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VOLUME 30 NO.07 ISSUE NO.347 FEBRUARY 2021

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New line up for Radio 6PR



Left to right; Gareth Parker - Liam Bartlett - Steve 'Millsy' Mills and Oliver Peterson

by Lee Tate

RADIO 6PR's interviewers are always ready with the big questions but *Have a Go News* has put the boot on the other foot. We are asking the questions.

The Perth talk station's new on-air line-up is an eclectic mix of talent, aiming to conquer the airwaves. So what are they thinking? What have they got in mind?

We asked the five new presenters these questions:

Q1: What can listeners expect from you and your program this year?

Q2: What's the one big thing you hope to achieve?

Q3: What are some highlights of your career?

Q4: Tell us something fascinating about an on-air colleague.

Gareth Parker

1. A fast paced, newsy, informative breakfast program that brings you up to date with everything you need to know to set up your day. We'll have three hits a day of sport, 9News' Paddy Sweeney, a daily

finance report with Scott Haywood, entertainment with Peter Ford, US and UK report, the John Hughes Rumour File and \$1000 Minute. In between, the latest news and interviews from around our city, state and country, opinions that matter, your calls and of course a bit of fun along the way.

2. Getting used to an alarm at 2.45am. It's a new timeslot and a new challenge so I'm just really looking forward to finding our groove and bringing people an entertaining and relevant way to wake up.

3. I don't think there will ever be a bigger story (at least I hope not) than Covid. Especially in March and April when everything was up in the air and the rules and restrictions were changing by the hour. We went into full-on public service mode and I have never been prouder of the work we did keeping the community informed and reassured amid the most uncertain environment I have ever experienced, probably the most dynamic and uncertain of any period outside world wars.

4. Oliver Peterson narrowly escaped seri-

ous injury after he was hit in the head by a bouncer at a cricket match in Sydney a few years back. Uncharacteristically, he ducked straight into it when he should have just had a crack and played a pull shot.

Liam Bartlett

1. Our goal is to put together a program that puts our listeners first. We need to bring them information, insight and opinions based on fact. The aim ultimately is to ensure our listeners can be part of a conversation that reflects the world around them.

2. To build a loyal listener base which understands what we're trying to achieve, regardless of political bias or personal favouritism.

3. In pursuit of the truth over the killing of Alexander Litvinenko, ex-KGB, in a London hotel, we flew to Moscow and confronted accused assassin Andrey Lugovoi. The confrontation would probably be unacceptable now to our risk assessment officers but it was certainly worth it to see the look on Lugovoi's face. Unfortunately, there has never been a conviction as Lugovoi refuses to travel to Britain to attend court.

continued on page 15

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From the editor's desk



Jen Merigan

IT'S certainly been a tumultuous time with the lockdown and the bushfires. Thank you to all our firefighters and emergency personnel. Our hearts go out to everyone affected but in times of trouble the WA community band together.

★★★★

Thank you to the many people who rang, emailed and wrote letters to congratulate the newspaper on its 30th anniversary. It was lovely to hear from so many about this auspicious milestone and I appreciate people taking the time to send their best wishes and reminiscence about the newspaper. Our official celebrations will take place in July.

★★★★

We have just seen the necessity for the general public to continue monitoring where they visit to

allow for Covid contact tracing when an outbreak occurs. *Have a Go News* will require visitors to our office to either check in with the Safe WA app or use a manual contact register.

★★★★

One thing I enjoy immensely about working at this newspaper is the positive community spirit we engender. Last month a reader contacted me to say he had been locked out of his Centrelink account and needed help. I contacted Services Australia on his behalf and within a few days of his email to us Services Australia had contacted him and sorted out the problem. It made me feel extremely pleased that we can assist people.

★★★★

For readers who follow our Brunch with T column which offers reviews of cafés around Perth, the column will return in our March issue.

★★★★

Congratulations to Sacha Mahboub who was listed in the Australia Day honours. Sacha received the OAM for his life-long contributions to the arts. I know this is an early present as he approaches his

80th birthday in February. Sacha is a wonderful example of the *Have a Go* spirit as he continues to coordinate the Morning Melodies shows at the Mandurah Entertainment Centre and works with WA Opera as a dresser among other pursuits.

★★★★

Heart disease is the number one killer of Australians and this February Heart Research Australia is encouraging people to wear red. They have come up with a free handy Heart Smart Pocket Guide designed to fit in your wallet or pocket. The guide helps people recognise symptoms of a heart attack and may help save someone's life including your own. Find out more at www.heart-research.com.au/heartattack

★★★★

I had the opportunity to attend the opening Perth Wildcats game of the season at RAC Arena last month. This was my first taste of live basketball and gee it was exciting. Truthfully, I am not a big sports fan, but I really enjoyed the atmosphere, entertainment and watching the action-packed skills of the play-

ers. It was a brilliant afternoon's entertainment made more fun with the Wildcats winning too. I would highly recommend it as a great outing.

★★★★

The *Have a Go News* Facebook page has more than 14,000 likers and followers and it provides an opportunity to stay in touch with people in between editions of the newspaper. We have lots of events, giveaways and fun, so if you are on the platform join the fun by liking or following the page at www.facebook.com/Haveagonews/

★★★★

For those who are tech savvy we offer a free service to send you the newspaper digitally via email on the day of publication. Just email readers@haveagonews.com.au to sign up.

★★★★

Let's hope we can stay safe from coronavirus. I hope you enjoy this month's issue and stay healthy and happy.

Jennifer Merigan,
Editor

jen@haveagonews.com.au
www.haveagonews.com.au
Phone 08 9227 8283

Ageing research snippet

When you're smiling the whole world smiles with you...



IF you are not feeling as happy as usual than crack a smile even if you're not in the mood. The University of South Australia researcher Dr Marmolejo-Ramos found through a study that the act of smiling tricks the brain into an emotionally positive state. "When your muscles say you're happy, you're more likely to see the world in a positive way," he said.

Word of the month

Haptic

Adjective

RELATES to or based on the sense of touch or characterised by a predilection for the sense of touch.

Haptic moved into the English language in the 19th century from the

noun haptics. It seems to have found its way from New Latin's haptice which means the science of touch. Ultimately it was derived from the Greek word haptesthai meaning to touch. Haptic was originally a medical synonym for tactile.

Funny historical fact

WHEN Apollo 12 spacecraft launched in 1969 a cockroach was found during a preflight check but there was no trace of it when the ship returned to earth.

Quote of the month

YOU must live in the present, launch yourself on every wave, find your eternity in each moment.

Henry David Thoreau

Have a Go News Quick Quiz

1. Where in Perth is the blue whale skeleton?
2. The landmark next to Perth railway station is named after which Aboriginal leader?
3. The name of the sailing replica *Duyfken* means little...?
4. Which West Aussie played basketball with Michael Jordan?
5. What number did Michael Jordan and David Beckham wear?
6. What month is *Have a Go Day* held?
7. Prominent Perth butcher, Mr Garreffa's first name is...?
8. Name the music legend who writes a column in *Have a Go News*.
9. Name the 6PR presenter who writes a column in *Have a Go News*.
10. When trees are felled for timber, what's it called?

See answers on page 36.

Urban slang

NOMOPHOBIA

IS the fear of being without your mobile phone.

Great West Aussies - Did you know?

KEITH Slater was a champion at cricket, football and baseball. Born in 1936, he was five-time State football captain and Simpson medal winner and a 1958-59 Test player.



ANNIVERSARY 1991 - 2021

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UPDATED DAILY

I was raised to be an active participant in life, as were my son & daughter. We have strong values in terms of caring about people, and understanding people on a deeper level. That's what has really impressed me about Bethanie, their principles and values.

The care I receive allows me more time to devote to my hobbies, one of which is writing my family history. I couldn't do any of it without Bethanie's help.

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Wisdom and experience take journalist Liz Hayes to new investigative role



Veteran journalist, Liz Hayes

by Lee Tate

LIZ Hayes, stalwart of *60 Minutes*, likes to stay open to new ideas and the proof is in the proverbial pudding.

The veteran journalist, turning 65, has helped conceive a serious new TV program, *Under Investigation* with Liz Hayes.

Welcomed with open arms by Channel 9 and to be launched after the Australian Tennis Open, the pilot series will spotlight crime and mystery.

"But that's not what it's all it's about," Liz told

Have a Go News from her Sydney office. "The format allows us to tackle any subject from major breaking news and natural disasters to world events."

Together with her long-time *60 Minutes* producer, Gareth Harvey, Liz has been relentlessly defining and producing the project, leading a team of four including senior producers.

The network said: "Experts will interact, pulling apart a mystery and revealing details only true experts can uncover."

The TV audience will

be "taken behind closed doors, to places they never usually go, witnessing how detectives talk when they're not being watched."

Upcoming subjects are how a forensic fire expert uncovers a murder in the remains of a bush campfire and how international scientists tracked Vladimir Putin's chemical assassins. They will include Australia's most intriguing recent mysteries and cases which have fascinated the nation in recent years.

Sitting around a 'war table', handmade from

100-year-old hangar beams, will be a panel of experts including ex-NSW homicide detective Gary Jubelin, re-examining the disappearance and murder of Janine Vaughan in Bathurst.

In another segment, the family of murdered Cairns woman Toyah Cordingley open-up to Liz and her team.

Liz and forensic specialists discover new clues in Victoria's high country mystery, the disappearance of elderly lovers Russell Hill and Carol Clay from a remote alpine campsite.

Said to open a whole new genre of television, the project spearheaded by Liz comes after a long media career for the dedicated journalist who says she tries not to worry about ratings.

"Content is still king. A good story is good for everybody, in whatever age group. And it can't be boring."

Thrice-married, most notably to advertising guru, John Singleton in 1991-92, Liz lives in Sydney's northern beaches with her partner of 20 years on a peninsula with familiar landmarks to *Home & Away* viewers.

Other leading media figures to call the penin-

sula home included the late Kerry Packer and Seven's David Koch, as well as endless holidaying world celebrities, relishing its surf beaches.

Aside from her work commitments, Liz says she loves to read and take long walks, visiting local cafes and restaurants and catching up with friends.

With a criminal lawyer for a brother, Liz has an intense interest in legal matters, current affairs and the ways of the world.

Her 25 years as a senior correspondent with *60 Minutes* has required her to circle the globe countless times. Afghanistan, Turkey, Pakistan, Iran and the Arctic Circle are sites of some of her more challenging assignments.

US presidential elections, the human horror of the Syrian refugee crisis, the devastating earthquake and tsunami in Japan, America's nuclear dispute with North Korea and the aviation crisis involving Boeing's disastrous aircraft, the 737 Max, are listed in the

Hayes CV.

Liz has interviewed George Clooney, Dustin Hoffman, Roger Federer, world surfing champion Tom Carroll, Olivia Newton-John, Billy Joel and Paul McCartney.

Liz produced and presented the award-winning documentary, *The Greatest Gift*, the story of heart transplant patients.

She was praised for producing and presenting the two-and-a-half hour television special on Sydney's Lindt Café siege when eight hostages spoke exclusively of their terror the day they were held for 17 hours by a lone gunman.

For 10 years during its halcyon times Liz co-hosted Nine's national breakfast program, *Today*, and she hosted the Winter Olympics in Lillehammer, Norway.

With 40 years working as a reporter and presenter for Nine Entertainment, Liz says she loves the challenges despite her astronomical workload.

"Age should not be a

barrier. I joyfully acknowledge at my age what's happening. I'm probably busier than when I started as a cadet at age 17 and I'm more productive.

"I'd like to think a bit of wisdom and experience is very valuable and worthwhile, particularly in television.

"I see it as acknowledgment that I'm still considered as valuable. When you are hitting my age, you have a lot more to give.

"It ain't over," laughed Liz.

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Northern suburbs retirees group welcomes new members

COMMUNITY Ambassador and Community and Stakeholder Engagement officer for NBN in Western Australia, Ashley Merrett will be the speaker at the Association of Independent Retirees (AIR), Perth northern suburbs branch on 18 February.

The NBN is a very emotive issue and an important component in everyone's lives, so lots of people are expected to want to hear what Ashley has to say.

The discussion will cover: what is the NBN™ and how to connect; in home optimisation and IOT (internet of things) and scams awareness. It will end with a question and answer section.

The next meeting will be on 18 March and the speaker will be Maria Moffit from Destiny Rescue an organisation committed to rescue kids from sexual exploitation and help them stay free. While their primary focus is on children, they often encounter adults who are enslaved or trafficked and who need help.

The Association of Independent Retirees (AIR) represents the interests of both fully and partly self-funded retirees to government at all levels – they are completely apolitical, solely seeking to improve and maintain the positions of Australian retirees.

The membership consists of people who derive at least a portion of their income from independent means, however, at least half of the members rely on the Age pension for a substantial part of their income.

Under current WA Covid-19 regulations the numbers in the meeting room are restricted. Therefore, if you wish to attend as a guest, please reserve a seat by registering your interest with Mike Goodall.

All meetings will be held at the Penistone Park Community Sporting Facility, 27, Penistone Street, Greenwood.

All AIR members and any interested guests are most welcome.

Cost \$4 per person including raffle tea or coffee. For further information please contact Mike Goodall on 08 6364 0859 or e-mail psair@gmail.com for further details.

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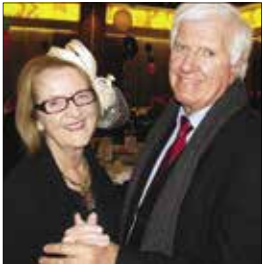
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on Monday 8/03/21



Have a Go News was
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Judith Treby (Dec) and
Quentin Smythe (Dec)

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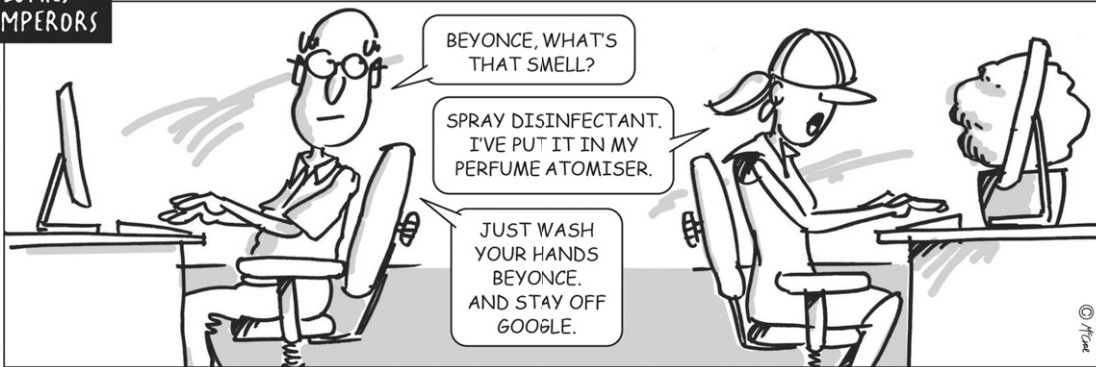
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CLOTHES FOR EMPERORS



Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor,
I REFLECT back on when the first American ships arrived in Fremantle to set up a base for troops after Pearl Harbour and the invasion of the Philippines. The first thing they did after they arrived was to launch wooden boats for a trip up river to Perth.

When the boats were put into the water, the old hands thought that they would sink having been out of the water for some time. We had been using clinker built boats which needed to be immersed in water for some time for the wood to swell, making them water tight. But the Yanks were one up on us having built these boats out of marine plywood, unknown to us backward Aussies at the time.

The next miracle was for a seaplane to unload, taxi down the railway bridge in the harbour and then take off down the harbour over South Mole, to the

amazement of those in the West.

The Americans also had the first forklifts in this state, a great labour saving device.

All American navy personnel wore blue denim jeans as work trousers. They were sought after by all Aussies even when discarded as rubbish. They were often retrieved by Tilley's who were contacted to supply the barges for disposal of rubbish from the ships. These discarded trousers were washed, rips sewn up and then sold to a ready market.

In my 93rd year I am still having a go!

Bob Johnson
Bassendean

Ed's note

Thanks Bob for your wonderful recollections – I think we need to interview you.

Dear Editor,
I LOVE the diverse comments sent in by my fellow readers of your paper, it is greatly appreciated by me and also by the people who use the community centre where my seniors club meets (other groups and churches use the centre too). As a matter of fact if I do not get in quick once

the paper is delivered to the centre I miss out.

I agree with Florence Mellott of Ferndale about the discipline issue facing us these days, also I must echo the comment by Vic Smith about the *Have a Go Day* at Burswood park last November.

I love the articles by all the jour-

nalists and hope you keep going for at least another one hundred and thirty years so that, as I keep telling everybody I am going to live till at least 199 (I am currently a young 73), I know I will have a decent newspaper to read.

Margaret Ryan
Ballajura

Dear Editor
I MUST congratulate you on the January edition paying tribute to the founders – Judith Treby and Quentin Smythe.

You have proudly maintained their standards with humorous articles from Rick Steele, intriguing contributions from Lee Tate and thought provoking columns from

Karen Majer.
Keep up the good work.

Lew Smith
Cottesloe

Dear Editor,
CONGRATULATIONS to Lee Tate on his opinion piece in the January issue of *Have a Go News* about the Aged Care Sector. They are very timely words.

Has anyone noticed

that reports of unacceptable actions in the Aged Care Sector have all of a sudden gone silent?

Has anyone noticed where the majority of the Government funding has gone?

I believe it has gone into building new churches.

I wrote a letter to the daily newspaper some time ago expressing

the same views, but that letter never saw the light of day.

The opinion I expressed in that letter was that, after feeding millions of dollars, year after year, into the aged care sector, our governments must surely by now have paid for all the infrastructure involved, over and over again.

I suggest that, in-

stead of further funding, amounting to millions of dollars to this money hungry sector, given the amount of money previously wasted, all the aged care facilities so funded should now be repossessed and ownership transferred to the Government.

Robert Cairns
Thornlie

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Western Australian author writes his way through retirement



Left to right; Trevor Todd - A selection of Trevor Todd's works

by Allen Newton

VARIETY has proven to be the spice of life for WA author Trevor Todd. And the 73-year-old sees no reason to vary his writing diet.

If anything, he says, he is becoming more prolific as the years roll by.

His most recent work is a stage play, *With Fire In Her Heart: The Edith Cowan Story*, being performed as part of Perth's Fringe World in 2021, but his work ranges from children's books to a psychological thriller feature film *Devil's Gate*, to television documentaries and children's TV.

Trevor says he can't ever remember not writing.

"At primary school, I

would write stories, even if it wasn't for school, I just loved writing and loved words," he says.

His writing journey turned to music in his teens when he picked up a guitar, learned a few chords and started writing music.

Trevor was born near Portsmouth in England and migrated to Western Australia with his family when he was four years old.

He doesn't remember much about his early years in England. The family moved to Guildford on the banks of the Swan River when they arrived in WA, which Trevor says was an ideal place for a child to grow up before beginning a teaching career and starting to

write poetry.

"I thought I might be a poet but realised there weren't any millionaire poets."

But the variety of his work is not something Trevor says he thinks much about.

"When you're a writer, you're a writer, but I did a Bachelor of Arts at Curtin University while I was teaching, majoring in film and television, which gave me the skills to write for the screen.

"Then I moved from the classroom to the audio-visual branch of the department in Leederville which gave me more skills for writing for screen and producing.

The first of 13 books, *Mason Judy*, about a boy with a magic stone

that transports him to the Dreamtime, was written and published when he was around 27 years old.

It was illustrated by the late Robert Juniper, one of Australia's leading artists, who had been shown the manuscript by friends.

"It was one of the most memorable things of my life.

"The publisher, Methuen, had an option for the next book, which I didn't have so I had to come up with that and suddenly I was a children's book writer."

Trevor has earned a spot in the new Boola Bardip WA Museum in the Innovations gallery where his work is featured, something that came as a pleasant surprise.

"I wasn't ever taught to write for children – or music. I might have the first song to get out to the public, because as part of my 13th book being published in January, *Animal Doctor*, people can go to Spotify and download a song which I wrote and sing and play."

The story is based around a hippopotamus having a hip operation, a giraffe with a pain in the neck, an alligator with a toothache and a woodpecker with a bad neck.

"I love the variety, I couldn't imagine doing the one thing all the time. I've been very blessed to be able to do that.

"These things pop into my head and I don't know why.

"I've got a feature film which is under option to David Lightfoot who is based in South Australia and is very experienced. He's done *Wolf Creek*

and *Babe*."

He's written a comedy series for television designed for production in Covid times which revolves around 10 different famous painters or sculptors.

"So, we look at, say, the Mona Lisa, and suddenly out pops Lisa and she's saying she finds the colours of the painting a bit dull and she's trying to convince Leonardo that she should pop home and put on a red dress because it's more colourful and he's having none of it."

Another book, *100 Watermelons* will also be released this year, born out of a visit by Trevor's daughter and two grandsons a year ago.

"We were just parking outside The Boatshed Markets in Cottesloe and there was a forklift truck taking a load of watermelons off the back of a

truck, which wobbled and looked like the watermelons might fall.

"I said I might be able to write a story about that and I did."

Trevor doesn't believe that getting older has hindered his writing.

"I don't even see myself as being 73, and I still have all my hair, and I'm not slowing down. If anything, things are speeding up, the ideas don't stop coming.

"I love it and I've retired from teaching, but I couldn't do nothing."



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Birdsong finds rhythm between science and art in a new study project...



Western Australian Academy of Performing Arts PhD candidate, Jean-Michel Maujean

by Despene Clarke

LIVING in Australia, we sometimes take the sounds of nature around us for granted. However, many studies have shown that listening to birds, frogs and the ocean connects us to our natural environment and is beneficial to our well-being and good mental health.

For Western Australian Academy of Performing Arts PhD candidate, Jean-Michel Maujean capturing bird-

song is the focus of an engaging new music study at Edith Cowan University connecting art, science and nature that will take Maujean on a six-month off-the-grid project to record and study native Western Australian birds as part of an engaging new music project.

Maujean, who has a degree in Composition and Music Technology from WAAPA, says the birds will be the composers and stars, celebrating some of the rich repertoire on of-

fer in our state. The birdsong will be accompanied by a selection of self-made instruments.

"The title of my PhD subject is *Composing with Western Australian Birdsong* and I am writing a suite of works. In each one the bird will play and act like a melody with my instruments complementing what the bird is doing.

"I have developed some instruments and a musical tuning system. It seemed fitting to include birdsong in that process as a way of tying it all together.

"I would like to hear suggestions from people regarding the type of bird they would recommend. If someone really likes the sound of a bird, please suggest it and I might go and survey it. While I have been in touch with a number of associations including the Goldfields Naturalist Society, it would be good to hear from other groups and individuals.

"I hope that my research will help provide a greater awareness of our own backyard and the abundance of nature that is on offer. I also hope it helps people engage with the environment and focus on how rich and beautiful it is, encouraging them to take more of an interest when they are outdoors or walking in the bush,"

he said.

Maujean has been inspired by noted violinist, composer and ornithologist, Hollis Taylor, a senior research fellow at Macquarie University who he has worked and studied with in the past. Taylor has among many other works recorded the *Pied Butcherbird* accompanied by violin.

At this stage, his preliminary field trips and some of his recordings will be based on the Western Gerygone, the Pied Butcherbird, the Australian Magpie, the Grey Shrike-Thrush, the Western Whistler and the endangered Noisy Scrub-bird, which is only found near Albany.

Speaking to *Have a Go News* from Denmark, in Western Australia's south coast on a field trip connected to the Noisy Scrub-bird, Maujean said he will embark on what he predicts will be about six months on and off the road travelling to places including the Fitzgerald River, the Great Western Woodlands, areas around Kalgoorlie and eventually Mt Magnet in the Pilbara region.

Armed with a sophisticated sound recording system and a four-wheel drive vehicle with solar panels, Maujean predicts he will be able to stay off the grid for up to two weeks at a time allowing him to fully immerse

himself into the natural habitat of his feathered subjects.

"Being able to stay in one place for a period of time will lend itself to better recordings because the birds will not see me as a threat," he added.

Maujean says Australian songbirds are distinctive and tend to be noisier, aggressive and more intelligent than birds found anywhere else in the world.

"The relative isolation of Australia along with an abundance of nectar has contributed to great diversity in Australian songbirds," he said.

His self-made instruments including a PVC cello, 3D printed flutes and a simple-to-use scoring technique that will accompany the birdsong and make it possible for audiences to follow along and play at the same time.

Maujean is also keen to hear people's stories about nature and birdsong and would welcome input and perhaps collaboration from members of the community heading towards production and a recital in the future.

If you or your organisation or society would like to contribute insights, suggestions or comments on this project with the view of adding to his research, Maujean can be contacted by email at jmaujean@ecu.edu.au.

Temporary relief on debts has now ceased but help still available



by Hank Jongen, General manager, Services Australia

Hi everyone,
We understand the coronavirus pandemic made 2020 a very difficult year.

That's why, in April last year, the Government put a temporary pause on raising and recovering any overpayments people may have incurred. This pause helped reduce pressure on budgets during

this time.

That pause has now ended. This month, we're contacting people who owe money to support them to make repayments in a way that works for them.

If you owe money, we're here to help you.

We can work with you to help you understand the reason for the overpayment, and set up

a repayment plan that best suits your situation.

You can also manage any repayments using the 'Money You Owe' service in your Centrelink online account through myGov and Express Plus Centrelink mobile app.

We recognise that some people are still doing it tough and we have a range of support services available including specialist staff, such as social workers, who can provide short term counselling, information and referrals to other services.

