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# Talented sculptors take on Perth



Revered Japanese sculptor 70-year-old Hitoshi Tanaka

by Josephine Allison

SIX internationally renowned sculptors will bring their talents to Perth next month with *Stone to Art 2020* at Attadale reserve. People will have the opportunity to see the world-class artists each create a piece of hand-crafted, detailed, inspiring public art with a water theme from raw WA stone blocks from 4-19 April.

"People can watch the concept to creation, unlike other sculpture events where you just get to see the end product," said Nic Lanyon, WAISS event manager who is helping organise the event. "The exciting thing is that over 16 days a piece of WA stone will be sculpted into something special. This is a first for WA though the event has been staged in South Australia."

"A bonus for the public is there will be an opportunity for them to try their hand at sculpting for a fee with a piece of sandstone donated by the Rural Stone Company."

*Stone to Art 2020*, a free event, is organised by the

Western Australian International Stone Sculpture Symposium (WAISS) committee which includes founder and *Stone to Art* sculptor Jina Lee with the support of the City of Melville. Three of the finished works will remain in the City permanently as public art.

The six sculptors – Sihua Qian (China), Renate Verbrugge (Belgium-New Zealand), Hitoshi Tanaka (Japan), Dumitru-Ion Serban (Italy), Shu Wei Chang (Taiwan) and Jina Lee (Western Australia) – were chosen from a big field of almost 40 international sculptors from many countries including Bolivia, Egypt, Mongolia, Mexico and Rumania.

The event was several years in the planning by South Korean born Ms Lee who has taken part in several sculptures-symposiums-exhibitions and installed her art around the world. She currently works from J Shed art studios in Fremantle.

The inspiration for the art work was developed by the City of Melville as part of their annual Art in Place program,

coming from observation of nature and the history of the earth using natural forms as a basis to carve organic shapes into stone.

Revered Japanese sculptor Hitoshi Tanaka, 70, who did not take up sculpting until the age of 40, has been involved in more than 30 international stone symposiums around the world and will be visiting Australia for the first time.

"The only reason I work at this age is that I have a wonderful wife and two children and, luckily, I am healthy," he said. "As long as my body moves, I will continue sculpting."

"Sculpture in a new country gives me inspiration with a special air, light, wind and sound which I can experience in Western Australia. I enjoy going to a different country each year and meeting various sculptors and people. It keeps me young. The act of sculpting makes each day new."

Attadale reserve will be fenced for the event with the flags from sculptors' countries on display. Live carving will un-

fold each day from 9am - 5pm with a weekend stone carving workshop as well as an exhibition of finished works.

South Australia based sculptor Silvio Apponyi, who as created many works in South Australia, is the technical manager for the Perth event. He lives and works from a studio at Balhannah and is highly regarded for his work down the years.

Perth based sculptor Viktor Eszenyi, who holds a diploma in sculpting and restoration, has exhibited at the Gomboc Gallery in the Swan Valley and Stafford Studios. He will run the public workshops which can be booked online at [www.waissy.com.au](http://www.waissy.com.au).

Each student will receive a piece of Donnybrook sandstone from Donnybrook Sandstone Supplies (250 mm x 250 mm), a gift pack with safety goggles, disposable overalls, T-shirt, backpack and water bottle, lunch with the sculptors and use of sculpting tools with the option to purchase after the workshop.

continued on page 7



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Have a Go News' Jo Allison interviews author Janet Gover



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# From the editor's desk



Jennifer Merigan

MARCH is the perfect time to be more active and inside this issue we include our six-monthly Active Ageing feature in the centre pages, as a pull-out to keep. It has a load of information about many activities for older adults and we hope it provides some inspiration for you to become more active. We have some terrific stories in our pages this month and we are also pleased that readers have the opportunity to win a cruise aboard the *Sapphire Princess*, see the travel section for more details.

★★★

I would like to extend a happy 80th birthday to our journalist Frank Smith who not only writes some cracking copy each month but also provides me personally with sage advice. Following Frank's article on funeral insurance in January, we were advised by *Choice* last month that ASIC will now oversee funeral insurance policies, so we are claim-

ing a win for *Have a Go News* for publicising this important issue.

★★★

The team and I have loved getting out and about celebrating the many events held over summer in WA. There were an abundance of fabulous shows, festivals and events happening in Perth and the regions. WA has come of age and we can never be called Dullsville again.

