

1. Invest more money in long term care systems to ensure their future sustainability.
2. Prioritise home-based services, to support older people to live in their own homes for as long as possible.
3. Encourage small care homes rather than traditional large-scale institutions.
4. Improve pay, training, working conditions and opportunities for career advancement for staff working in aged care.
5. Providing better support for unpaid caregivers, recognising them as individuals not just by their relationship to care recipients.
6. Ensuring that federal and state/province governments work together to better integrate long term care.
7. Addressing ageism in both governmental and non-governmental areas.
8. Empowering older people to make informed decisions about their care and wellbeing.

The Australian age care system has the potential to improve by learning from the experiences of other countries, especially those like Canada with similar historical and mixed ethnic backgrounds.

A visit to the museum makes for a magic morning say seniors in care



SENIORS from Regis Nedlands had the opportunity to learn more about their state’s mining, farming and fishing history last month, thanks to a new partnership with the West-

ern Australian Museum Boola Bardip and the dedicated lifestyle team at the popular western suburbs aged care home.

Organised by lifestyle coordinator, Liz Armi-

jo Gatica and her team, the trip to the WA Museum – well known as a vibrant centre of inspiration, learning and enjoyment for everyone – was organised as part of the

Footsteps program, an initiative which aims to increase the accessibility of the museum for older Australians who may have mobility issues or memory loss.

“It was wonderful to be able to take our residents on a trip out to our incredible museum, they loved the cultural experience and being able to interact with the visual and tactile displays – you could see how interested and engaged everyone was and also the happiness on their faces,” said Liz.

“Along with being engaged and entertained,

our seniors’ emotional and cognitive skills were also stimulated during our visit, as were their social skills, all of which are priorities for the Regis team when it comes to our resident’s wellbeing.”

As part of the Footsteps program, Regis residents will take part in bi-monthly trips to the museum to enable residents to visit all eight permanent galleries during the year. The visits are also supported by trained museum staff and specially trained volunteers, to ensure the sessions are appropriate, engaging and enjoyable for

the seniors who take part.

“We are very grateful to the West Australian Museum for agreeing to partner with Regis and offer our residents this incredible experience to enjoy WA’s natural and cultural heritage,” adds Liz.

“The benefits for our seniors, who are still excitedly talking about their first visit, have been huge.”

The WA Museum’s Footsteps program enables older visitors to confidently explore the museum, guided by knowledgeable aged care trained volunteers who

possess an intimate understanding of the building, its facilities, and the gallery content.

The program is designed to engage seniors on a deeper, more accessible level with the gallery content, and increase visitor engagement in this older demographic.

Regis offers a diverse range of care options including residential aged care, home care, retirement living, day therapy and day respite. Regis is one of the largest providers of aged care in Australia and cares for more than 7,000 residents each year.

9 NEWS
AFTERNOON
4.00

TIPPING POINT
AUSTRALIA
5.00

9 NEWS
PERTH
6.00



Strengthening exercises important to do before surgery



85,000 total knee and hip replacements were performed in Australia last year

by Robert Vander Kraats, Sports and Exercise Physiotherapist

MORE surgeries are being performed each year, due to the ageing population. It is a fairly safe assumption that you know of someone who has had a recent or-

thopaedic or back surgery. Last year, the Australian Institute of Health and Welfare reported that 85,000 total knee and hip replacements were performed in Australia alone. This number is predicted to rapidly increase. Replacement surgery is per-



formed to reduce pain and disability, and to improve quality of life.

What leads to a better outcome after a replacement surgery? The overwhelming evidence is that performing individualised pre-surgery strengthening exercises leads to a better outcome, a faster improvement of function and a shorter hospital stay.

This is where an ex-

perienced sports physiotherapist is valuable, to recognise what areas are weak, and to attempt to strengthen them, within the limits of the painful joint. For example, before a total knee replacement, having a strong quadriceps muscle often results in a better outcome after surgery, and a decreased hospital stay. This may be achieved by half squats or going slowly on an exercise bike. If pain and restriction prevents this exercise, isometric strengthening can be performed, whereby the quadriceps muscle does not change in length, or the knee joint moves at all.

Likewise, for people who have lower back sur-

gery, the same principle applies. A strong foundation needs to be created by the surrounding muscles to ensure a good outcome and a fast recovery. No one builds a house without foundations, the same rule applies with spinal surgery.

Strengthening the core can have multiple benefits, including creating a foundation to build on after the operation. The type of strengthening exercise will vary depending on the patient's pain levels. It might be something as gentle as pelvic floor contractions when lying on your back or side, to walking in water.

A similar idea applies before shoulder surgery.

Regardless of the type of surgery, having a strong muscle strength baseline is important. As the shoulder is a ball and socket joint, it is important to strengthen close surrounding muscle structures, to ensure maximal joint function.

The type of strengthening exercises varies based on the individual presentation. Some may only be able to achieve pillow squeezes, while others might be using elastic theraband.

Often after shoulder surgery there is a period of immobility, for example in a sling; one of the goals should be to prevent frozen shoulder. Ensuring adequate pre-surgery

strength and movement is important in preventing this from occurring.

The important message is strengthening exercises before surgery often equates to better outcomes, and a shorter hospital stay.

Before the surgery, an experienced sports physiotherapist should assess you to implement an appropriate strengthening exercise program. Robert Vander Kraats is a sports physiotherapist with 18 years of experience.

Book in with him at Greenwood on 9203 7771 or online on www.ngp.net.au for your comprehensive assessment and for an individualised pre-surgery exercise program.



A new residential care community opens in Maddington

MERCYCARE has created a community for the future – this new building and the clever design of the physical space, together with the values and model of care, is what makes this place special.

MercyCare provides aged care services across residential home care, retirement living and in-home care settings.

Their newest residential aged care home in Maddington is a \$35 million venture with 108 beds evenly dis-

tributed across six smaller homes. Each home is designed to support residents with high care needs, including two secure wings for up to 36 residents living with advanced dementia.

MercyCare has adopted a new approach to its staff by employing care companions who can look after residents' holistic needs, all while working within one specific home.

All food is cooked on site for the residents. The dining room has easy

access to internal gardens via automatic doors and includes an enabling kitchen which can be used by staff or families and residents. They can cook simple items like pancakes or scones, engaging residents in everyday activities, just like they would if they were in their own home.

This person-centred approach, coupled with the values by which the organisation live each day, underpin MercyCare's commitment to residents. The organisation sees each

as a unique individual, supporting their choices and needs with personalised services to achieve their goals.

The cost of accessing Residential Aged Care in Australia is based on an assessment of income and assets. The local friendly team at MercyCare is available to guide people through fees, charges, funding, and any other questions during an aged care journey.

See more details this page.

Why Choose MercyCare?

When you choose MercyCare, we want you to feel comfortable and at home. We embrace your individuality and what really matters to you.

Our team of experienced nurses, therapists and carers are selected for their value of compassion and respect. They want to connect and support you to continue doing the things you love.

- 108 rooms with private ensuite
- 24/7 nursing, GP & specialist services
- Physiotherapy & Occupational therapy
- Lifestyle & therapy programs
- Spiritual & Palliative Care
- Dietitian-approved, seasonal menus
- Wellness Centre
- Cleaning & onsite laundry services



Private Tours Available

Get in touch today

1800 637 299

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agedcarehomes.mercyCare.com.au

45 Woodswallow Parkway, Maddington



B



HAVA GO VOLUNTEERING

CELEBRATING NATIONAL VOLUNTEER WEEK



Find out more about the world's leading volunteer organisation for women



L-R; East Timor girls at Harry Perkins Institute of Medical Research - Professor Redfern, Pascoela, Maria and SI Joondalup members Jennie van Driel, Maggie Church and Wendy Pinion-Jones on the tour at the research facility.

MEMBERS of Soroptimist International provide opportunities to empower, educate and enable girls and women across the world and help transform their lives.

Joondalup has been working on a Timor-Leste project, where they provided six girls with scholarships to complete their tertiary education in 2010.

Past president Jennie van Driel went to Timor-Leste

to meet the group of girls who the club planned to sponsor through university. "These were village girls who through poverty or lack of opportunity had no hope of tertiary education," Jennie said.

"Both these women are extremely grateful for the difference education has made in their lives. Now, after 14 years of professional service to Timor-Leste they want to hone their skills in Perth."

Two of those amazing women, Pascoela (Qhella) Barreto and Maria Guiterres, who both graduated from university with honours degrees in science in 2014, visited Perth last month on a study tour to expand their knowledge in the areas of health care and education.

Pascoela currently leads a team in the education and treatment of women's cancers in Dili and its hinterland. Maria works in education and is the manager of the Xanna Gusmao Library and Reading Room, the largest library in Timor-Leste.

Soroptimist International Joondalup members supported the women while in Perth by providing accommodation and contacts

and hosting them during their stay.

Pascoela and Maria were able to observe and study cancer therapy, hospices, educational scholarship allocation and tertiary education policies during their two-week stay in Perth.

They toured the Harry Perkins Institute of Medical Research, St John of God Hospital oncology department, Kalamunda Hospice, the State Library of WA, Aboriginal Language Corporation and the McGrath Foundation for Breast Cancer Care, meeting many experts and gaining invaluable information that they will bring back to their colleagues in Dili.

These women are improving public awareness

of all cancers in their homeland, in particular breast cancer, through health promotion. Misinformation and lack of awareness for early detection are currently limiting life in Timor-Leste. The project is called Haliku (Hau Hili Atu Kura), which in English means "I choose to be healed".

"We are very grateful to Soroptimist International South East Asia Pacific for providing a grant to cover the cost of the women's airfares," Jennie said.

To find out more about the work of Soroptimist International, the world's leading volunteer organisation for women, visit www.facebook.com/SoroptimistInternationalJoondalup/ or email sijoondalup@siswp.org.

Discover the benefits of volunteering at Whiteman Park



WHEN was the last time you visited Whiteman Park?

You might visit regularly, and not realise how much of this wonderfully diverse parkland relies on volunteers.

From nature-lovers to transport heritage enthusiasts, more than 600 volunteers give their time to support and operate the attractions.

Why do they do it? Not only are they passionate people, they also benefit from these six key reasons for volunteering:

1. They meet people with shared interests
2. They get to join a winning team of highly

motivated people

3. They feel good from gaining friends, new skills and being mentally and physically active

4. They find purpose as an active member of the Park community

5. They know they are helping to make a difference

6. They help others and enjoy the positivity it brings.

Get in touch with the volunteer coordinator if you're keen to enjoy these benefits of volunteering for yourself.

See this page for details.

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We need you!

Six good reasons to volunteer...



#SomethingforEveryone



HAVA GO VOLUNTEERING

CELEBRATING NATIONAL VOLUNTEER WEEK



Take a step towards a rewarding experience



City of Joondalup volunteer referral officer, Sonia

IF you live north of the river and would like to start your volunteering journey, or are thinking

of a change, take the first step by visiting the City of Joondalup Volunteer Resource Centre.

Located inside Whitford Library, the Resource Centre acts as an engagement point to link potential volunteers with community groups, to help people find the volunteer role that best suits their skills and interests.

Interest in volunteering has increased over the past 12 months. Referral officers connected or engaged with 574 people in the Joondalup region to help them explore their areas of passion.

City of Joondalup volunteer, Sonia said: "Volunteering is the best job in the world and has invigorated me. You learn new skills and there is something different every week. It's fulfilling

knowing you make a difference. You can make it fun if you're that way inclined.

"Volunteering has helped build my self-esteem after being told you can't do a job anymore. I would recommend volunteering to anyone, so don't hesitate, step up and volunteer".

For those who are uncertain about where and how to start their journey into volunteering, Step into Volunteering sessions are the perfect place to begin. Held monthly, these sessions are an informal introduction to volunteering that will help people to navigate the volunteer journey.

Of course, a good chat over refreshments is part of the process, and further helps to learn about, and build, new connections.

If you would like to know more, contact the Joondalup Volunteer Resource Centre on 9400 4734 or visit www.joondalup.wa.gov.au for a schedule of Step in Volunteering sessions.

Selfless volunteers helping 58,000...



VOLUNTEERS are the lifeblood of Vinnies WA.

Whether taking emergency assistance calls or manning Vinnies shops, volunteers play an integral role in keeping the wheels of the organisation turning – day in, day out.

Last financial year, Vinnies volunteers worked more than 800,000 hours, helping to support 58,000 West Australians in need.

A life-changing personal tragedy led to Maria deciding to make a difference in her community by becoming a Vinnies volunteer.

Maria now regularly

gives her time and expertise, responding to requests for emergency assistance at the Emergency Relief Service Centre for food or food vouchers, clothing, furniture, budget support, help with utility bills, back to school expenses or just a friendly chat.

Demand for emergency support is high in the current cost-of-living crisis, making her role, and the role of Vinnies volunteers, critical to ensuring there is assistance available for those who need it most.

"I've never looked back," Maria said. "It makes such a differ-

ence to me and it is so rewarding.

In addition to providing emergency relief and support, Vinnies runs a range of specialised services and programs in the areas of housing and homelessness, mental health and financial counselling.

Vinnies WA manager volunteer services, May Bowden said Vinnies WA volunteers fill important roles as call-takers, administrators, retail roles, truck offiders and fundraising event volunteers.

"Without volunteers, Vinnies could not have supported 58,000 Western Australians with food, clothing, emergency accommodation, financial and mental health support services last financial year. They make a real difference to the work we do and how many people we can help."

To volunteer with Vinnies WA, visit www.vinnies.org.au/wa, email volunteer@svdpwa.org.au or call 6323 7576 for more information.

25TH
YEAR
ANNIVERSARY

City of
Joondalup

The City of Joondalup would like to thank all the dedicated volunteers, as we celebrate and recognise the vital service they provide to our community.

Our volunteers support local organisations, sporting and community groups, friends groups, and the City of Joondalup, to deliver services throughout the broader community.

Visit the Joondalup Volunteer Resource Centre, located at Whitford Library on the corner of Marmion and Banks Avenues.

Operating Hours:
 Tuesday–Thursday 10.00am - 2.00pm
 Saturday 9.30am - 12.30pm

For more information call **9400 4734** or visit joondalup.wa.gov.au/volunteering. Your service and time are greatly appreciated.

National Volunteer Week
 20-26 MAY 2024
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CITY OF PERTH VOLUNTEERS

The City of Perth recognises the unique skills, strengths, experiences, and passion that volunteers bring to the organisation. We engage more than 180 volunteers in different roles and programs and they make an invaluable contribution to the work we do bringing expertise, insight, and knowledge to the services we deliver to the community. We thank you for making a difference.

For further information or to volunteer, contact info.city@cityofperth.wa.gov.au

The support of our volunteers is invaluable.

We give our endless thanks to all volunteers during National Volunteer Week.

The National Trust volunteers are everyday people who make extraordinary contributions to the conservation and interpretation of Western Australia's heritage.