We also encourage people to contact us on their regular payment line if they need sup-

port. More information is also available on our website at: servicesaustralia.gov.au/debts

We've also been working hard to make things easier for our customers and to prevent overpayments from happening at all. The introduction of simplified income reporting late last year will help ensure people are paid the right amount for their situation from the outset.

Until next time.

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

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Scratchie packs up for grabs

IN our 30th anniversary year we have our fingers crossed that one of our readers will have a big win with our scratchie pack competition. This month we have five, \$20 Lotterywest Scratchie packs to give away to some lucky people.

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 1/3/21.

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The wisdom of the elders... an inspiring story on grandparenting the Aboriginal way



Aboriginal elder Dale Tilbrook

by Allen Newton

GRANDPARENTS can often be a lifeline for struggling young families. So imagine if you had a handful of granddads and grandmas on tap for those times when you need help.

That's where Wardandi Bibbulmun woman Dale Tilbrook, reckons Aboriginal families have the edge over many Europeans.

Dale, whose traditional Aboriginal country is the Margaret River, Busselton area, operates Dale Tilbrook Experiences and has been a Swan Valley local since 1998, when she opened the Maalinup Gallery with brother Lyall.

When I popped in to Maalinup to chat to Dale about bush tucker and the impact the coronavirus is having on the business, the pair were

juggling an energetic four-year-old granddaughter, Willow, with running the business.

Thank heavens for a big close-knit family, able and prepared to jump in and help with nurturing a new generation of the family.

Dale says the old English phrase about it taking a village to raise a child is certainly true for Aboriginal people.

The pair are juggling the energetic youngster as we sit and chat in the gallery, surrounded by the wonderful smells of native ingredients, Aboriginal art on the walls and tables of authentic artefacts.

While Dale and Lyall are at a time in their life when most are at least contemplating retirement, Dale says Aboriginal people's respect of their elders holds lessons for all of us.

Lyall is a poppy, because in the Wardandi tradition, all Dale's brothers are also Willow's grandfathers.

"She has a whole handful so she's very lucky," Dale laughs. "And she has one other nanna."

Dale says that in Aboriginal culture, tradition over thousands of years dictates that the elders are the people who are actually in charge.

"It wasn't your age that determined you were an elder, but your abilities and experience and having the backing of the other older people of the group."

"You were the wise ones."

"I think the wisdom of the elders is not quite as respected in current Western philosophy, although it probably was more so in the past

when you think of the old crone who was the wise woman who held all the secrets of medicines and things like that."

Dale believes the connection between families, particularly in Eastern Europe where people are still close to the land plays a part in the more important role of older people in families.

"Rural communities tend to have that more 'village things' going on where in our society my brothers and my sister are grandparents to my grandchild, which gives her a lot of people she can go to."

"It definitely works, as you can see, she's very attached to my brother Lyall."

"On two occasions my brother who lives in Melbourne came here to help us with Willow."

"He dropped everything at home on one NAIDOC week. I think she was about two at the time, when mum was not able to look after her and we had all these bookings for NAIDOC, I was speaking to him on the phone."

"He was on the next plane. Willow had never met him before, but he had her eating out of his hand, he's a natural at it."

"Then the year before last when I had a knee replacement he came over again and looked after Willow."

Dale says there are things non-Aboriginal people can learn from Aboriginal people about

how to work together in families.

"That close bond with my siblings has been passed on to my grandchild and I think that is absolutely wonderful."

"I know it's very similar to other cultures. We have a lot of Indian people visiting and we often sit down and compare the similarities of cultures; it's exactly the same in their culture."

"Their cousins are also their brothers and sisters."

Dale says it's hard to know whether these tight family bonds are in people's DNA or if it is learned.

"It's that nature or nurture discussion, but we grow up with those close connections."

"My late partner used to talk about when he lived in the south west there would be a whole phalanx of cousin brothers, in particular boys, who would hang out together."

"He said they would go roaming from one camp to the next and every camp they went to there was a mum because mum's sisters are your mums and mum's dads are your uncles, dad's sisters are your aunts, dad's brothers are your dads, but you call them all mum and dad."

"So, wherever they went they were the kids and everyone took responsibility for them, which shared the load."

Dale says some younger Aboriginal people living

in metropolitan environments don't seem to have quite the same hold of their culture to brace them for the world as they might have done in the previous generation.

"But I think as long as they have oldies in their

families they can sit at the feet of old nannas and granddads and hear the stories. They still have a way back into culture, even if they are being swayed by whatever they see on television or hear on the radio," Dale said.



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Where opinions matter - public facilities... do we have enough to cover us?



by Lee Tate

IN the midst of summer we become acutely aware of how little sun protection we are offered at many WA public places including beaches and parks.

Of course, ravages from the sun come at other times of the year, penetrating clouds and

targeting our skin.

Schools, among danger areas, are being addressed and more WA shopping centre carparks have been covered for cars.

Living in one of the world's most dangerous regions for sun damage and with climbing death rates, skin damage and health costs, much more could be done.

Local governments provide for their thousands of ratepayers but are also called-on to protect outsiders, visitors to their beaches, parks, venues and attractions.

Given the severe limitation of council budgets, the obligation falls, surely,

at the feet of our State Government as well as employers in trading areas.

Where people are knowingly exposed to danger anywhere, there is a legal and moral requirement to protect them.

Protection would include either trees or shelters, or both. But not like many so-called public shelters including bus stops and others at some beaches, that provide cover only when the sun is directly overhead.

How about a 'Get Sun Smart' government commitment, drawing up a high-powered committee from business, local and State government, community groups and schools?

Architects and planners could present a big picture with tasteful designs for effective, outdoor protection. A blueprint for co-

ordination of life-saving sun protection. Governments could work on a budget and progressively introduce trees and shelters with a plan for ongoing maintenance.

WA could showcase itself proudly as a truly 'Sun Smart State'.

Some shelters may need to be transportable and demountable, especially before high winds and storms. Others would be solid and permanent.

Of course, it comes down to money.

But given the billions of dollars governments managed to produce during the pandemic, surely funds in resource-rich WA can be generated for this priority project. Some tasteful advertising on shelters may be an option, especially if the products and health-linked or carry vital government messages.

On another community health vein and important to West Australians and our visitors is the public toilet.

Embarrassingly, Western Australia's capital city - its central retail square, Forrest Chase - has no convenient convenience.

Visitors asking for directions from the Forrest Chase information booth to city toilets are told that the nearest dunnies are across Wellington Street at the station or Yagan Square and up one of the city arcades (good luck trying to find it, especially in a hurry).

Disgracefully, despite more multi-million-dollar renovations and welcome city improvements, we don't have a central public toilet facility.

In the recent pandemic-focus on national hygiene, we excluded the provision of toilets - and

not just in the busy city square. Many public areas in our city and country have no public toilet; or they are a disgrace; or they are kept locked due to vandalism or unsocial behaviour.

Other countries manage to get around these hurdles. Some countries charge fees, some are staffed, some are government or council-funded and some show care for citizens and visitors, providing easily-accessible, free and clean toilets.

Often in Australia, the burden to maintain public toilets has been placed unfairly on nearby businesses - by order of councils. Commonly, while out-and-about, we turn to the service station, shop or hotel without being their customers.

Health and hygiene are a responsibility of our councils and State

governments. Along with water, health and hygiene are fundamental to our healthy society, these ought to be provided to ratepayers and taxpayers and kept to a high standard by our authorities.

What do we do for the health, safety and comfort of our ageing society?

We welcome tourists, friends and relatives from interstate and overseas. Retailers spend fortunes promoting their shops. We are happy to roll out the welcome mat, but how serious are we truly about catering for visitors' and our own society's needs?

Perth Lord Mayor, Basil Zempilas, has promised this columnist to look into Perth's central city toilet facilities.

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



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Perth City Farm seeks more volunteers...



Perth City Farm volunteer Tara

PERTH City Farm is a not-for-profit community environmental centre that provides space and opportunities to build community connections and educates and enables people to live sustainably.

The East Perth site is Perth's original sustainability hub (established in the early 1990s), but their work extends out through the city with education and city greening projects.

The project would not be around without generations of fabulous volunteers.

The farm started with dedi-

cated volunteers to help clear the site... then they began with the construction on the garden beds and the creation of the nursery... then it was creating art, maintaining this beautiful site and helping at the various festivals and events.

They have an awesome team of volunteers who work in structured roles but they are always looking to expand.

There are a variety of volunteer positions available, including looking after the chickens, growing plants in

the nursery and helping out in the office. Volunteers also sell produce at the farmers market, work on the city greening program at the urban orchard and QV1 rooftop garden, work with soils, and help out with twilight events.

They would love to welcome more *Have a Go News* readers to get involved.

Find out more by visiting www.perthcityfarm.org.au or call farm manager Rod Hughes on 9325 7229 or email farm@perthcityfarm.org.au

Affordable 'Back-Up' Digital Hearing Aids Take-Off During COVID-19

Australian company *Found Hearing* have released one of Australia's first low-cost digital hearing aids, which is now available and delivered directly to your front door. The *Jaspa 3* hearing aid was originally developed as a 'back-up' digital hearing aid, or loan device for audiology clientele, whose current pair of hearing aids were either in for repair or servicing, or had been lost. Audiology clientele could simply pick up the *Jaspa 3* hearing aid without the need for an appointment or hearing test.

The surprise came when the majority of customers who used the *Jaspa 3* 'fill-in' hearing aid during the interim period, were extremely reluctant to return the hearing aid to their audiology clinic, even after their more expensive hearing aids had been repaired and were ready to be collected.

Once COVID-19 restrictions set in, demands for a non-contact 'back-up' digital hearing aid were in full flight, with most audiology clientele putting off hearing appointments altogether.

***Found Hearing* spokesperson Lyndon Hudson said;**

"Understandably many hearing aid wearers have not wanted to put themselves at additional risk by having to attend hearing appointments. Consequently, we realised that access to a high-quality 'back-up' digital hearing aid is essential for most hearing aid wearers, and not just during a pandemic. Even the most expensive hearing aids regularly require repairs, servicing, adjustments and are commonly lost or misplaced. When this occurs many hearing aid wearers have to suffer with poor hearing until the problem is resolved. Often this can be days or even weeks that someone

has to be without their hearing aids. It is extremely frustrating not just for the hearing aid wearer, but also for friends and family who are struggling to communicate with them. With the quality and affordability of the *Jaspa 3* hearing aid, we can now solve these problems."

The *Jaspa 3* digital hearing aid has been advanced even further since the pandemic began, and now operates on one of the world's leading hearing aid microchips. It holds much of the same technology as found in expensive hearing aids, including fully digital sound processing, wide dynamic range compression, feedback cancellation, noise reduction, and digital operation across 12 bands. All these features operate automatically for the wearer. It is suitable for mild to severe hearing loss, and is equipped with a simple to use volume and program control.

The *Jaspa 3* hearing aid is a broad-prescription device, meaning it will work for various types of hearing loss without the requirement for a hearing assessment. The style is a discreet 'behind-the-ear' open-fit design, that the majority of hearing aid wearers are already accustomed to inserting and managing. It takes a standard 312 hearing aid battery.

The *Jaspa 3* hearing aid is \$429 per device and includes a 30-day money back guarantee and free delivery anywhere in Australia. No hearing test or appointments are required. To order call 1300 240 114 or order online at www.foundhearing.com.au



You are never too old to join a protest as this grandmother did...



Ruth Carlson at Helms Forest

by Frank Smith

LAST autumn year the Margaret River Mail reported a political demon-

stration with a difference. More than 40 grandmothers, describing themselves as 'Nannas for Native Forests'

brought logging to a halt in Helms Forest between Nannup and Margaret River on Tuesday morning 29 September. "The Nannas for Native Forests moved in overnight, blocked the roads off with their cars, lit small fires for warmth and set up a marquee decorated by their colourful handmade banners. "They know they are preventing work in this small patch of forest for a few symbolic hours." While waiting for logging workers and police to arrive they took out their knitting, took photographs, shared muffins and wandered into the

devastated area where the loggers had been operating. One of the protesters was 91-year-old Ruth Carlson. Ruth was brought up on a farm at Waroona and was always interested in nature. "At 15 I became concerned about the loss of trees and feared the land would become a desert," she said. But then domesticity took over and is still important to her at 91. "I'm just a housewife. I still cook and do some cleaning. I was never previously involved in politics," she said. But Ruth, who has

seven grandchildren and six great-grandchildren, and cares about their future, has turned to activism as she ages. "Everywhere the world is in chaos. WA is safe but the world is in crisis with Covid-19 and climate change causing disruption. "The government is mainly interested in building roads and houses. But we can't have road and houses if there are no trees. "Somebody must do something to save our forest. "We have got to try our hardest to protect forest. Our best forest has gone resulting in loss of shade

trees and habitat for birds and other animals. "It is being cut down and it is not being replanted. We need to take a stand," she said. And so she did - joining about 40 other nannas in a symbolic protest where native forest was being felled. Will she do it again? "I need a heart operation, but I'll be back when my doctor says I can." The police arrived a few hours after the protest started to move the nannas on. "I was careful not to get arrested," Ruth said. She spoke to some of the policemen, who

seemed rather embarrassed to be dealing with an elderly mob of protesting ladies. "They are just doing their job. We try to be pleasant to everyone. We have got to keep smiling and not get angry to keep people on side. "We want to encourage other people to do something about the problem. Many people agree with us, but others are busy running their own lives and don't see the problem. A WA Police Force spokesperson said members of the community have a right to voice their concerns through lawful protest activity.

The comfort of eco-friendly building and creating your own grand design



by Karen Majer

I KNOW quite a lot about building a house - I've watched *Grand Designs* for years. So as we embark on the adventure of building from scratch for the first time, I'm prepared for the fun of planning, the technical challenges, delayed delivery of building materials, cost blowouts and, hopefully,

our own small grand design matching the vision. I'm discovering that the planning stage involves a big learning curve, especially because we are aiming for an ambitious ten-star NatHERS energy rating. The energy rating of a home takes into account many factors including orientation, building materials, insulation and ventilation. Ten-star energy rated homes do not require any heating or cooling to stay at a comfortable temperature year-round. Our strawbale house will have walls about 450mm thick and double glazed windows. North-south orientation with north-facing windows to

capture winter sun will enable warmth from the sun to be stored in the thermal mass provided by polished concrete floors in the living area during the day and released to warm the house at night. With the angle of the sun more directly overhead in summer, eaves, a solar pergola and deciduous vegetation will shade the northern wall and good ventilation will make use of cooling breezes. All of our power will be generated by solar panels. Some of these energy-efficient features can only be achieved by good planning in the building stages. I believe that it should be mandatory for new developments to

provide the capacity for all blocks to enable solar passive home design and that sustainability features should be obligatory in building approvals. Imagine the benefits if the hand-out of Commonwealth and State building grants had required basic energy and water saving design. Even if you aren't thinking of building, there are many ways to retrofit existing homes to improve sustainability, reduce power bills and improve comfort. You can begin with replacing light bulbs with efficient LED bulbs. Your choice of household appliances is important so when it comes time to replace an electrical ap-

pliance, choose models with a high energy star rating. Home heating and cooling make up around 40 per cent of a home's energy usage, so that's an area where you can make big savings. Another aspect of building is 'embodied energy' - the energy consumed by all of the processes associated with the production of a building from the mining and processing of natural resources to manufacturing and transport. A complex combination of many processed materials determines a building's total embodied energy. We want to minimise this as far as pos-

sible in our eco-friendly home through selection of mainly local building materials. Timber rather than steel framing, seeking salvaged timber and other materials for finishes and reducing building waste will all help. Polished concrete in the living areas will save the embodied carbon (and cost) of carpet or vinyl flooring and be a lovely setting for a couple of treasured Turkish rugs. And, who would believe, linoleum is coming back into vogue? Do you remember when lino was the floor covering of choice and even covered the timber kitchen table? Lino in the form of 'Marmoleum' made from

natural materials without any toxic chemicals is a healthy, sustainable choice that we plan to use in the kitchen and wet areas. Some people think that being environmentally friendly means giving up creature comforts or emulating an Amish lifestyle. It's quite the opposite. I plan to join the growing band of people who are demonstrating that you can create a comfortable home that is light, beautiful and functional, that reduces living costs and doesn't cost the earth. Find out more: Josh's House www.joshshouse.com.au/ Witchcliffe Ecovillage www.ecovillage.net.au/

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A new year and time to chat about this and that...



by Rick Steele

THERE is nothing wrong with using an old cliché now and then. Just like they say, 'everything in moderation'.

School teachers, sports coaches, mums and dads should, and will, keep using them 'till the cows come home'. 'You can lead a horse to water, but...' with the insecurity that surrounds us normal folk, and the uncommon stress that small and big business

are under, now is the time to 'think outside the box'.

It has been 20 odd years since I had a haircut at the local barber or hairdresser. No real reason, I guess I can achieve my caveman look by hacking a bit off myself every now and then, and the money I saved went to the brewery.

So, with Covid playing havoc with the hair industry, and everything else, it was surprising when a new barber shop opened in direct competition at our local shopping centre. Not having much idea of the cost of a trim myself, I was financially titillated when the newcomer plastered all over the window front and wall space, advertising, "All Men and boys haircuts \$5" – five dol-

lars! Well, apart from DIY, any mum struggling to feed the family has got to consider this offer. Even dad, with the gaping hole in his beer money fund has to be seriously tempted.

Within days, the 'writing was on the wall', and the pre-existing business was suffering badly as loyalty was lost and the sacred hairdresser bond was shattered. Gloom descended, and unless things changed, they would stay the same.

Whether it was the bottle of red, the crying in the beer, or the deep and meaningful conversation with the love of his life, two days later a sandwich board in the mall appeared and a new large sign in the window of the original shop proclaimed in large red let-

ters: 'we fix \$5 haircuts'.

Within hours the tide began to turn, bridges were mended, and loyalties rejuvenated. A clever change of thinking and marketing, jump started the business and disaster was avoided. The other sign that said: 'we cut hair while you wait', might have helped too.

Incidentally when Dolly Parton was asked how long it took to do her hair? She answered, "I don't know, I'm never there!"

Now that Donald has left the building, a new broom sweeps clean. They are saying Joe's win is a triumph for democracy. It does show that a millionaire has just as good a chance as anybody else. Apparently Trump left plans for

a huge king-sized statue of himself in the grounds of the White House. It would give shelter when it's raining, and shade in the hot summer. Vice president Harris added it would give pigeons a chance to speak for all of us! Sleepy Joe has rejected the project. He is not a sheep in sheep's clothing.

We all know politics can be a rough business. We have seen, very recently, death threats, triple security, army and of course assassinations in the past. When Clinton attracted severe unpopularity, detractors were yelling, "Clinton should be bloody well hung!" Monica was heard loudly exclaiming; "But he is, he is!"

Politics is said to be the second oldest pro-

fession in the world. These days many people believe it rivals the first. Politics is the gentle art of getting votes from the poor and campaign funds from the rich, by promising to protect each from the other.

Meanwhile, here in the Wild West, the Fringe Festival, followed by the highly acclaimed Perth Festival promises to be entertaining, and will feature more than usual the best of our local talent. The border shut-downs are still with us, and most likely to stay well into this year. The State election is planned for 13 March and the footy season begins a couple of days later. Seems to me, if this is as tough as it's going to get, with a little help from my friends... I just may

be able to tough it out.

A West Australian tourist visiting South Africa found himself in small village on the outskirts of Cape Town in what seemed like a political rally. A gentleman standing on a soapbox was gesticulating and shouting loudly to which the assembled crowd retorted loudly and in unison, "oomgalla". After this process was repeated three or four times, the tourist asked a local interpreter. "What does oomgalla mean?"

"Well," the local replied; "you see that paddock over there with the three bulls in it?"

"Were you to climb the fence and set foot in the paddock you would be up to your knees in oomgalla!"

Cheers dears.

Stepping up and discovering the self-satisfaction of creating your own piece of furniture



by Jon Lewis

CREATING is a wonderful thing, at least that is what I have recently discovered.

In my quest to find a classic step chair, I discovered something else.

Something wonderful.

Do you remember the old 1970's step chair or was it called a step stool? I quite liked these as it gave you a comfortable seat for the orange breakfast bar and on occasion a convenient set of steps up to a light bulb in need of change or to reach those pretty pans on the upper shelf.

I wanted one of these smart stools for my little shed. Sadly, they don't sell them anymore. What could I do? I started looking at the preloved marketplace. Now and then

one of these clever chairs appears for sale.

They tend to range from \$30 to \$60 depending on condition or design. It was the design that particularly caught my attention. It turns out there were at least three popular versions depending on which country you lived in. Here in Australia, we had the little flip out stairs. Do you know the kind, where the two little steps never quite seemed big enough or sturdy enough to support your weight? Over in America somewhere they

had a version where you stepped into the chair, by flipping the seat up and over. I liked this idea a lot.

It had been many decades since they were made and quite frankly if one did arrive on the preloved market it would likely be a price higher than I would enjoy, so what could I do?

This is what I did... I had a go and made one. That is, I had a go and created one.

I am quick to say my chair may not be beautiful to you, but it's beautiful to me.

Each time I look at it I feel a comfortable feeling of satisfaction with my little creation. What's more... if it requires some changes, I can do this. It is because I made it, so I understand and have the confidence to change it... hopefully for the better.

I created a step chair. The chair is exactly as I require. This chair is to me beautiful.

I believe to create is to grow in mind, body and spirit. Now it makes me wonder where else and what else can we create?

If you feel a painting would be good on 'that' wall, could you create an artistic article? Perhaps a functional dinner plate or cute cup for your tea or coffee is your interest? Maybe it's your special homemade ice-cream or muesli? It could be a shopping bag for life or a shoe repair? How bad could it be? How beautiful to you could it be... you might be pleasantly surprised.

Creation, the action or process of bringing something into existence.

What could you



Jon's step chair

create today?

If you are wondering, my chair is basically a box with a seat above it supported by four sticks.

The seat flips up and I step onto the box with the frame of the chair around me. I love it. All the best.



The Lions Cancer Institute Inc. is a "Not for Profit".
Our mission is to conduct free skin cancer screenings and support our nominated PhD students studying cancer research.

Our mobile screening units need replacing with a new single screening facility as they are aged, not suited to disabled patients and to help fund a replacement our plan is to ask all Lions Clubs to pledge an annual amount over the next three years for seed funding.

Can you help?

Donations are welcome especially for this project - The new mobile skin cancer screening facility - we simply don't have the funds to ensure we can meet this challenge and need your help. Our licence issued under the provisions of the Charitable Collections Act (WA). Licence # CC20082.

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See editorial on page 15 for details or visit our website www.lionscancerinstitute.org.au or email chairman@lionscancerinstitute.org.au

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Time to harness campaigners to fight to end frozen pensions for UK expats



by Mike Goodall

IT is with great sadness that I have to report that the chairman of British Pensions in Australia, Jim Tilley is seriously ill.

Jim founded British State Pensions in Australia (BPiA) in 2003 and has been a fierce campaigner and leader for the unfreezing of UK State Pen-

sions. Beside his work in Australia with BPiA he was also a director of the International Consortium of British Pensioners (ICBP) working with the team from Canada to fight this unjust UK Government policy.

I last spoke with Jim over Christmas and he was having difficulties remembering and recalling numbers, although he was quite OK with facts. Since then, he has been admitted to hospital where he suffered a seizure caused by a brain tumour. Last week he was to be released from hospital into an aged care facility. Our thoughts are with him.

The UK Government have not responded to the findings of the All-Party Parliamentary Group (APPG). Baroness Stedman-Scott just trotting out the old government lines in the House of Lords that they had no plans to change the policy on uprating UK State Pension overseas.

This announcement coincided with the announcement that in the final BREXIT agreement those moving to live in the EU countries after 1st January 2021 would still benefit from UK state pension increases. As a comparison, an inflation linked state pension based on the current

maximum of £175.20 a week is worth on average £327,000 over a person's retirement. One that is frozen is only worth around £188,300 which is 42 per cent less.

In the last couple of weeks MPs have questioned the pensions Minister in the House of Commons. Firstly, if the UK has received recent representation from the governments of Canada and Australia. Guy Opperman (UK Parliamentary under-secretary for Works and Pensions) said the government had received representations from Canada for a new social security agreement but nothing

from Australia, but no response had been made to Canada.

I have written to several senators and ministers asking why Australia hasn't been making representations to the UK government based on the recent BREXIT agreement. A new social security agreement is not necessary, just a simple change in the UK law which would unfreeze all expats pensions, not just those in one particular country.

Please write or contact your local Federal MPs and senators. Now is the best time to press this issue with the UK Government.

Am I UK State Pension Age?

UK Expats born between 6 October 1954 and 5 April 1960 will be eligible to claim their UK State Pensions from their 66th birthday.

For those born after 6 April 1960 the age that they can claim will increase by one month extra for every additional

month of birth until 6 March 1961 when it will become their 67th birthday.

Anyone who would like to discuss the above on any other aspects of their UK State Pensions, is welcome to contact Mike Goodall on 08 6364 0859, 0403 909 865 or via e-mail mikecgoodall@btconnect.com

Plastic lids for recycling continue to be collected



CONTRIBUTIONS to our Lids for Kids initiative has been astounding. Readers have turned up daily making

the most of our office as a collection point for this unique recycling project.

The volunteers are

most grateful when the lids are clean, colour sorted and the plastic inserts are removed.

The lids suitable for donation are from milk, juice, water and cool drinks and plastic bottles, please ensure they are clean, and the inserts removed and no lids are bigger than 5cm. Please do not include other lids. Check the photo for the correct lids to include.