★★★

I would like to extend my thanks to our major partner AGL which will be ceasing their sponsorship of the paper at the end of this month. This partnership over the last two years has allowed us to provide readers with some great opportunities including a variety of prizes from a cruise for two people to the south west, exclusive access to the Field Club at West Coast Eagles games, extra prizes at *Have a Go Day* and to be able to run the Seniors Week Film Festival free for more than 300 readers. We appreciate their support of *Have a Go News* during this time and I would particularly like to thank Jackie Shervington for her commitment to the readership. We are looking forward to working with a new partner in the near future.

★★★

The Victoria Park Stamp Club hold monthly meetings and can provide advice on storing and housing collections. They run regular monthly meetings on the first Wednesday of the month at 7.30pm at the Uniting Church Hall, corner of Archer and Star Streets in Carlisle. New members are most welcome and further information can be sought from Barb on 6363 6733 or George 0429 087 231.

★★★

The Department of Human Services which handles Centrelink, Medicare and Child Support have rebranded as Services Australia. It is only a name change and they still provide the same services. Each month we offer a question and answer service from general manager Hank Jongen. This month many readers sought out this service and it really is a pleasure for us to provide assistance. If you have a question email us at [info@haveagonews.com.au](mailto:info@haveagonews.com.au) with Hank in the subject line.

★★★

Lawyer Raymond Tan also offers a question and answer service for general legal advice and anyone is welcome to utilise this free service by emailing [info@haveagonews.com.au](mailto:info@haveagonews.com.au) with Legal in the subject line.

★★★

The *Have a Go News*

website offers different information from the paper and does not include celebrity news or fake stories, so take a moment to visit. We update it on a daily basis and the content also includes videos.

★★★

Thanks to the many people who have joined us on Facebook, we've just passed 11,000 plus followers. We have a lot of fun on the page with extra competitions, jokes and videos. Please click the like button and join us.

★★★

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★★★

A gentle reminder, please support our advertisers, they allow us to bring you this paper each month and provide you with this free medium of good news, which is WA owned and operated.

★★★

I hope you enjoy this month's edition and you stay healthy and happy.

Jennifer Merigan  
Editor  
[jen@haveagonews.com.au](mailto:jen@haveagonews.com.au)  
[www.haveagonews.com.au](http://www.haveagonews.com.au)

## Ageing research snippet

**New research finds exercise important for older people with heart disease**

ADULTS over the age of 65 years are more likely than younger people to have heart disease because the heart changes with age. Researchers at the Faculty of Sports Sciences at the University of Burgundy Franche-Comté in, France, examined 733 people over a period of about three years. Their study confirmed the benefits of exercise for both physical ability and mental health, regardless of a person's age but showed that older people benefitted the most. The team divided the participants into three groups according to their age: under 65 years, 65 to 79 years, and 80 years or older. They evaluated all of the participants, both physically and psychologically, for issues such as anxiety and depression. The scientists found that although all of the participants improved within weeks — not only in their physical ability but also psychologically — it was those who had the greatest physical impairments at the outset who benefited the most. That's why in the pages of *Have a Go News* we offer all sorts of activities to keep people active and continue to encourage readers to believe that age is no barrier to living life to the full.

## Have a Go News Quick Quiz

1. Before Europeans settled, what did they call Australia?
  2. Who was on the English throne then?
  3. Who was Fremantle named after?
  4. How many settlers arrived on *Sulphur* and *Parmelia* in 1829?
  5. Perth-Fremantle rail opened in? (1881, 1886, 1889).
  6. How long is Dirk Hartog Island? (45, 75, 80 kms).
  7. Name WA's largest and most western island.
  8. What is WA's second-largest island?
  9. It's in WA but what is the Tanami?
  10. The first steamship to enter Fremantle in 1845 was? (*Heady, Halmouth or Driver*).
- Answers on page 46.  
Apologies to readers for the exclusion of the answers from February - they are also included on page 46.

## Word of the month

**Circumlocution**  
Noun  
The use of many words where fewer would do, especially in a deliberate attempt to be vague or evasive.  
Originates from Latin and entered English around 1375.  
Example - His talk was simple, natural, and direct, never dropping into circumlocution nor elocution.