Volunteer with the National Trust of Western Australia and you can join hundreds of like-minded people who endure the strong sense of satisfaction from being a part of a community with purpose.

National Trust
WESTERN AUSTRALIA

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HAVA GO VOLUNTEERING

CELEBRATING NATIONAL VOLUNTEER WEEK



Volunteers are everyday people who make extraordinary contributions



THE National Trust of Western Australia would like to thank their incredible team of volunteers. Their time and passion help to make a difference for the generations to come.

The National Trust could not do what they do without the dedicated volunteers, and it is glad to be growing a community committed to Western Australian heritage, which inspires others to think about their connection

to the stories of our state.

Their generous contributions ensure locals and tourists alike get to delve into the fascinating history and heritage of our state through visits to Trust places and participating in events at well cared for and presented places.

National Trust volunteers are involved in a range of different activities according to their skills and interests.

Volunteers join a community that is passionate about shared cultural and natural heritage, which connects with social events and regular newsletters.

Would you like to support the work of the National Trust and deliver to its mission by becoming a volunteer?

To find out more about an enriching volunteering experience call 9321 6088 or visit ntwa.com.au/get-involved/volunteer.

Asthma WA seeks volunteers to support their foundation

WHILE many of us contemplate life in retirement and like the idea of doing some volunteer work, it can be a bit of a challenge to match our skills to a particular role.

If you've worked in an office all your working life, the idea of tramp-

ing around the zoo or tour-guiding people around Rottnest probably isn't really your thing.

What might work for you is a role with Asthma WA which has a small team of dedicated volunteers who support the Foundation.

The roles and tasks for volunteers are largely office-based and include assisting with data entry, desktop research, data collation, and helping with events and mailouts.

There's plenty of opportunity to maintain Microsoft Office Suite skills.

Asthma WA CEO Anne Hallam says the volunteers are a vital part of the charity's operation, helping Asthma WA to empower West Australian children and

adults living with a respiratory condition to live their best lives.

"This is a wonderful entry-level volunteering opportunity to support Asthma WA with some administration, basic data entry, and fundraising tasks as the team work on a range of projects," she says.

"Volunteers help us with a range of projects to enable us to grow and reach more people.

"If you're familiar with Microsoft Office Suite, pay attention to detail

and enjoy a good process, this is the volunteering opportunity for you."

The amount of time you spend on the project is completely up to you.

Asthma WA's offices are conveniently located in West Perth, handy to public transport and Anne promises the small team will make volunteers very welcome.

It's also a chance to do a little socialising with other like-minded



people and perhaps share a morning tea.

If you can help you can get in touch by scanning the qr code to the left;



Celebrate WA's Volunteers this National Volunteer Week
National Volunteer Week is Australia's largest annual celebration of volunteering with thousands of events and activities held across the country during Monday 20 - Sunday 26 May 2024.
For further information, head to www.volunteeringwa.org.au/nvw

WAM

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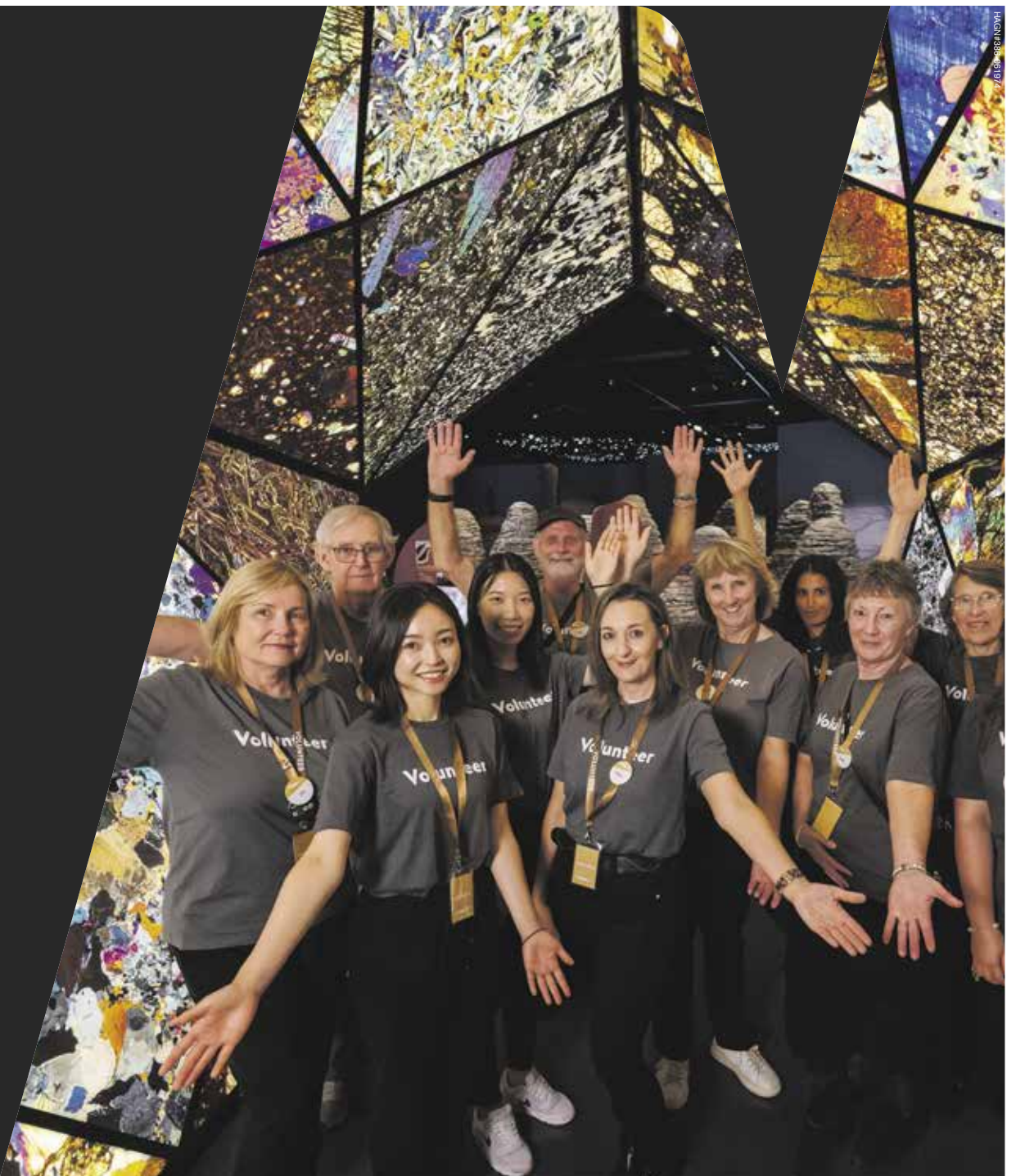


WESTERN AUSTRALIAN MUSEUM

FIND OUT MORE ONLINE

museum.wa.gov.au/volunteer

Image: Miles Noel Studio



HAVA GO TRAVELLING



L-R; Vince Garreffa and his wife Anne - Wild asparagus and tomatoes in Perugia, Italy - Gary Tate's photo captured in Yallingup, WA



I READ an interesting survey by the Global Rescue Company that travel is a

higher priority for people following the pandemic, with experiences being more valuable than material things. People said they plan to take more holidays in 2024 and extend the time of the trips taken. Interestingly in our 2024 reader survey more than 60 per cent of our readers said their biggest

purchase in the next 12 months would be a holiday.

If you are heading overseas, particularly to Europe or North America, it is worth putting some research into the travel card you choose. With the Aussie dollar at a low, the exchange rate adds

a lot to the cost of the trip. The Mozo Experts Choice Awards analysed 624 different savings and transaction products from 96 providers and they came up with the following for the lowest fees: Best Prepaid Travel Card - Travelex Money Card, Best Foreign Currency Account was a

Wise Multi Currency Card and the top three debit cards were Bankwest's Easy Transaction Account and Qantas Transaction Account, Great Southern Banks' Everyday Edge Account and Macquarie's Transaction Account. Those pesky fees can really add up.

It has been a dream of our columnist Vince Garreffa and his wife Anne to live in Italy for six months and now in retirement they have taken the opportunity to do so. They have been sharing some wonderful photographs of the trip on Facebook and are enjoying life like a local. We have savoured and drooled over their posts, particularly from the markets and restaurants visited. Staying mostly in self-contained accommodation, they are often cooking at home from the wonderful produce and enjoying the best of that beautiful

country. We've shared a couple of their photos.

It was a little bit sad to hear that Australia is home to so many boring attractions. A games website Solitaire analysed 66.7 million Google reviews of 3,290 popular tourist attractions worldwide, spanning 384 cities across 71 countries to determine which were the least interesting. The U.S., Canada, and Australia hold the first three spots for countries with the dullest tourist attractions.

Australia has 103 boring attractions according to tourists.

Regular reader Gary Tate has been in the southwest and shared a sign he snapped when on his annual fishing trip to Yallingup - he was wondering how one hires ice-cream... I was more worried about the bathers!

Join the world's best day trip and fly to Antarctica in a day, tickets are always popular for this amazing experience and sell out quickly. Explorer Economy class is sold out but there are still tickets available in other classes. The next flight departs Perth on February 9, 2025 and if you would like to join the trip, please email me at jen@haveagonews.com.au or call the office on (08) 9227 8283 and we will email or post you a brochure, see details on page 32.

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

Happy trails!

Jennifer Merigan



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

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THURSDAY 30 MAY - North
Departs 8.30am HBF Arena, Joondalup
9am Morris Pl, Innaloo
9.30am Morley Recreation Centre
Returns First drop approx 4pm

FAIRBRIDGE FARM

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9.30am East Perth Terminal
Returns First drop approx 4pm
Includes Entry fee, lunch, tour and luxury coach travel

FRIDAY 7 JUNE - North
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9am Morris Pl, Innaloo
9.30am Morley Recreation Centre
Returns First drop approx 4pm

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9.30am Murray Road, Melville
Returns First drop approx 3.30pm
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FRIDAY 21 JUNE - North
Departs 8.30am HBF Arena, Joondalup
9am Morris Pl, Innaloo
9.30am Morley Recreation Centre
Returns First drop approx 3.30pm

SWAN VALLEY

\$85

FRIDAY 5 JULY - South
Departs 8.45am East Perth Terminal
9.15am Pagoda Hotel Comer St, Como
9.45am Murray Road, Melville
Returns First drop approx 3.30pm
Includes Morning tea, lunch and luxury coach travel

FRIDAY 12 JULY - North
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HAVA GO TRAVELLING



Railway heritage preservation on track in the Murray region



Shire president, David Bolt stands with the donated heritage railway carriages

SHIRE of Murray has been gifted nine heritage railway carriages and four brake vans from Colin Taylor, a long-term Pinjarra resident and a key player in establishing Hotham Valley Railway in 1974. The rolling stock is a contribution towards the Pinjarra Heritage Rail-

way Precinct Project.

Shire president, David Bolt, said the generous donation means the Shire now owns assets that can be refurbished to live a new life as short-stay accommodation or food and beverage venues.

"Through the Pinjarra Heritage Railway Precinct Project, we are unlocking Murray's potential as a central point for world-class heritage railway experiences. The donation of these heritage carriages represents another step towards this vision," he said.

Mr Taylor's lifelong passion for the railway and locomotives stems from his upbringing.

"My grandfather spent his working life as a steam engine driver on WA's railways. Naturally, I became interested in locomotives as a small boy and had good grounding on how they worked from a young age.

"This passion followed me through to adulthood and I have been involved in railway heritage for many years. It will bring me great joy to see these carriages live again and witness their history shared and celebrated."

The Murray Heritage Railway Project seeks to revitalise existing landmark

sites and heritage assets within Murray to stimulate visitation, create jobs and attract significant new investment.

Through the project, the Pinjarra Railway Station is earmarked for an exciting revitalisation and – subject to funding – will be redeveloped as a thriving regional culture, arts and heritage destination.

"Inclusive of a heritage railway museum, visitor centre and café, event spaces, destination play space and community facilities the precinct will celebrate the past whilst enabling contemporary activities, legacies and stories to be created," said Mr Bolt.

"Colin's donation put us another step toward our aspirations for the area. On behalf of the Shire and my fellow councillors, I'd like to thank Colin Taylor for the incredible donation."

Another important element of the project is the reconnection of the Pinjarra to Dwellingup Heritage Rail Link.

Hotham Valley Railway general manager, Ian Willis who has also been part of the 50-year journey with Hotham Valley, was the original owner of the carriages donated by Mr Taylor.

They were purchased to be pulled behind the world's most famous steam locomotive – Flying Scotsman – when it visited Western Australia for the Australian Bicentenary in 1988.

"These carriages are iconic not just for the Murray Heritage Railway Project, they are iconic in their own right. Being part of Australia's Bicentenary, and having travelled across the country, they have a lot of stories to tell," said Mr Willis.

"Once refurbished, the carriages will add unique experiences for those that visit Pinjarra via the Hotham Valley Tourist Railway.

"Thanks to Colin's kind donation, the future is bright for railway heritage in Murray," he said.

Travelling the Top End and back with Aussie Redback Tours

OVER the next few months, Aussie Redback Tours will be travelling through the top end of Australia, then back home to Perth through the middle.

With the recent rains throughout the area, it will be a feast for the eyes as everything is lovely and green at the moment.

If you've ever wanted

to travel anywhere between Kununurra and Cairns, as well as the northern-most tip of Queensland, then have a look at Aussie Redback Tours' trips coming up. They are almost full, but if you're lucky, you may just land yourself a seat.

The tours, in summary, are:

Savannah Way from Kununurra to Cairns – July 2 to July 15 – from \$5,490 per person. Australia's adventure drive from Kununurra to Cairns in Tropical North Queensland via the natural wonders of Australia's tropical savannahs and the Northern Territory's Top End.

Cape York and Thursday Island – August 01 to 13 – from \$5,600 per person. A wonderful trip to the very tip of the Australian continent, and a visit to the oldest rainforest in the world.

This is the second Cape York tour that Aussie Redback Tours has advertised for the year, as the first tour is already full. So don't delay if you want to jump on board.

Cairns to Perth via the Longest Shortcut – from \$5,800 per person. An iconic trip, heading

diagonally through Australia and some of the most remote country in the world.

All of the above include flights, daily breakfasts, most dinners, 4WD air-conditioned bus, motel accommodation (except Cape York, which has three nights in tents), numerous sight-seeing opportunities, and much more.

More information can be found on Aussie Redback Tours' website – www.aussieredbacktours.com.au, or email info@aussieredbacktours.com.au or call 1300 662 026.



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Dalgety House Museum

THE Dalgety House Museum features the history of the area in Port Hedland and is open from May to October.

Opening hours are from 10am to 2pm, Monday to Friday, and 11am to 1pm on the weekends.