Please do not include other items in the drop offs, we only need the lids and cannot do anything with

other plastics.

The WA chapter of Lids for Kids is setting up a system independently from the project in the Eastern States to turn plastic lids into products to assist local children particularly those with disabilities and other challenges.

Donations can be made at the Have a Go News office at 137 Edward Street, Perth, Monday to Friday 9am to 5pm.

Coronavirus (COVID-19) information

For the most up to date information about the global pandemic visit the Western Australian Department of Health website at healthywa.wa.gov.au/coronavirus or contact them on the Coronavirus Health Information Line on 1800 020 080 at any time.

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Keeping active and social are some of the keys to a happy marriage



Left to right; Mr and Mrs Parsons on their wedding day - Parsons family celebrate Ray and June

RAY and June Parsons, along with their family spent 6 January celebrating the milestone of their 70th wedding anniversary. The celebration included eating prawns, sipping their favourite whisky on ice, while reminiscing about the couple's incredible lifelong marriage.

Ray, a big cricket fan, received a video message from the world's fifth best T20 batsman and Perth Scorchers Big Bash

League player Colin Munro. Munro congratulated the couple for the last 70 years and wished them continued happiness, noting that “the boys would try to put a strong show on” during the home game which was played on the anniversary.

Ray and June met in a Sydney ballroom dancing hall in 1949. June saw Ray from a distance and decided in that very moment that she'd like to

know this young gentleman. She asked her brother and chaperone Les, to approach Ray and invite him on June's behalf to the debutante ball. He accepted and the romance began.

On 6 January 1951, Ray and June could no longer dance around their love for each other, tying the knot in St Peter's Anglican Church, Sydney. The next decade brought the couple immense happiness, travel

and outdoor adventures.

Ray and June welcomed their two beautiful children and proudest achievements, Sue and Wayne into the world.

The Parsons were an outdoorsy family, on weekends they would drive to their humble weatherboard cabin in Copacabana in New South Wales-Central Coast, spending the days fishing and swimming. Wayne and Sue fondly recall these

weekend trips as some of the happiest moments.

Wayne said: "Mum and Dad gave us a great childhood, if we weren't spending the weekend at Copacabana, we would be at a picnic somewhere new."

In 1972, after 17 years with Wattle Paints, Ray received a job offer to become West Australian state manager. Always up for an adventure, the family packed up their belongings and relocated to the West.

June, a woman of many talents, played a large role in Ray's career success, hosting exceptional dinner parties and barbecues for Wattle Paint clients. She also had a passion for volunteering, helping Red Cross with the Meals on Wheels initiative for years.

A great passion of the couple was travelling, from Europe to America and many places in between. Ray retired after 18 fulfilling years in his WA role, giv-

ing the couple more time to invest in their interests of international travel and history. At the same time, Ray resigned as a member of the Mosman Park Rotary Club after close on 20 years involvement in a range of fundraising activities.

Now grandparents to six children and great grandparents of 14 the matriarch and patriarch take their roles seriously, imparting many nuggets of marital wisdom.

June says: "Marriage is about being able to get on, have shared interests and be agreeable," she paused and smiles, "most of the time."

Ray says the secret to a happy and long marriage is: "commitment through not only the good but also the bad".

The 92-year-old also shared his wisdom on living past 90 years old.

"Life is a conveyor belt, you've got to stay active

and social, so that you don't fall off too soon."

Ray was an avid table tennis fan, and played until his mid-80s. While June at 89 loves her yoga sessions and both were daily walkers to keep in shape.

Eldest child Sue takes comfort in the advice her parents have given her over the years: "they taught us how to bring up happy children with strong morals and values."

Now residents in Frank Prendergast House aged care home, June enjoys exercise classes, creative art sessions and just about all activities offered by the Southern Cross Care facility. Ray at the ripe age of 92, enjoys using his iPad for brain games, staying up to date with global happenings and watching the cricket.

At the end of each and every day, Ray and June watch the news together, chat and have a tippie at happy hour.

High tech Perth Radiological Clinic opens 21st community clinic in 2021



BIG news in 2021 is that Perth Radiological Clinic is expanding further, opening another large community clinic on the ground floor of the newly constructed Hollywood consulting centre at Hollywood Private Hospital in Nedlands.

This takes the number of community clinics to 21, all conveniently located in the Perth Metropolitan area. There is sure to be one close to you.

The clinic provides the full range of services you expect from Perth Radiological Clinic; X-ray, ultrasound, CT, bone densitometry, MRI, injections and other image guided procedures. It's

spacious, comfortable and very high tech.

It's even better news for those women having trouble getting a breast imaging appointment. The new Perth Radiological Clinic at Hollywood Consulting Centre clinic has a major focus on breast imaging with another comprehensive breast service providing a full range of specialised breast investigations including digital mammography, 3-D digital breast tomosynthesis, breast ultrasound, breast MRI, breast biopsy procedures and pre-surgical localisations of breast lesions.

Take advantage of Perth Radiologi-

cal Clinic's caring, professional and clinically superior service while experiencing the discreet, reassuring surrounding in what can be a worrying time.

2020 was a tumultuous year with the eyes of the world firmly focussed on the Covid-19 pandemic. While it's important to continue to be cautious in our daily lives, it is more important that we don't neglect our general health. Consider taking the opportunity to see the new clinic when you next need radiology.

Book that appointment now at www.Perthradclinic.com.au.

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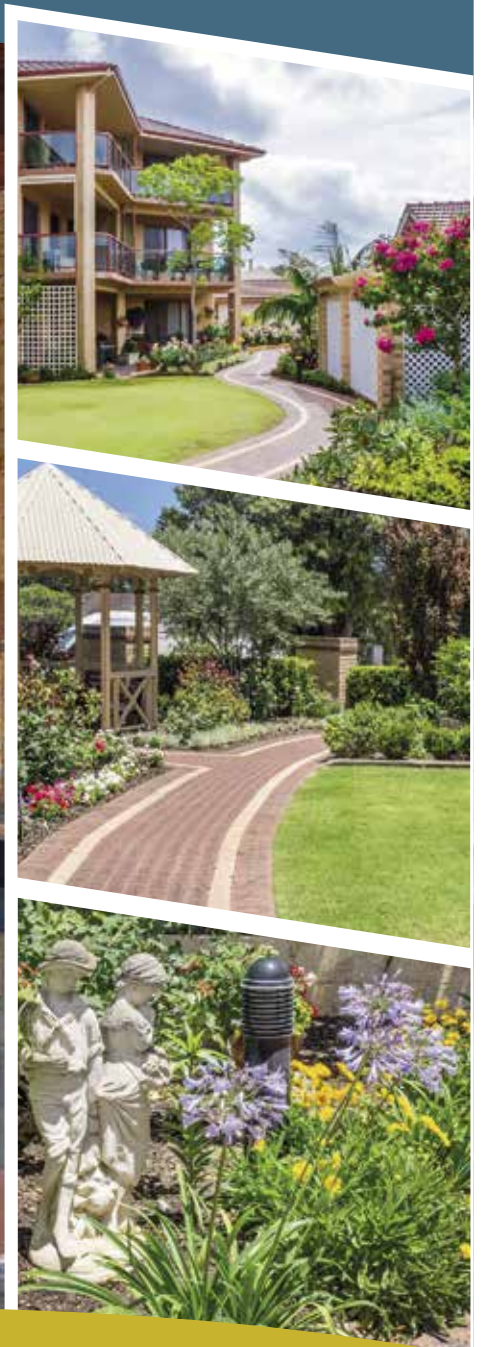
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Nannas for Native Forests protests made into must-see film



Nannas protesting to save forests

by Frank Smith

DOCUMENTARY film maker Jane Hammond's film *Cry for the Forest* is being shown at Swan Active Beechboro on 23 February.

Simona Willis of the City of Swan said the award-

winning documentary premiered in November 2020 and has since been shown widely throughout the world, but especially in WA.

"The story is about what is happening to WA's native forest," she said. "As you travel around the

state all looks fine from the main roads, if you go down back roads you will see huge amounts of clear felling of both Jarrah-Marri and Karri woodland.

"People think native forest is protected, but it is not. Western Australia ceased logging old

growth forest in 2001 but much high conservation value forest did not meet the definition because it has been logged in the past and is not protected. Over 90 per cent of south west forest is being logged or clear felled with only the road frontage left untouched.

"Go early in the morning and listen for bird's dawn chorus. Where felling has occurred, there is not a single bird song."

She said the trees are being felled, mainly for low value uses such as firewood and wood chips. Others are cleared for bauxite mining or used as charcoal for silicon production even though alternatives are available.

"Magnificent karris trees are felled for wood chips. More than 80 per cent of karri goes into chipping. Some of the

trees felled are over 100 years old."

"The timber industry is losing money. It is being propped up by the state government. They don't need to use our native trees for low value products."

"The area felled is equivalent to ten football fields every day," she said.

"Undisturbed forest has inestimable ecological value to WA in maintaining biodiversity."

"WA is a biodiversity hot spot. Tree felling is putting that at risk. We must not underestimate the value to planet from maintaining native trees as habitat for native birds and other animals."

Many WA birds nest in hollows in trees. Suitable nesting hollows only form slowly in mature trees. Many birds, such as WA's iconic white- and

red-tailed black cockatoos cannot reproduce if old trees are felled. The nesting hollows cannot be replaced by coppiced or replanted trees for many years.

"The honey industry is dependent on the forest. It provides a valuable export commodity of honey free from pesticide residues and bee pathogens."

"Honey also provides health benefits. The industry cannot survive if they lose access to forest resource."

"Farmers have been encouraged to carry out conservation work and tree planting and preservation on their properties. Many feel their work is being undercut by timber felling."

The film, which was financed by crowd funding, shows dramatically what is happening to the

forest. It is important to increase awareness and demonstrate how people can save the forest.

It features nannas with knitting and scones getting up before dawn to disrupt tree felling operations.

"It is not just nannas, we also need poppas too to support of our aim of stopping logging by passive resistance," said Simona.

The nannas can prevent work on only a small patch of forest for a few symbolic hours and that soon the police will arrive to move them on.

Simona hastaken part in several forest protests and says she almost got arrested twice for her pains.

Book your place for *Cry for the Forest*. Entry \$10 or by donation, call 9207 8555.

A lot of fun to be had at the Rockingham Have a Go Day



– a LiveLighter event – in Rockingham at the Mike Barnett Sports Centre on Wednesday 31 March from 10am to 2pm. This fabulous free day out is organised by the Seniors Recreation Council of WA, Rockingham branch.

Mayor of Rockingham, Barry Sammels, will officially open the event and there will be myriad activities to try, including dancing, carpet bowls, pole walking, carpet golf, air soccer, chair yoga and heart sports.

A group of physiotherapists will be on hand to offer people advice and Silver Chain will demonstrate their virtual reality headsets, which offer people an amazing technological experience.

There is free tea, coffee, water, biscuits and a sausage sizzle available for all attendees.

With more than 100 displays, activities and entertainment, there is something for everyone and it's free.

Mark your diary now for Wednesday 31 March at the Mike Barnett Sports Centre, corner of Dixon Road and Goddard Street in Rockingham from 10am to 2pm – see you there.

LAST year's Rockingham *Have a Go Day* was cancelled due to the pandemic but this year *Have a Go Day* returns brighter than ever. It will put a smile on people's faces and encourage them to try new activities for older adults. Everyone is invited to come along to *Have a Go Day*

Win a \$200 shopping voucher

FIND the code letters in the advertisements in this edition to make up this month's word and go into the draw to win a \$200 Coles 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. Catholic Homes
2. House Clearing Specialists

3. Comfortstyle Furniture & Bedding
4. Foothills Denture Clinic
5. Kimberley Safari Tours
6. Hospitality Kalgoorlie
7. Perth Mobility Scooters
8. Bradford Exchange
9. RAAFA
10. NuWealth
11. St John WA

Entrants can enter via email 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 28/02/21.

ENJOY THIS FREE FUN DAY
FOR OLDER ADULTS!

Rockingham Have a Go Day 2021 - a LiveLighter event... Wednesday 31 March

NEW VENUE:

Mike Barnett Sports Centre
Corner of Dixon Rd & Goddard St, Rockingham
10am to 2pm

Active ageing is the key to healthy ageing and there is a myriad of clubs and groups to join. Find out more by coming along to **Rockingham's Have a Go Day** which showcases activities, information, music, dancing and more.

Enjoy complimentary tea, coffee, water, biscuits and a sausage sizzle.

For info please contact Carole 0412 715 173



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Chelmsford Avenue

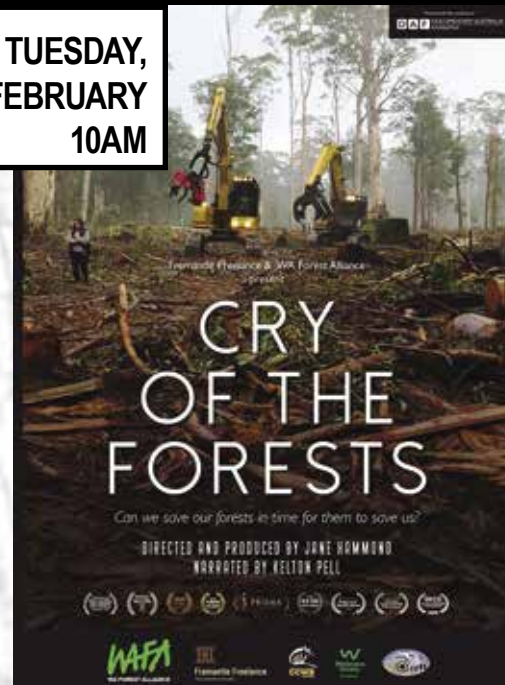
Coronavirus (COVID-19) information

For the most up to date information about the global pandemic visit the Western Australian Department of Health website at healthywa.wa.gov.au/coronavirus or contact them on the Coronavirus Health Information Line on 1800 020 080 at any time.

You can also visit the Australian Government Health Department website at www.health.gov.au

Can we save our forests in time for them to save us?

TUESDAY,
23 FEBRUARY
10AM



A special screening of the award winning film
CRY OF THE FORESTS

Directed and produced by Jane Hammond

Narrated by Kelton Pell Tickets: \$10 or by donation

BOOKINGS ESSENTIAL phone Simona Willis 9207 8555

Swan Active Beechboro Leisure Centre
332 Benara Road, Beechboro



Tod Johnston hosts The Nightshift

New line up for Radio 6PR by Lee Tate continued from front cover

An interview with Georgian President Mikheil Saakashvili during the South Ossetian war. We began talking at 1.15am under heavy guard in the presidential palace in Tbilisi. A fascinating experience.

4. I shouldn't really reveal this but my colleague Oly Peterson often wears slippers on-air. I realise his term for them is 'loafers' but if you were able to witness this phenomenon first-hand, I'm sure you would agree they are most certainly, unabashedly, slippers. I'm thinking of buying him a pair of Ugg boots just so he can upgrade.

Steve Mills

1. We'll have a chat, keep you up to date with breaking news, have a laugh (with a joke or two), the occasional cry and play the odd song. We will discuss, debate, agree and disagree. We intend to make *Millsy At Midday* a fun destination to re-start your day.

2. On a personal note, I would love to get fit. My beautiful daughter Lucy is getting married in September and I would like to be able to burn the dance floor.

3. A big interview for me was movie star Debbie Reynolds. I can say she was a star in real life. What a lovely woman. The interviews you remember are the ones with our listeners. They are heart and soul of our radio station. They are witty, knowledgeable and empathic and usually let you know when you are off-track.

4. I think people will be surprised by the extra-curricular activities my colleagues get up to. We all know that Tod Johnston and Simon Beaumont are fantastic musicians. Karl Langdon is a fabulous speedway caller. Gareth Parker umpired in the AFL, Oliver Peterson turned his back on a professional golf career to do talkback radio and Liam Bartlett toyed with a ballet career early in his life.

Oliver Peterson

1. I want to give you everything you need for that chat around the dinner table. We will cut through the day's news and let you know how the stories of the day affect you so make sure you let me know what you think.

2. I want to be able to get to a stage

where life is back to normal and we are free to go where we and when we want. There's been too much pain, anguish and heartache for families and friends separated in the country and around the world.

3. Big guests can certainly deliver an adrenaline rush: Prime Minister Scott Morrison, Malcolm Turnbull and for me as a cricket tragic, Steve Waugh or Patrick Cummins. At Nine, I covered the Bali 9 execution, terrorist attacks, MH17. Being able to help and hear the stories of our listeners to help them find solutions is a driving force. During lockdown, helping a lady visit her husband in his aged care home. A listener had issues selling his home because of a bureaucratic bungle. They won't necessarily be headline stories but they make a difference to someone's personal circumstances and improve their lives. It's very satisfying to right a wrong or help resolve a problem.

4. Gareth Parker is a huge fan of *Human Nature* but he doesn't like to publicise it. Liam Bartlett has the nickname of POTUS. When we first

crossed paths I was watching *The West Wing* where Martin Sheen played President Jed Bartlett, so POTUS (President of the US) makes sense.

Tod Johnston

1. Definitely nothing too serious on the nightshift. After the year we have had, some music and conversation seems like a good idea.

2. I would love to keep up with this fast-moving world and reduce a few of my stress-rings.

3. I'm the new voice at 6PR so the best is still to come. But I did enjoy talking to the historian at Graceland on Elvis's birthday.

4. I know Millsy and have worked with Liam before but nothing to reveal there.

6PR's New Line-Up

6PR Breakfast with Gareth Parker. 5.30am-9am. Mornings with Liam Bartlett. 9am-12pm. Millsy at Midday. 12pm-3pm. Perth Live with Oliver Peterson. 3pm-6pm. The Nightshift with Tod Johnston. 8pm-midnight. (Simon Beaumont moved to a new Saturday/Sunday morning program).

The Lions Cancer Institute needs help to upgrade its vehicles

A DEDICATED team of researchers in a small area of Royal Perth Hospital, invited Lions to help fund some of their work in the 1980s. From that small step a business name was agreed upon and the Lions Cancer Institute was born.

The Institute decided to venture into country communities to trial a mobile skin screening service. That was in 1983 and over the years the organisation has been the only mobile full body skin cancer screening service to travel the State.

Recorded statistics show that the service has saved many lives by the early detection of life threatening skin lesions. Their volunteer professionals continue to donate their time to this valuable community service.

This free service is manned by volunteer general practitioners, dermatologists, dermoscopists, a plastic surgeon and Lions Club members who are the backbone of this initiative. The organisation relies on donations to take care of the running costs.

With more than 40 screenings statewide per annum the fees

charged covers screening expenses, however the time has come for the organisation to plan for the next 25 years and integral to that is the task of replacing their current vehicles.

Due to their age, they are becoming expensive to maintain and they are uncomfortable for the long distances travelled by the volunteer professionals. They are also not easily accessible for dis-

abled patients.

It is incumbent on the Lions Cancer Institute management to provide the voluntary screening teams a vehicle that has improved reliability, safety, comfort and drivability.

The organisation is asking Lions Clubs to pledge an annual amount over the next three years for seed funding and request other entities such as Lotterywest or even

a corporate sponsor to help make up the balance.

Donations are always most welcome and especially for this new project – The New Mobile Skin Cancer Screening Facility – the volunteer organisation simply doesn't have the funds.

The dedicated group of volunteers are requesting help from the public for this valuable and needed service to regional and

country communities – it does save lives.

Find out more at the

www.lionscancerinstitute.org.au or visit their Facebook page lion-

scancerinstitute or see advertisement on page 10.

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WITH THE LOVE FINDERS BAND

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- The Church
- The Doobie Bros
- ZZ TOP
- David Bowie
- Blondie
- The Cranberries
- ACDC
- Kid Rock
- Midnight Oil
- Steve Miller Band
- Don Henley
- TOTO
- Radiohead
- Icehouse
- Gary Moore
- Brian Adams
- ...and more

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As it Happened...beyond the stories - diving into the Poseidon adventure



by Lee Tate

FIFTY-TWO years ago, Australia embarked on its Poseidon adventure. No, not the blockbuster movie, *Poseidon Adventure*. That came four years later, although both endured topsy-turvy rides and ended in dramatic sinkings. In late 1969, a gaggle of journalists gathered in the Melbourne office of *The Australian* newspaper.

Among us were specialist finance and business writers including the great finance columnist Bryan Frith. This was the only time I can recall when the whole office of reporters, including sport and general news, talked together. The single topic was all-consuming, as it was around Australia and in many parts of the world. The subject was Poseidon Nickel. For untold numbers of people, it was their share market initiation. Our generation's first stock market bubble. And it was extraordinary. After word got out of an incredible find of nickel in outback WA, shares in Poseidon Nickel took off. They soared from 80c to \$280 in six months. We'd

never seen anything like it. Akin to the lure of Australian gold in the 1800s, many people dived in, headlong, at the prospect of new wealth. Some, who sold at the top, made fortunes, but many lost their investment. This bizarre event, involving mums and dads, the inexperienced and the unwitting, focussed newsrooms and financial centres around the nation and around the world. Australia had a nickel boom. In offices everywhere, workers congregated: Who of us bought shares? Who is still holding them? How much have people made? In the Melbourne office of our national newspa-

per, in the company of esteemed reporters and columnists, we asked each other who had grabbed shares. Gradually, starting with a sports scribe, staffers revealed various levels of Poseidon Nickel share ownership. Anyone who'd bought just 100 shares for 80c each and sold them for \$280 would have collected \$28,000 – a hefty sum half a century ago. Senior scribes were among those of us who had waded-in, most only moderately. The bloke with the biggest shareholding, we came to learn, was the newspaper's 20-year-old copy-boy. And this was part of a pattern across Australia

that led to people getting a taste of sharemarket investing, of bulls and bears, of risks and losses. Poseidon Nickel's discovery of a promising nickel deposit, in September 1969, was at Mount Windarra, near Laverton in WA. Nickel had been in high demand during the Vietnam War and was widely used in industry. When major Canadian supplier Inco was struck with industrial action, Australian nickel prices hit record levels. In October, 1969, the Sydney Stock Exchange was trading more shares by volume than America's Wall Street. From October to December, the mining index rose a jaw-dropping 44 per cent.

Mining stocks peaked in January, 1970, then crashed. The grade of the nickel ore was lower than first thought and extraction costs were higher. Poseidon went bust in 1974. *The Australian Financial Review* reported: "One geologist boasted that a word in the ears of 10 key drinkers in the steak bar could turn the place to a frenzy and cause a run on stock listed in Melbourne, Sydney and particularly Adelaide."

Following a 1974 Senate report on the Poseidon bubble, changes were made regulating stock markets and Australia's national companies and securities legislation. Insider trading was banned. Speculation has continued to wash our shores and attract the foolhardy: WA Inc, dot com companies, Japanese equities and crypto currencies included. The Poseidon adventure was a shining light.

National Seniors group recommences meetings...

NATIONAL Seniors Australia, northern districts branch resumed meetings again this month. They get together on the second Monday of each month at 6.30pm at the Mighty Quinn Tavern in Wanneroo Road, Yokine. Following the meeting is a guest speaker and the opportunity to have a meal at 8pm. The group also have monthly social functions. To find out more contact Ann on 9342 22977.

Find vicarious ways to satisfy your wanderlust

JAN BARRIE and Jeremy Perks are true global gypsies, though the global part has been sadly lacking over the past twelve months. Forget about cruising on a luxury liner – rather take on an adventurous spirit exploring our dramatic outback, joining scientific expeditions or train yourself up to successfully navigate 4WD tracks around the world.

The Global Gypsies, with more than 20 years' experience in touring and training services, have stories aplenty. Members and visitors are invited to enjoy Jan's presentation at the next meeting of the Association of Independent Retirees (Perth branch) on Friday 19 February from 10am to noon. The aim of the association is to protect and advance the interests of retirees who wholly

or partly fund their own retirement. AIR meet on the third Friday of each month from 10am to noon at the Cambridge Bowling Club, Chandler Avenue West, Floreat. Besides the meeting and morning tea they have a guest speaker, and over the year embrace many interesting topics related to finance, travel, health, community and special

interests of members. Members (\$2) and visitors (\$5) are encouraged to bring the correct money and their own coffee mug. On Friday 19 March, Dr Stephanie Rainey-Smith will speak on 'Sleep in Later Life'. Visitors are most welcome. Enquiries can be addressed to Graeme gralin@inet.net.au or Margaret marghw@inet.net.au.