## Great West Aussies - Did you know?

STATE cricketer Terry Gale won 20 golf titles on the Australasian Tour and eight in Asia. His bag of wins included the Australasian Tour Order of Merit (1980-86), Seniors Tour win, 2002 Monte Carlo Invitational, Royal Westmoreland Barbados Open and the Tobago Plantations Seniors Classic in 2003.

## Urban slang

**FLEEK:** Fleek is something which is really good or perfect. That dress is fleek!

## Quote of the month

LIFE isn't about finding yourself. Life is about creating yourself.  
**George Bernard Shaw**

## Funny historical fact

STONE age Australian men often had their two front teeth removed as a sign of being tough and manly.



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# Western Australian sculptor joins the Decade Club at Sculpture by the Sea



Tony Davis and work in progress

by Lee Tate

TONY DAVIS, coming up to 72, can wield a chainsaw with precision, finely-cut and shape timber, deftly handle wood-working tools, turn out oil and acrylic paintings and

create sculpture masterpieces. Such are the skills of one of Western Australia's leading professional artists, who this year enters Cottesloe's popular Sculpture by the Sea with a jarrah work towering

more than seven metres. Having made his weighty creation in four pieces, Tony trucked it in from his small country property south of Bunbury, bringing it all together it on the beachside lawns and securing it with 2,000 screws. Tony uses his little, second-hand truck with crane on the back to carry and move around his bigger works of art, showpieces that have attracted interest at Sculpture by the Sea exhibitions both at Cottesloe and Sydney's Bondi. This year is Tony's 10th Cottesloe entry, making him a member of Sculpture by the Sea's 'decade club'. Tony, never wavering from his lifelong artistic passions, abandoned teaching to follow his creative instincts. His works, featured in regional, interstate and overseas exhibitions, have sold widely including to a local collector who has bought several of Tony's sculptures. Philanthropists Nicola and Andrew Forrest snapped-up an earlier Sculpture by the Sea – a layered timber sculpture interpreting the Bungle Bungles – and featured it at their north-west property, Mindaroo. This year, finishing three months' work in his studio shed, Tony emerged with 'Folly Interstice'. Tony describes it as his: "monument to man-made, non-functional structures", referring to novelty structures in Western gardens and properties that have no specific functions – "ostentatious, showing off." "They're follies," said Tony from his big-wooded Gelorup property, not far from the coast where Tony and wife, Merle, also an artist, wander to clear their minds and collect ocean detritus that Merle might turn into a work of art. The couple use only sustainable materials in their creations including timber salvaged from the bush after fires and wind falls. "We never cut a tree or take away the habitat," says the father-of-two-daughters. Tony's subjects and themes emanate: "from a deep fascination with human psyche and its history and relationships with the environment, past, present and future." Wyalkatchem-born Tony studied science at UWA and after attending an exhibition, his creative juices were sparked and he enrolled at James Street Tech, learning to paint. He entered art exhibitions, held a couple of solo events and, like Merle, became a fulltime teacher. Tony also applied his skills to timber furniture-making and when they lived near Bridgetown, he enjoyed inspirational wanderings along the banks of the Blackwood River. Tony has watched the public's growing interest in the annual Sculpture by the Sea exhibitions at Cottesloe over its 16 years. "Exhibitions can be bewildering or mysterious but they should be fun. Being an ex-teacher I appreciate the education tours to the exhibitions with different schools coming every year. I see kids having fun," he said.

"There are some young sculptors coming on but our education system doesn't support it, unlike sport with their stadiums. And tourism." Tony said as the public develops greater interest in sculptures over the years, they begin to take a wider view and understand a bit more about the diverse nature, materials and scale of the works. "I don't go in for the prizes. We honestly prefer to see our works go to good homes. Yes, it's great to be recompensed but it's more important for us that people get to see them. "If they are bought and put on display, more and more people see them," he said. In WA, while collectors and corporations can pay more than \$100,000 for a significant sculpture, most artists struggle to make a living or cover their long hours and overheads while chasing their dreams. The Cottesloe exhibition, on 6 to 23 March, one of Perth's largest free public events, is an important outing for local sculptors including Alessandra Rossi, Olga Cironis, Elaine Clocherty, Mikaela Castle-dine and Tim Burns. But with 250,000 visitors, the exhibition this year has also lured 70 artists from 20 countries including artists Karl-Christian Geleff (UK), Dave Glass (Portugal) and Vaclav Fiala (Czech Republic). Tony and Merle next plan to head off in their little caravan, first to the Goldfields and then to the Pilbara, having a break from their workplaces, revelling in the changed environment and soaking up ideas that they may well transform into works of art.