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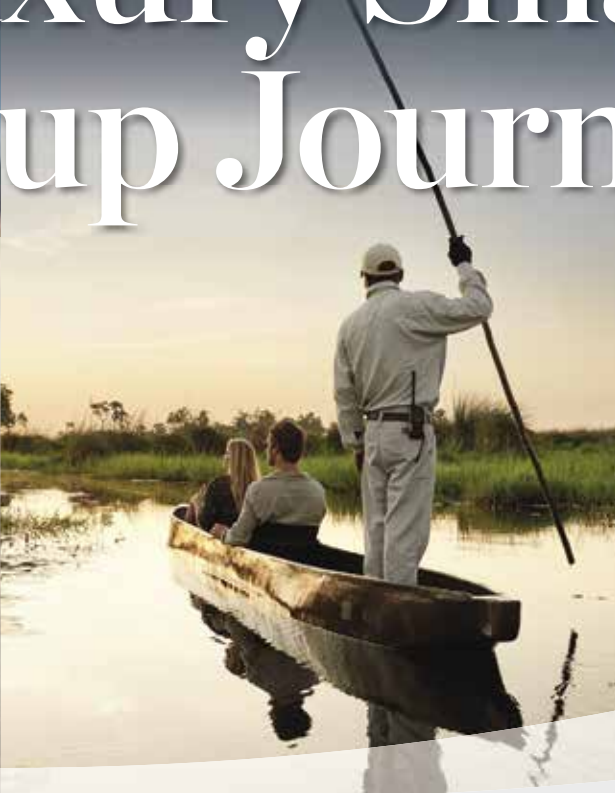
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HAVA GO TRAVELLING



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FOR a limited time, Seashells Hospitality Group is rolling out the red carpet with an irresistible offer to double the fun, and the length of a stay, at their popular Broome and Mandurah properties.

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And the perks only escalate from there – reserve three nights and relish in a luxurious six-night retreat or opt for five nights and bask in a ten-night escape.

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Seashells Mandurah is perched on the shore of Comet Bay, providing sweeping ocean or marina views. Immerse yourself in the serene waters of the protected beach or the heated infinity pool, boasting panoramic ocean vistas. Enjoy a friendly hit of tennis, or explore the restaurants, cafés, bars, and shops of Dolphin Quay Marina.

Choose from one and two-bedroom apartments using this offer.

Both properties have long been loved by families and couples for their

space, comfort, style, and enviable locations.

Act fast. The Double Your Stay offer is available exclusively for bookings made until Sunday May 19, 2024. Stays at Seashells Mandurah must be made between April 17 and November 30 2024 (blackout dates apply – public and school holidays). Holidays at Seashells Broome must be booked in for the period between 7 October 2024 to 30 April 2025 (blackout dates December 21 to 4 January 4 2025).

For bookings call 1800 800 850 email mandurah@seashells.com.au, broome@seashells.com.au or visit www.seashells.com.au to book online and receive the best rates and immediate confirmation.

WIN WIN WIN
Thanks to Seashells we have a two-night stay at either the Broome or Mandurah properties for a lucky reader to win. To be in the draw simply email win@haveagonews.com.au with Seashells in the subject line or write to Seashells Competition c/- Have a Go News PO Box 1042 West Leederville 6901. Voucher is valid for 12 months and cannot be exchanged for cash or to another property. Closes 31/5/24.

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HAVA GO TRAVELLING



It's the best day trip in the world - fly over Antarctica



The mountains feel close enough to touch

JOURNALIST Allen Newton has the Antarctica bug following his journey there on Australia Day this year.

He said this amazing flight over the Antarctic revealed the most extraordinarily striking landscape he has ever seen.

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

"Views from the Dreamliner's windows, 65 per cent bigger than other aircraft of this size, provide a fabulous perspective of the landscape; we all wander around the plane

looking for vantage points to get the best photographs."

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

Included in the price is full Qantas International food service, which include two meals, all drinks and snacks and joining the flight our expert commentators who have lived and worked on Antarctica.

Economy Explorer economy seats have already sold out but seats are still available in all other classes. Join us for this once-in-a-lifetime experience.

This flight departs Perth at 8am and returns around 8.30pm and seats sell out quickly for

this amazing experience.

The following seating is available:

Explorer Economy Class - \$1199 per person
Sold Out

Economy Class Standard - \$2199 per person

Superior Economy Class - \$3199 per person
Premium Economy Class - \$3999 per person

Business Class - \$6499 per person

Business Class Deluxe - \$7999 per person

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

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

Club 55 Travel merges with Coachhire.com.au

CLUB 55, a Perth-based travel company dedicated to crafting unforgettable experiences for mature travellers for over 35 years, is joining forces with a nationwide coach and tour operator.

This powerful alliance promises an even brighter future for over-55s seeking new adventures. It signifies a commitment to exceptional service and a wider range of exciting experiences.

Travellers can expect: Unbeatable tours and upgraded comfort: The existing dedication to high-quality tours remains, with the added bonus

of a brand new fleet of coaches for a smoother and safer ride. This includes the introduction of our brand new 24 seater for those smaller group adventures.

More destinations to discover: The combined expertise unlocks a treasure trove of new day and extended tour possibilities, allowing you to explore even more corners of beautiful Western Australia.

A growing and dedicated team: The team is expanding to ensure a seamless experience for all. Familiar faces like Tanya, the bookings whiz, will still be there to guide you. Chris, the

driving force behind Club 55, will be instrumental in training new drivers, ensuring the high standards you've come to expect are upheld.

Next time you are out on tour you might have the opportunity to meet Glen who is currently being shown the ropes by Chris and already making quite the name for himself.

This merger is a win-win for travellers. Buckle up and get ready for exciting new destinations, upgraded coaches, and the same high level of service you've always loved from Club 55 Travel. Stay tuned for more updates on their website.

COCOA offers great adventures

by Rose Hope

COCOA (Come out camping older adults) club started the year off with a five-night getaway in February at Camp Quaranup. Once a quarantine station it houses historical buildings in stone and weatherboard and is situated on an embankment which leads down to the vast expanse of water that is Princess Royal Harbour. On the opposite side of the harbour lies the hillside township of Albany.

At night one can sit on the veranda and view a fairy tale of lights while sipping a favourite drink.

In March the mob assembled at Sharkey's restaurant in Dolphin Quay, Mandurah. We caught a bus to the foreshore from the railway station and alighted at the Visitor's Centre for a walk to the quay where we found our venue in the markets.

Mandurah is another of WA's gems and its waterways sparkle under the blue skies. All 40 of us had a great time.

April saw members on Bus 600 from Mandurah as we headed down Pinjarra Road and turned into Nancarrow Way where the bus driver kindly let us off

at the Ravenswood Hotel.

I love this old pub, situated on the river in the woods. People often drop in on a boat and the food is great. Once again the Cocoanauts had a wonderful day out.

COCOA arranges three, five-night getaways per year in cabins by the sea or in the bush. All fully catered, affordable, accessible by public transport and in scenic locations along with a variety of great days out.

If people would like to know more call Judy Hampson on 0450 735 415 or head to the website at www.cocoaawa.com.



Choose Club 55 for your next Tour!

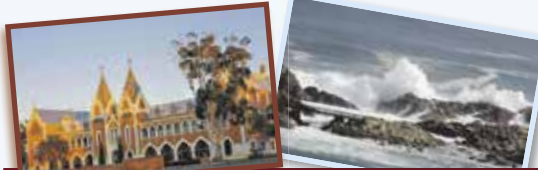
Watch this space for our new tours and a great competition coming up in June



As you know, we've been dedicated to creating unforgettable travel experiences for over 55s in Perth for over 35 years.

To ensure we can continue to offer the best possible service and even more exciting adventures, **Club 55 Travel** has teamed up with **coachhire.com.au**.

This is FANTASTIC NEWS for all of us! Here's why...



GREAT tours, even BETTER service:

We remain committed to providing the exceptional tours and friendly customer service you've come to expect from Club 55.



MORE destinations to EXPLORE:

We'll be expanding our range of day tours, giving you even more incredible places to discover around Perth.

EXCITING UPGRADES:

Get ready for a smoother ride! We'll be upgrading our fleet of coaches to ensure even greater comfort and safety on your travels. This will include a smaller bus so we can cater for our smaller groups!



A growing team:

We're building our team to handle the exciting opportunities ahead, ensuring a seamless experience for all our customers.

BOOKINGS - BROCHURES or FREE Club 55 Membership visit www.club55.com.au PH (08) 6285 6269

HAVA GO TRAVELLING



Western Australia's Wheatbelt is full of surprises and simple pleasures



Tin Horse Highway

HITTING the road and exploring the countryside is one of life's

simple pleasures; 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 or the Giant Ram, there's an itinerary to suit you.

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 Goldfields 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.

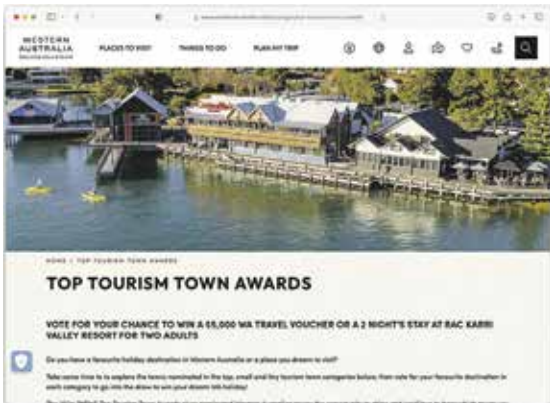
One of the best things

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.

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.australiasgoldeoutback.com/wheatbelt-weekends.

Voting opens in 2024 Top Tourism Town Awards



THE public can have its say in which destinations are crowned WA's Top, Small and Tiny Tourism Towns, with voting now open.

Nineteen towns from across Western Australia have been named finalists across three categories in the highly coveted awards program. The public can vote online for their favourite town or city and go into the draw to win a \$5,000 holiday in Western Australia or a two-night stay at RAC Karri Valley Resort.

The finalists in this year's 7NEWS Top Tourism Town category are: Busselton; Collie; Geraldton; Kalgoorlie-Boulder and Newman.

The finalists in the 7NEWS Small Tourism Town cat-

egory are: Carnarvon; Christmas Island; Exmouth; Tom Price; Toodyay and York.

The finalists in the 7NEWS Tiny Tourism Town category are: Coral Bay; Denham; Dwellingup; Gascoyne Junction; Kalbarri; Marble Bar; New Norcia and Pemberton.

Tourism Council WA CEO Evan Hall encouraged the public to get behind their favourite holiday destination.

The public vote is combined with votes from an industry panel of judges to decide which destinations will receive the titles of Top Tourism Town, Small Tourism Town and Tiny Tourism Town. The winning destinations will go into a national competition against winners from other States for the chance to be named Australia's Top Tourism Town, Small Tourism Town or Tiny Tourism Town.

Award winners will be announced at the 2024 Perth Airport WA Tourism conference dinner in Mandurah on June 11.

Visit www.toptourismtownwa.com.au to review the finalists and vote. Voting closes 5pm, May 22.

Stargazing - Meteor showers and the magical Milky Way

by Carol Redford and Donna Vanzetti, Astrotourism WA

STARGAZERS will be treated to a special display when the Eta-Aquarids Meteor Shower passes by. This shower comes from Halley's Comet which orbits the sun once every 76 years and is not due to return to Earth until 2061. However, it still treats us to two meteor showers per year; the second shower being the Orionids on display in October.

The eta-Aquarids Meteor Shower is active until May 28. It's predicted that there will be up to 30 meteors per hour at the peak of activity, in early May, however it's worth seeing this meteor shower in the week or so either side as meteors can be seen in off-peak times too.

When to look: Best seen before sunrise.

Which direction to look: Look near to Saturn in the east for the radiant point of this meteor shower.

Another awesome sight to see in our spectacular

dark night skies, is the band of the Milky Way, stretching right across the sky. From mid-autumn to mid-spring, we look towards the centre or core of our own galaxy and see a cloudy band of billions of stars that arcs from the southeast to the south west.

Many people around the world are unable to witness this breathtaking view due to light pollution, however out in country WA, we can enjoy the experience of seeing the stunning Milky Way Galaxy in all its glory.

When and where to look: Well after sunset on moonless nights are the best times to see the Milky Way. Look to the south-east and south west.

For more "What's up in the night sky?" and country stargazing events visit www.astrotourismwa.com.au.

If you're a budding astro-enthusiast, check out... Stargazers Club WA's telescope classes for beginners at www.stargazersclubwa.com.au.



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Bookings can be made at www.wandering.wa.gov.au
The Gateway to Dryandra Woodland & Barna Mia



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Busting brunch all over Perth - checking out Innaloo's shopping centre food court



by Buster the bruncher

BUSTER and brunch buddy Professor Ken dive deep into the belly of Innaloo's busy shopping mall bracing ourselves for brunch.

Not knowing what to expect we are surrounded by exotic-looking options. One stall is mysteriously named GNH Kitchen but soon, all becomes clear.

On their wall: Authentic Bhutanese and Tibetan food, along with by a heart-touching message: Gross National Happiness is more important than Gross Domestic Product (Fourth King of Bhutan, 1972).

Bhutan is happily guided by Gross National Happiness. That's GNH.

"Gross National Happiness measures the collective happiness and well-being of a population and up-

holds happiness as a fundamental human goal," we are advised.

It put smiles on our faces but for brunch, we deemed Bhutanese tucker a tad spicy for us. As takeaway it comes in generous servings in self-serve containers, \$14.50 to \$25.

Wide food choices are a strong point for shopping malls and brunch is an ideal eating time with plenty of available tables and low noise levels. Undercover parking space is also abundant.

Foodie Junction grabs our attention with its colourful, fresh and innovative food presentation.

We expect food hall tucker to come at lower prices than cafés and Innaloo does that, not dramatically but enough to reflect we are in the hustle-bustle bowels of a shopping mall rather than a cosy café.

Early shoppers, pre-10am, are whizzing past to shop, but within an hour, customers are taking the weight off tired feet, mostly with coffee and cakes or muffins. There are myriad and imaginative mouth-watering choices.

Smarties-topped muffins tempt ankle-biters who have plenty of space to wander within the hall and can be kept occupied fetching food. Near the exit is a strategically-placed ice-cream outlet.

Back at Foodie Junction, we order simple wraps: Professor Ken choosing chicken schnitzel with cheese as wrap filling while I select Caesar salad.

Then we see they come as half-wraps but each big enough for a light brunch, costing only \$5.95 plus \$4.50 for a coffee.

Bottled fruit juice comes at \$4 and bottled water at \$3.50, bringing our combined brunch bill to only \$32.50. And we won't need lunch.

Whether it's wraps or salads, the ingredients in the food hall are extravagant and healthy including baby spinach, Szechuan beef, free-range chicken, Tassie smoked salmon, feta cheese, falafel and bean sprouts. Vast dressings include Moroccan preserved lemon and Japanese sesamejiso.

Offerings include Turkish toasties or a small coffee with soup (\$10) or a nearby Jesters pie. There are pork buns, noodles, rice dishes and seafood mee goreng (all in the \$12.50 to \$15.50 range).