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



10.15am each Sunday
Regular services of Holy Communion

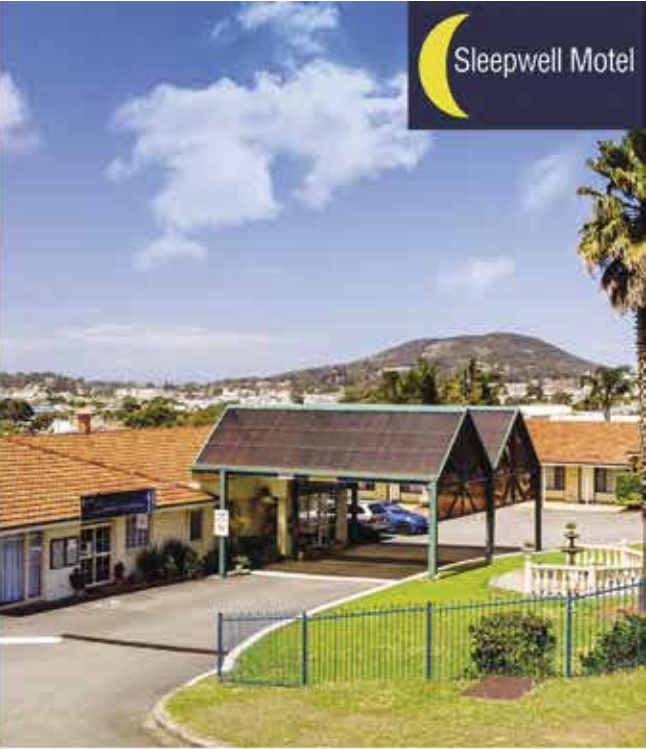
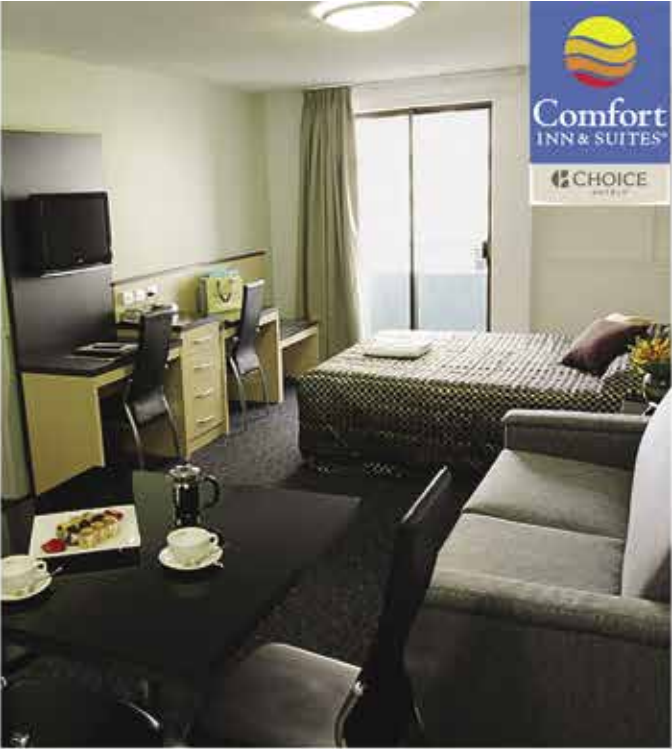
Kids Program
Kids Program; Each week the children have great fun listening to a story from the Bible, talking about it, singing, playing and doing craft.

Kids Program runs during school terms

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Seniors Recreation Council Jottings



SRCWA Rockingham branch Have a Go Day, a LiveLighter Event

ON Wednesday 31 March, Seniors Recreation Council of WA's Rockingham branch is conducting a *Have a Go Day* at a NEW venue - Mike Barnett Sports Centre, Corner Dixon Road and Goddard Street, Rockingham from 10am to 2pm.

This FREE event will showcase club and groups, not for profit agencies and commercial entities which focus on serving the senior demographic in Rockingham and surrounding areas. There will be a wide variety of activities to *Have a Go* at along with many static displays.

Any club, group, community organisation or businesses that would like to attend or exhibit on the day is welcome. Please contact Carole Overington email: srcwarockingham@gmail.com or phone: 0412 715 173 for further details. This event is sponsored by City of Rockingham, *Have a Go News*, LiveLighter Healthway, Telstra, Kennards Hire, IGA - Chelmsford Ave, Department of Local Government, Sport & Cultural Industry and Department of Communities.

SRCWA's Annual Seniors Under the Sea Ball

The annual seniors ball will be held in the Astral Ballroom, Crown Perth on Wednesday 2 June from 1pm to 4.30pm. A three-course afternoon tea is provided with entertainment featuring the live band *Satin Doll* and an afternoon floorshow. There will be a door prize and other prizes donated by Crown Perth and *Have a Go News*. Tickets are available, book early to avoid disappointment. For further information call 9492 9773. This event is proudly sponsored by Crown Perth and *Have a Go News*.

VALE: Christine Mullender 16/11/1949 to 22/01/2021

Seniors Recreation Council was greatly saddened by the passing of Christine Mullender. Christine was the greater Geraldton's branch president and sadly passed away due to pancreatic cancer on Friday 22 January. Christine will be missed by the greater Geraldton branch, friends and family and we extend our sincere condolences to all.

Key Diary Dates for 2021

- 4 March** LiveLighter Aged Care Games - Avon
- 31 March** Rockingham Have a Go Day, a LiveLighter Event, Mike Barnett Sports Centre
- 22 April** LiveLighter Aged Care Games - Bunbury
- 5 May** LiveLighter Seniors Activity/Information Day - Belmont
- 17 May** Seniors Activity/Information Day - City of Vincent
- 2 June** Annual Seniors Ball, Astral Ballroom, Crown Perth.
- 17 June** Seniors Activity/Information Day - Peel Region
- 7 to 14 November** WA Seniors Week
- 10 November** Have a Go Day, a LiveLighter Event, Burswood Park.

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



Seniors Recreation Council of WA Inc.

PATRON: The Honourable Kim Beazley AC, Governor of Western Australia
PRESENTS THE



Wednesday 2 June
1pm to 4.30pm
Astral Ballroom, Crown Perth
\$38 per person
Ticket includes afternoon tea and floorshow entertainment:
Live band Satin Doll
Floorshow
For further info and ticket sales
phone 9492 9772
Book early to avoid disappointment



Paddling around the rivers may even inspire a poem



Nearly there...paddlers on the river

by Chris Harlow

WHAT strange times we live in; all the clever comments we made about 2020 clear vision at the start of last year seem almost short sighted now.

However, after a cautious and careful start to the Over 55 Canoe Club season, due to Covid-19, our club enjoyed a relatively large number of good paddles, which we hope you have enjoyed reading about.

Our end of year celebrations were held at Ugly Duckling Wines in

the Swan Valley where we enjoyed good wine, delicious food and fellowship. This was followed by our AGM at Ascot Kayaking Club and after a successful meeting everyone enjoyed lovely food whilst watching footage of the club's activities over the year.

At both of these events I had the honour of presenting awards. Two very experienced paddlers were acknowledged for being 80 years of age and still highly competent and talented kayakers. Another member in his 90s

was awarded a certificate after almost thirty years of membership with the club.

I am the Duckmaster and my particular honour is awarding duck certificates and duck stickers to put on kayaks to people who have fallen in the water whilst paddling. We do not, of course, recommend that kayakers fall in the water, but on rare occasions: sudden changes in the wind, a freak wave or someone trying a new and difficult move - it happens.

Our main concern at

the club is safety and when someone falls in the water it is not long before several other paddlers are there to offer assistance. Thus paddlers exhibit the duck stickers on their kayaks with pride and there is usually a good story to share.

The Over 55 Canoe Club meet every Thursday during the season and are on the water by 9am. We usually paddle on the Canning and Swan rivers.

Paddling offers a great opportunity to see wildlife. On one occasion we saw more than forty black swans near Kent Street Weir. At Safety Bay several of us saw 21 pelicans fly in a perfect V shape formation. The seals on Seal Island are also a splendid sight.

Paddling in a group offers flexibility. One can chat with a mate, practise different strokes and seek advice or just chill for a while in your own space and enjoy the silence and peace that being on the water offers. It is, of course, also great exercise.

The club usually has two groups kayaking.

The mainstreamers go at a fair pace whilst the leisueries travel a little slower and cover less distance.

Kayaking helps me sort the images and ideas I have in my head and develop them into poems. Here's one I'd like to share...

*Penguin Island
Above, simile and metaphor
and the great ocean stretching to India
seagulls hang over Penguin Island.*

The main reason my wife and I enjoy being in the club is because of the members who are friendly, helpful, resilient, interesting and share a great sense of humour and capacity to have fun.

If you are interested in joining please contact president Chris Cocker on 0410 479 024 or secretary Dale Winn on 0420 733 024.



Entries now open for the Australian Masters Games in Perth

by Tarquin Bateman,
Communications and
Events Coordinator –
Masters Swimming WA

AUSTRALIAN Masters Games (AMG) will take

place in Perth from Saturday 9 to 16 October 2021 and offers more than 50 sports plus an extensive social calendar.

Masters Swimming WA will host the swimming

events at HBF Stadium in Mt Claremont from Saturday 9 to Monday 11 October, and entries are now open.

There are no pre-requisites or memberships needed for entry, you must only meet the minimum age requirement which in most sports is 30 years old. For swimming, you must be 18 years and older to enter. Many AMG participants choose to enter multiple sports to make new friends and get the most out of their Games experience.

At the conclusion of each day of the Australian Masters Games, there will be a social event for all sport participants as well as other opportunities to explore iconic Perth venues.

For competitive Masters Swimmers, the Games is an opportunity to beat personal bests, win a medal and earn points for the Masters Swimming Australia National Swim series.

Masters Swimming WA executive officer Sophie Row says the Australian



Masters Games is a great opportunity for athletes of all sports to come together.

"Opportunities for athletes to compete at a national level, regardless of the sport, have been limited because of the global pandemic," she said.

"We are very excited to be hosting the swimming portion of the Australian Masters Games this year, because we can provide swimmers with the chance to participate in a great competition, attend social events and experience the general excitement and camaraderie that surrounds the

Games.

"There is something for everyone, and you have the option to compete across several different sports so I would definitely recommend getting involved."

Entries are now open, with special Gold entry available until Friday 30 April. Gold entry includes a gold accreditation pass, priority access at the Games accreditation centre, a commemorative pin not available to other participants and a cheaper AMG entry fee.

For each sport that you participate in you will also need to pay a sport entry fee which helps support the local sporting group.

All swimming races in the Australian Masters Games will be long course format (50m), and participants are able to enter up to three events per day excluding relays, and up to nine events in total excluding relays. The competition will be conducted under Masters Swimming Australia rules.

For more information and to enter, visit the Australian Masters Games Website at www.australianmastersgames.com



AMMPT Western Region (Inc.)



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Has Anybody Seen My Gal

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Monday 22 March

Live organ music before the show
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Doors open 11.30am Screening starts 12noon

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Let's GO MOTORING

ADVERTISING FEATURE

A big tick for a well-priced and heritage feel medium-sized SUV



Views of Renault's Koleos front and side



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

If I ever come back and (I don't believe we will) it will be as a car-naming whiz kid.

Benz, Jaguar, Volvo and Rover have all been names of cats and dogs

I have owned and loved. Jaguar in particular, was the most loved cat until his untimely demise, but that's a story for another less family-friendly column.

Tesla is by far and away the most valuable motor car company and brand in the world; puzzling

considering it makes so few cars. That may have something to do with credits they receive from other manufacturers for belting out so-called electric cars under the guise of saving us all from degeneration.

During the 70s university car parks were full of

smart Renault cars. Some belonged to professors, most were older pre-loved versions handed down to sons and daughters as they embarked on the academic journey, aspiring to an arts or law degree. Renault was the cult car for the cool kids, whose mum and dad paid most, if not all the bills.

So I had more than feelings of introspection when Renault permitted me a couple of weeks testing the most recent updated Koleos.

This is no students' car; it's a medium sized SUV for starters. And not diesel.

The same level of weird familiarity (unfathomable) pervaded the cabin. The technology is there, but feels heritage; so very Renault.

Characteristically Eu-

ropean, with the indicator on the left, the seating position, even the smell, all felt pleasantly reassuring, despite its Nissan underpinnings.

There is an imposing array of smart features you'd never have found in a 70s university car park; hands-free parking system, parking sensors, blind-spot monitoring and forward-collision warning, with autonomous emergency braking.

There's an 8.7 inch touchscreen not unlike a phone screen which becomes easy to use after a few days.

All with 2.5L petrol engine, producing 126kW, linked to a CTV auto transmission. Koleos is not a pace setter by any stretch, but driving to and around Perth for a couple of weeks proved to be way

more refined and enjoyable than I had expected.

The seats are supportive over longer trips and the general ambience is smart enough, if not class leading.

I really loved the placement of the volume controls behind the steering wheel which hides a multitude of sins and streamlines the cabin feel.

And all from around \$45,500, plus on road; it may remind you of your university days, in a good way.

And I might even name my next cat or dog, Koleos.

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 - tonymac@6pr.com.au

Make the most of the end of summer at the Harvest Festival in the Swan Valley



ENJOY the last weekend of summer in the Swan Valley at the inaugural Harvest festival on 27 and 28 February.

A celebration of the season's delights, Harvest is an opportunity to go behind the scenes to experience the Valley like a local. Join the growers and producers as they invite people to delve into their world; the passion, the process and the end product.

Inspired by the success of Entwined in

the Valley – which takes place in October around the release of the new wine vintage – Harvest takes place during the busy picking season.

Generations of families and friends get together to harvest their bounty and produce stalls overflow with the freshest of the fresh.

Across the weekend, venues participating in the Harvest program of 14 events will throw open their doors, vineyards and

fields for an exclusive range of activities.

Join a grape pickers' lunch; try your hand at making pasta, nougat, nut-based confectionery or chutney; explore the versatility of table and wine grapes; or stock up on amazing summer fruit and vegetables, honey, bread and more while experiencing the rustic atmosphere of our roadside stalls.

Tickets and the full program are available at www.swanvalley.com.au/harvest

5.00 LOCAL
with MONIKA KOS

6.00 FULL STORY
with MICHAEL THOMSON

SEE THE FULL STORY

let's go travelling

ADVERTISING FEATURE



travel options for the mature west australian



Margaret River's redeveloped main street

ALTHOUGH the lockdown has caused chaos around WA, things are returning to phase four. At the time of publishing all events we have promoted were going ahead. Due to the changing nature of this pandemic it's worth double checking with organisers.

★★★
If you are a thrill seeker than have a go at this.

From 27 February people will have the opportunity to walk across the top of Optus Stadium. The guided tour takes people to the roof top of the stadium and for the more adventurous the opportunity to lean out while 42 metres above the ground. Groups of 14 people will be able to walk around the roof while safely harnessed. Modifications are being made to allow disability access which is anticipated to be operational by the end of the year. Go Perth!



★★★
York is holding a mini festival on 6 and 7 March which will offer visitors a stack of activities to participate in including a makers market, a pasta making workshop, trail hike, charcoal and champagne art class, yoga in the park, the convict York Walk, and a fermenting vegetables workshop. WA's oldest inland town takes just over

an hour to reach by car and is a perfect spot to enjoy a weekend getaway. Find out more details at www.yorkfestival.com.au/minifest

★★★
Albany will be hosting a treat for movie buffs with the launch of CinefestOZ Albany which will run from 29 April to 1 May. This unique festival will allow a new audience of film lovers to experience a taste of what those in the south west have been enjoying for the past 13 years. Albany locals are being encouraged to invite friends and family to join them for three days of premiere film screenings and special events in the region's cinemas and picturesque venues, where they will get the chance to rub shoulders with filmmakers and special guests.

★★★

Margaret River has a newly refurbished main street. The main drag has been prettied up with improved parking, foot paths, lighting and a resurfaced road. The islands in the middle of the street include trees and offer safe spots for pedestrian crossings. The overall aesthetic will appeal to locals and tourists alike. A positive upgrade for a world renowned tourist town. See the photo above.

★★★

Lots of readers have booked to join the group to fly to Antarctica on the day trip of a lifetime. We have detailed information available for readers on page 24. The trip will depart on 14 November 2021 onboard a Qantas Dreamliner aircraft which will offer better viewing with the larger windows.

★★★

Join Bicton Travel for a dose of virtual travel inspiration on Saturday 20 February. The 2022 River Cruise Showcase is FREE, simply register online to receive access to presentations from APT, Avalon Waterways, Crystal River Cruises, Evergreen, Riviera, Scenic, Viking, Vodohod and NIB Travel Insurance. We will journey along some of the best rivers from the Douro (Portugal), the Danube (central Europe), the Yenisei (Russia), Mississippi (USA) and more. See advertisement below or find details at www.bictontravel.com.au

★★★

Don't forget if you are visiting an airport or flying anywhere you must wear a mask. This is a mandatory requirement from the Australian government.

★★★

Last month we promot-

ed the Pinot Picnic which is now rescheduled to 22 to 25 April. Keep up to date at www.pinotpnic.com.

★★★

Please support our advertisers, most are local businesses which need our help more than ever. If you have a travel issue or would like to share some information or a photograph of a recent trip, don't hesitate to contact me on email. Our website also has a selection of great travel information which is updated regularly, visit www.haveagonews.com.au

Happy trails

Jennifer Merigan
Travel Editor



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

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Join Club 55 Travel on their Easter tour to the south west



Chris Hadland

LOOKING for a relaxing break over Easter? Then come and join Club 55 on their four day Easter Tour to Margaret River, Augusta and Busselton.

Stay at the very comfortable Stay Margaret River Resort for three nights where visitors will enjoy three-course evening meals and a hearty cooked breakfast each morning.

Enjoy a delightful boat cruise on the Blackwood River and the taste sensations that the Margaret River

region is famous for. The tour programs for this year have recently been released and are now available at the web site.

The Club 55 Travel Club caters for individuals, couples and small groups. They pick up from various locations around Perth, including Belmont, Booragoon, Bassendean, Innaloo, Whitfords and Perth City. Membership to the Travel Club is free and anyone can register online at the website or simply give them a call.

Large groups such as Probus clubs, bowling clubs and retirement villages are also very well looked after and have a choice from more than 70 specially designed outings, with convenient departures from the club's premises. All tours are done at an enjoyable leisurely pace.

There are no strangers at Club 55, just friends yet to meet. Phone 0434 439 983 visit www.club55.com.au where people can view and pay for tours online.

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ADVERTISING FEATURE



travel options for the mature west australian

Get in touch with country and support Aboriginal tourism in Western Australia



Bush foods - delicious cakes utilising native ingredients - bush tucker pies and sausage rolls

by Allen Newton

ABORIGINAL tourism businesses have been hit hard by Australia's closed borders to the rest of the world.

Dale Tilbrook, who along with her brother Lyall, operates the Maalinup Aboriginal Gallery in the Swan Valley, says it has led to a new evolution of their business.

What started as a boomerang making firm in Fremantle, over the years evolved into a gallery, and which now focusses on delivering Aboriginal experiences.

"We were actually the only boomerang makers that SOCOG (Sydney Organising Committee for the Olympic Games) gave special swing tags for the 2000 Olympics, which was a real coup for a little Swan Valley business," says Dale.

Maalinup continues to operate at 10070, West Swan Road in Henley Brook, next door to Supa Golf at the Swan Valley Oasis Resort. It is packed with Aboriginal art, hand-painted gifts, and a bush-tucker range of sauces, jams, chutneys, oils and dukkahs.

With the reduced number of overseas tourists, opening hours have been reduced to Friday, Saturday and Sunday, but Dale says much more emphasis is now being placed on providing experiences to visitors.

Dale is recognised for her knowledge of native ingredients and offers visitors an opportunity to taste a variety of wild bush foods, such as quandong, native limes, sandalwood nuts and local coastal greens.

She talks about the medicinal properties and

health benefits of many of the foods, which can be combined with a bush-food inspired lunch.

Visitors can also feed the emus, explore local history and culture or take an art class.

Dale says 80 per cent of the people who come to Australia want to have an Aboriginal experience, but only 20 per cent get it. This has sparked a lot of government interest in developing Aboriginal tourism - with mixed success.

"What has worked in WA is that we have the Western Australian Indigenous Tourism Operators Council, (WAITOC) of which I was a founding member," she says.

"WAITOC has over the

years worked hard to get the right kind of government support to develop tourism businesses.

"The important thing is that the people who want to be in tourism are the ones who are coming forward and being assisted through these government sponsored WAITOC programs."

The most successful of these are the people who are offering experiences, storytelling, taking people on country, or at Maalinup, sitting down and developing the story of Indigenous food, culture, and art.

Over the years Dale says Aboriginal people have become more comfortable telling their stories.

Unique book on WA's birds and wildflowers available



and contains a collection of superb photographs taken by Chris along with a wealth of tips and tricks.

See page 46 to order or buy direct from the office at 137 Edward Street, Perth during business hours. Call 9227 8283.

CHRIS Tate has been photographing birds and flowers throughout his life. This inspired him to want to publish his own book and share his tips and tricks with everyone.

"Photography is a creative and artistic activity that gets me outdoors, bush-walking, travelling and enjoying nature. I have met some really interesting people, been on some incredible ventures and seen so many amazing natural sights," he said.

Chris' book *Photographing our brilliant West Australian Birds & Wildflowers* is published by Have a Go News and offers tips for enthusiastic photographers to capture photos on their camera, phone or other device.

The book costs \$25

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Gingin - Moore River Cruise	Sun 18 April	\$90 pp
Moondyne Joe Festival	Sun 2 May	\$90 pp

\$105 Seniors \$115 Adults includes morning tea, picnic lunch or restaurant meal as stated.
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Tour	Date	Price	Notes
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Alice to the Top End	7 May	11 days from \$3890 pp	
Kimberley Dreaming	13 May	9 days from \$3990 pp	4 seats remain!
Darwin to Broome	4 June	12 days from \$4000 pp	
Kimberley Dreaming	18 June	9 days from \$3990 pp	SOLD OUT!
Kununurra to Cairns - Savannah Way	28 June	14 days from \$4750 pp	1 seat left!
Cape York	14 July	13 days from \$4770 pp	4 seats left!
WA's Coral Coast	20 August	12 days from \$3740 pp	

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ADVERTISING FEATURE

travel options for the mature west australian

Discover WA's unique gin trail featuring botanicals



Wagin is one of the towns on the trail

by Allen Newton

WHILE the Swan Valley and Margaret River are the obvious go-to places for a gin trail, there's now a gin trail that's a lot more unusual. It's a 1200km drive leaving from Perth that takes in many of WA's locations which include the word "gin".

The brainchild of Greg Garnish at Wise Wine in Dunsborough, Greg travelled to each of the towns to discover their unique plant life to use those botanicals as the base for a gin to celebrate each of the towns.

Seven WA outback towns now have their own gin, featuring botanicals from their area.

Wise already markets its range of Gin Gin gins and will extend the branding through the gin towns of Narrogin, Wagin, Corrigin, Muntadgin, Dangin, Badgingarra and of course Gingin.

Distiller Greg Garnish said being the first in WA to make a Gin Gin gin, it seemed logical to travel to the outback gin towns, discover some of their unique botanicals and make a gin from each of them.

Each unique gin will only be available from independent retailers in each town and from Wise Wines.

For the hardy traveller that makes tasting them all in their local habitat quite a challenge.

From Perth the trail heads north up the Brand Highway to Gingin where lies the origins of the first Gin gin.

Gingin features the grevillea, Gin Gin Gem and blueberries to add a floral note.

Next stop is the northernmost point of the circuit, Badgingarra which features Vertis grandis and a bottlebrush, Beaufortia, found in high concentrations on

one farm and which give the gin earthy, bright floral notes.

Heading south-east, the longest haul of the trail heads four-and-a-half hours through Moora, New Norcia, Meckering and Kellerberin before hitting the little settlement of Muntadgin where Australian sandalwood is the highlighted botanical with its sweet spice notes.

Head south-west through Bruce Rock to Corrigin where a species of feather flower and teatree Melaleuca are used as the base botanicals which gives it a spicy blend of citrus and herbal notes.

A short trek to the north west is Dangin, which takes its name from Danjin, the Aboriginal name for the needle bush, a species of Hakea, which is widespread in the area and which imparts earthy, savoury spice notes into the gin.

Then it's an hour-or-so south through Pingelly to Narrogin which features Manna Wattle, an acacia shrub that has yellow flowers from March to August, giving the gin herbal and citrus notes.

A little farther south is Wagin, last stop on the trek, which uses Melaleuca acuminata as its key ingredient. Commonly known as mallee honey myrtle the shrub is generally found in mallee woodland and imparts bright floral and citrus notes.

From here it's a leisurely two-and-three-quarter hour drive back to Perth.

The towns on this gin trail are not WA's best known tourist attractions, but Greg Garnish says they are well worth exploring and you'll also meet some incredible characters.

"Don and Joy Williams are Badgingarra farmers who have a patch of remnant bush that has some of the rarest flora in the universe.

"Doug Sawkins from Narrogin is a former Department of Environment Worker who has dedicated his life to Foxes Lair, protecting the natural bush to the north of Narrogin.

"Natalie from Muchea Tree Farm is instrumental in the future of our growing and protecting the native species of rare botanicals.

"The ladies from the Narrogin Community Garden played us a concert, as did the Badgingarra Roadhouse, and the owners of the Quairading Hotel.

"Bullet from Dangin was amazing – we played a game of cricket on the 100-year-old cricket pitch.

"The character and the people of each of these towns were something you wouldn't come across in the big smoke," Greg says.

Along their travels they gathered samples of 50 botanicals from the seven towns and trialled them all in the still at Margaret River to craft gin.

For those looking to build up a collection on their travels, each 700ml bottle of gin costs \$85 and each outback gin has its own label, part of a theme based on the separate personalities of each town.

Each set is limited to 1,000 bottles, and available at the Wise distillery and tasting room, online at www.wisewine.com.au and liquor outlets from each town.

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8.30am Pagoda Hotel Comer St Como
9am East Perth Terminal

Returns First drop approx 4pm

Includes Morning tea, lunch & luxury coach travel.

WEDNESDAY 24 FEBRUARY - North

Departs 8am HBF Arena, Joondalup
8.30am Morris Pl, Innaloo
9am Morley Recreation Centre

Returns First drop approx 4pm

Today we head to Edenvale House in Pinjarra for morning tea. Time to look around the homestead and shops before heading off to lunch. At the Dwellingup Hotel. After lunch, plenty of free time to look around some of the local shops before making our way back.