## I Know My Country exhibition brings remote Australia to Perth



LOCALS know distance is always involved if we want to travel inland. Think remote Australia and communities such as Pukayiyima on the Canning Stock Route, or Kulyakartu in the Martu homelands near Percival Lakes in the northern Great Sandy Desert, and we're looking at travelling more than 1500km from Perth to get there. And that's just within WA. Artitja Fine Art Gallery is bringing those places and their stories to South Fremantle through striking imagery in their forthcoming exhibition *I Know My Country*, which opens on 13 March. Artwork also comes from other locations including Puntawarri, east of Jigalong; Tjukurla in the Gibson Desert almost 2000 km away; head north east into the Tanami desert, then south to the tiny community of Kalka in the Pitjantjatjara lands near the WA/NT/SA border. All very remote and not so accessible. More than 20 artists from eight remote Aboriginal art centre communities feature in this energetic, bold selection of paintings which incorporate profound knowledge of country. "In our 16th year of presenting exhibitions, I am overwhelmed by the generosity of the Aboriginal artists who share so much of their knowledge of country and expertise with wider Australia and not only allow, but welcome us to display their stories on our walls," says gallery director Anna Kanaris. Accompanying stories range from seeing 'white-fellas' for the first time and include happy memories of being taught how and where to find different types of foods, as well as where the good places to hunt were. More contemporary themes are captured by younger artists such as Judith Anya Samson's *Rabbit Proof Fence with Camp Spots*. Judith likes painting the fence because in her words: "Everybody likes that story in Jigalong. I like painting that story." "The artists' generosity means that we can continue to learn about Aboriginal history and culture

through the paintings, and of course at the same time, revel in the beauty of the art," says Anna Kanaris. Take a bright, colourful journey through the Great Sandy, Tanami, Gibson deserts and beyond. The free exhibition opens at 6pm on Friday 13 March at Earlywork, 330 South Terrace. South Fremantle and runs to Sunday 5 April. It's open Wednesday to Sunday from 10am to 4pm.

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Above; 1 Derek Butt's Kulyakartu  
2 Artwork by Bugai Whyoulter

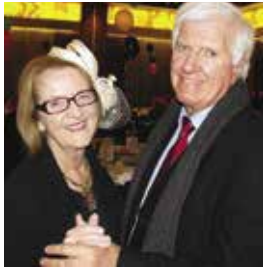




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The Have a Go News APRIL edition will be published on Monday 6/4/20



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

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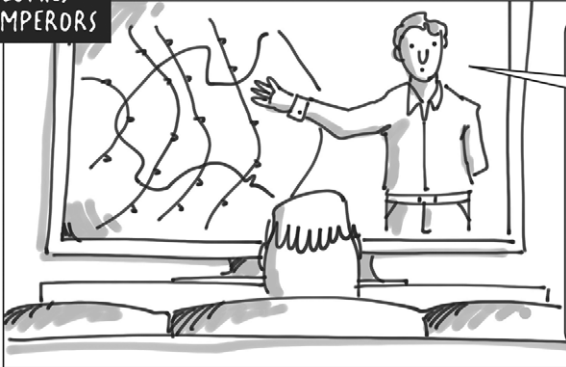


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## CLOTHES FOR EMPERORS



SO... FOLLOWING THE DROUGHT, WE'LL BE EXPERIENCING BUSH FIRES SUPERCHARGED BY THE DRY CONDITIONS.  
FOLLOWING THAT, A FRONT WILL BE COMING THROUGH DUMPING TORRENTIAL RAIN TO EXTINGUISH THE FIRES.  
FOLLOWING THAT, FLASH FLOODING IS EXPECTED TO AFFECT MANY AREAS.  
AND FOLLOWING THAT, A RETURN TO DROUGHT CONDITIONS TO ALLEVIATE THE FLOODING.

## Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor,  
IN response to Karen Majer's article in February's edition "What can we do about bushfires and the confusion about climate change".

I have read an article about a satellite launched by Nasa named Aqua that collected data on cloud formations, water vapour and temperature and it was apparently discovered that carbon dioxide levels in the atmosphere have only a minimal effect on the climate on earth.