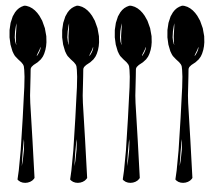
All are available in takeaway containers.

How easy is it to park the car under

shade, shop early (Kmart, Woolies, Target included), steer your shopping trolley safely to a table, order a light brunch or early lunch and with super-quick service and modest prices, happily complete your shopping odyssey?

Perhaps it will be a stepping stone to Australia's Gross National Happiness.

4 Spoons
Westfield Innaloo Shopping Centre, Ellen Stirling Boulevard, Innaloo
Food hall open 9am daily. Sunday, 11am.



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.



Margaret River produces premium vintage and with some delicious drops to savour

by Frank Smith

THE growth of viticulture in the Margaret River wine region has been nothing less than explosive. When I came to work on a farm in Margaret River 50 years ago there were five active vineyards, all with immature vines at best. Now there are over 150.

The 2024 vintage in

Margaret River was early, and accompanied by one of the most abundant marri flowering seasons, keeping silvereyes, which prefer marri nectar to grape juice, away from the vines.

All varieties reached full maturity earlier than usual. Yields were about eight per cent lower in some varieties which leads to a concentration

of aromas and flavours. This bodes well for some superb quality wines from 2024.

Here are a few of Margaret River's best wines to savour.

Windance Shiraz 2022 is deep purple with aromas of dark cherry, plum, vanilla and a hint of pepper. The palate displays red berry, mulberry and toasted caramel flavours. Maturing in French and American Oak barrels contribute to a well-structured finish with lingering vanilla and spice aftertaste. RRP \$30.

Windance Sauvignon Blanc Semillon 2022 is a blend of 70 per cent Sauvignon Blanc and 30 per cent Semillon. The colour is pale-yellow with a tinge of green. It has aromas of gooseberry, pineapple and lime. The palate displays flavours of passionfruit, lemon and lime. The mouthfeel is crisp and fresh. Drink by itself or paired with seafood. RRP \$24.

Windance vineyard is a Demeter Certified Bio-Dynamic Wine producer, so if organic wine



is your preference this is wine to try.

Umamu Sauvignon Blanc Semillon 2019 is a versatile wine – it goes with all types of cuisine or also for drinking on its own. It is pale greenish-ochre with aromas of fruity and grassy spices. The palate is full of citrus fruit flavours and is just starting to develop honeyed toasty flavours as it ages. RRP \$28.

Wildberry Estate Cabernet Sauvignon 2022 is bright red/purple

in colour. It has aromas of black and red berries, a touch of earthiness and chocolate. The palate is medium bodied with a complex of mulberry, cassis and morello cherry flavours, ripe tannins and a long, clean finish. Drink now or cellar for up to 10 years. RRP \$29.

Flying Fish Rosé 2024 made from Shiraz grape this rosé is pale salmon pink in colour. It displays aromas of cherry, spices and a touch of wildflower perfumes. The palate is

crisp and dry with fresh with red berry flavours and a long finish. RRP \$22.

Juniper Crossing original white 2022 is a Semillon Sauvignon Blanc blend. It is bright, pale straw in colour with aromas of citrus blossom, apple, pear, gooseberry, lemon sherbet and melon with a suggestion of crushed herbs. The palate is medium-bodied with flavours of white peach, passionfruit, lime, grapefruit and a hint of

fennel. The finish is dry and lingering. RRP \$18.

Juniper Crossing Original Red 2021 is a Cabernet Merlot blend. The colour is crimson with a ruby hue. It has aromas of red and blue fruits complemented by slight scents of vanilla, cinnamon and liquorice. The palate is medium-bodied with a smooth, silky mouthfeel and pronounced berry fruit flavours. The finish is persistent and satisfying. RRP \$18.

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HAVA GO FOOD & WINE

EAT, DRINK AND BE MERRY



Knife and fork talk with the Dining Divas - a visit to Rockingham foreshore



WE do like to be beside the seaside. Yes, we dined near the sea once again, last month Hillarys and this month along the Rockingham foreshore.

Easily reached by public transport, there's a plethora of dining options to pick from.

We chose a restaurant called Exclusive Chinese Cuisine which offered

a \$23 lunch time special including steamed or fried rice plus a soft drink, wine or beer. There were thirteen choices on the menu and after some deliberation we

opted for mixed vegetables in oyster sauce and Szechuan beef.

The beef was finely sliced and tender with a variety of vegetables, including capsicum,

broccoli, carrot, zucchini, onion and steamed rice. The vegetables had a satisfying crunch, the sauce was slightly sweet and moderately spiced. All up an excellent lunch. Not to be missed.

The mixed vegetable dish of broccoli, carrots, mushrooms, zucchini and onion had an al dente texture and combined with the oyster sauce delivered a very tasty and pleasing meal. The fried rice was equally very well cooked,

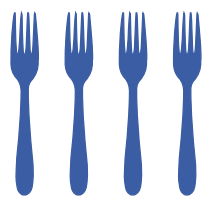
moist, not dry or oily, just perfect.

This glass fronted restaurant is spotlessly clean, table clothes were pristine white as were the walls which had minimum decoration. Dining inside was pleasant and airy but there is al fresco if preferred, with glimpses of the ocean through the trees from inside and out.

The staff were lovely, very attentive, polite and helpful. We were early, but as were leaving the restaurant was

filling quickly.

Four Forks Exclusive Chinese Cuisine
4/17-21 Rockingham Beach Rd. Rockingham
Phone: 9592 3008
Open every day
11.30am to 3pm



Knife and fork talk ratings

- Five forks** – excellent food and service
- Four forks** – overall good food and service
- Three forks** – reasonably good food and service but could make some improvements
- Two forks** – food and service needs improvement
- One fork** – would not recommend

WEEK DAY LUNCH SPECIALS

Information correct at going to press

BALTI

\$24 and under with 2 exceptions
Mon- Sun 11.30am-2.30pm
3/2 St Georges Terrace, Perth
9221 3306

CARINE TAVERN

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9447 7400

EXCLUSIVE CHINESE CUISINE

\$23 lunch time special
every day 11.30am-3pm
Shop 4
17/21 Rockingham Beach Road,
Rockingham 9592 3008

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\$20 seniors meal
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9387 5555

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9527 8000

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\$22 and under seniors meal
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1 Williams Road, Pinjarra 9531 1212

THE GATE BAR AND BISTRO

\$16 seniors menu
Mon-Fri 11.30am-2.30pm
(in the bistro only)
816 Beelias Drive, Success
9499 3399

Mondos recipe of the month - delicious lamb osso bucco



by Vince Garreffa

BUY hindquarter lamb shanks and get the butcher to cut them into three pieces each. They are more attractive than forequarter lamb shanks, which are very tasty but don't present as well. Osso bucco means "bone with a hole", and happens when the marrow in the bone falls out because the meat has been cooked long and slow until it is tender and succulent.

Serves 4
4 lamb shanks approx 2kg, cut into 3 pieces each
200g onion, finely chopped
1 can tomatoes, chopped (400g)
100ml white wine
100ml orange juice
1 orange, zest grated coarsely
250ml beef or lamb stock
2 bay leaves
50g butter
100ml extra virgin olive oil
WA lake salt
ground black pepper
Salt and pepper the lamb.
Add 100ml of oil to a large frypan. Fry the lamb at a brisk heat until it's golden brown all over. Remove the pieces from the pan and rest them. Add wine and deglaze

the pan. Boil off the alcohol for around 3-4 minutes.

In the same frypan, add the butter and onion, cooking until the onion is soft and translucent (about 10 minutes).

Add tomatoes, orange juice, stock, lamb pieces and juices, bay leaves, and orange zest. Stir and simmer for one and a half to two hours, covered with a lid.

Check the seasoning and adjust to your taste.

Cook until the lamb is tender and the sauce is thick and sticky.

If it is still very liquid, set the lamb aside and cook the sauce on high heat, stirring often, until it reduces.

Before serving, remove the bay leaves from the sauce.

Serve lamb osso bucco on top of cooked pasta or mashed potato and pour the sauce over the lamb.

Garnish with chopped parsley and serve with a green salad.

Mondo Butcher and Grocer is located at 824 Beaufort Street, Inglewood. They are open Tuesday to Friday 9am - 5.30pm Saturday 8am to 2pm. Phone 9371 6350 or visit www.mondo.net.au.

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With winter on the way, Swan Valley Station is updating its menu to include a new quiche option, shepherd's pie, and soup with crusty bread. Even more delicious reasons to visit.

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HAVA GO FOOD & WINE

EAT, DRINK AND BE MERRY



Discovering the flavours of Asia while pedalling through Thailand

by Noelene Swain

I'VE just returned from a stint in Thailand where I rode a bicycle through the rural communities to raise funds for homeless children. Long hot days on a bike certainly tweaked the appetite for good hearty Thai food. Being in local not tourist territory meant enjoying simple foods that the locals eat. Food is simple but deliciously flavoured and nourishing. Rice is always prominent, served with smaller dishes

of spicy proteins – like chicken, pork, fish or prawns. Accurately naming dishes was definitely secondary to enjoying the meal of the day at local eateries.

Back in Perth I'm open to recreating some of these delicious Thai meals. Poke around in an Aussie pantry these days, and you're just as likely to find curry paste, sweet soy sauce and turmeric lurking amongst the gravox and bi-carb soda.

The Australian kitchen

has well and truly embraced the super spectrum of the flavours of Asia and we're having a great deal of fun trying them all on. Of course, as is our fashion, we've put our own imprint on the Asian classics. Strict authenticity is less important than ease and flavour; more readily available ingredients are often substituted; the heat factor (for some of us) is toned down and happy fusions are created by trying a bit of this and that blended

with old favourites.

Browsing the aisles of an Asian specialty food store or supermarket is a great way to get acquainted with all the different goodies out there for the picking. Most good Asian cookbooks will contain a detailed glossary of the ingredients and seasonings specific to their subject. Picking up the basics for, say, Malaysian cooking is generally an affordable exercise and having them at home makes trying

out a recipe on a whim an easy, and more likely, option. If in doubt ask the proprietor – they're often an invaluable source of information and can help demystify some of the more unusual labelling.

The Internet is another fantastic source of comprehensive information on a particular country or region's cooking; it's easy to find some awesome recipes from all types of far-flung sources. Typing in key words into a search engine will generally pro-

duce a flood of interesting results and answer those niggling questions on how to use a particular ingredient.

The most important bit to remember is, whilst as lovely as making something from scratch is, it's not the only way to cook and it's definitely not the only authentic way of preparing a time-honoured dish.

I recall a friend staying with a family in rural Thailand and the lovely hostess was more than

happy to share the finer points of making of that most loved of Thai dishes, Green Curry. Having assembled the various ingredients and first in the pan was a dark, moss-coloured curry paste.

"Did you make that beforehand?" she queried. "Make it?" laughed the bemused hostess, "I buy it from the store!"

Brought to you by Fresh Finesse Fresh Food Promotions – www.freshf.com.au

Mushroom and fish laksa

Preparation: 10 mins;
cooking: 20 mins; serves: 4



200g dried rice vermicelli noodles
1 tablespoon peanut oil
400g Swiss brown mushrooms, sliced
½ cup laksa paste
400ml can coconut milk
2 cups fish or chicken stock
300g white fish fillets, skinned and cubed
100g snow peas, diagonally sliced
75g bean sprouts, trimmed
4 green shallots, sliced
1 lime, juiced

PLACE noodles into a large bowl and cover with warm water. Stand for 10 minutes or until tender. Drain. Meanwhile, heat oil in a large saucepan or wok over a high heat. Add mushrooms and cook, stirring often for four minutes or until tender. Add laksa paste and cook, stirring constantly for one minute. Stir in coconut milk and stock. Bring mixture to the boil over high heat then reduce heat to medium-low and simmer for five minutes. Add fish to the soup and cook for three minutes. Add snow peas and cook for one minute. Place noodles, bean sprouts and shallots into serving bowls. Ladle over soup mixture. Drizzle with lime juice and serve.

Laap Gai (spicy chicken salad)

Preparation: 15 mins;
cooking: 7 mins; serves: 4



Photo by Danley Alves - Fotografa on Unsplash

500g minced chicken
¼ cup fish sauce
½ teaspoon salt
¼ cup spring onion, finely sliced
¼ cup coriander (stem and leaf), finely chopped
¼ cup mint (leaves picked), finely chopped
2 dried chillies, finely crumbled
2 limes, juiced
Raw vegetables, to serve (green beans, water spinach, cabbage)
Steamed sticky (or jasmine) rice, to serve

Dry fry sticky rice grains in a frying pan until they become very dark brown. Cool, then crush to a powder with a mortar and pestle. Heat oil in a wok over a medium flame and fry shallots until golden. Add chicken mince and stir-fry until cooked through. Add fish sauce and salt and mix through. Allow to cool. Add spring onion, coriander, mint and crumbled red chilli. Add a good squeeze of lime juice. Mix through one tablespoon sticky rice powder. The salad should taste hot, sour and salty – adjust flavours with extra chilli, fish sauce and lime accordingly.

Serve with raw vegetables and steamed sticky rice

What's fresh in the fruit and vegetable markets this last month of autumn

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 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 russet 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 7 to 10 days. Wipe with damp paper towels – no need to wash or peel or they will absorb water and turn mushy when you cook them.

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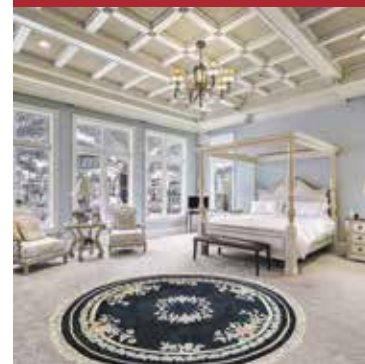
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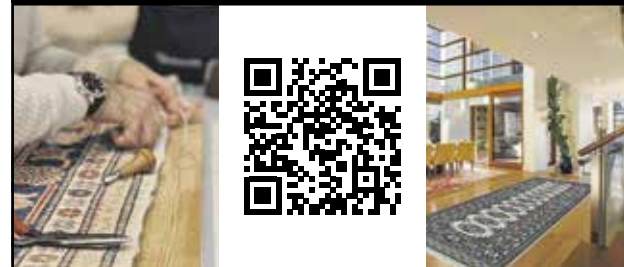
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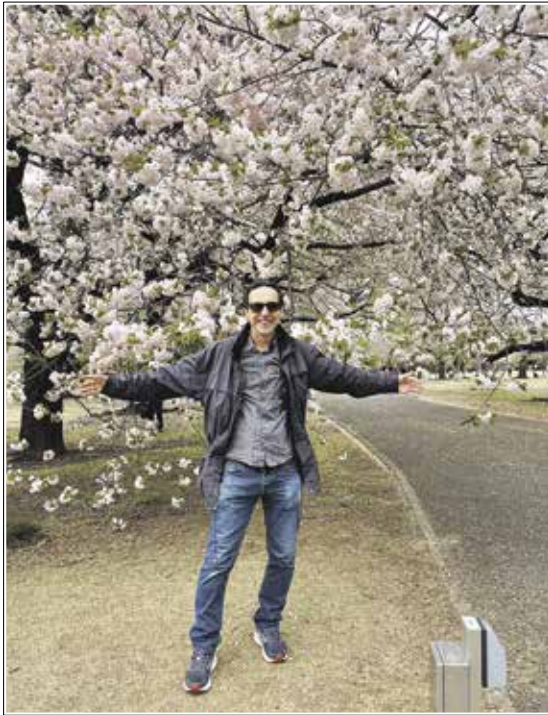








Gardening delights - blown away by the cherry blossoms



L-R; Colin Barlow in Tokyo enjoying spectacular cherry blossoms - Kanazawa Castle - Nagoya Castle - Shinjuku Garden

by Colin Barlow

I HAVE just returned from leading a garden-

ing tour to see the spectacular cherry blossoms in Japan. When we first arrived in Tokyo enroute

to Kyoto, I must admit that I was a little fearful of missing out as a very cold snap in Japan had set the timing of the cherries flowering back between one and two weeks. There was hardly a leaf on any of the trees or any buds on the cherries. On arrival in Kyoto my worries started to dissipate as the cherries were half open and within a couple of days were truly spectacular.