\$95

YORK
SATURDAY 6 MARCH - South

Departs 8.30am Canning Hwy & Murray Rd Melville
9am Pagoda Hotel Comer St Como
9.30am East Perth Terminal

Returns First drop approx 4pm

Includes Morning tea, lunch & luxury coach travel.

FRIDAY 12 MARCH - North

Departs 8am HBF Arena, Joondalup
8.30am Morris Pl, Innaloo
9am Morley Recreation Centre

Returns First drop approx 4pm

We are off to Mundaring for morning tea. After this a drive through the picturesque back roads into York. A lovely lunch at the gorgeous 1886 Imperial Homestead followed by plenty of time to wander around and look at the many historic buildings and shop fronts. This wonderful old town was once the major route to the Goldfields and has the honour of being the oldest inland town in Western Australia.

\$90

THE CUT TAVERN
THURSDAY 25 MARCH - South

Departs 8.30am Canning Hwy & Murray Rd Melville
9am Pagoda Hotel Comer St Como
9.30am East Perth Terminal

Returns First drop approx 4pm

Includes Morning tea, lunch & luxury coach travel.

FRIDAY 26 MARCH - North

Departs 8.30am HBF Arena, Joondalup
9am Morris Pl, Innaloo
9.30am Morley Recreation Centre

Returns First drop approx 4pm

Travel to Kwinana Beach for morning tea, continue along the coast through Palm Beach, Penguin Island, Safety Bay to The Dawesville Cut to the The Cut Tavern for a 2 course lunch followed by tea or coffee. Time to explore the area with its magnificent views of The Cut and the Indian Ocean before departing and heading back to Perth. Good chance of seeing some Dolphins swim by whilst we have lunch.

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MIKE'S MYSTERY TRIP
FRIDAY 9 APRIL - South

Departs 8.30am Canning Hwy & Murray Rd Melville
9am Pagoda Hotel Comer St Como
9.30am East Perth Terminal

Returns First drop approx 4.30pm

Includes Morning tea, lunch & luxury coach travel.

THURSDAY 15 APRIL - North

Departs 8.30am HBF Arena, Joondalup
9am Morris Pl, Innaloo
9.30am Morley Recreation Centre

Returns First drop approx 4.30pm

Travel to somewhere for morning tea. Then commence our country day trip. A hotel for lunch followed by a nice drive back through...and...and you thought I was going to tell you! Ha ha

\$80

GINGIN BRITISH CAR DAY
SUNDAY 16 MAY - ONE DAY ONLY

Departs 8am Canning Hwy & Murray Rd Melville
8.30am Pagoda Hotel Comer St Como
9am East Perth Terminal

Returns First drop approx 4.30pm

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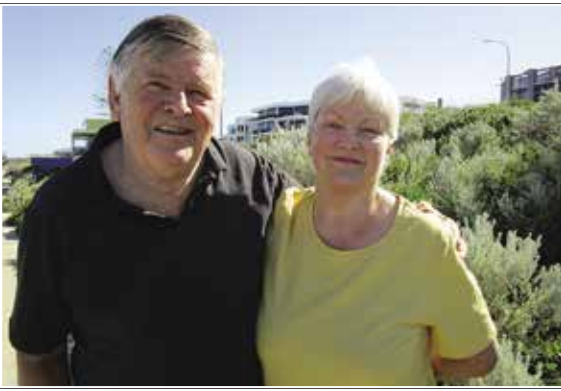
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ADVERTISING FEATURE

travel options for the mature west australian

A place to appreciate the trees, the birds, the nature and the peace in Nannup



Left to right; Duffy's Cottage - Dirk Avery and Judith Molyneux

by Lee Tate

FRESH after a sun shower, the Nannup woodlands along the banks of the Blackwood River, never looked better.

"For me, autumn into winter can be the best time of the year to enjoy the natural environment in this beautiful part of WA," says Perth interior designer, Judith Molyneux.

Every week for 18 years, Judith and partner Dirk Avery, a Perth lawyer, have taken the leisurely three-hour drive from

Perth to Nannup where they operate Redgum Hill Country Retreat cottages and B&B accommodation.

"We certainly weren't looking to get into the hospitality business at all, but then we came across this former guesthouse among the trees, alongside the river and with wildlife at the doorstep," said Dirk.

"Someone told us it was for sale and all the way back to Perth we mulled over the possibilities and the challenges of buying it – the financing,

management and travel required.

"Could we operate it, with a manager on-site, while still working in Perth?"

"Two years later we heard it was still for sale and the price had dropped. It was too good to miss," Dirk said.

Never over the nearly two decades since, did they consider giving up the weekly drive to-and-from Nannup and they eventually took over all on-site duties.

Their healthy guest bookings – during the

pandemic – are testament to the area's appeal.

"If you're looking for a place to rage, go elsewhere," quips Judith.

"We want people who appreciate the trees, the birds, the nature, the peace."

The accommodation is set in 4.5 hectares of woodlands with surrounding gardens and ponds. Locals include emu, kangaroos, wrens, fire-tail finches, golden whistler, grey-striped thrush, goannas and lizards. A male emu, trailed by three fluffy chicks

crosses our path.

Judith, 70, and Dirk, 72, have documented 67 species of birds.

Redgum Hill, which we approached via the picturesque Balingup to Nannup Tourist Drive 251, is perfectly positioned for country driving trips to Margaret River, Bridgetown, Bunbury, Augusta, Pemberton, Manjimup and Balingup.

Nearby walking tracks including the famous Bibbulmun track. The region appeals for cycling, canoeing, wineries, music and flower festivals, bird-watching and nature photography.

Log fires in private cottages are part of wintry getaways at Redgum Hill where meals can be prepared if ordered in advance.

"The overwhelming preference by guests is to be fully self-contained. We provide everything except food – unless requested," says Judith.

"The average stay is two to three days. There is no shortage of things to do, plenty of places to

drive to, including historic towns, or just stay around Redgum and enjoy what nature provides."

With short and long-term accommodation at AAA, 4-Star rated Redgum, groups can book two quaint country cottages and a villa for up to 12 people.

Duffy's cottage with its three bedrooms and large cedar spa has a veranda overlooking a dam and accommodates four to six people. Gumnut Cottage has one attic bedroom, a Juliet balcony and spa. It serves as a private retreat for one couple.

Adjacent to the main house is the separate villa with two queen-size bedrooms, both with en-suites and a large veranda overlooking the gardens. The villa has a separate kitchenette and lounge/dining room.

In a garden summer-house, 30m along a path from the villa, is a spa facility.

"Gumnut Cottage is smaller and very romantic and some guests have referred to it as 'The Gin-

gerbread House'," says Judith.

"Overlooking the river, Gumnut is self-contained with a secluded 'Juliet' upstairs balcony. The cottage has been for popular romantic holidays and honeymoons," she said.

The couple has watched the strong and steady growth of seniors booking getaways with many retirees having more time on their hands and appreciating the escape to nature.

"Like us, having passed retirement age, they relish what is natural and can enjoy walks at leisure, visits to nearby historic towns and browsing in the local shops.

"But there are others who are happy strolling, sitting in our natural surroundings and just reading a book," says Dirk, putting another log on the fire.

Redgum Hill offers mid-week and weekend specials. Phone 9756 2056.

www.redgum-hill.com.au/aaa4starratedselfcontainedcountryspacotages/

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station, videos and other informative activities.

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let's go travelling

ADVERTISING FEATURE



travel options for the mature west australian

Experiencing the joys of fishing from the shore or beach... there's nothing quite like it



Salmon fun at White Hills

by Mike Roennfeldt

IT'S no secret that the biggest and best fish are almost always caught from boats, but there's something about catching a fish from shore that you just can't experience out there floating around.

It's that clear summer morning, sand between the toes, casting over a crisp white shore break into a deep green gutter full of promise. Or a balmy late afternoon, watching the rod tip for a tell-tale tailor bite as the setting sun bathes the beach in golden light.

To some extent you can experience these heady moments at popular suburban beaches, but to get the very best out of shore fishing you generally need a 4WD.

Sadly, the opportunities for enjoying more remote, unspoilt beaches are becoming scarcer. Not so long ago there were quite a few places around Perth where you could drive along the sand, pick a likely looking spot and enjoy your own little slice of shore fishing heaven.

The beach on the northern side of Long Point was a case in point. One evening about 30 years ago I was down there during a tailor run and there were 4WDs parked 10m or so apart for what must have been 2km or more. Ironically, the fishing wasn't so great that night, but literally hundreds of people were out there having a great time in a healthy, happy environment, both

in twilight and later under the stars.

Shamefully, access was denied to the fishing community in favour of a private development that subsequently failed. We never got it back.

Places like Pinaroo Point, Pippidinnny and doubtless other pockets of 4WD freedom have likewise been lost. Local and state governments often seem to take the view that it's easier to close something than to manage it.

Fortunately for some, there are still some great opportunities for quality shore fishing in regional WA, even close to major

population centres. The beaches around Esperance, Albany and Geraldton are cases in point and the farther you get from those centres the better it seems to be.

It is at places like these that 4WD fishing is alive and well. The long beach expanses of White Hills and Preston, for example, still offer the opportunity to find that magic gutter where a monster mullet or school of big tailor might be lurking.

In autumn, driving along there while scanning the shallows for salmon is a heady experience. Spotting that

tightly packed school or even scattered small groups of fish, with perhaps a tern or two hovering above, gets the heart racing.

You pull off the track, grab rods and sprint towards the water, casting even as you churn through the soft sand. A surface popper sails through the air, splashing down 10m behind the school. Two shapes peel off and intercept the popper as it splashes back, before a heavy-shouldered fish erupts through the surface less than a cricket pitch off the sand.

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MIKE Mascall has recently taken over Elite Tours in Western Australia.

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They specialise in day trips, some extended tours and overnighter type trips. All designed around seniors. The day trips are hugely popular. Nothing is too hard. Too

often Mike has found other operators don't provide the care required for the senior market. Mike believes that the secret of success in business is repeat customers and the trust people have in you to provide a quality service.

Mike says he owns and operates Elite Tours on his own; he has no employees and therefore no excuses.

"My guests enjoy home-made morning teas, entry fees, pub or restaurant lunches and an extra stop or two which are all included in my pricing, unless otherwise stated, which is rare. The only thing I don't supply is alcohol."

"I do this because I love it. In my mind, there is nothing better than having a group of people enjoy their day out and get off the coach at the end of the trip full of smiles and gratitude," he said.

Mike says he will not compromise on his service and will provide the best at all times.

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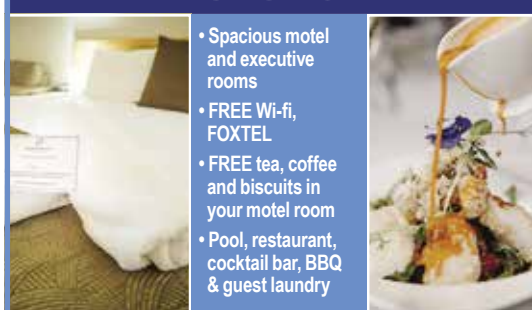


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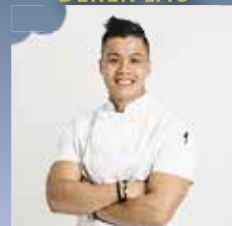
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Holidaying with DOGS

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How can we improve our offerings for tourists when things return to normal



The 370 metre long Matagarup Bridge is fast becoming a popular icon for local and international visitors © Tourism Western Australia

by Numbat, our travelling scribe

THERE'S nothing better than hitting the road into our great open spaces, perhaps Western Australia's greatest asset.

With younger people taking to caravans and campers, the rush for families and young couples to get away by road is on. Beep, beep! Move over grey nomads.

With the planet's population explosion and crass commercialism, our vast open spaces and uniqueness to boost tourism numbers. If that's what we want.

But our vastness is also a prohibitive barrier for many tourists; older, less-active people and disabled, disinclined and time-poor travellers.

Tourists will fly to Perth but what do we have to

offer around our capital city and suburbs beyond the true-and-tested beaches, Kings Park, river, Fremantle, Rottnest, Swan Valley et al?

We have to cater more for short-term, Perth-centred tourists and their fat wallets and purses.

Japanese tourists surveyed after their few days in Perth said they wanted to buy more but shopping choices were

limited.

Arabs reported bringing their wives – up to three at a time – and children for their annual family holidays but ran out of things to do for the kids. So, after three to four days in Perth, they headed to Queensland for their theme parks.

I tossed this around to a group of grey nomads who are always full of suggestions and many

have owl-wise heads.

The consensus is that our uniqueness is our strength and our regions could be better-funded by the State – from tourism dollars – and offer tours and attractions that take in that region's history, culture and offerings.

To have greater appeal, regions would have to be more skilled in their presentations, even to

the extent of hiring professionals for advice on how to lift their games.

Even in our remotest, hottest and sparsely-populated regions, we have to put on a class act for tourists to spread the word and keep coming back.

The regions, with low population-bases, struggle with funding as we all know. But Royalties for Regions proved what's available and what can be done.

Tourists want to be looked after, informed, entertained and even pampered. Of course, Australians need to retain their unique ocker appeal and good humour while serving visitors.

Indigenous groups in WA have come a long way in welcoming visitors to country and, representing our special people and unique place in the world, they deserve as much support as the State can supply.

Funding, of course,

is always a mighty big issue, but the right conscious attitude and commitment will take us a long way. Many poor nations put on a smiling, welcoming face while accommodating, informing and entertaining hordes of outsiders.

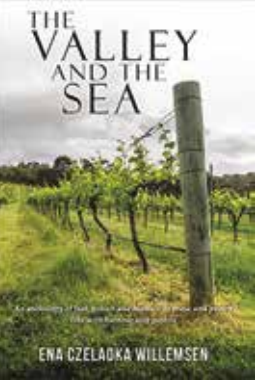
Our regions keep making an effort, but many need to rely on volunteers to prepare and present their attractions with chicken-feed funding. A little more investment with free input from WA historical groups, State and regional libraries and knowledgeable locals, backed by strong commitment, goes a long way.

Most of all we need leadership.

I'll compile a short list of ventures that would give Perth city a major tourism lift. What would you include?

Your thoughts and ideas are most welcome. Join the debate. Email: Info@haveagonews.com.au

Local author supports *Have a Go News*



THE Valley and the Sea is a collection of writings which cover many genres, a potpourri of more than 100 pieces both true and fictional. There are personal memories, poetry, short stories, musings, observations and the trials and tribulations of life in general.

There are snippets of local history

throughout the book.

The author's father settled in Australia in 1924 as an immigrant from Croatia. He established a vineyard in Herne Hill where his knowledge of viticulture from the old country was put to good use.

This is a book that can be dipped into in no particular order, depending on the reader's mood, there is comedy or perhaps a little poetry and even a

little nostalgia.

Reader and author Ena Czeladka Willemssen has very generously donated books to *Have a Go News* to sell.

The Valley and the Sea is written by Ena Czeladka Willemssen and sells for \$25. If you would like to purchase a copy email info@haveagonews.com.au with Valley and the Sea in the subject line or call the office on 9227 8283 during business hours.

Pet friendly accommodation



commodation in WA.

The website is owned by Western Tourist Radio (WTR) which broadcasts on 87.6 FM in East Perth, Bunbury, Busselton, Dunsborough, Cowaramup and Augusta as well as being providing a podcast service.

Barry Green, the owner of WTR, said that their radio network exists to tell the stories of people and places in Western Australia, and provide a voice for community and small businesses.

The pet friendly WA website is connecting travellers direct to local businesses. Every property has different conditions so please check their terms and conditions before booking.

Barry is always looking for new properties that cater for this important accommodation niche and welcome enquiries from other operators.

To be a part of pet friendly WA and register your pet friendly accommodation phone Barry on 9731 7006 or email barry@touristradio.com.au.



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A trip north to discover the birds of the Broome and surrounds



Left to right; Getting a good shot of the Kites - Cable Beach at sunset - Dingo stalking crab baits

by Chris Tate

BIRDING friend Mick Cross and I had been planning a trip to the Kimberley to photograph birds for several months and it seemed like the day would never arrive.

Access to many locations was still limited due to Covid 19 but we decided to go anyway. We flew into Broome on the opening day of Shinju Matsuri (Festival of the Pearl). Therefore the flight was completely full and so was the town.

We picked up our 4x4 hire vehicle and stocked up the Engel fridge with food. The first three nights' accommodation was in a cottage at the

Broome Bird Observatory (BBO) out of town on the shores of Roebuck Bay.

After we had settled in, I drove back into Broome to enjoy the opening night of the Shinju Matsuri Festival. It is a very colourful celebration of many different cultures and showcases the heritage of Broome. Town Beach had been renovated since my last visit and it proved a fantastic venue on a beautiful, tropical night overlooking Roebuck Bay.

Hundreds of flying foxes left the mangroves and flew low overhead at dusk as numerous school children performed for the crowds.

There were a few short speeches and more local

entertainment leading up to the grand finale - Sammy the Chinese dragon - which is always a crowd-pleaser.

I had to drive quite slowly on the return trip back to the BBO as many little agile wallabies kept darting out across the road in front of me. Fortunately, I didn't hit any.

We had booked a bird tour the next afternoon and we assembled outside the BBO office. Here we met our three fellow passengers for the Roebuck Bay plains tour. We departed in a four-wheel drive down a dirt track onto the plains. Our driver, the BBO manager, soon stopped as he had already found a pair of

Tawny Frogmouths posing stoically in a small tree. We all hopped out and took some photographs.

Soon after, the countryside opened up into a vast, flat, featureless, samphire plain. The perfect environment for the difficult to find Yellow Chat, which is endemic to northern Australia. It was only a couple of minutes before our guide spotted one sitting on top of the vegetation.

As we continued on slowly, we saw quite a few more but none close enough for a good photo. Our guide then suggested we spread-out in a line and walk across the plain. We saw several of the

tiny Chats and we all got close enough on foot for some good images of them.

Then we headed back to the vehicle as the sun dipped quite low in the sky and we drove back to the BBO after a very successful tour.

Early next morning, at sunrise, we drove three kilometres around Roebuck Bay to Crab Creek. We saw quite a few interesting birds in the mangroves and got some good images. As we walked back along the beach towards the car, we saw a misplaced crab net on the sand with the bait still in place. This had attracted a few Torresian Crows that were squab-

bling over it. Then suddenly a yellow dog came out of the dunes onto the beach. I was expecting its owner to follow shortly after when Mick called out, "It's a dingo!"

I swung my camera into position and fired off

a few shots. The crows soon attacked the dingo but he ignored them and went straight for the crab bait. Unfortunately, he then saw us and bolted straight back over the dunes and disappeared.

continued on page 28

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let's gotravelling

A trip north to discover the birds of the Broome and surrounds

by Chris Tate continued from page 27

We had booked a shore birds tour which started at 8am from the BBO office, so we needed to get back. As part of a small tour group, we visited a few spots along the northern shores of Roebuck Bay quite close by. Our guide found a large flock of integrated, wading species huddled together at the waterline all chattering away. It was gratifying to see a few thousand birds so early in the season. Many thou-

sands were still en route to Australia from Alaska, Siberia and China.

We all managed to take loads of photos of the waders on the shore and in flight.

Our guide also spotted some snub-nosed dolphins in the bay and I saw a couple of turtles pop their heads up for a breath of air. One surprise was seeing a stingray leaping up completely out of the water.

Early next morning we

packed up and headed out of Broome for the Fitzroy River.

It was only 170kms so there was no huge rush. We saw thick smoke billowing into the sky not far from the road ahead. A chopper flew over and a couple of firefighting vehicles rushed past us. It's not unusual to see fires in the Kimberley just before the wet as controlled-burns are conducted to reduce the flammable material. Lightning strikes will cause fires to break out and some can burn for several months in a vast expanse of country with little infrastructure.

A few kilometres before the Fitzroy River bridge there was a dirt track that ran off the highway, which would lead us to some campgrounds on the river bank. Our tourist brochure stated that it was a scenic spot amongst the boab trees by the river with numerous bird spe-

cies. Other caravanners and campers were already there and we saw a couple of dinghies on the shore. We also saw a reasonably large salt water crocodile sunning itself on the opposite bank.

The mostly dry river bed was very wide. It was approximately 500m across grit, pebbles and sand to the narrow strip of water or river.

After setting up camp Mick wanted to walk across the riverbed to a grove of trees we could see in the distance on the opposite bank. I reluctantly agreed as I had seen four saltwater crocodiles not that far away. It was hot and dry and we did see a few interesting birds but nothing really special.

We lit a fire that night from the massive bundles of dry driftwood lying in the riverbed. A huge, yellow moon slowly rose over the Fitzroy River

making a beautiful panorama.

Mick slept in his swag on the ground while I sept up in the rooftop tent of the vehicle.

Early next morning we had breakfast, packed up and drove to Derby. We bought some food and drinks in preparation for a journey up the Gibb River Road – but that's another story!

Chris Tate is a keen photographer and has published a handy guide book *Photographing our brilliant West Australian Birds & Wildflowers in conjunction with Have a Go News*. It offers tips for enthusiastic photographers to capture photos on their camera, phone or other device.

The book costs \$25 and contains a collection of superb photographs taken by Chris along with a wealth of tips and tricks. See page 21 to order or buy a copy.

Enjoy a journey through time

THIS sheltered water cruise, on the riverboat with clear curtained sides has led to the operator's promise: "rain or shine the Kalgan is fine."

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The trip crosses Oyster Harbour and enters the ancient Kalgan River, which is said to be the oldest continuing flowing river in the world.

After stopping on the bank, guests can enjoy tea, coffee and a hot savoury damper and taste some of the honey which comes from the flowers of the forest on the banks of the river.

Throughout the cruise there is great interaction with wildlife which may include white breasted sea eagles, ospreys, pelicans and more; this is truly a bird watcher's dream.

Returning across the harbour to the Emu Point boat pens the captain recites some local bush poetry about the scenic beauty and wildlife witnessed.

Like a journey through time, guests will have taken the path of the first settlers as they discovered the natural and stunning beauty of 'the new world'.

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IF you haven't visited the new twin skywalks at Kalbarri National Park, WA, you should definitely consider a trip there very soon. They were opened in April 2020, so they're still relatively new but already thousands of people have visited and been impressed by how amaz-

ing the experience is.

Comments on Trip Advisor include; "stunning views", "what a sight", "amazing lookout", "definitely a must-see", "world class attraction", and "wowzers!"

Both skywalks are 100 metres high – one extends 25 metres out over the Murchison River gorges, and the other extends 17 metres, and they blend beautifully and naturally into their surroundings. Both offer stunning panoramic views over the river and gorges – a delight for photographers and nature lovers alike.

Aussie Redback Tours will be visiting the Kalbarri Skywalk in March 2021, as part of their Kalbarri/Monkey Mia tour. Tour details are:

Kalbarri – Monkey Mia Sunday 7 to Saturday 13 March 2021. Seniors \$2,140, Adults \$2,290, Single Supplement \$490

Inclusions: Kalbarri boat cruise, Kalbarri National Park including Skywalk experience, Rainbow Jungle, Monkey Mia boat cruise, dolphin experience at Monkey Mia, Eagles Nest Lookout, Shell Beach, the stromatolites, Hamelin Telegraph Station, six breakfasts and four dinners.

Aussie Redback Tours passengers stay at motel accommodation, travel in an all-terrain air-conditioned vehicle, and enjoy a leisurely pace each day – no rushing around.

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Leading world medical research diabetes trial begins in Perth



Fiona Stanley Hospital cardiologist Dr Girish Dwivedi

WEST AUSTRALIAN researchers have won funding to carry out a world-leading trial that could reduce the chances of people with type 2 diabetes who've had a heart attack suffering further heart failure.

Fiona Stanley Hospi-

tal cardiologist Dr Girish Dwivedi has been awarded charity Diabetes Research WA's \$60,000 Jamie Cripps 2021 Research Grant for the project, which focuses on a new class of medications known as sodium-glucose co-transporter-2 inhibitors (SGL-

T2Is) and could also ultimately benefit those with type 1 diabetes.

Heart attacks and strokes are up to four times more likely in people with diabetes, despite treatment advances. In those who've recently experienced cardiac arrest, the risk of recurrent heart attack or death is increased substantially.

"In a small non-randomised study, we found that in patients with type 2 diabetes and heart attack, starting treatment with the SGLT2i medication empagliflozin, just before hospital discharge, was linked to a reduction in heart chamber thickening and favourable changes in pumping function that reduced the risk of heart failure," said Dr Dwivedi.

The new funding will be used to launch a larger randomised study in a bid to confirm the group's early findings and pave the way for a nationwide trial.

"We're also hopeful this trial can address doctors' concerns about rare side effects of SGLT2i therapy, which appears to have been stopping them using it in hospital patients in the aftermath of heart attack, despite well established blood glucose-lowering benefits and recommendations for its use," Dr Dwivedi explained.

"It's well known that initiation of therapies prior to hospital discharge improves long-term health outcomes for patients and encourages them to stick to their medication regime,

so if we can prove this class of drug is safe and effective, it could become one of the mainstays of treatment of heart attack patients with type 2 diabetes.

"There is also increasing interest in using these drugs for people with type 1 diabetes to manage blood glucose and reduce insulin dosage. We hope our work will also contribute to understanding how that may be best done."

Diabetes Research WA executive director Sheri Westlund said the organisation was thrilled to be supporting this research.

"People with diabetes are up to four times more likely to die from heart disease than those who don't have diabetes, so it is crit-

ical we make advances in tackling this. This project has the potential to do just that," said Ms Westlund.

"We're also particularly proud to be supporting this research as it may have benefits for both type 1 and type 2 diabetes, which are becoming increasing common worldwide."