Additionally, it mentioned that during the Obama tenure more than 31,000 scientists, doc-

tors and engineers in the United States signed a petition that was sent to the president denying human responsibility for climate change.

It was also reported that the computer models devised by climatologists, which predicted an increase of more than 3°C in world temperatures assumed that CO2 would grow, thus producing more water vapour, itself a greenhouse gas and that this could cause heat from the sun to be reflected back to earth, trapping heat in the earth's atmosphere causing the planet to warm. Measurements

from the Aqua satellite show the opposite and the small increase of greenhouse gases have little effect on earth temperatures.

At the risk of becoming persona non grata with Ms Majer and some of your readers, another part of the article claims that some scientists tell us that if the present level of CO2 were doubled, it would only increase temperatures by around 0.6°C.

Most of the media inform us that climate change is real, but any other opinions appear to be completely stifled. It seems a massive sin to be any kind of a non-believer.

Whatever the viewpoint, misinformation can emanate from both sides of this particular argument leaving some of us more confused than ever.

So who is really right?  
Yours sincerely,

**David Rudman**  
**Port Kennedy**

Ed: The vast majority of evidence shows that the climate is warming and is doing so in parallel to rising CO2 levels. Results of the AQUA project are available at [aqua.nasa.gov](http://aqua.nasa.gov) and provides little support for the conclusions reached in Mr Rudman's article.

Dear Editor,  
I NEVER intentionally exceed the speed limit but have on occasion copped a ticket for exactly this – perhaps because my mind wandered, or I lost focus due to a vehicle coming up – fast – behind me or ahead of me. I'm sure many drivers are subject to similar loss of focus whilst driving, especially if one is out and about every day.

Hidden speed cameras don't actually slow drivers down, do they? They merely catch erring motorists a few kms over the speed limit and

profit handsomely for a slight oversight.

If safety really is the intention, then knowing where a camera is located really does make a driver slow down, as does the presence of a police vehicle on the road. Now we're talking – these measures really do work – but not a speed camera hidden behind a tree. That doesn't slow a vehicle down at all – it merely adds more dollars to the coffers.

I've never known or read of anyone a few kms over the speed limit hitting or killing a pedestrian, or run-

ning into a fence or a house. What about the very frequent – nay – almost daily – occurrence of drivers rolling or hitting a tree.

In my 50 years of safe and conscientious motoring, I've never once hit a tree. These incidents are surely speed related – but where is the deterrent here? Are the drivers involved in serious incidents such as these, penalised as heavily as an erring driver a few kms over the speed limit, I wonder?

**Florence Mellott**

Dear Editor,  
**Re Lee Tate Opinion piece Issue No 35 February 2020**

LEE Tate talks in riddles, he says as a republican he is not part of a movement but doesn't seem to give a logical reason as to why.

He says it's time to move on... Where too? And why now?

Other republicans have said this many times, but good sense has always prevailed.

I am over 80 and have never been in a discussion that produced any good reasons from this group.

That is why referendums are always lost. Lee's comment: "We will be none the worse for becoming republic". I believe is untrue because we will lose something and no-one is ever better off by losing something.

You go on by saying many truthful things about monarchy but spoil it all by even suggesting we won't be any worse off.

We will be a lot worse off, and those inspiring Australian leaders you hope to find, will be hard to come by unless they have a surname of Murdoch, Forrest or Rinehart.

Let's face up to facts, the Australian people still don't, and have never wanted any other head of state, but royalty.

The money moguls who control the media print rubbish to try and change opinions of the young, but that all changed with social media, and any vote now would not even be close.

Two thirds of the people now realise it makes very little difference to our lives, if we have royalty or not, so why give away an asset when many other countries that had royalty are trying to have them re-installed.

By all means have another vote, waste more of taxpayer's money on a non-issue, also remember we have many more migrants who fled here because of republican dictatorships, so the result would be just the same, appeasement for the republicans.

**Joe Lunn**  
**Via email**

Dear Editor,  
**Re Lee Tate – Opinion piece #335 February 2020**

I AGREE it is time for Australia to become a republic. An Australian citizen should be our Head of State instead of the monarch of a foreign country.

Currently the Queen is our Head of State, represented by the Governor General chosen by the Prime Minister. The Queen then rubber stamps his choice.

Having one of our own worthy citizens as Head of State instead of the Queen simply means

we are then regarded as a Republic instead of a Monarchy.