This fleeting but breathtaking spectacle has deep roots in Japanese culture, symbolising both the beauty and impermanence of life.

As winter melts away and warmer breezes sweep across the Japanese archipelago, an enchanting transformation takes place. Cherry blossoms, or sakura, begin their spectacular bloom, painting the landscapes in delicate shades of pink and white.

The tradition of hanami, or flower viewing, dates back over 1000 years to the Heian period. Originally, the aristocracy would gather to admire the sakura, but over time, the practice spread to the general populace. Today, hanami is a cherished annual

custom where families and friends gather beneath the blossoming trees for picnics, music, and revelry, usually with a touch of sake, a Japanese rice wine.

The sakura season varies across Japan due to the country's diverse geography, beginning in Okinawa as early as January and traveling northwards to Hokkaido by May. This annual journey, meticulously tracked by weather services, is anticipated with great excitement, as the blossoms symbolise renewal and new beginnings.

Sakura carries profound meaning for the Japanese people, representing not only the transient beauty of life but also renewal and hope. The blossoms' brief lifespan reminds us to appreciate the present moment, embracing life's natural cycles. This

symbolism is deeply ingrained in Japanese art, poetry, and literature, providing inspiration across generations and can be enjoyed in every corner of Japan, from bustling cities to quiet countryside.

I was fortunate to experience this magical season, visiting famous cherry blossom locations like Kyoto's Imperial Gardens and the Philosopher's Path, Nagoya Castle, and Kanazawa's Kenrokuen garden. By the time we arrived back in Tokyo, the streets and gardens were aglow with the dazzling sights of the cherries in full bloom, how lucky we were. Shinjuku Garden was a site to behold with many different double flowered varieties.

The magic of sakura season in Japan remains a testament to the enduring beauty of

the natural world and is best experienced firsthand, so why not join me next year with Ross Garden Tours on a trip to see Japan at Cherry Blossom Time in late March to early April. For further information contact Katha or Roslyn from Ross Garden Tours on 1300 233 200 or go to www.rosstours.com.au.

Be quick as this tour fills very quickly.

Perth Garden Festivities

The Perth Garden and Outdoor Living Festival presented by Kleenheat is being held at Langley Park in Perth from Thursday May 9 until Sunday May 12. The festival is open each day from 10am to 4pm.

Why not catch up with all your garden plant shopping or come and say hello, as I will be speaking on the main stage. I will be demonstrating how to create a pot full of flowering spring bulbs and annuals that will last for weeks and brighten up your garden. My talk is titled 'Lasagne Planting with Waterwise bulbs', so come and see me at the following times: Saturday May 11 at 12.30pm and Sunday May 12 at 11.30am.

You can also ask me about any of those curly gardening questions at 2pm on Saturday and Sunday as I will be a on the Q&A Expert Panel.

Flowers for mum

You know that Autumn is here, and Mother's Day is fast approaching when the shops are filled with Chrysanthemums. To see the best in the state, check out the WA Chrysanthemum State Championship from May 10 and 11 at the Kalamunda Agricultural Hall, 48 Canning Road, Kalamunda from 9am until 4pm each day. For more details contact Michael Drake-Brockman on 9293 7650.

The African Violet Society will have their annual May display at the Kardinya Park shopping Centre from 9am until 2pm on Saturday, May 11 or until sold out. For the latest information go to www.facebook.com/africanvioletsandgesneriadsowfa.

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A treasure trove of stories



Team Ruby discussing content and layout for Karrinyup Writers' Club's 40th Anniversary Anthology
Photo @ KarrinyupWritersClubInc

ON August 28, 1985, 10 ladies gathered in response to an advertisement in the *Stirling Times*, little knowing what they'd unleashed.

Their shared enthusiasm for writing, with a particular emphasis on getting published, has nurtured international novelists, prize-winning stories, national competitions run by the club, and a wealth of extraordinary Karrinyup Writers' Club (KWC) anecdotes.

Like the member who felt compelled to produce a police clearance to prove he hadn't been to prison, after members wondered how he could write about a 'shiv' so convincingly.

Or the day Max Gill brought in a bottle of champagne to celebrate winning the prestigious Tom Howard Mystery Novel Contest. Max went on to publish three novels.

It has also had its fair share of controversy. In 1996, Gloria McRae of The Hurstville Writers' Group wrote from New South Wales to demand her money back because the short story anthology she bought had so much bad language.

The club declined her request.

These stories have emerged as Karrinyup Writers' Club delves into its archives and reflects on its history in preparation for a 40th anniversary celebration.

The organisers are certain there are even better yarns yet to be recalled.

"Karrinyup Writers' Club is one of the longest running local community writing groups in Western Australia. We have been self-managed that entire time, and still have a few current members who were around in the Club's early days," says club secretary and anniversary organising committee chair, Marie McLean.

"We're proud of the contribution KWC has made to Western Australia's literary output and are keen to learn more about it.

"Naturally, we've lost contact with many members over the years. We want to hear from as many as possible and, judging by what we've learned from those we've already caught up with, there's a rich hoard of tales we've yet to discover. We want to capture those stories before they're gone forever.

"We've brushed shoulders with WA's most celebrated writers. Tim Winton, Natasha Lester, Dave Warner, Rachael Johns, Liz Byrski and Amanda Curtin are among the many local authors who have presented workshops for us.

"The club ran seven national short story competitions, has produced more than 20 short story anthologies and is still prolific.

"The success continues to the present-day. Several current members have published books. Pat Fletcher wrote the last short story published in *The West Australian's* Big Weekend back in 1997. Another member, Jennifer Curtis, was a top fifty finalist in The Best Australian Yarn in 2022.

"We're planning an anthology for our ruby anniversary, in which we hope to showcase all the gems from four decades of creativity."

To that end, KWC wants to contact writers who've been club members over those 40 years.

"We want to catch up, have a cup of coffee and delve into their memory banks," Marie says. "We also want to invite them to a reunion event in 2025.

"It hasn't been easy to track people down, despite our efforts through networks, email and social media. We're hoping there are people out there who can help."

If you or a family member has a past affiliation with KWC, or you have leads for Marie and the Karrinyup Writers' Club Ruby anniversary committee, please reach out to the group via Facebook at KarrinyupWritersClubInc, or email at karrinyupwritersprojectruby@gmail.com.

Empowering older people to access quality care



ADVOCARE is a leader in addressing the rights of older people and el-

der abuse. As a not-for-profit organisation, independent from aged care

providers, its services are free and confidential.

For more than 25 years, Advocare have assisted older Western Australians to access the right supports, information and the protections available to them. Whether someone's starting their aged care journey, or is already living in an aged care home, rights don't diminish with age.

The Aged Care Volunteer Visitors Scheme helps break down social isolation and loneliness

by connecting volunteers with older people whose quality of life would be improved by positive engagement and friendship. The volunteer visitors are based in the Perth metropolitan area and South West region. Contact Advocare if you're interested in receiving a visitor or are looking for a rewarding volunteer role yourself.

Learn about all Advocare's services by visiting www.advocare.org.au or free call on 1800 655 566.

HAVA GO AT PUZZLES SOLUTIONS



Solution for BIG Crossword page 46

U	N	D	O		A	D	A	M	A	N	T		V	A	N	E
S		O	A	S	I	S		S		B		I	N	C	A	S
E	L	I	T	E		I	T	A	J		C	O	T	T	E	R
S	I	N		V	I	S	O	R		E	A	S	E	L	I	N
	O	G	R	E	S		L	A	N	C	E		R	O	A	R
	N		I	N	S	T	I	L		T	R	U	A	N	T	
O	S	L	O		U		V			I		S		M	E	E
A		T	E	E	M	E	D		C	A	W	E	D		I	
R		R	E	A	D		S	E	O	U	L		D	E	A	D
S	T	A	R	R		C		R				P	L	E	A	D
M		I	S	L	E		A	R	O	S	E		S	O	A	R
E		N		S	A	U	C	Y		E	L	E	C	T	S	
N	A	Y	S		S		T			D		H		K	I	D
	L		U	N	I	S	O	N		P	E	S	E	T	A	
	T	E	P	E	E		R	U	L	E	R		M	A	N	G
S	A	P		C	R	U	S	T		A	S	H	E	N		U
P	R	I	C	K		S		M	A	N		E		G	A	S
A		C	O	S	T	S		E		U		A	L	O	F	T
S	O	S	O			R	I	G	H	T	E	D		T	O	N

Solution for Crossword page 47

R	E	P	R	E	S	E	N	T	E	D		A	N	N
E	R	X		R	I	W						W		E
L	E	E	W	A	Y		P	U	R	C	H	A	S	E
A	S	C	D	E	T	R	D							
T	R	E	S	T	L	E	S		V	A	N	D	A	L
E	R		N		T									
D	E	V	I	L		T	O	R	T	O	I	S	E	S
	E		E			R	O							
D	E	S	T	I	N	I	E	S		S	H	A	R	P
I		C				E				P				O
S	H	A	R	E	S		P	A	S	S	P	O	R	T
T	I		S	B		T				P				H
A	L	L	A	T	S	E	A		B	O	L	E	R	O
N	E		E	L		P				R				L
T	E	D		R	O	L	L	E	R	S	K	A	T	E

Solution for Sudoku page 47

8	2	1	7	5	4	9	3	6
7	5	3	9	8	6	2	1	4
6	4	9	1	3	2	8	5	7
5	8	2	6	9	7	1	4	3
9	7	6	4	1	3	5	8	2
1	3	4	8	2	5	7	6	9
3	9	5	2	4	8	6	7	1
2	6	8	3	7	1	4	9	5
4	1	7	5	6	9	3	2	8

Solution for Wheel Words page 47

Aged, Dare, Dear, Drag, Dray, Dyer, Edgy, Grad, Read, Yard, Adage, Darer, Drear, Dryer, Grade, Radar, Raged, Raved, Rayed, Ready, Dreary, Grader, Greyed, Regard, Arrayed, Ravaged, Yardage. 9-letter word: GRAVEYARD

Answers for Have a Go News Quiz page 2

1. Sculptures
2. About 25,000 years ago
3. 1898
4. Tricia
5. Sea View Golf Club
6. Kim Beazley Snr and Jnr
7. 1985
8. 2018
9. Captain Stirling
10. Duyfken

Solution for Word Search page 46

N	B	R	O	A	D	H	E	A	D	S	S	L
S	T	S	E	R	O	F	N	I	A	R	E	X
M	D	S	J	M	R	O	R	P	N	Y	G	
S	O	A	B	O	D	O	A	J	G	R	P	R
G	E	N	N	R	K	T	F	T	O	R	W	A
N	C	E	E	G	N	C	H	T	E	E	O	S
I	V	O	R	V	E		I	D	K	P	O	S
K	L	A	M	T	I	R	A	S	J	T	D	L
R	S	K	J	M	R	T	O	D	K	I	L	A
A	K	A	W	E	O	S	N	U	W	L	A	N
M	Q	O	T	R	Q	N	P	A	S	E	N	D
E	G	A	L	F	U	O	M	A	C	S	D	S
D	I	S	T	I	N	C	T	I	V	E	S	I

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HAVA GO DOWNSIZING



Updating the small things around a home can make a big difference



Beautiful looks from West Elm in the city - appliances from David Jones



by Zofia St James

I CAME across a quote recently by Geoffrey Beene. He said: "Luxury need not have a price — comfort itself is a luxury."

It is a mindful person that recognises that surrounding oneself with the necessary household items makes everyday life easier and enjoyable. Furniture and bedding conducive to relaxation, warmth and comfort and the enjoyment of food that nourishes and warms us. Finally, having an aesthetically pleasing view or garden gladdens the eyes daily.

These basics to everyday life are the simple luxuries that we take for granted and yet are so

achievable. Being mindful of this is simply self-care and is in fact falling in love with your own life. Treat yourself to a bunch of fresh flowers and fill your fruit bowl with your favourites each week. This brings instant beauty, life, freshness and colour into your kitchen area.

Happy yellow daffodils, an exotic fuchsia, an orchid or my favourite white asiatic lilies are a few to consider.

Replace that old toaster, kettle, oven mitts and tea towels that are stained

and had their day... Voila! You have just brightened up your kitchen and given it a little love.

Each area of your home deserves this same attention to detail because small changes add up and then, believe me, becomes addictive. The joy of it is the feeling that luxury is paramount to a state of mind that begins and ends each day well and is comforting.

We live now in a world of possibilities from a retail perspective. That provides exceptionally well

to every budget. In other words, there is no excuse not to have a wild fling and get this makeover party started.

I have had the lucky privilege of collating my furniture and personal belongings over the years, with necessary updates of course. A clear vision of the look

and direction I was going and wanted to achieve certainly helps. Now I am settled in the apartment, it has only taken small changes to complete that picture.

In my experience most people have a home full of lovely things, perhaps in need of culling a tad, however it's the heart and

soul of their lives. An update here and there of the small things makes life easier.

Being organised is hard work, however it is very rewarding, it's then that with the addition of aesthetically pleasing and decorative objects, the picture starts to look complete.

Having a background in design and career as a personal stylist and shopper for Westfield some years back was a wonderful experience. That is how I came to be writing for *Have a Go News* for 17 years – sharing my style.

It is a wonderful privilege to impart the wisdoms and whimsy and especially passion for home beautiful.


This month take a serious look at your home and let's see how with some small changes we can elevate its beauty and value and make you feel like a million dollars.

Zx

Zofia offers a free over-the-phone or video interior style consultation for readers. She can assist with de-cluttering, restyling, choosing furniture and personal styling. Interested in a free styling opportunity? Contact Zofia on 0406 336 607 or email zofiajames@hotmail.com.