Dr Dwivedi is also the Wesfarmers professor of cardiology at The University of Western Australia and the head of the Harry Perkins Institute of Medical Research's advanced clinical and translational cardiovascular imaging laboratory.

Other researchers involved in the project include Professor Bu Yeap and Dr Gerry Fegan, endocrinologists at Fiona

Stanley Hospital, Assoc Prof Frank Sanfilippo, a cardiovascular epidemiologist at University of WA, Royal Perth Hospital senior pharmacist, and Dr Nick Lan, trainee cardiologist at Fiona Stanley Hospital.

The new study is expected to begin in April 2021.

The Jamie Cripps 2021 Research Grant is named in honour of West Coast Eagle Jamie Cripps.

Jamie, who has type 1 diabetes, is a Diabetes Research WA Ambassador and helped raise the \$60,000 awarded to Dr Dwivedi through the 'Help Crippa Kick Diabetes Research Goals' crowdfunding campaign.

Head to www.diabetesresearchwa.com.au for more information.

COMMUNITY NOTEBOOK

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

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Info 0414 053 421 or the facebook page U3A Armadale@u3aarmadalewa.org.au

PAINT PASSION AND IMPULSE
An exhibition by Cecily Carulli at Ellis House Art Centre.
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For more details contact Margaret on 0418 918 425 or 9249 2396.

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Downsizing

ADVERTISING FEATURE

New season colours can make a bold and beautiful statement in your home



Be brave enough to make a bold statement in your home with the new season's colours



by Zofia St James

FEBRUARY is the month for lovers of all things and of course beautiful homes. I'm wondering if you read my column last month and considered one, some or lots of projects you'd possibly like to achieve around your home?

With time just flying by and the weather perfect, it would be lovely to have some or all jobs accomplished before winter arrives and we start to hibernate. Just imagine enjoying your home more during the colder season where we can love being indoors and relaxed, knowing those long-desired changes took place. Even small changes can provide a big impact. One of the few benefits from the pandemic is that it has had a positive effect for our state as our focus has been more about shopping and holidaying locally. Not being able to

travel has seen people's attention and funds directed into considering 'new stuff' for their homes. Local retailers have recorded their best year yet, as people have updated everything from new kitchens and everything to fill them, to actually selling up and starting again. Wherever you find yourself at the moment, enjoy and have fun exploring the opportunities at hand that you can research and see what works best for you. I am very excited about what this year holds because as I have always operated in a solo capacity however this year sees me affiliated with an

amazing team of trades and the real estate agency Sherlock Homes Group. They are reliable and having seen their work first hand, I could not be more certain of the quality. They are able to offer free quotes for any jobs big or small. I'm only a call away and can offer information and guidance happily to you and answer any questions you may have concerning the services you require. So getting back to shopping locally... a brand new beautiful season awaits us imminently – wonderful autumn. The leaves will start turning and the mornings and

nights will become cooler. I think it's fascinating how we look forward to a new season. Now is the time to consider the needs of your home in preparation for autumn. As well as being practical, such as fleecy sheets and flannel pjs, injecting some nice autumnal shades and layers provides a nice decorative change and is just as important as a fresh set of underwear is for the next day. Having a doona set that feels and looks cosy can give your bedroom a new vibe completely. Sometimes, storing these new season things can be a

challenge, but clearing out the old to make way for the new certainly helps. I would encourage anyone to take a close look at what small changes would provide an impact. I have a dear friend that I've told a million times... slight exaggeration but not far off... how easy his place could go from vanilla upon vanilla to vanilla and chocolate with a bit of mustard thrown in to make his room be 'wow.' Lamps, rug and TV credenza and a print for one wall would complete the look and update a couple of track lighting fixtures in the kitchen and a new fridge and viola!

Safe vanilla to styled up fabulous. Stay tuned... it will happen. And it can happen for you too. The way I work to make magic happen is just like a prescription. Have a wonderful month... talk soon. **Zofia offers an interior style consultation for readers and she offers reader's a free over the phone or video call consult. She can assist with de-cluttering, restyling, choosing furniture and personal styling. For those interested in a free styling opportunity please contact Zofia on 0406 336 607 or email intshg@gmail.com**

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ADVERTISING FEATURE



Did you seek help during social isolation and what did you find?



Older adults impacted by isolation

by Frank Smith

RESEARCHERS at Edith Cowan University,

led by Dr Natalie Strobel, are conducting a project to enhance emotional well-being and social

care services for older adults during periods of social isolation.

They need volunteers to be interviewed for this research. Did you try to access any services during the Covid lockdown and, if you did, what was your experience?

They are also interested to know whether you wanted to access services but you weren't able to, and the reasons why.

"The aim of the project is to find which organisations provide assistance in social connection and mental health to socially isolated adults, and to understand the impact they have.

"This will have current and future implications of the effect of pan-

demics on services that provide emotional and social support to older adults," she said.

During the Covid-19 pandemic older adults were significantly impacted. Public health messages advised people aged over 70 years (60+ years for those with a chronic medical condition) to self-isolate to reduce the risk of infection.

During this time services that provide emotional and social support to older adults received a substantial increase in calls and requests for support.

Survey participants will be asked to complete one 45-minute interview which can be either face-to-face, via a telephone call or a

Zoom video call.

"We will use this information to develop resources and provide recommendations to services by government and non-government organisations about the impact of coronavirus (Covid-19) and how similar future crises could be better managed," Dr Strobel said.

Following the initial interviews, researchers plan to develop another survey to be distributed to a wider audience. This survey is about the barriers and facilitators for older adults to access social and emotional support services during periods of social isolation.

Unlike the interviews, the survey will give more people the opportunity

to share their experiences with service providers and policy makers.

An earlier study of community-living people over 60 was published in the *Journal of Aging and Health* last year. It combined the results from 10 descriptive articles published in the scientific press in 2019 and 2020 related to mental and physical activity during the pandemic.

The main outcomes reported by the over 20,000 people from Asia, Europe and America who anticipated were anxiety, depression, poor sleep quality and physical inactivity during the isolation period.

The study found that mental and physical health in older people

were negatively affected during the social distancing for Covid-19 and researchers recommended exercise and psychological strategies for this population during the confinement.

They recommended cognitive strategies and increasing physical activity levels using apps, online videos, telehealth, to help deal with mental problems and stress problems.

Dr Strobel would like to hear from readers who may have tried to access social and emotional support services during the coronavirus lockdown and those who did not make the attempt for whatever reason.

Contact Dr Strobel on 6304 5481 or Email: n.strobel@ecu.edu.au

Contemporary new programs available in Aged Care

OSBOINE Contemporary Aged Care provides residential aged care in Bayswater and is taking a new approach to lifestyle.

Manager, Christina McEntee says the new program will be on a roster to accommodate residents' interests and hobbies.

"The program is about what residents want," she says. It will be focusing on group activities scattered throughout the week. The service will offer a range of different activities to keep you moving, stimulating your mind, helping you get in touch with your creative

side, and enabling you to get to know the people around you.

"We also cater for people living with dementia, by focusing on their current skills and abilities."

People who prefer not to participate in groups are supported individually.

Some of the activities this year will include more use of music. Music improves cognition, well-being and overall health. It has been shown to help people to communicate, to foster reminiscence about the "good old days"

and to promote feelings of pleasure and relaxation. There will be music from rock'n'roll to classical that people can dance to, move to, exercise to or simply sit, watch and listen.

The aim of the music program is, like all Osborne's programs, to give residents the opportunity to engage with activities and interests that have been meaningful to them throughout their lifetime, and ensure a lifestyle program that reflects their choices.

Find out more by seeing their advertisement on page 37.

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ADVERTISING FEATURE

Help around the home is available to maintain independent living



BETTE Davis once said that “Old age is no place for sissies” and she was right.

Becoming a senior means retirement and time to do all those things that were put on hold. However, it can also mean a few unexpected challenges too.

Annie Carvell, CPE Group client relationship manager says: “the lawn seems to be much bigger and the weeds grow back more quickly, the fly screens seem much more difficult to remove than before and surely there weren’t always so many windows to clean.

“A little assistance could be a great help.”

As you get older it can become more difficult to do all the things you used to do but with a little support, it doesn’t have to mean that you can no longer live independently in your own home.

It just means finding the best way to solve the problem. A good place to start looking is the Government’s My Aged Care program which provides Home Care Packages for people who can demonstrate a need for assistance.

These packages range from \$9,000 to \$52,000 annually, so are well worth considering. They can provide the person you need to mow the lawn, weed the garden, remove the flyscreens and clean all those windows. All people have to do to find out if they qualify for one of the packages is apply.

People may be surprised what is available and who is eligible. Find out on My Aged Care’s website at www.myagedcare.gov.au or call CPE Group on 1300 665 082 for their *Guide Through My Aged Care*.

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RAAFA Retirement Living

New home evokes fond memories for resident



RAAFA Cirrus Apartments resident Glenys Pearce

MOVING into the Royal Australian Air Force Association (RAAFA)’s new Cirrus Apartments at the Air Force Memorial Estate (AFME) in Bull Creek has meant Glenys Pearce’s life has pretty much come full circle.

Glenys’s parents lived on AFME in the mid-1970s, first in one of the retirement living units, and then at Gordon Lodge and later Dean Lodge Residential Care.

“Because my parents lived here, my kids pret-

ty much grew up on the estate and had many birthday parties here, spending time by the pool on warm days with their grandparents,” recalls Glenys, who was only the second person to move into the new Cirrus Apartments in September 2020.

“AFME holds a special place for me and my family, in fact I still have a couple of friends on the estate, who I’ve been able to catch up with since living here, and it’s lovely to still have that connection.

“My late husband Frank was a keen member of the bowling club too and because my apartment overlooks the greens I can wave to one or two of his old

bowling mates from my balcony as they play. So, to me, although it’s officially my new home, AFME has actually felt like a second home throughout my life.”

Glenys explains that she pretty much fell in love with the new apartments as soon as she saw them, and settled on a two-bedroom, north facing apartment on the first floor.

“I just thought ‘that’s the place for me’, it felt so right,” explains the 78-year-old who sadly lost her husband only two weeks before moving into her new home.

“I’ve already been down to the small church and enjoyed a lovely little service. I’ve also had several friends over to my apartment and we’ve then popped down to have morning tea in the new club. It’s a lovely location to catch up with friends, and also it’s wonderful that it’s so popular. You often bump into people to say hello.

“Everyone I know speaks so highly of RAAFA and everyone who lives here seems very happy and exceptionally friendly. I have absolutely everything I need close by, so my new place really does tick all of the boxes.

I have no doubts that I’ve made the right choice by moving here.”

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Seven storage hacks to live large in your apartment or home



L-R; Banish clutter with slimline storage solutions
- Pindan's lead design manager, Lee Chalmers

APARTMENT and low-maintenance living is all the rage now, but embracing this new Australian dream means being smart about how we furnish our homes so they don't feel cluttered and cramped.

To help you make the most of every last square centimetre in your apartment or home, lead design manager Lee Chalmers at integrated property and construction group Pindan, offers some of his favourite storage hacks.

1. Get flexible

Flexibility is the key if you want to make the most of compact spaces. That means steering

away from that lumbering eight-seater marri-dining setting that takes up all your living space. Instead, seek out clever designs that can be downsized, folded or rolled away when not in use. That way you can repurpose spaces as and when needed.

BoConcept.com is

a great place to start looking for stylish modern pieces created by renowned Danish and global designers. Like the Ottawa, a four-person dining table with a built-in extension leaf that can be pulled out for ten-guest dinner parties. Or The Cupertino, a wall mounted storage home office that can be opened to reveal a desk space and storage compartments that are neatly concealed when not in use.

2. Surprise the eyes

Unlocking your apartment or home's storage potential is all about finding clever ways to integrate functionality into stylish spaces. Look for furnishings with drawers, lids and hidden nooks that give you easy access to things that would otherwise take up space. Think bench seats that double as linen boxes, or nightstands that can

store away books.

3. Go up, not out

When ground space is at a premium, it makes sense to store vertically – and the higher, the better. From kitchen utensils, to books, trinkets and bathroom accessories, a lot of your clutter dilemmas can be solved through slimline storage solutions that bring order to your apartment or home on a finer footprint.

4. Get on a roll

If you practically live in your kitchen, you'll know that you can never have enough preparation and storage space, especially in compact spaces. That's when adding a butcher's block or trolley comes in. Placed at the end of your cabinetry in a matching style and colour, it's a creative way to add more surface space for slicing and dicing, as well as convenient storage for pots and pans, all

with the flexibility of being able to wheel around to where you need it most.

5. Sleep on it (or above it)

Eyeing off that queen ensemble bed? It might be comfy but how can you sleep easy knowing all that precious floor-space is going to waste? If you're looking for clever under-bed storage, go for a high clearance bed frame with built-in storage drawers. It'll give you a mattress-sized storage area for you to keep loads of space-consuming items like throw rugs, cushions, shoes and more.

6. Get off the floor

Interior designers have a long list of optical tricks to make a space feel less cramped. Go for sofas and coffee tables that are elevated off the floor with long legs to draw the eye further across the room. 'Floating' furniture

is also a fantastic minimalist design solution, where items like shelving, seating and cabinetry are wall-mounted to give the illusion of hovering just above the floor. It saves space, makes cleaning easier and enhances the feeling of spaciousness in a room.

7. Hang out more

Think your home or apartment's doors are for simply closing off rooms? Think again! By hanging an over-the-door rack with various storage compartments to your kitchen, bathroom or laundry door you can store away supplies and accessories that would otherwise take up precious space in your storage cupboards. The door can be opened and closed as needed while giving you convenient access to things like soap, shavers and all in-between.

Swap your shower head for free in new program from Water Corporation

PERTH and Mandurah residents will have the opportunity to exchange their inefficient showerheads for waterwise alternatives under a new metropolitan Showerhead Swap program, announced by Water Minister Dave Kelly.

Already available in some regional communities, the free Water Corporation program is being extended to metropolitan households,

allowing them to replace up to two inefficient fixtures with WELS 4-star rated showerheads. The water efficient showerheads only use 7.5 litres per minute, and come in two stylist designs; hand shower and high rise.

The program could reduce water consumption in an average Perth household by 20,000 litres a year and potentially save around 92 mil-

lion litres of precious water in total.

Around 10,000 showerheads are available until 31 May, or while stocks last. Exchanges can be made by registering on the Water Corporation's website and taking your confirmation email and old showerheads to a participating Reece Plumbing store in the metro area.

The Showerhead Swap program

has proved a hugely successful water efficiency initiative in many regional communities, where it is offered through Water Corporation's Waterwise Towns program.

Last year, nearly 900 regional households exchanged 1274 inefficient showerheads, saving around 18 million litres of water.

Showers make up almost 22 per cent of total household water use.

One of the most effective ways to reduce consumption is by limiting showers to less than four minutes and installing water efficient showerheads with a flowrate under nine litres per minute.

For more information about the program and advice on how to be more waterwise, visit watercorporation.com.au/metros showerhead swap

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Daniel McQuillan & Craig Gemmill



How stem cell nutrition can help to ease the symptoms of arthritis



Sandra Barnsley

Advertorial
ARTHRITIS is painful in-

flammation and stiffness of the joints. Inflammation is part of the body's natural response to protect joints from damaged cells; to remove irritants and infection – but also to start the healing process. The most common form of arthritis is osteoarthritis. This is a degenerative disease and often leads to joint replacement surgery. Osteoarthritis begins in the cartilage and even-

tually leads to two bone surfaces rubbing directly against each other. This is not only painful, but very restrictive on daily mobility and flexion.
How Can Adult Stem Cells Help Arthritis?
Research now shows that the body heals itself via the migration of adult stem cells from the bone marrow. Providing they can get to the tissue, adult stem cells can become

new bone cells, cartilage cells and have been linked with an increase of lubricin (a protein found in joint fluid that acts like a shock absorber).
As we age our stem cells migration naturally declines. By age 50 it has reduced by 50 per cent and by age 65 you only have about 10 per cent the number of stem cells you had in your bloodstream when you were 25.

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Evolution of Osteoarthritis
Diagram; 1. Bone, 2. Cartilage, 3. Thinning of cartilage
4. Cartilage remnants 5. Destruction of cartilage
© doctorramey.com

Solution for BIG Crossword page 46

T	H	A	I		N	I	A	G	A	R	A		K	A	T	E
O		P	L	A	Z	A		D		N		L	I	B	E	L
D	E	A	L	S		M		D	I	G		E		L	Y	I
O	A	R		I	D	E	A	L		L	A	S	S	O		B
	S	T	U	D	Y		R	E	B	E	L		L	A	P	I
	E		T	E	N	N	I	S		S	E	N	A	T	E	T
C	L	U	E		A		S				R		T		R	A
A			N	U	M	B	E	R		S	T	E	E	L		I
L		O	S	L	O		S	A	R	I	S		S	A	C	S
M	A	N	I	C				Z		L			P	A	L	E
I		S	L	E	D		C	O	U	L	D		M	E	R	E
N		E		R	A	D	A	R		S	I	M	I	L	E	
G	A	T	E		N	T				L		S		F	L	A
	I		W	A	G	G	E	D		B	U	R	E	A	U	
	D	W	E	L	L		R	E	B	U	T		R	U	L	E
Y	E	A		B	E	A	S	T		F	E	A	S	T		T
A	D	I	E	U		I		O	F	F		C		O	C	H
L		T	A	M	E	R		U		E		E	N	S	U	E
E	A	S	T			S	T	R	I	D	E	S			D	R

Solution for Suduko page 46

9	6	2	3	4	5	1	7	8
4	5	7	2	8	1	9	3	6
3	1	8	7	6	9	2	5	4
2	9	6	8	5	4	7	1	3
5	8	4	1	3	7	6	2	9
1	7	3	6	9	2	4	8	5
6	4	1	5	2	8	3	9	7
8	2	9	4	7	3	5	6	1
7	3	5	9	1	6	8	4	2

Solution for Crossword page 47

P	E	D	E	S	T	R	I	A	N	
E		R		T				L		M
R		Y		R	O	S	E	T	T	E
M	E	C	C	A				E		D
I		L		Y		C		R		D
S	I	E	G	E		L	O	C	A	L
S		A		D		E		A		E
I		N				M	O	T	H	S
O	P	E	R	A	T	E		I		O
N		R				N		O		M
	A	S	S	I	S	T	A	N	C	E

Answers for Have a Go News Quiz page 2:

1. WA Museum, 2. Yagan, 3. Dove, 4. Luc Longley, 5. 23, 6. November, 7. Vince, 8. Rick Steele, 9. Jon Lewis, 10. Logging

PRISM solution page 47:

Jade, ruby, sapphire, sunstone, amethyst, sardonyx.

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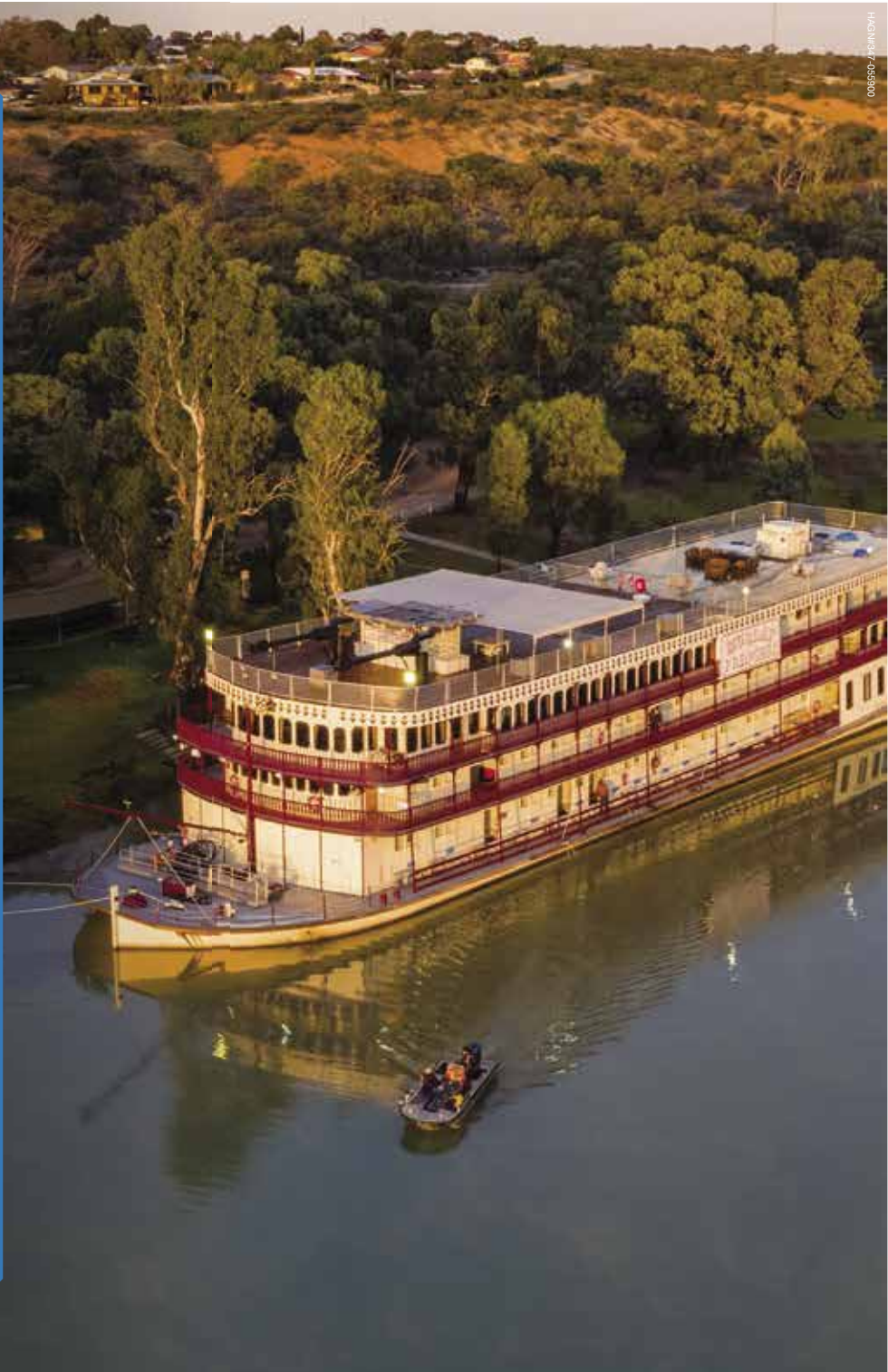
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Video games can improve balance and reduce the risk of falls



Jack at Princeton doing the smart+step program

by Frank Smith

FALLS are a major health risk for older people. One third of seniors have a fall at least once a year, which often result in fractures and other injuries.

Nearly half the people over 70 who went to a hospital emergen-

cy department ended up staying in hospital, 10 per cent of whom left for residential care. Of those who fractured a hip during a fall, 20 per cent died within the year.

A new program smart+step has been designed by Neuroscience Research Australia

(NeuRA), engaged seniors in exercises known to reduce falls. It uses an adapted versions of popular video games to 'step train' the brain for mobility, balance and cognitive function.

Smart+step, has proved effective in improving step reaction time, speed of movement and central processing ability in two studies of people living in the community. This should translate to lowering the risk of falls.

It is now being tested in four Allity Aged Care homes in New South Wales and Victoria ahead of a broader roll-out in 2022.

NeuRA senior research scientist, Dr Daina Sturnieks, who designed the program, said smart+step could reduce falls by up to 50 per cent.

"Balance challenging exercises can improve mobility and significantly reduce someone's risk of having a fall, which is the biggest cause of injury-related

death in older Australians," she said.

"Our trials show people find the games extremely enjoyable. The competitive nature of the games means that we are confident that smart+step participants will happily use the program to obtain the best possible health benefit."

Smart+step comes with a wireless step mat and computer system, which connects to a television screen or monitor. Players navigate the games, which appear on the screen in front of them, by stepping in the correct direction, at the correct time.

The quicker and more precise their steps are, the faster users progress through the game.

"To make this type of exercise more enjoyable and motivating, we have taken the fun elements of a game and converted them into a program that will improve someone's balance and thinking skills," Dr Sturnieks said.

NeuRA researchers recommend people use smart+step for two hours each week over the course of a year. They can then progress through the games independently with minimal support from clinicians.

Supervising staff, such as physiotherapists, are only involved to ensure safety, particularly for frailer people.

Glen Hurley chief operating officer of Allity Aged Care, said smart+step was a fun and safe way to help transition residents back to their regular routines.

"We are thrilled to be able to provide residents with a scientifically proven and fun way to maintain their quality of life as they age," he said.

"In addition to boosting fitness and cognitive health, smart+step gives our residents a small dose of healthy competition, and we can already see how it is improving their sociability."

"So far, our most pop-

ular games are 'La Cucaracha', 'Toad Runner' and 'Block Stacker'.

"The best thing about the program is that it's so simple to use. The program is having an immediate effect on boosting morale and

the motivation to be active and healthy," he said.

Neuroscience Research Australia (NeuRA) is an independent, not-for-profit research institute based in Sydney.