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SPECIAL NOTICE!

For a limited time, we have a few display homes available for viewing. These homes represent the exact residences offered at Piara Waters, Henley Brook, Mandurah, and Haynes Lifestyle Resorts for over 50s living!

For a **LIMITED** time, explore a diverse range of display homes showcasing the distinctive Providence Lifestyle difference.

While several of these homes have been sold, they won't be available for occupancy for another 4 to 6 weeks, this gives you a chance to view our home designs in person.

Our display homes can be viewed at Piara Waters Lifestyle Resort, 681 Warton Rd, Piara Waters for a limited time only, **so don't miss out.**

For more information please contact:

Mark Jewell
Sales Consultant for Haynes, Henley Brook & Mandurah Resorts
T 0411 497 111

Blake Duffield
Sales Consultant for Piara Waters Resort
T 0403 538 357

HAVA GO DOWNSIZING



Do it yourself wills - know the risks



testator's best intentions, the absence of thorough legal advice can lead to confusion and eventual disputes between beneficiaries.

What usually starts as an attempt to save money, often ends up costing the estate dearly in legal fees and unnecessary stress for loved ones.

Bespoke have seen firsthand the pitfalls of DIY wills. Let them guide you with clarity and precision, ensuring your wishes are safeguarded

without the DIY headaches.

There are lawyers waiting for the DIY will fallout. Why gamble your legacy?

Contact the experienced lawyers at Bespoke Wills and Estates today to discuss your situation. See ad on page 7.

This article contains general information only and does not constitute legal advice. Liability limited by a scheme approved under Professional Standards Legislation.

THINKING about doing your own will? Beware! Homemade wills run the risk of leaving your loved ones in a messy legal battle. Despite a

It's those extra things...



Margery and family

wedding to help her get ready - wedding outfit stunning, makeup perfect and as going to the hairdresser was going to be difficult and Margery has very long hair, Chelsea was going to help with that too. When all was ready, her long hair perfectly plaited and woven with flowers, Claire was to arrive to drive her to the wedding and as she had also been invited, was excited to be able to stay as her partner for the reception and then escort her home.

There were a few anxious moments and everyone held their breathe when shortly before the day Margery went into hospital but in the end, all was well and everything went according to plan.

As her family said: "Margery looked beautiful (which she did) and just had the best time. She was there to see her grandson married and she even danced with her son at the reception."

It was an absolute pleasure to be able to share the day with her and CPE thanks Margery for the opportunity to be part of this wonderful event.

ON Saturday April 13, Margery's grandson was getting married and, of course, as she was invited Margery had every intention of being there. However, this was going to need some planning. So, Margery had a word with her service provider CPE Group to see if they could help with this very special event.

The answer was a definite: "Yes, we would love to help."

After a few meetings between Margery, her family and the client relationship manager, a team from CPE Group was setup and all was arranged. Chelsea was booked first for an early visit to Margery's home on the morning of the

Find the secret word to go into the draw to win a \$200 voucher



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

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

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

Look out for these advertisements in sequential order to

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

1. Perth International Elvis Festival
2. CPE Group Home Care
3. Alexander Craft House Open Day
4. Pocket Aids
5. City of Joondalup
6. MercyCare
7. Elite Tours
8. Hospitality Esperance
9. Hospitality Kalgoorlie
10. Quality Inn Railway Motel

11. Luna Cinemas

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 3/06/24.

Congratulations to Pat Lawwill of East Perth, our May Ad Words winner.



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* No exit fee options available. T&Cs apply. See website for more details: helenavalleylifestyle.com.au/offer/small-things-come-with-big-packages

Small things come with Big Packages

One of our favourite comments is *'Your one-bedroom homes are not as small as we thought!'* Why? Because our one-bedroom homes offer both privacy and your own entertainment area.

The open plan kitchen, dining and lounge room make these homes comfortable and functional, while outside, the generous living spaces add to the feeling of light and space.

Boasting the latest appliances and ample storage space these homes are perfect for singles, or even couples who want to downsize. As Helena Valley Lifestyle Village offers secure and modern resort style living, now is the time to take advantage of the buoyant housing market and secure your new home - and your new lifestyle. But remember, these homes won't last long, so **book your personal village tour today** at helenavalleylifestyle.com.au.



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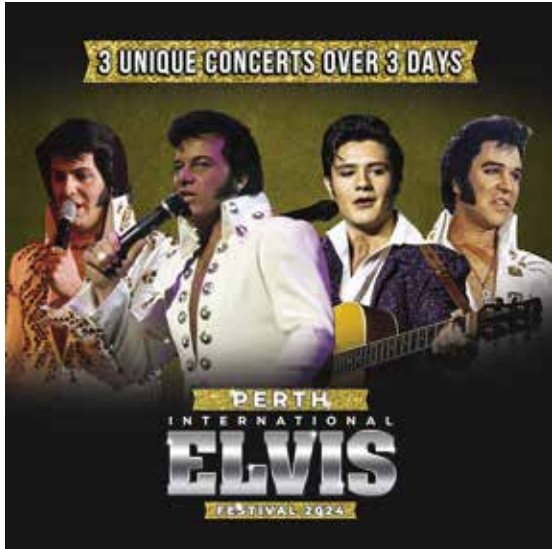


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HAVA GO ARTS



Ready to be all shook up?



GET ready to shake, rattle, and roll at the Perth Elvis Festival, a celebration of the one and only

king of rock 'n' roll, Elvis Presley. Mark your calendars for a spectacular week-

end of music, nostalgia, and unforgettable performances from July 19 to 21, at the historic Astor Theatre.

For three incredible days, the festival will transport people back in time with a dazzling lineup of four incredible international performers who will channel the spirit of Elvis. They'll take people on a musical journey through the iconic catalogue of the king himself, promising an array of songs and concert experiences that pay homage to the legend.

The Perth Elvis Festival proudly presents Elvis Presley Enterprises and Graceland's 'Ultimate Winner,' David

Lee, who will captivate the audience with his mesmerising tribute. Joining him is Canada's Ultimate Elvis champion, Bruno Nesci, whose talent and dedication have earned him recognition as one of the world's finest Elvis Tribute Artists.

Prepare to be amazed by Ted Torres, celebrated for his authentic and precise renditions of Elvis's iconic performances. And if that's not enough, America's hottest early Elvis singing sensation, Moses Snow, will set the stage on fire with his incredible vocal and energy prowess.

Accompanying these outstanding performers is the world's best tribute band, *The Tributes in Concert Band*. Their electrifying music and stage presence will transport you back to the era of the king like never before.

After a sold-out success in 2022, you won't want to miss the second edition of the Perth Elvis Festival. This incredible event is brought to you by Dom Arpa Productions, a name synonymous with delivering world-class entertainment experiences.

Don't miss your chance to be part of this remarkable tribute to the legacy of Elvis Presley. Secure your tickets now through Ticketek and be ready to immerse yourself in the magic of the King's music.

Get your blue suede shoes ready, because the Perth Elvis Festival promises to be an unforgettable experience that will leave you all shook up! Find out more at www.perthelvisfestival.com.au.

Watercolour artists from 15 nations



Stef Hayward

THE third International Watercolour Exhibition will be held in the foyer of Central Park Tower, 152-158 St Georges Terrace, Perth from June 10-21, 9am-5pm. It will feature works from the Watercolour Society of WA and other societies from around Australia and the world.

Top watercolourists from 15 nations will be exhibiting their work for two weeks. As they will not be behind glass, the public can get up close and personal, see the brush strokes and flow of paint and marvel at the different styles and techniques used.

Societies exhibiting are from countries: Australia (Western Australia, Victoria and New South Wales), France, New Zealand, Indonesia, Italy, Japan, Nepal, Portugal, Canada, Malaysia, The Philippines, Poland, Singapore, Spain and Vietnam.

The 150 paintings exhibited display a wealth of different styles, from the soft and gentle to the bold and vibrant, sweeping landscapes, magical portraits, energetic abstracts, wonderful still-lives and more.

All paintings will be for sale and may be purchased unframed or framed. Popular exhibition bags will be for sale again full of watercolour kit. Artists will be demonstrating watercolours in the exhibition and there will be a 'try me' table.

Leading Australian watercolourist, John Lovett will hold five days of workshops and a Watercolour Plein Air competition will be held on Friday May 31 throughout Perth with prize money available. See the website for details www.watercolourswa.org.au.

BACK BY POPULAR DEMAND

THEATRE 180 PRESENTS

21 HEARTS

Vivian Bullwinkel & the Nurses of the Vyner Brooke

BY JENNY DAVIS | DIRECTED BY STUART HALUSZ

A compelling true story of friendship and courage

THEATRE 180 PRESENTS

THE LIGHTHOUSE GIRL SAGA

By Jenny Davis & Hellie Turner • Directed by Stuart Halusz

Based on the Novels by Award-Winning Author Dianne Wolfers

THEATRE180 & CINEMASTAGE PRESENT THE AWARD-WINNING AUSTRALIAN CLASSIC

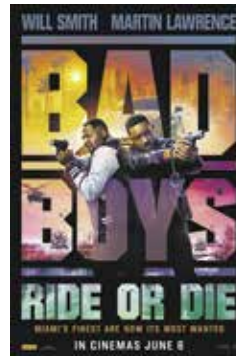
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ADAPTED FOR THE STAGE BY JENNY DAVIS & STUART HALUSZ

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Action and comedy as *Bad Boys* return...



THIS year, the world's favourite *Bad Boys* are back with their iconic mix of edge-of-your seat action and outrageous comedy but this time with a twist: Miami's finest are now on the run.

Bad Boys: Ride or Die stars Will Smith, Martin Lawrence, Vanessa Hudgens, Alexander Ludwig, Paola Nuñez, Eric Dane, Ioan Gruffudd, Jacob Scipio, Melanie Liburd, Tasha Smith with Tiffany Haddish and Joe Pantoliano.

In cinemas June 6.

#BadBoys

WIN WIN WIN

We have double passes to give away for some lucky readers to *Bad Boys: Ride or Die*. To be in the draw simply email win@haveagonews.com.

au with *Bad Boys* in the subject line or write to *Bad Boys* c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 31/5/24.

Enjoy Morning Symphony Series

SPEND your mornings with the West Australian Symphony Orchestra (WASO) in 2024 and enjoy much-loved classics in one-hour performances, with their *Morning Symphony Series* at Perth Concert Hall. Tick-

ets start from \$30 and include a pre-concert talk and complimentary tea or coffee. Make it a day out and add on a delicious post-concert lunch for only \$27.

Coming up on Thursday May 23 is the breathtaking beauty of Rimsky-Korsakov's *Scheherazade*, led by one of Australia's most talented young conductors, Jen Winley (pictured right). Then in June, don't miss iconic selections from Wagner's legendary *Ring Cycle* come thrillingly to life in the hands of WASO principal conductor Asher Fisch, from the majestic *Entrance of the Gods* to the exhilarating *Ride of the Valkyries*.

Experience how Beethoven changed music forever with his Third Symphony, *Eroica* in July, and be blown away by the gorgeous melo-

dies of Dvorák's *Eighth Symphony* conducted by Dmitry Matvienko in August.

There's no better way to spend a Thursday morning. Book now online at waso.com.au, visit the Perth Concert Hall box office, or call WASO on 9326 0000.



"Delightful mismatched buddy comedy"

Lambert WILSON Gregory GADEBOIS Marie GILLAIN

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A film by ÉRIC BESNARD

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HAVA GO ARTS



Come to the cabaret! by Josephine Allison

continued from front cover
 Michael himself is doing his own performance, *It's a Sin: Songs of Love and Shame*, drawing from the *Pet Shop Boys* playlist and the trials of coming out in the 1990s.
 "I will be speaking about my own experiences of coming out in the 90s before marriage equality and the internet when the AIDS experience was at its peak.

"It sounds miserable but it's actually very heart-warming."
 Michael originally studied musical theatre at WAAPA where, he says, he learnt his musical skills "which serves me well."
 "I've lived in Adelaide for the past 10 years, before that I worked in musical theatre in Sydney for 15 years. I have come on board as the Perth festival artistic director but Ali Welburn

and Graham Lovelock are the founders, it was their concept.
 "They sought me out after seeing my show in the Perth Fringe Festival in 2020, saying they were putting together a festival and wanting to speak with me."
 Apart from performing, these days Michael does a lot of teaching including vocal work with adults and a cabaret course in Adelaide. "The older I get, the



Conway Book of Life © Jason Lau - Michael Griffiths

more I enjoy teaching. Teaching and touring but the next big thing is Perth."

The Perth International Cabaret Festival with 30 plus shows and 50 plus artists over

10 nights plays at His Majesty's Theatre June 10-23. The FREE community involvement pro-

gram will be announced in coming weeks. Visit perthcabaret.com.au to view the full program.



The Madame Blanc Mysteries out now

SERIES three of this popular UK series which features British ex-pat antiques dealer Jean White (Sally Lindsay) who has to move to France following her husband's suspicious death.
 This new series will see Jean solve new mysteries in Sainte Victoire, from

a deep-sea diving mishap to a historical duel, alongside her friend—and flirting partner—Dom (Steve Edge).
 DVD Out Now – RRP \$35.95 Rated M.
WIN WIN WIN
 Thanks to Acorn Media we have 10 copies of the DVD of Madame

Blanc to give away to some lucky readers. To be in the draw, simply email win@haveagone.ws.com.au with Blanc in the subject line or write to DVD Competition – C/- Have a Go News PO Box 1042, West Leederville 6901. Closes 31/5/24.

Exhibition highlights artists from the northern coastal suburbs

NORTH Coast Art Club is a local community not-for-profit art group servicing the northern suburbs of Perth.
 They hold monthly workshops and bimonthly social painting sessions for members and exhibitions to showcase and sell member's art.
 The works on show are as diverse as the artists, some of whom have

worked in the arts for years; some are taking up art for the first time and are still learning and exploring their favourite mediums and style.
 Abstract, realism, still life, figurative, decorative, landscape, seascape, wildlife... whatever type of art floats your boat they we have it.
 The next exhibition will be held begin on Friday May 17 from 1-6pm with

the official opening from 6pm-9pm continuing on Saturday May 18 from 9-5pm and Sunday May 19 from 9-5pm.
 Entry to view the exhibition is free, however, for a gold coin donation visitors will be entered into the draw for a door prize of a beautiful piece of artwork produced by one of the members.
 The group encourages

all visitors to vote for their favourite artwork and the artist with the most votes receives a voucher for art supplies.
 The exhibition will be at Ern Halliday Recreation Camp, 140 Whitfords Avenue, Hillarys.
 For more information contact northcoastartclub.wa@gmail.com or call Annis Woods on 0434 972 771.

Enjoy some of WA's young musicians



A2 orchestra © Photo James Trimble

A2 orchestra is Perth's newest orchestra promoting young musicians and presenting passionate performances. Their mission is to create memorable shared experiences with music that engages, inspires, and reflects

Western Australia through musical excellence and is fuelled by love and passion for classical music.
 The next performance will be *Reflections* – a concert which contrasts the colour of impressionism, the clarity of classicism

and the sound of the clarinet through works by Mozart, Debussy, Mendelssohn and more.
 Watch the high quality 22-piece chamber orchestra, led by concertmaster Lisa Smith and joined by clarinet soloist Sophie Allison, who will take you on a journey through water-coloured melodies and dramatic harmonies in a wonderful morning of music at the Paul Latham auditorium at Churchlands Senior High School.
 The concert will be held at 10am on Saturday June 22.
 Tickets starting at \$20 available at www.a2orchestra.com/reflections.

Hold onto your seat... lasagne loving Garfield is back



GARFIELD (voiced by Chris Pratt), the world-famous, Monday-hating, lasagne-loving indoor cat, is about to have a wild outdoor adventure. After an unexpected reunion with his long-lost father – scruffy street cat Vic (voiced by Samuel L. Jackson) – Garfield and his canine side-kick Odie are forced from their perfectly pampered life into joining Vic in a hilarious, high-stakes heist.

In cinemas May 30. #GarfieldMovie
WIN WIN WIN
 We have double passes to give away for some lucky readers to *The Garfield Movie*. To be in the draw simply email win@haveagonews.com.au with Garfield in the subject line or write to Garfield c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 25/5/24.

Arts and Culture Trust Presents
WA Opera in Concert
 11:00 am, 10 July 2024 | His Majesty's Theatre




Hear your favourite opera classics in concert performed by the rising stars of West Australian Opera's talented Young Artists in the magnificent His Majesty's Theatre.




Tickets available online at artsculturetrust.wa.gov.au, at any Arts and Culture Trust Box Office, or via phone on (08) 6212 9292.

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THE LIGHTHOUSE GIRL SAGA
 1.30PM
 JUN 05

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Eighty years on the story of Sister Vivian Bullwinkel comes to the stage



Theatre 180's current season of *21 Hearts* is sold out but it will return to Como Theatre from October 30 to November 10 Inset; Vivian Bullwinkel

by Josephine Allison

VIVIAN Bullwinkel was a wonderful woman, not just in war when she became the sole survivor of the horrific Bangka Island massacre of 21 fellow Australian nurses, but in later life when she married and settled into retirement in Perth.

How difficult then to faithfully bring her life to

the stage alongside the harrowing tale of these bright young women on the cusp of life, dreaming of boyfriends, marriage and a life beyond war before being cruelly brought down.

Theatre 180 has done its usual sterling job in bringing the story of Sister Vivian Bullwinkel and her fellow nursing sisters to life with *21 Hearts*

Vivian Bullwinkel and the Nurses of the *Vyner Brooke*.

The company lives up to its ethos of telling Western Australian stories using Western Australian artists. This production is dedicated to the women of the Australian Army Nursing Service who enlisted to serve and to all those who have followed. It acknowledges and

commemorates their courage, dedication, resilience and sacrifice.

The revamped Como Theatre is the setting for this two-hour long compelling story directed by Stuart Halusz and written by Jenny Davis with Rebecca Davis as Vivian Bullwinkel. Fellow cast members are Caitlin Beresford Ord, Michelle Fornasier, Alex Jones,

Helen Searle and Alison van Reeken.

Vivian Bullwinkel was born on December 18, 1915 at Kapunda, South Australia. She trained as a nurse and midwife at Broken Hill, NSW, and began her nursing career in Hamilton, Victoria before moving to the Jessie McPherson Hospital in Melbourne in 1940.

In 1941, at the age of 26, Bullwinkel enlisted in the Australian Army Nursing Service. She embarked for Singapore as a staff nurse with the newly raised 2/13th Australian General Hospital.

She served in Singapore from September 1941 until she was evacuated with 64 other Australian Army nursing sisters aboard the *Vyner Brooke*. On February 14 1942 the ship was sunk by Japanese bombers.

Bullwinkel was with a group of survivors on Banka Island when a Japanese patrol arrived and ordered the 22 women in the group to walk into the sea. They were machine-gunned from behind.

All except Bullwinkel were killed.

Rebecca Davis in

nursing uniform shines as Bullwinkel, displaying the spirit, hope, empathy for her fellow nurses, courage and compassion which made her such a remarkable woman.

Her fellow actors display the camaraderie and support for each other as the tragedy unfolds. After surviving the massacre, Bullwinkel spent two weeks in the jungle caring for a wounded British soldier, but gives herself up and rejoins other sisters who made it to shore.

The simplicity of the set and the quick changes made by the actors on stage serve to bring the horror and hope of the story to life. The script evokes the tragic events but there is always the spirit of hope and optimism.

I had the honour and privilege of meeting Vivian Bullwinkel (now Statham after she married in 1977) on three occasions while working for *The West Australian* newspaper.

The first was at her Nedlands home in August 1987 when she voiced fears that a short television drama about her life might sensati-

onalise her survival on Rodji Beach.

The second was in March 1988 when she met up with Mary Lennox, a member of the Z special unit during WWII at a ex-service women's RSL special bicentennial and 40th anniversary lunch.

The third occasion was in Kings Park in November 1988 when she was named WA's first woman warden of the State War Memorial.



A tragic but riveting story from Theatre 180 which has done Sister Vivian Bullwinkel and her fellow nurses proud.

The next season of *21 Hearts* will return to Como Theatre from October 30 to November 10. Book www.theatre180.com.au.

What's on the silver screen at Luna Cinemas this month



Fremont @ Luna + Luna on SX now showing

BROUGHT to life by the empathetic efforts of a talented cast and further distinguished by striking black-and-white cinematography, *Fremont* is a compassionate and wryly funny meditation on loneliness, love, and the lasting impacts of trauma.

Golda @ Luna, Luna SX, Windsor, now showing

Directed by Guy Nattiv starring Helen Mirren, Zed Josef, Henry Goodman, and Olivia Brody, *Golda* focuses on the intensely dramatic and

high-stakes responsibilities and decisions that Golda Meir, also known as the Iron Lady of Israel, faced during the Yom Kippur War.

Housekeeping for Beginners @ Luna Leederville, from May 9

Winner of the Queer Lion in Venice, Goran Stolevski's third feature revolves around a blended family of queer and Roma outcasts living in Northern Macedonia.

Housekeeping for Beginners is a naturalistic comedy-drama that explores the universal truths of family, encompassing both the bonds we inherit and those we create.

The Three Musketeers: D'Artagnan @ Luna Leederville, Windsor + Luna on SX (Screener at French Film Festival) from May 16

Alexandre Dumas' thrilling and beloved classic novel *The Three Musketeers* has

spawned multiple adaptations since its publication in 1844, but none have approached the scope and spectacle of this wildly entertaining, blockbuster two-film production from director Martin Bourboulon, who assembles an all-star cast for the first French cinematic treatment in over 30 years.

A Great Friend / Les Choses Simples @ Luna Leederville, Windsor, Luna on SX starts May 23

Packed with laughs, *A Great Friend* lets audiences experience the stunning vistas of the Auvergne-Rhône Alps, in a charming tale of friendship.

High and Low: John Galliano @ Luna Leederville, May 30

High & Low - John Galliano is the gripping and thought-provoking new documentary from Academy Award® winner Kevin Mac-

donald (*One Day in September, Touching the Void*) charting the rise-and-fall story of fashion designer John Galliano.

The Man Who Created the NHS @ Luna Leederville + Luna on SX, Sat May 25 & Sun May 26 at 1pm plus Tue May 28 at 11am

Michael Sheen (*Good Omens*) is Aneurin 'Nye' Bevan in this spectacular journey through the life and legacy of *The Man Who Created The National Health Service*.

From campaigning at the coalfield to leading the battle to create the National Health Service, Aneurin Bevan is often referred to as the politician with the greatest influence over the UK without ever being Prime Minister.

German Film Festival, @ Luna Leederville, Luna on SX May 16 - June 5

Add these Western Australian books to your collection...



Awesome WA, 1001 Fair Dinkum Facts about Western Australia - Journalist Lee Tate has compiled this book about the weird and wonderful of Western Australia.

Fascinating, Fun Facts: WA and the World - The sister publication to *Awesome WA*, journalist Lee Tate uncovers an array of interesting facts from Western Australia and the world. A great book for anyone who loves trivia and facts. Perfect for quiz nights.

Photographing our brilliant West Australian Birds & Wildflowers - Author Chris Tate provides tips and tricks to capture nature on any device. Includes a beautiful selection of photographs.

ORDER FORM

Post completed form to **Have a Go News PO Box 1042 West Leederville WA 6901**

Name: _____

Address: _____

Phone: _____ Email: _____

Signature: _____

ORDER	Prices	Quantity
Awesome WA, 1001 Fair Dinkum Facts about Western Australia	1 book \$25	___ x \$25 (inc gst)
Fascinating, fun facts: WA and the World	1 book \$25	___ x \$25 (inc gst)
Photographing our brilliant West Australian Birds & Wildflowers	1 book \$25	___ x \$25 (inc gst)
POSTAGE & HANDLING	1 x book \$6 2-3 x books \$12 4-6 x books \$15	
	Total	\$ _____

METHOD OF PAYMENT:

Cash Cheque Money Order Credit Card (VISA/Mastercard/AMEX)

____ / ____ / ____ / ____ / ____ / ____ Expiry: ____ / ____

Friend to Friend



Instructions - Please read carefully

Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:

Friend to Friend
PO Box 1042
West Leederville WA 6901

Each person may submit one entry every month.

Abbreviations used in Friend to Friend

ALA: All letters answered	DTE: Down to earth
GSOH: Good sense of humour	ND: Non drinker
SD: Social drinker	NG: Non gambler
NS: Non smoker	NOR: North of River
SOR: South of River	TLC: Tender loving care
WLTM: Would like to meet	

Please nominate a category for your advertisement.

Tick one box only.

- Travel companion Wishing to contact
 Seeking a friend Seeking a partner

Name

Address

Phone Email

This is a free service. All care no responsibility.

Obtaining replies to your Friend to Friend Reply Box entry:

Please include two stamped (\$1.50) self addressed DL envelopes. These envelopes measure approx. 11cmx22cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

Seeking a Friend

FEMALE 65, caring, DTE, simple lifestyle, seeks tall, medium, big built guy, friends with benefits. Ideal day; swimming ocean, cuddles, listening to *Pink Floyd*, pizza, watching *Aliens*. Make me an offer. Location, Mandurah.
Reply Box 9554

GENT 55 NS, ND, enjoys movies, cafes, dining out, travel plus quiet times at home relaxing. WLTM NS, prefer ND, DTE Asian lady with similar interests for friendship, outings and travel.
Reply Box 9551

GENT WLTM honest lady, 60-70 for friendship to start. If suitable, leading to relationship. Me; 70, NS, ND, like art, music, movies, normal life. Interested? Contact me. I live 6056 area.
Reply Box 9556

HAVE a Go Meet a Friend Group 65+ is gathering every three weeks on Saturday at the Stirling Arms Hotel (close to Guildford Train Station) at 12noon to have lunch and drinks together, meet new people, make friends and mingle around; there is no fees involved other than your own meal and beverages, everybody is very welcome to join us.
Reply Box 9563

LADY WLTM active gent 75+, interested in travel not cruising, open to explore future possibilities with independent, fin sec lady who enjoys reading, gardening, being fit, usual social activities, missing special friend to share above, metro/only.
Reply Box 9553

SEEKING European gent, NS, NG, to 80 years old, old fashioned values, well mannered for permanent friendship/partnership. Me; petite, well presented, well educated, likes meaningful discussions, travelled extensively, active, loves peace and harmony, nature, walks, drives, gardening and music. Seasoned migrant, CBD area.
Reply Box 9560

YOUNG 72, European. WLTM lady 65, teach me how to dance, NOR, NS, SD, movies, dinners, music, travel, GSOH, ALA.
Reply Box 9562

Seeking a Partner

65 year old gent, English Australian, well presented, slim, sincere, NG, NS, SD, loves good conversation, music, gardening, photography, dining out, coffee. WLTM lady, 55-70, long term companion for friendship, possible relationship. Meet for coffee. NOR, ALA.
Reply Box 9558

ATTRACTIVE refined lady, 70+, originally from UK, educated, happy natured, med build, 160cm tall, VGSOH, ND. My interests are music, reading, gardening, socialising, country drives. WLTM unattached gentleman (not separated) up to 75 years, who is well presented, fin secure, loyal with old fashioned values for permanent long term relationship who lives SOR, Hills or country areas. ALA.
Reply Box 9552

AUSTRALIAN guy, 71, 180cm tall, 75kg, clean shaven, own teeth, Caucasian, divorced, no baggage, Armadale, Capricorn, poet, writer, NS, SD, NG. WLTM slim, attractive lady, no pets, close by for coffee and company similar interest. TLC.
Reply Box 9561

COMPLETE gentleman 71, slim build, personable, enigmatic, fun loving, charismatic, passionate, honest, caring, good listener and communicator. Seeking free spirited, adventurous, loving, open minded lady, similar age, interested in keeping young, give love another chance, write, come join me.
Reply Box 9557

GENT 73, affectionate, likes country drives, travel, walking, cycling, meals out, cooking, cinema. Seeks lady to enjoy these with NS, SD, 6210, let's meet for coffee, ALA, also likes pot plants, baskets, nature.
Reply Box 9555

GENT 76, 6' tall, 84kg, slim, fin sec, GSOH, NS, SD, enjoys dinners, movies, music, great conversation, romantic walks, etc. WLTM lady, 65+, slim/med build, kind, easy going. I live SOR, 6155 area preferred. Let's meet for coffee and see what happens. ALA.
Reply Box 9559

GENT young mid 70s, intelligent, warm personality, organised, conscientious, balance of homelife, and experienced outdoors oriented lifestyle. Boating, caravan, fishing, 4WDing, outback area. VTPR. To share life and decisions.
Reply Box 9549

MERE Leo male seeking compatible star sign female for soulmate. Do you remember the 60s and 70s, gee that was a long time ago! Are you like me and still feel the need to have a go. If you're still fit, presentable and sometimes still turn a head. Perhaps we could be dancing partners, go for a swim, a picnic in the park or on the beach instead. I'd love a lady who will be more than my best friend. Are you interested in a having a soulmate with whose life yours could blend? NS, NG, GSOH, seldom drinks.
Reply Box 9550

Seeking a Travel Companion

PETITE attractive, stylish lady, 74, NS, lives south west. WLTM man 65-75. Loves cruising, NG, he must laugh a lot and light up my eyes with a glance. I offer fun, TLC, sincerity, walking beside you.
Reply Box 9548

When replying to a Friend to Friend entry...