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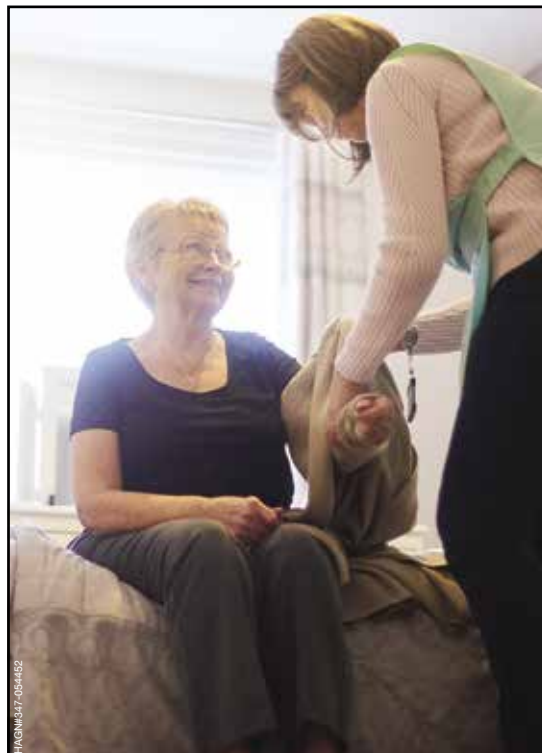


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Good news - cheese, lamb and red wine delay cognitive decline



L-R; Food scientist, Professor Auriel Willette and graduate research assistant Brandon Klinedinst

by Frank Smith

JUST once in a while, dieticians come up with a trial results that appeals to my prejudices, and late last year a group of scientists based on Iowa State University, USA did just that.

The group led by graduate research assistant Brandon Klinedinst with food scientist Professor Auriel Willette examined the effect of 49 dietary components on problem solving skills of 1,787 British adults aged 46 to 77. The group consisted

of slightly more males than females.

Participants completed a Fluid Intelligence Test (FIT) that measures problem-solving skills providing an in-time snapshot of an individual's ability to think on the fly. It was applied as part of touchscreen questionnaire at baseline and two follow-up assessments over the next six years.

They also completed a Food Frequency Questionnaire that estimated their intake of fresh fruit, dried fruit, raw vegetables and salad, cooked vegetables, oily fish, lean fish, processed meat, poultry, beef, lamb, pork, cheese, bread, cereal, tea and coffee, beer and cider, red wine, white

wine and champagne, and hard liquor.

The four major findings of the study were:

1. Cheese consumption was by far the most protective food against age-related cognitive problems, even late into life;
2. Daily (but not weekly) consumption of alcohol, particularly red wine, was related to decreased rates of cognitive decline; however the study was not able to say how much daily alcohol was beneficial.
3. Weekly consumption of lamb, but not other red meats, also improved long-term cognitive ability; and
4. Excessive consumption of salt is bad, especially for individuals

with risk factors such as being a carrier of the APOE4 gene associated with early onset dementia or with a family history of dementia.

Trial participants with a diagnosis of Alzheimer's disease or with a known risk of developing the disease failed to benefit from these dietary changes.

The researchers pointed out that this was an observational study and cannot prove a causative connection between diet and cognition.

Professor Willette said: "I was pleasantly surprised that our results suggest that responsibly eating cheese and drinking red wine daily are not just good

for helping us cope with our current Covid-19 pandemic, but perhaps also dealing with an increasingly complex world that never seems to slow down.

"While we took into account whether this was just due to what well-off people eat and drink, randomised clinical trials are needed to determine if making easy changes in our diet could help our brains in significant ways."

Mr Klinedinst said some individuals seem to be more protected from the effects of Alzheimer's, while other seem to be at greater risk due to genetic factors in their DNA.

"I believe the right food choices can pre-

vent the disease and cognitive decline altogether. Perhaps the silver bullet we're looking for is upgrading how we eat.

"Knowing what that entails contributes to a better understanding of Alzheimer's and putting this disease in a reverse trajectory," he said.

The take-home message for older people is to eat cheese regularly and choose lamb over other red meats. If you do drink decide on a modest amount of red wine with your meals and reduce excessive salt intake.

The study was published in the November 2020 issue of the *Journal of Alzheimer's disease*.

ECU shine spotlight on nutrition in aged care



ECU students with Baptistcare Gracewood chef Chinmay Dandekar. Chinmay is a five-star chef who has worked in Dubai's 'seven star' Burj Al Arab, the London Savoy and restaurants in Miami and Mumbai.

A NEW generation of dietitians has been shining the spotlight on food and nutrition in aged care with the help of an elite team of five-star chefs at Baptistcare.

The aged care provider and Edith Cowan University (ECU) teamed up

for a one-of-a-kind partnership to give 26 students practical, hands-on experience preparing and designing menus that are delicious and nutritious for seniors.

The project is believed to be the first of its kind in Western Australia.

Over 13 weeks, the chefs at Baptistcare and ECU consultant dietitian and food service lecturer Bibi Anderson, mentored and supported students studying in the Master of Nutrition and Dietetics program.

At the end of the col-

laboration, residents at Baptistcare Gracewood Residential Care in Salters Point were treated to a themed celebratory lunch and dinner, fully planned by students.

Baptistcare, through its catering arm Aurum, is gaining an enviable reputation for its radical new approach to cooking for the elderly, after recruiting chefs with experience in some of the world's top hotels and restaurants.

Todd Cheavins, executive chef for Aurum at Baptistcare, said the partnership with ECU had resulted in a unique and enjoyable day for Baptistcare Gracewood residents.

"Partnerships like this are important for students to obtain real, practical experience. It creates further opportunities too. Some of the students may one day work for Baptistcare," he said.

Experts urge people to seek ongoing hearing support

HEARING loss affects about 431,000 people in WA and, according to research, it takes Australia-

lians on average seven to 10 years to acknowledge they have hearing loss before taking action.

Specsavers senior audiologist Kathryn Launchbury urges people to act on hearing loss sooner.

"Our research found that 37 per cent of a representative sample of 1,000 Australians aged 40 and over aren't aware of the common signs of hearing loss," she said.

"On top of this, those know at least two people they think suffer from hearing loss but almost half have never suggested a hearing test, mainly because they are worried it would hurt the person's feelings.

"Often someone close to the person will notice before they do that they can't hear so well, so it's really important to look out for signs such as turning the TV up loud,

putting their mobile on speaker phone, lip reading and asking people to repeat themselves."

If you know someone who you think may be hard of hearing or you are worried about your own hearing loss, book a free 15-minute hearing test with a local audiology professional at Specsavers. If further testing is required a fee will be incurred.

If further testing is required, a comprehensive 60 minute hearing assessment will be recommended. During this appointment, the audiology professional will carry out a comprehensive diagnostic assessment and will be able to determine if hearing aids would be beneficial.

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Australia's best-known gardener is honoured in Australia Day Awards



L-R; Australia Day honours recipient for broadcast media Graham Ross OAM and Sir Cliff Richard - orchids and palms will be among the rare and unusual at The Garden Clubs & Societies Fair - Graham Ross Inset; Ross Garden Tour group in Japan



by Colin Barlow

COLLEAGUE, mentor and good friend Graham Ross was awarded The Member of the Order of Australia (AM) in this year's Australia Day honours, for his service to the broadcast media, particularly to horticulture, and the community.

Graham is best known for his role as the main gardening presenter on Channel 7's *Better Homes and Gardens* and he has been a stalwart on television since 1978.

I first met Graham in Melbourne when I became an assistant tour leader for his company Ross Garden Tours. Graham mentored me on a number of trips through the Western Australian outback from Broome to Perth, travelling more than 5,000 kms for nearly three weeks. On tour, his incredible experience, knowledge and storytelling to his travellers, the general public and myself were valuable life and work lessons.

Graham has been a champion of horticulture for most of his life and relentlessly promotes the horticultural industry, horticultural careers, and home gardening. Throughout his career he has worked as an apprentice, nurseryman, arborist, greenkeeper, seedsman, local government head gardener, and director of Horticulture, NSW TAFE.

His weekly *The Garden Clinic* talkback radio on

2GB has been on air for more than 40 years and continues to educate and entertain listeners on the eastern seaboard. He also established the Australian Garden Council (AGC) and has served as chairman since 2015.

His overseas awards include the prestigious Gold Veitch Memorial Medal from the Royal Horticultural Society in London, in 2011, and an Honorary Fellowship of London's Royal Botanic

Gardens Kew Guild in 2013.

I would like to congratulate Graham on a wonderful career and dedicated service to the horticultural, gardening and media industries. Long may it continue.

Indoor plant care for summer

Many indoor plants come from sub-tropical or tropical rainforest areas in lower light conditions under the tree canopy. Here are my tips to creating a jungle at home:

- Keep your plants in a brightly lit spot for strong summer growth, but not next to an unshaded north-facing window, which may cause them to be scorched by the sun.
- Feed them with a controlled release fertiliser, plus use a liquid fertiliser to encourage strong healthy growth and lush foliage from spring to autumn. Try Osmocote Pour + Feed Indoor

Plants or Powerfeed Pro Series Pots and Planters.

- Keep your plants clean. Either place them in the shower and wash off any dust and grime using tepid water, a sponge but no soap or gently hose them outside in a shady area or wipe the leaves with a moist clean sponge soaked in water. You can put them outside in the shade if it happens to rain, to help freshen up the leaves.
- Pot up fast growing tropical plants with a premium potting mix or specialized indoor potting mix so that they are well established before the cooler weather.
- Use sticky yellow traps to control the troublesome adult and neem oil as a soil drench to control the larvae of fungus gnats. Alternatively try a barrier of diatomaceous earth or pumice on top of your potting mix.
- Mist your plants with a spray bottle to increase humidity, decrease transpiration and deter spider mite. Other options are to place them on a tray of gravel with the level of water just below the top of the stones, or place the existing pot in a larger waterproof container surrounded with moist coco or moss peat.
- Don't forget to look after your plants if you are going away on holidays. Most indoor plants will survive for one week if positioned away from direct sunlight and well-watered just before you go. Alternatively, place them in a shady area of the garden irrigated by sprinklers or place them on top of a saturated towel in a bathtub with the plug in.

Socially distanced plant fair
Check out the latest plants and information this summer at your local show. The Garden Clubs and Societies Fair is on again from the 20 to 21 of February at the South Perth Community Centre on the

corner of South Terrace and Sandgate Street in South Perth. This showcase of Western Australia's amateur horticulture groups and societies will have many, rare or unusual plants for sale or on display including: African violets, begonias, bromeliads, bulbs, cacti, chrysanthemums, clivias, cottage garden plants, cycads, ferns, frangipanis, gerberas, hibiscus, hoyas, orchids, palms, pelargoniums, roses, succulents and wildflowers.

Entry is only \$5 for adults and the fair is open from 8.30am to 4pm on Saturday, and from 9am until 3pm on Sunday.

The Plant Fair is subject to current COVID-19 restrictions which include signing in and a limit of up to 200 people at any one time in the venue. For more information call Helen Martin-Beck on 6361 7688 or go to www.horticulturalsociety.com.au

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food & WINE

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ADVERTISING FEATURE



This Cuban shredded beef will cause a revolution in the kitchen



by Vince Garreffa

FIDEL CASTRO was definitely passionate about his Cuba and I am sure that his peasant roots had

him eating many affordable dishes as he grew up. This is a Cuban dish that he may have eaten many times with such great gusto that bits of

meat were stuck to his beard during the revolution. Sorry, I cannot prove any of this is true but try the recipe. It is the real deal.

Ingredients to feed 4 to 6;
1kg chuck steak (oven prepared)
2 tablespoon red wine vinegar
2 tablespoon lemon juice
2 cloves crushed garlic
West Australian organic lake salt
Freshly cracked black pepper
100ml West Australian extra virgin olive oil

(EVOO)
½ medium onion finely chopped
½ red capsicum very tiny diced
2 cloves fine chopped garlic
2 cans chopped tomatoes

Method:
1. Cook the beef in one litre of water in a small pot so the meat is covered. When it starts to boil, lower the heat to a simmer and add half the vinegar, lemon juice and garlic with a pinch of salt. Simmer for two hours on very low heat with the lid on. Now rest the meat

on a cutting board until cool and save the meat juices (stock). Shred the meat into little pieces like short pasta. Now mix the shredded meat in a bowl with the rest of the vinegar, lemon juice and garlic. Add more pepper and more salt if required and

rest for 30 minutes.

2. Fry onion and capsicum until coloured then add the garlic and tomatoes. Stir and cook for 15 minutes then add 400ml of the saved beef stock, bring to a boil and add the shredded beef. If the mix is too dry, add a little more

stock. Serve on boiled rice.

Vince is the proprietor of Mondos Butchers located at 824 Beaufort Street, Inglewood. They are open Tuesday to Friday 9am – 5.30pm Saturday 9am to 2pm. Phone 9371 6350 or visit www.mondo.net.au

Letters to...Vince Garreffa

IF YOU want a particular recipe of Vince's, don't hesitate to drop a line to *Have a Go News*. Address your enquiry to Vince Garreffa c/- *Have a Go News* PO Box 1042, West Leederville 6901, or email your question to vince@haveagonews.com.au. Please include your phone number.



A liver hormone's response is why some people should never drink...



by Frank Smith

ACCORDING to an article in *New Scientist* a liver hormone – fibroblast growth factor 21 (FGF21) – kicks in as we drink alcohol to protect the liver and stop us drinking too much. Heavy regular drinking appears to blunt

the hormone's response in the same way as the pancreas starts struggling to produce insulin in people with type 2 diabetes, so a liver exposed to chronically high levels of alcohol might lose its ability to secrete FGF21.

That explains why the only way to go for prob-

lem drinkers is to give up entirely. The rest of us can thank our hormones for our ability to enjoy wine without getting sozzled.

Salena Estate Twisted Sticks Organic Shiraz 2019 from South Australia is a smooth full-bodied wine, brick

red in colour. Aromas and palate both display plums, blackberries and herbs. The palate also has hints of vanilla and velvety oak especially on the finish. RRP \$24.

Clairault Margaret River Rosé 2018 is made from Merlot grapes allowed only four hours of skin contact, resulting in an exceptional light rosé. It has aromas of currants, plum blossom and strawberries. The palate starts with rich flavours of cherries, strawberries and spice leading on to red fruits with a refreshing finish of yet more red fruits and subtle creamy tones. Will cellar for up to two years, but ready to drink now. RRP \$19.

Clandestine Vineyard Grenache 2020 from McLaren Vale (South Australia). This deep red wine is medium bodied, with fragrant aromas of cherry fruit. The palate is balanced with flavours of fruit compote. The grapes were hand-picked and basket pressed and racked into old French oak hogsheads. Vegan friendly. RRP \$28.

Forester Estate Chardonnay 2019. The wine is pale straw in colour with hints of green. Its aromas are of ripe peach, fennel and citrus leading to nutty oak with a subtle flintiness and a touch of smokiness. The palate is full with a soft creamy texture and bal-

anced acidity with ripe fruit flavours of peach and rockmelon, along with citrus, fennel, nutty oak and cream. RRP \$34.

Forester Estate Cabernet Sauvignon 2018. This wine is deep red in colour with a red-purple hue. It has aromas of ripe dark fruit, with fragrant cassis, bay leaf, mulberry and lavender with a touch of damp earth, gravel dust and cedar. The palate has flavours of ripe cassis, bay leaf, mulberry and cocoa powder with underlying damp earth and a firm, long finish. RRP \$34.

Juniper Crossing Chardonnay 2019 has citrus, grapefruit, lime, spiced pear, green apple

and melon aromas with overtones of cashew and a hint of smoky vanilla bean. The palate has a silky mouth feel with citrus flavours and acidity along with oak, almond meal, sourdough bread and spice with a long finish. RRP \$25.

And for celebrations try this good value sparkling:

Flametree Brut NV Sparkling is made from the traditional blend of Chardonnay and Pinot Noir. Aromas of stone fruit and citrus dominate the bouquet. The palate shows nectarine, lime, lemon and subtle cherry fruits from the Pinot Noir. A lively wine with freshness and persistent bubbles. RRP \$25.

Knife and fork talk in the city with the Dining Divas



L-R; Bangkok Brothers' pad seeiwi with squid and sukiyaki noodle stir fry with prawns

by Judith Cohen and Pat Paleeya

IT was a double outing for us this month as we combined a trip to Palace Cinemas with our Diva lunch. Being in Northbridge with a half an hour or so to spare, we filled in time wandering, checking out the many multi-cultural restaurants before deciding on Bangkok Brothers Thai restaurant in William Street.

We decided on the Wonder One Dish menu that was under \$20. This

is available from 11am to 4pm Monday to Friday. You select your choice from any combination of the 17 dishes offered.

Our choices were sukiyaki noodle stir fry with prawns and pad seeiwi with squid.

A generous serve of fine noodles stir-fried with the Chinese cabbage, morning glory (that's water spinach), carrot, mushroom, Chinese broccoli, sukiyaki sauce and topped with fresh sliced red chilli made this month's lunch time dish

a feast for the taste buds. The four chunky prawns had enough chilli for us to feel the burn.

The pad seeiwi consisted of flat rice noodles, squid and mixed veg with sweet soy sauce and minced garlic. The rice noodles were silky and soft, light yet filling. The squid was cross cut and very tender; also there was plenty of it, very morish. Served together with the mixed veg and soybeans this stir fry was delicious and above all a very healthy and

satisfying meal.

There are several menus that offer choices under \$20 which would please even the fussiest eater.

The restaurant is clean and spacious with plenty of seating and is usually busy but that doesn't influence the efficiency of the staff.

We also noticed that Bangkok Brothers have an outlet at Westfield Whitfords City, offering a similar weekday lunch special under \$20.

Having lunch before the cinema was a great idea as the reclining seats at the Palace were just the ticket for the two Bidy's Budda bellies.

Four forks Bangkok Brothers, 91 James Street Northbridge

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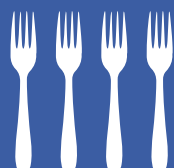
Five forks – excellent food and service

Four forks – overall good food and service

Three forks – reasonably good food and service but could make some improvements

Two forks – food and service needs improvement

One fork – would not recommend



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food & WINE

...eat, drink and be merry...

ADVERTISING FEATURE

...eat, drink and be merry...

When you buy a Western Australian apple...it will be a great apple

by Noelene Swain

NEW season apples and pears are now available in-store. In WA the apple and pear harvest starts in February – much earlier than many people think.

This year, Western Australian apple growers have already headed into the orchard with their picking apparel and the first of the Gala apples and Bartlett pears are being plucked from trees.

Two years ago, the local apple industry launched an intensive apple quality testing program. So that means that when you choose to buy a WA apple it will be a great apple –

even these super early pickings.

WA growers will be making sure that their apples will be hitting retail in peak eating condition. The testing program has commenced with Gala apples now in season and in-store. Other traditional favourite apple varieties Granny Smith and Pink Lady will follow.

WA apple eaters can look forward to great tasting fruit and, in-turn, make a significant contribution to the future of the local apple industry by taking the time to choose WA grown apples. Display signs and fruit stickers should assist to identify and promote fruit origin in stores and if you are not sure,

ask your friendly retailer.

Pomewest's executive manager, Nardia Stacy, said that the WA apple industry has an ongoing commitment to consistently delivering great apples to customers.

"With the ability to bring the whole industry together we are dedicated to provide excellence in eating quality. We aim to promote consumer confidence and increase demand for WA apples."

Apples are extremely nutritious and should be an important item in our diet for good health and strong immunity. Apples are rich in antioxidants and the soluble fibre pectin, which are

both known for their heart protective capabilities. Dietary fibre aids in reducing the risk of some cancers and helps to control blood sugar levels, which is important in diabetes sufferers. Interestingly, pears are one of only two food products that are non-allergenic, making them ideal for introducing solids to babies and for people on elimination diets.

To increase your consumption of fresh fruit, simply add to your daily breakfast cereal, use as a garnish on your salad or eat an apple or pear as an in-between meal snack – you can spice things up by trying a different variety each day. For inspiration

through the local season follow along on Facebook or Instagram @waapplesandpears.

Whilst the weather is still warm, it's recommended to store apples and pears in the fridge to ensure they keep that freshly picked crunch.

Fresh is best with WA apples and pears, yet they are just as delicious cooked in savoury and sweet dishes. Generally, the sweeter the fruit, the better it will perform in a cooked recipe. Grab an apple today and enjoy the recipes below.

Brought to you by Fresh Finesse Fresh Food Promotions – www.freshf.com.au

Rice salad with apple and nuts



1 Gala apple, cored and diced (leave skin on)
2 sticks celery, sliced
3 tablespoon chopped parsley
Dressing
3 tablespoon lemon juice
4 tablespoon olive oil
Pinch of sugar, salt and black pepper
HEAT the oven to 180°C and place the almonds on a baking tray. Cook for 5–6 minutes or until fragrant then roughly chop. In a large bowl, combine the rice, spring onion, currants, apple, pear and celery. Stir through the chopped almonds. Whisk together the lemon juice, oil, sugar, salt and pepper and toss through the salad along with the parsley. Serve.

Preparation: 10 minutes; cooking: 15 minutes; serves: 4

Salad
4 tablespoon currants
1/3 cup whole almonds, cooked
6 spring onions, finely sliced
1 Bartlett pear, cored and diced (leave skin on)

Recipe for one Pear and peanut bite sandwiches



A SNACK for all ages at any time of day.

1 tablespoon peanut butter
1 fresh pear, thinly sliced
1 tablespoon jam
2 slices wholemeal bread
USE biscuit cutters to cut bread into fun shapes such as flowers, stars and hearts. Spread with a thin layer of peanut butter, follow with a layer of artfully arranged pear slices and top with a drizzle of your favourite type of jam. You may need to thin the jam by warming or adding a drop of warm water to give it a drizzling consistency.

Preparation: 10 minutes; cooking: nil; serves: 1 or 2 as a snack

What's fresh in the markets this month



Celery: Select celery with fresh looking leaves and tightly formed stalks. Use finely sliced celery to add crunch and flavour contrast to salads, especially an Asian-influenced brown rice version drizzled with sesame oil and a dash of rice wine vinegar. Sliced portions are the perfect New Year detox substitute for a cracker to dip into hummus and tzatziki.

Amber jewel plums: A lovely large, red heart-shaped fruit that was developed here in WA. The rich gold-coloured flesh is sweet and juicy even when the fruit is firm. Buy plums with plenty of colour, a somewhat dull skin and

just a little softness. Ripe plums lose their sheen, so the best guide to plum ripeness is to look for plums with an all over dull colour. For great tasting plums, correct storage and handling are important. If your plums seem a little firm they may be left for a few days at room temperature to soften. Store ripe plums in the refrigerator. Plums are ideal for juice, syrups, jams, chutneys and make fantastic fillings for pies, tarts and cakes.

Royal gala apples: For the lovers of freshly harvested fruit, the new season Royal Gala is a welcome arrival on the fruit scene. They are as sweet, crisp and juicy

as you would expect from a freshly picked apple, with a beautiful peach coloured skin and an exterior of red stripes over a pale cream background. Choose carefully, keep your purchases in the fridge until you are ready to eat them and you'll be rewarded with a perfect eating experience. Gala apples make wonderfully moist cakes and muffins and are fantastic in a hearty crumble.

Bartlett pears: Another lovely new-seasoner, Bartlett pears are a light green to yellow pear, or a red-green in the case of 'Red Sensation' Bartlett's. They're medium sized and are sweet and aromatic with the Red Sensation being slightly tarter. These pears are a good all-round-er being suitable for both cooking and eating fresh. To test for ripeness, the flesh near the stem should give when gently pressed. It's often best to buy them quite firm and let them ripen at room temperature for a couple of days. However, remember that pears ripen from the inside out, so don't leave them too long.

Pears and a strong cheese such as a blue or a goat's cheese are a gorgeous combination.

Nectarines: Plentiful supplies of these summer favourites are now arriving in store and the prices are very affordable. Luscious yellow fresh varieties are sweet and juicy eating – perfect for snacking, freshly sliced on your morning cereal or as fruity sorbet, you really only need to purchase and freeze. Pile them high in the fruit bowl and they will disappear as if by magic.

Swiss brown mushrooms: The velvety chestnut colour of Swiss Brown is irresistible and with plenty of flavour they are just right for popping into summer salads, rice pilafs and pasta dishes. These nutty brown mushrooms work well with Asian flavours such as chilli, ginger and coriander; try stir-frying them with a dollop of hoisin sauce and serving with honey glazed pork and steamed greens. If you've never tried them, now is the time to get inspired.

On Cloud Wine - A new food and wine event...



WINE and Food Events WA, organisers of the popular UnWined Subiaco, City Wine and Sunset Wine will launch their new event, On Cloud Wine to the Fremantle and southern corridor communities from 27-28 February.

It will have all the hallmarks of their successful Perth wine events but on a slightly smaller scale in Victoria Quay's B-Shed on the long weekend in February.

"We have wanted to get to the southern market for some time," said organiser and director of CMS Events, Richard Campbell, "and the changes due to the current Covid conditions provided the perfect opportunity to do so."

"We look forward to presenting our great line-up of boutique wineries and a friendly atmosphere in the B-Shed. The dock outside facing the harbour complements a unique under-cover and alfresco location for people to taste and buy some of WA's best wines."

Also, at the event will be craft brews, local spirits and food to enjoy.

Celebrate amazing WA wines, brews and spirits on the Labour Day long weekend at the end of February.

On Cloud Wine is the perfect place to discover some new beverages along with old favourites while overlooking the harbour in Fremantle.

With four sessions over Saturday and Sunday, you will enjoy the best of WA wines, with some tasty tapas and live music to complete a beautiful summer's day. The four sessions will run from 11.30am to 4pm and 5pm to 9.30pm on both Saturday and Sunday.

With each ticket you will receive a mini Plumm wine tasting glass to take home, wine tasting, wine locker and live music. Support the locals by buying a glass to enjoy on the dock, or bottles to stock up the home cellar.