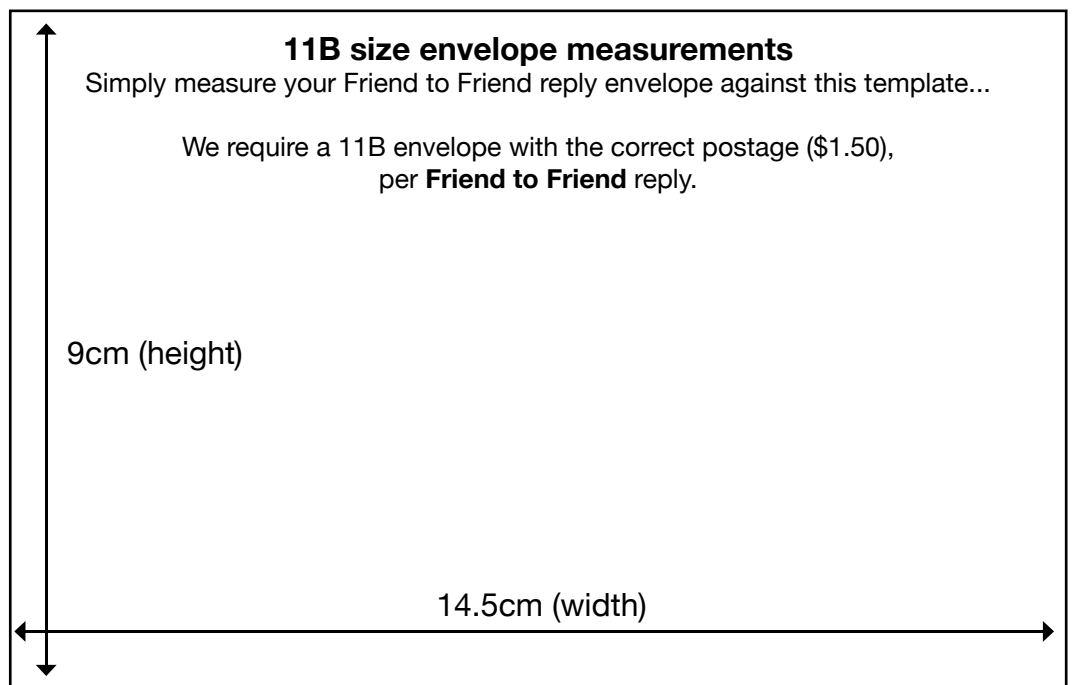


To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner

of the ad) concerned and post to:
 eg. Reply Box 4100 c/- Friend to Friend, PO Box 1042, West Leederville, WA 6901. (example only)
 Write your reply on a single sheet of paper and place inside an 11B size envelope (measures approx. 14cm x 9cm). Please note, due to the popularity of the service, it is essential that

all Friend to Friend replies are sent in a 11B size envelope see example below.
 No greeting cards, bulky items and photos.
 All replies will be forwarded early in the next month.
 All replies are strictly confidential and are not opened.
 Replies must be in response to reply boxes no older than three months.

Envelope size for sending Friend to Friend replies...



Using stem cells therapy to relieve arthritis



Sandra Barnsley

Advertorial
ARTHRITIS is painful inflammation and stiffness of the joints. In-

flammation is part of the body's natural response to protect joints from damaged cells; to remove irritants and infection – but also to start the healing process. The most common form of arthritis is osteoarthritis. This is a degenerative disease and often 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, stem cells migration naturally declines. By age 50 it has reduced by 50 per cent and by age 65 you only have about 10 per cent the number of stem cells

you had in your bloodstream when you were 25.

Stem Cell Nutrition encourages your body to naturally release millions of new stem cells – which then replace damaged cells anywhere in the body. The more stem cells you have in your bloodstream the better. If you would like to find out more how stem cell nutrition can transform your life, phone Sandra Barnsley 0412 479 156.

HAVA GO AT PUZZLES



BIG CROSSWORD

SEE PAGE 39 FOR SOLUTIONS

ACROSS

- 1. Untie
- 4. Insistent
- 8. Windmill arm
- 11. Desert water hole
- 13. Early Peruvians
- 15. Creme de la creme
- 17. Indian mausoleum, ... Mahal
- 18. River mammal
- 20. Transgression
- 21. Helmet peak
- 24. Painter's tripod
- 27. Public house
- 28. Hideous monsters
- 30. Cavalry spear
- 31. Bellows
- 33. Infuse
- 34. AWOL student
- 35. Scandinavian city
- 36. Unassuming
- 39. Swarmed
- 42. Sounded like crow
- 44. Comprehend writing
- 45. South Korean capital
- 46. Cul-de-sac, ... end
- 48. Drummer, Ringo ...
- 49. Beg
- 50. Tiny landmass
- 52. Eventuated
- 54. Skyrocket
- 55. Cheeky
- 56. Chooses (government)
- 57. "No" votes
- 60. Young children
- 62. Agreement
- 65. Former Spanish currency unit
- 67. Native American tent
- 69. Leader
- 70. Animal skin disease
- 72. Drain
- 73. Top layer
- 75. Very pale
- 77. Expression of disgust
- 79. Needle stab
- 81. Fellow
- 82. Fizzy
- 84. Fees
- 85. Up in the air
- 86. Fair to middling (2-2)
- 87. Corrected (wrong)

88. Muscle firmness

DOWN

- 1. Applications
- 2. Performing
- 3. Cereal grass
- 4. Unchanged (2,2)
- 5. Stellar
- 6. Miserable
- 7. Nervous twitches
- 8. Wine keg
- 9. In motion
- 10. Receive (salary)
- 12. VII
- 14. Gut part
- 16. Fierce felines
- 19. Happen next
- 22. Dispatched
- 23. Martini garnishes
- 25. TV reception pole
- 26. Obliterated
- 29. Unruly demonstrators
- 32. Cash machine (1,1,1)
- 35. Male rowers
- 37. Northern sea duck
- 38. Arouses (interest in)
- 40. High-ranking lords
- 41. Belittle
- 42. Damn
- 43. Bus terminus
- 44. Showery
- 47. From US Arctic state
- 51. More effortless
- 52. Stage players
- 53. Seniors
- 54. Plan
- 58. Church table
- 59. Dine late
- 61. Coffee sediment
- 63. Narrow land links
- 64. Spice
- 65. Satay kernel
- 66. Ballroom favourite
- 68. Heroic tales
- 71. Enthusiasm
- 72. Jet-baths
- 74. Soviet region (1,1,1,1)
- 76. Principal
- 78. Overblown publicity
- 80. Dove call
- 83. Rear

1		2	3		4		5		6		7		8	9		10
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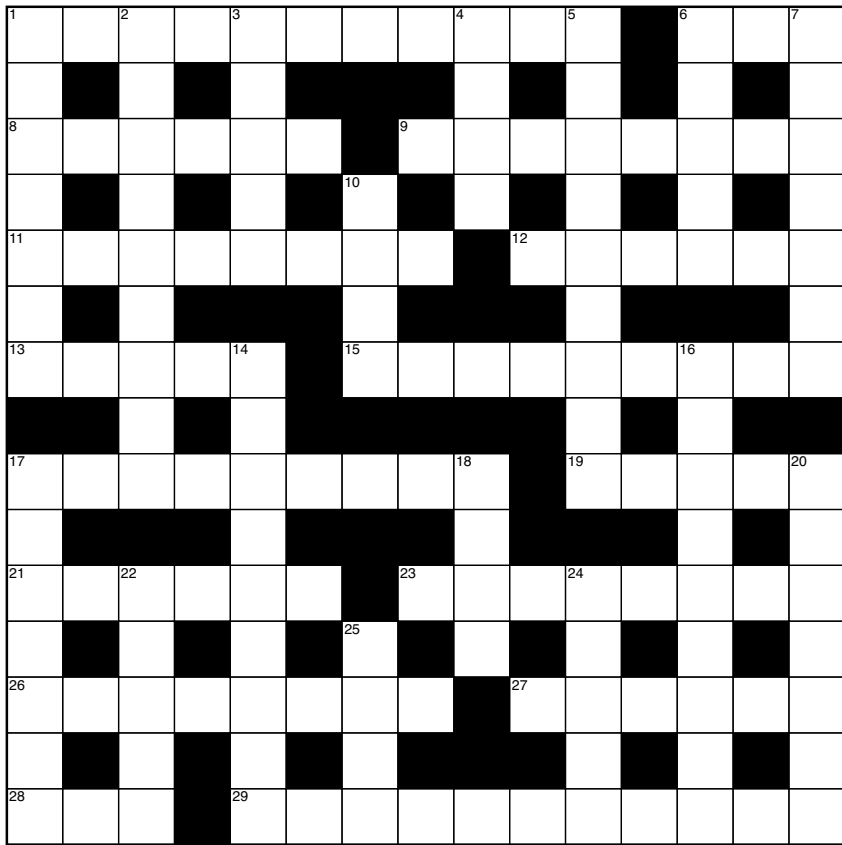
Looking for a Home Care Provider?

Talk to us!

HAVA GO AT PUZZLES



CROSSWORD



ACROSS

- 1. Stood in for gift, caught in marsh grass (11)
- 6. Originally a nice name (3)
- 8. In Tralee, wayfarers have elbow room (6)
- 9. Firm grip on item in shopping bag (8)
- 11. Settlers worked on makeshift tables (8)
- 12. Destructive lout has delivery truck, which lad returns to (6)
- 13. Old Nick lived in reverse (5)
- 15. Slow reptiles taught us, says report (9)
- 17. They're fated! Somehow I sensed it (9)
- 19. Pointed out harps (5)
- 21. Divvies up company bonds (6)
- 23. Don't visit harbour without one! (8)
- 26. Nobody ashore in a state of confusion (3,2,3)
- 27. Ravel made little jacket (6)
- 28. Heath or Danson partially demented (3)
- 29. Curlers Winslet put together to glide on wheels (11)

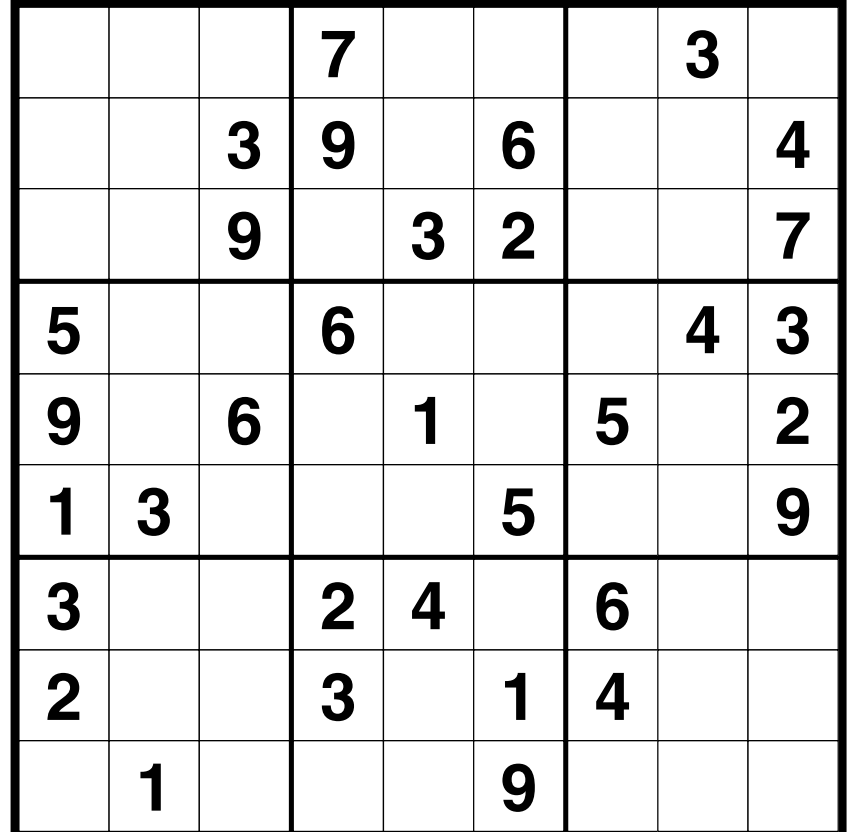
DOWN

- 1. Told you are connected by blood (7)
- 2. Protects fruit jams (9)
- 3. Word-for-word demand (5)
- 4. Turf used oddly, to be honest (4)
- 5. Tyrants who expect their every word to be written down? (9)
- 6. Publicity about war trophy (5)
- 7. Aggravates with sharp spikes (7)
- 10. Study Middle Eastern depression (4)
- 14. Secret lie about English cheese (9)
- 16. So! A pop era could be seen as a TV melodrama! (4,5)
- 17. Cool remote! (7)
- 18. Chair in clubhouse attic (4)
- 20. The pool became a driving hazard (7)
- 22. Delia came back troubled (5)
- 24. Go for it! Pull out all the crooked posts! (5)
- 25. Chime in rebelliously (4)

SUDOKU

Fill the grid so that every column, every row, and every 3x3 box contains the number 1 to 9.

RATING: ★★☆☆☆



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WORD SEARCH



FIND all the words listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally.

THEME: Snakes

- Antivenom
- Broad Head
- Camouflage
- Common
- Constrictor
- Dangerous
- Distinctive
- Grasslands
- Length
- Markings
- Predator
- Rainforests
- Reptiles
- Territory
- Trees
- Venom
- Woodlands

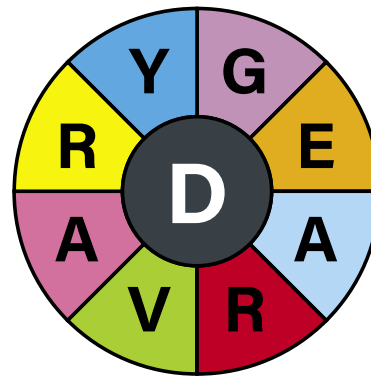


WHEEL WORDS

Create words of 4 letters or more using the given letters once only, but always including the middle letter. Do not use proper names or plurals. See if you can find the 9-letter word using all the letters.

Wheel Words

11 Good 15 Very Good 20+ Excellent



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If you are applying for, or waiting for a Government funded Home Care Package, talk to us.

Comfort Keepers is one of WA's most respected in-home aged care providers. We have been providing the highest quality care and support services to Western Australian families for over 18 years.

Our success has been built on our ability to fully understand the needs, goals and expectations of our clients, and importantly, provide the family members that entrust us with their care the confidence that their loved ones are in good hands.

Navigating your way through the Aged Care system and choosing the right home care provider, can be difficult, and at times confusing for some.

At Comfort Keepers, we make the whole process easy. Our experienced client care and support team will guide and support you and your family members through the process of applying for Government funded home care package and assist you in the steps you need to take in selecting the right provider to suit your care needs.

If you are looking for a home care provider, or just want to chat about your families care needs, talk to us.



Comfort Keepers
In-Home Care Specialists

North of the River

- (08) 9492 8920
- info@comfortkeepers.com.au
- www.comfortkeepers.com.au

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- (08) 9315 2200
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Asher Fisch appears courtesy of Wesfarmers Arts.



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