On Cloud Wine is the place to be this summer... see you there.

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ACTIVE gent, 63, slim to med build, fin sec, WLTM a happy and healthy lady.
Reply Box 8728

AFFECTIONATE male, 69, fit, likes cycling, swimming, weekends away, dining in/out, gardening, wildlife, seeks affectionate lady, similar interests for relationship, Mandurah area. ALA.
Reply Box 8751

A NEW year, new beginning, slim, happy lady WLTM gent approx 80+, genuine friend companion GSOH, fin sec, many interests, similar metro.
Reply Box 8731

ASIAN lady, 55, NOR, active, healthy, NS, WLTM gent, friend, partner, 55-60, not overweight, DTE, NS, NG, GSOH and see how it goes. ALA. Genuine replies only.
Reply Box 8732

GENT ex country, late 70s, very active, NS, GSOH, WLTM loving, caring, active lady to share relationship, be best mates, no ties, lots of laughter, quiet times at home, some caravanning, outdoors, be there for each other, enjoy while we can doing whatever we decide.
Reply Box 8740

GENT UK Australian, 72, 180cm tall, presentable, educated, VGSOH, sociable, NS, SD, enjoys travel, gym, family, beach, coastal walks, usual social activities. Seeks intelligent, attractive, compatible, easygoing lady, to mid 60s, all travel modes, destinations considered. Northern suburbs. Coffee?
Reply Box 8745

I AM looking for the company of an intelligent lady or gent for company, travel, coffee and general friendship, must be a genuine person with no baggage or serious illness. I am mid 70s, fit and happy but do not want someone who is only looking for a nursemaid. I still enjoy life!
Reply Box 8733

LADY 66, petite, widow, SOR, WLTM, gentleman 60s to early 70s, NS, ND or SD for friendship, relationship if compatible!
Reply Box 8734

LADY 69, postcode 6172, caring, affectionate, loves life, WLTM gent 65-75, enjoys music, gym, movies, gardening, walking along beach and eating out. Seeks friendship/relationship if compatible. Meet for coffee SOR. No time wasters.
Reply Box 8739

LADY 80, medium build, WLTM gent, NS, SD for friendship and companionship for coffee, outings and chats. NOR.
Reply Box 8744

LADY 86, well presented, GSOH, NS, SOR, 6153, NOR, very active, I enjoy casino, cards and watching AFL and cricket on TV but I get lonely. WLTM a friend for coffee and a chat.
Reply Box 8730

LADY young 80s, WLTM gentleman with GSOH for lunch and other outings for companionship. Must live in 6210 postcode area.
Reply Box 8749

WITTY guy 68 seeks lady 50-60. I'm 5'6", med build, NS, SD, light tan. Hobbies: reading, movies etc. Happy man to brighten up your life. Will be the wind beneath your wings. Ladies just give me a try.
Reply Box 8726

Seeking a Partner

ATTRACTIVE 70+ lady, looks 10 years younger, WLTM tall gent, like me, GSOH, NS, SD, friends first, later maybe more? Nice, should be positive, romantic, happy, like country drives, travel, knows how to dress for any occasion, river cruises, maybe in France - later? Theatre, concerts, beach walks, NOR, SOR, dining in/out, socialising. ALA! Thank you from a friend.
Reply Box 8750

ATTRACTIVE English Australian lady 72, med build, SOR, postcode 6107, GSOH, ND, own home, seeking a fin secure, well groomed, loyal gentleman, 67-72, (not separated) for long term, permanent relationship with old fashioned values. I like music, reading, walking, country drives, good conversation. Genuine replies only. ALA.
Reply Box 8735

DOUBLEVIEW lady, 71, widow, well presented and attractive. Fit and a keen golfer at LKCC. I enjoy all life's pleasures, would love to do them as a couple. Be great to meet a like-minded gentleman. I hope you are the one. Please reply with your phone number.
Reply Box 8747

ENIGMATIC, philosophical, spiritual Australian, Polish, gentleman, 68, slim build, fit, enjoy family, research, cooking, gardening, social activities, live 6073, at peace with life, there is a special lady missing. Come join me Hills or nearby.
Reply Box 8746

GENT 72, solid build, 180cm tall, WLTM NS, SD, med build, lady, no ties, free to travel Aussie if compatible, could lead to permanent relationship. Caravanning, fishing, beach, history, outback, travel sharing. Let's meet for coffee. ALA.
Reply Box 8736

GENT 79, fit, active, NS, walking, beach, life in general, seek lady for friendship, relationship, long term if compatible. Fremantle south.
Reply Box 8743

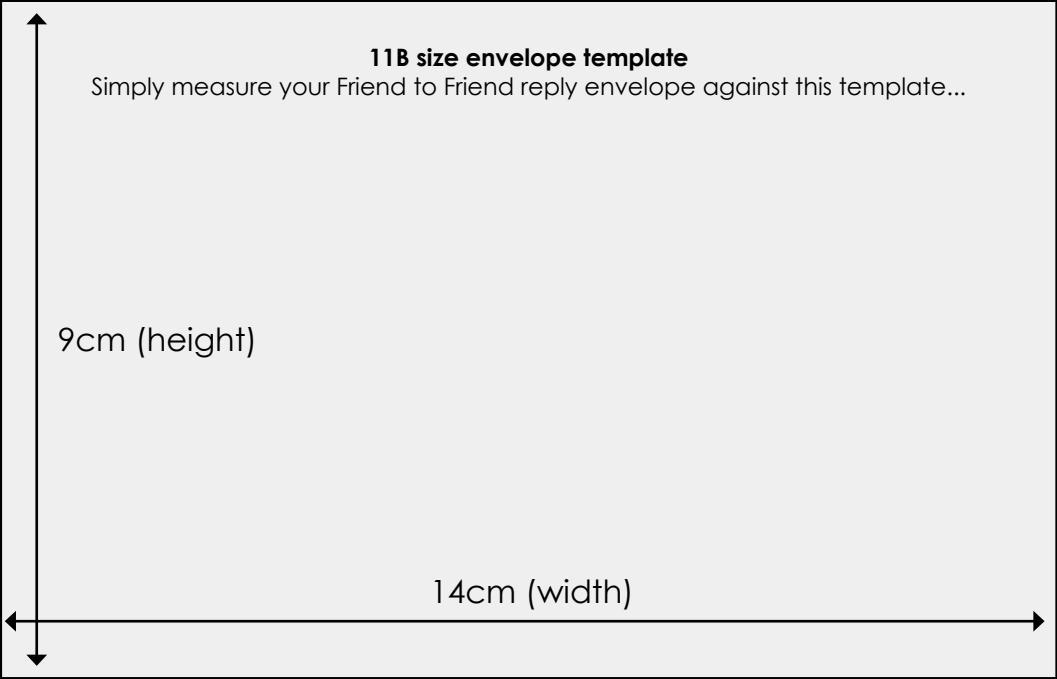
GENTLEMAN baby boomer seeks lady baby boomer so we can boom together. Boom beginning with B not S. Go on take a shot at it...please.
Reply Box 8729

HAPPY with life but someone is missing. He would be sociable, enjoy family and he would share his life with me as we enter the best times of our life. He would be around 70.
Reply Box 8727

LADY 80 seeks gent, 75-80, as partner for social Old Time and New Vogue dancing. If distance is a problem accommodation can be arranged, area is south west 6220, south west dance festival held end of March 2021. That's two nights and one day of dancing.
Reply Box 8741

NEWS UPDATED DAILY
www.haveagonews.com.au

When replying to an Friend to Friend entry...



To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to: eg. Reply Box 4100 c/- Friend to Friend, PO Box 1042, West Leederville, WA 6901. (example only)
Write your reply on a single sheet of paper and place inside an 11B size envelope (measures approx. 14cm x 9cm). Please note, due to the popularity of the service,

it is essential that all Friend to Friend replies are sent in a 11B size envelope see diagram below.
No greeting cards, bulky items and photos.
All replies will be forwarded early in the next month.
All replies are strictly confidential and are not opened.
Replies must be in response to reply boxes no older than three months.

Do you need a companion or friend?
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Have you met your match?

We at *Have a Go News* are interested to hear if any of our users of Friend to Friend have found a life partner. Is this you?
If you would like to share your story please email helen@haveagonews.com.au or write to; Friend to Friend PO Box 1042, West Leederville WA 6901 Your privacy will be respected.

Seeking a Travel Companion

CARAVAN travel with male, 62, SD, NS, leave mid March to Adelaide, eight weeks. WLTM female companion, parks, fuel paid, own living expenses, like walking, swimming, sport, movies, flexible, experienced caravaner, now single. ALA.
Reply Box 8742

GENT 70s WLTM a DTE lady. Likes 60s music, country drives, gardening, would love to travel WA, have small caravan. Let's have a coffee and chat.
Reply Box 8738

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SHENTON PARK LADY 69 slim, stylish brunette, active, healthy outlook, refined & well spoken, well travelled, golf & tennis player, sk gent 65-78.

HILLS LADY 80 funloving, quirky, fashionable, slim, good homemaker, great cook, tidy, happy with the simple things in life. Sk gent 75-85.

KELMSCOTT LADY 70 down to earth, natural, blue eyed, blonde, outgoing, practical, independent, city girl of country background, loves caravan travel, sk gent 68-76.


MANDURAH LADY 80s slim, petite blonde, active, well presented lady, very young at heart, loves the outdoors & caravan travel. Sk active gent 80s.

CITY BEACH GENT 70s, tall, well groomed, intelligent, good health, modern/young o/look, enj beach, wineries, south west, tennis, cafes etc. Sk attractive, youthful, stylish lady 60+.

PALMYRA GENT 77 tall, good looking Aussie, trim, fit, confident, well mannered, family values, a romantic. Sk happy, well presented lady 70s.

ROSSMOYNE GENT 80 educated, well spoken/grmd, interesting career, multilingual, likes antiques, bridge, cooking, concerts, socialising. Sk petite, refined lady.

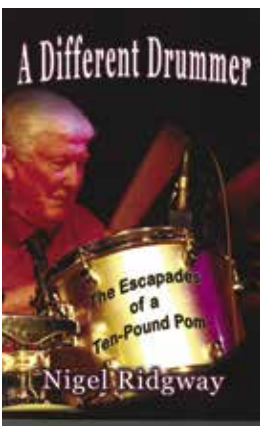
KALAMUNDA GENT 77 kind, down to earth, country boy at heart with good old-fashioned manners & values. Sk lady 75-83 to share the simple pleasures.



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A Different Drummer - entertaining tale of a Ten Pound Pom



A different drummer – a memoir of the escapades of a Ten Pound Pom
by Nigel Ridgway
Reviewed by Pat Paleeya

THE author and I (not together of course) frequented the same jazz clubs in the 60s – Eel Pie Island and Ken Colyers and maybe we rubbed shoulders at the Two iis. Skiffle groups and jazz clubs were sprouting everywhere, and Nigel Ridgway was part of this music explosion with his first band *Bee*

Vincent and the Voodoos.

Nostalgia aside, this isn't the only reason that I enjoyed this 'sortamemoir'. It is because this book is unpretentious warts and all, highly interesting and entertaining. Anecdotes flow freely throughout and every chapter is written without a wasted word.

As a child he lived for a while on an island near Denmark where he found a metallic object buried in the sand dunes. He banged it with his air gun, dug around it for a bit before realising that it was an unex-

ploded bomb. The disposal unit blew it up and there is a photo of the crater on page 19 sans bits of Nigel.

He came to Australia in 1966 and worked at various jobs including labouring, storeman, delivery driver and the like until being accepted as a student at Graylands Teachers College in 1976.

From the light-hearted humour which is the core of this memoir comes the unexpected and shattering chapters that tell of the death of his daughter Carita and the harrowing

circumstances that unfold. It is understandable that Nigel found this very hard to write about, yet he does so with much dignity. The love that he has for Carita pulsates with every word written.

Nigel still plays music with Perth jazz bands, is a member of U3A, loves sailing and is called upon to be a guest speaker at Probus and U3A. He shows much sagacity with his musings at the end of this book and yes Nigel, as a silly old sod, you can toss your ideas around without having to justify them.

The book is published by Helen Isles at Linellen Press and is available directly from the author Nigel Ridgway for \$20. Call 0419 921 131 or email ridgway.ten@bigpond.com

WIN WIN WIN

We have one copy of A Different Drummer to give away to a lucky reader. To be in the draw simply email win@haveagone.com.au with Drummer in the subject line or write A different Drummer c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 1/3/21.

Noni Hazlehurst stars in Aussie comedy



Long Story Short is the new Australian feelgood romantic comedy about serial procrastinator Teddy (Rafe Spall) who thinks he has all the time in the world.

After an odd encounter with a stranger (Noni Hazlehurst), he wakes up the morning after his wedding to discover that he's jumped forward a

year in his life to his first anniversary. His wife Leanne (Zahra Newman) is now heavily pregnant, with a full year of marriage behind them that he doesn't remember living.

Trapped in a cycle of time jumps, transported another year ahead every few minutes, Teddy is faced with a race against time as his life crumbles around him.

With the help of his best friend Sam (Ronny Chieng), Teddy tries to piece together where it all went wrong and, as his life flashes before his eyes, Teddy must learn how to live life in the precious moment to win back the woman he loves, even if it's just for a second. In cinemas 11 February.

WIN WIN WIN

We have 10 double passes to give away to some lucky readers. To be in the draw to win a pass simply email win@haveagone.com.au with Long Story in the subject line or call the office on 9227 8283. Closes 15/2/21.

A feast for the eyes and a nourishment for the soul



DEEP in the forests of Piedmont, Italy, a handful of men, 70 or 80 years young, hunt for the rare and expensive white Alba truffle, which to date has resisted all of modern science's efforts at cultivation.

They're guided by a secret culture and training passed down through generations, as well as by the noses of their cherished and expertly trained dogs. They live a simpler, slower way of life, in harmony with their loyal animals and their picture-perfect land, seemingly straight out of a fairy tale. They're not tethered to cell phone screens or the Internet, opting instead to make their food and drink by

hand and prioritising in-person connections and community.

The demand for white truffles increases year after year, even as the supply decreases. As a result of climate change, deforestation, and the lack of young people taking up the mantle, the truffle hunters' secrets are more coveted than ever. However, as it soon becomes clear, these ageing men may just hold something much more valuable than even this prized delicacy: the secret to a rich and meaningful life.

The Truffle Hunters is screening at Luna Cinemas from 18 February.

Enjoy a night under the stars at the Quarry Amphitheatre



Rupert Guenther

UNDER the Milky Way with *The Love Finders Band* is an all-ages musical bonanza bringing to life classic rock favourites, from Lady Gaga's *Shallow* to Pink Floyd's *Comfortably Numb*, with shining lights under the stars on Saturday 6 March from 6.30pm at Quarry Amphitheatre.

Rupert Guenther, the band's violinist and international virtuoso, says: "This show is a real trip, with the best songs in that late hot summer mood – we're playing the most awesome songs like *Boys of Summer* by Don Henley from *The Eagles*, *Just What I Needed* by *The Cars*, *Hand In My Pocket* by Alanis Morissette... and you don't hear these songs live much. It's going to be incredible.

"And the venue – wow! You can't beat the Quarry Amphitheatre. In the evening sitting on your picnic rug in the summer air, the stars above, listening to great live music... that's real wow right there.

"I used to play in the Opera orchestra in Vienna. Every summer we did these huge opera productions in the palace gardens. Mozart under the stars. It was beautiful.

"This show is going to be like that, except this

time it's a classic rock show – the really best music, under the stars. It's such a wonderful thing for an audience to experience that. It really connects your soul to the stars."

The Love Finders Band is a group of friends who love the music they play and share it from the heart. Their songs invite you on a rich journey of remembering, feeling, and bopping and singing in your seats.

Coupling Rupert's experience of decades working as sideman to the stars (Sir George Martin, Olivia Newton John, Demis Roussos, John Farnham) with Michael's heart-felt guitar and vocals, Segolene's tinkering of the keys and vocal magic, Campbell's joyous drums, Nathan's salt-of-the-earth bass playing and vocals, and Adrian and Camille's smooth vocals, this is music to uplift and enlighten, not just entertain.

Bring a picnic or enjoy some refreshments from the Quarry Amphitheatre's café.

If you wish to experience the love in technicolour, this is your chance.

For bookings go to Ticketek (and search for *Under the Milky Way*) or call 0413 265 831.

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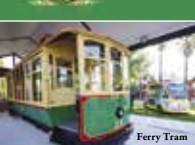
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For SESSION TIMES and TO BOOK TICKETS visit our website: www.lunapalace.com.au

Backstage at the Perth Concert Hall

VENUE tours have recommenced at the Perth Concert Hall and the next tours will be available for the public in April.

Come along to delve into the backstage areas of the Concert Hall and to see the new display of historical information on the lower gallery foyer and audio and lighting equipment of old, on the upper gallery foyer.

The next tours will be held on Monday 12 April, Tuesday 13 April and Monday 19 April.

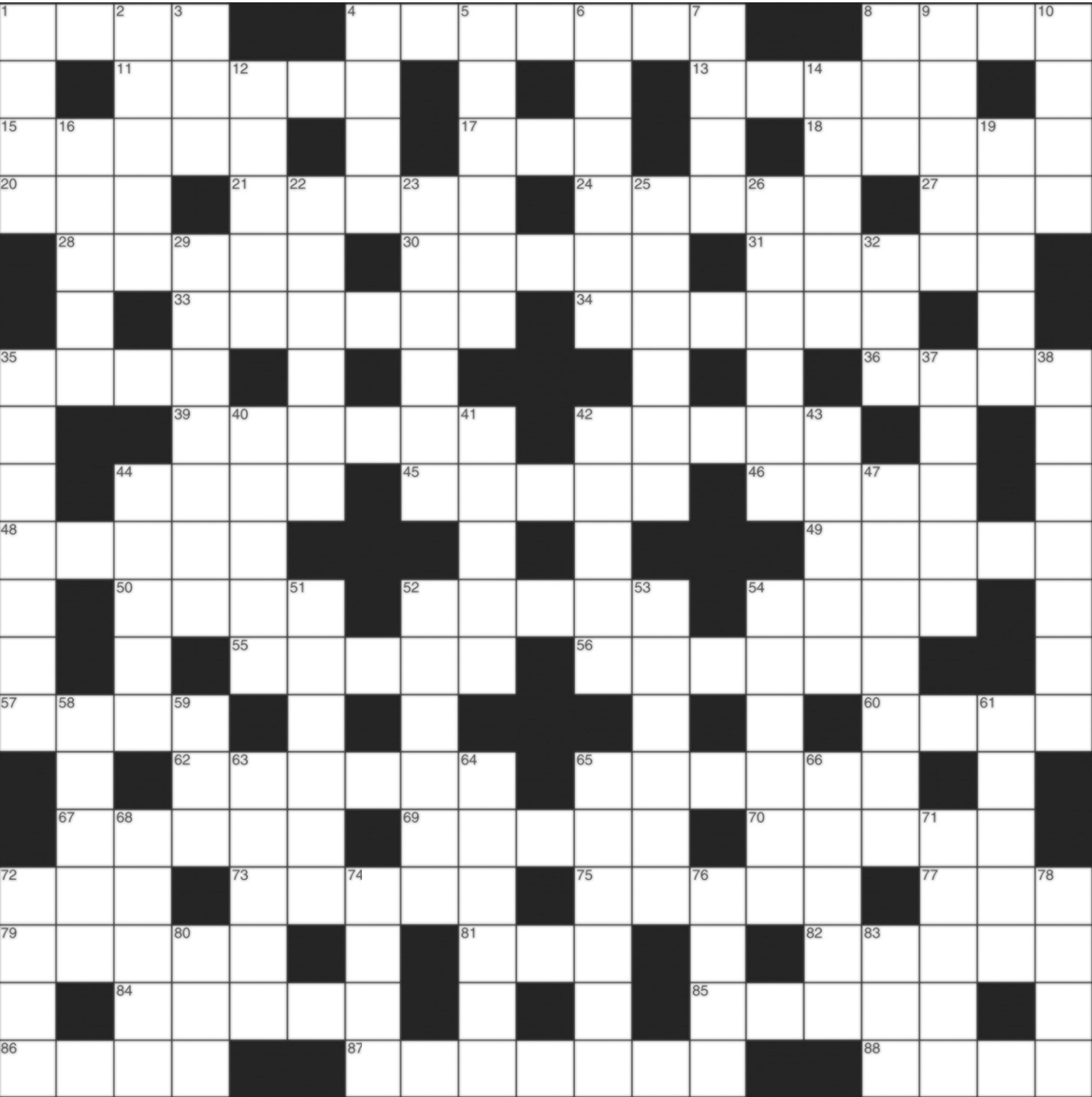
Each session runs for about 30 minutes and tours will run at 10am and 11.15am.

Entry is by gold coin donation.

To book, just email info@perthconcerthall.com.au stating what day and time you would like to attend.



BIG CROSSWORD - SEE PAGE 36 FOR SOLUTION



- ACROSS**

 - 1. From Bangkok
 - 4. US honeymoon falls
 - 8. Actress, ... Winslet
 - 11. Shopping mall
 - 13. Defamation
 - 15. Transactions
 - 17. Burrow
 - 18. Being untruthful
 - 20. Paddle
 - 21. Principle
 - 24. Snare with noose
 - 27. Cove
 - 28. Den
 - 30. Revolt (against)
 - 31. Blue stone, ... lazuli
 - 33. Wimbledon sport
 - 34. Legislative body
 - 35. Inkling
 - 36. Shafts of light
 - 39. Amount
 - 42. Hard iron alloy
 - 44. Scandinavian city
 - 45. Indian garments
 - 46. Marsupial pouches
 - 48. Frantic
 - 49. Grew ashen
 - 50. Snow vehicle
 - 52. Was able to
 - 54. Trifling
 - 55. Speed trap device
 - 56. Word comparison
 - 57. Garden entrance
 - 60. Surrender signal, white ...
 - 62. Shook (tail)
 - 65. Agency
 - 67. Reside
 - 69. Refute
 - 70. Commanded
 - 72. Affirmative answer
 - 73. Animal
 - 75. Elaborate meal
 - 77. Decimal base
 - 79. Goodbye
 - 81. Cancelled
 - 82. Yellow pigment
 - 84. Lion trainer
 - 85. Happen next
 - 86. Orient
 - 87. Marches
 - 88. Bother!
- DOWN**

 - 1. Reminder note, ... list (2-2)
 - 2. Separate
 - 3. Unwell
 - 4. Identify
 - 5. Muddles
 - 6. Uses fishing rod
 - 7. Pub drinks
 - 8. Lock opener
 - 9. Courtroom defence
 - 10. Anxious
 - 12. Incidental comment
 - 14. Swell up
 - 16. Canvas support
 - 19. Objectionable
 - 22. Live wire
 - 23. Emerges
 - 25. Forewarns
 - 26. Tiles
 - 29. Tool
 - 32. For every
 - 35. Sedating
 - 37. Gangway
 - 38. Mailing
 - 40. Gastric ailment
 - 41. Cutting blade
 - 42. Window ledges
 - 43. Jacket collar fold
 - 44. Beginning
 - 47. Cautious
 - 51. Swing loosely
 - 52. Provides food
 - 53. Make (solution) less concentrated
 - 54. Skinflints
 - 58. Assisted
 - 59. Ram's mate
 - 61. Viper
 - 63. Stamp book
 - 64. Unscheduled side trip
 - 65. Rubbed
 - 66. Cars
 - 68. Holds back
 - 71. Early anaesthetic
 - 72. Harvard's rival
 - 74. Broadcasts on radio
 - 76. One-spot cards
 - 78. Hornet home
 - 80. Devour
 - 83. Thinking, chewing the ...

Enjoy magical mini golf at Fremantle’s Glowing Rooms



HOW many times have you scratched your head and thought I just want to find something different to go to as a family? Well scratch no more – we have the answer and it’s a real hole in one!

Glowing Rooms near Fremantle, is Perth and Australia’s first 3D mini golf experience and it’s got to be seen to be believed.

From the minute you arrive, you are transported on a vibrant journey of colour, taking you (thanks to the power of magical 3D glasses) from an asteroid field in outer space to an underwater world complete with sea creatures and treasure, past iconic landmarks of Australia and face to face with superheros.

These amazing worlds and creations are all thanks to incredible lighting and special effects combined with stunning hand painted wall and floor art, which play host to the golf holes, as well as sneaky hidden obstacles.

Travelling through each room

sees the difficulty of the shots increase, with many having ramps, tunnels and trenches to navigate as well as animals that appear to come to life and golf balls that hover in front of you, but this makes it even more of a fun and unique experience for all ages and abilities.

It really is a one of a kind of experience, just don’t forget your camera.

Glowing Rooms are open from 2pm to 9pm on Tuesdays, Wednesdays and Thursdays, 2pm to 10pm on Fridays, 10am to 10pm on Saturdays and 10am to 9pm on Sundays and Public Holidays*

For the school holidays they will also open on Mondays from 10am. Last tee occurs one hour before closing. There is a cafe on site and they also do incredible parties.

*Most public holidays Glowing Rooms is open from 10am to 6pm but that changes from time to time and these opening hours will be updated on the website.

www.glowingrooms.com.au

Celebrating Western Australia in two books



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Books can be purchased from the office
Monday to Friday 9am-5pm.

[illegible]

1. Go-ahead (10)
2. Fabric cleaning firm (3-8)
3. Deviated (7)
4. Noisy squabble (11)
5. Prying (10)
8. Mild (of weather) (7)



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					6			

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