It does not mean we become the same as the US and their type of government which some seem to think it would.

I served for twenty years in the Australian Defence Force (ADF), including twice overseas and am not alone among ex-ADF members who want one of our own as our Head of State.

To repeat an old slogan: "It is time".

**Vic Ward**  
**Yokine WA**

Dear Editor,  
THE article by Lee Tate (*Have a Go News*, January 2020) on the re-emergence of the republican debate set me thinking – no mean feat in itself.

With today's proliferation of pseudo anagrams for well known names and events (think ScoMo, JoLo, BoJo, Brexit, Megxit) could an Australian attempt to separate itself from the UK and its royal family and Queen possibly become known as Elexit?

**Ian Campbell**  
**Armadale**

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# Author Janet Gover brings Australian bush to life in new novel



Janet Gover

by Josephine Allison

CELEBRATED Australian author Janet Gover, who now lives in Britain, has just released her latest book, *The Lawson Sisters*. Here, she answers some questions from *Have a Go News*.  
**Janet, your new book, *The Lawson Sisters*, is set in the Hunter Valley of New South Wales. Can you give a brief outline of the story between Elizabeth Lawson and her estranged sister Kayla. Why have you dedicated your book to Michelle?**

back together to save the property from being repossessed by the bank. This forces them to confront the past and open up about the secrets that have been hidden for fifteen years.  
“It’s a story about second chances. The property, Willowbank, gets reborn as a wedding venue and the sisters get a chance to rebuild their relationship. There’s also a second chance at love for Liz and her childhood sweetheart who played a role in the tragedy that splintered the family when they were all teenagers.  
“The book is set in the Upper Hunter. I spend part of every year there with my oldest (no, that’s wrong, she would kill me

if I said how old... long term?) and dearest friend Michelle who runs a B&B there. The book was actually conceived at her place, while I was tossing around ideas about what to write next. We had enormous fun driving around the region for research. Cake was involved on more than one occasion.”  
**Although you live in London now, you love writing stories about the Australian outback. How do you research your books, for instance do you return to Australia when hatching an idea?**  
“You can take the girl out of Australia, but you can’t take Australia out of the girl. I grew up in a small town west of Toowoomba, and spent a lot of time riding horses, driving tractors and mustering cattle. It wasn’t until I started travelling outside Australia that I realised how unique that childhood was, how unique the outback is. Things we take for granted when we see them every day look very different from the outside. I think that’s why I write so much about the Australian bush, it’s a salute to the world that I have always loved.  
“I draw on my own experiences in my books but I also go back to Australia as often as I can, visiting family and friends. Whenever I go back, I make sure I return to the bush to refresh my soul. It is research... research into the way the air tastes and the sounds of the bush and the colours of the

earth. You can do a lot of research online but nothing beats actually being there.”  
**You had a great career early on as a globe-trotting journalist. How did that shape your later career as writer? What made you decide to turn to writing?**  
“I can remember the moment I decided to make a career out of writing. I was still in school and every night I used to watch the news with my father. One night I saw a journalist on a junket to the Barrier Reef doing a story on some festival there. A couple of nights later, he was still on the reef, covering a cyclone. I turned to Dad and said, ‘that’s what I want to be.’  
“I studied journalism and politics at university. During my years on the road, I met some fascinating people. Often the most interesting people were not the movie stars or politicians but people often doing extraordinary things. I think that really helped me appreciate the wonderful diversity of our world.  
“When I moved from reporting into management, I was no longer writing as such, and that’s when I started playing with writing fiction. There’s just something inside me that needs to write.  
“The transition from journalism to fiction was harder than I thought it would be. As a journalist, I had a set of facts and a cast of characters

provided for me, and I had to present those to my audience in the best way. As a novelist, I have nothing but some ideas wandering about my head. Not every idea is good enough, not every character makes it to the page but when they do it’s the most wonderful feeling and I cannot imagine a time I won’t be a writer.”  
**What is your timetable this year? I see you have just had a book-writing retreat.**  
“I am a bit of a geek girl

so my schedule is on an XL spreadsheet, a diary just wouldn’t do it. I do several writing retreats each year. I also run a mentoring scheme with the Romantic Novelists Association in the UK. I think it’s important to give back some of the help I received when I was just starting out.  
“I am just finishing my next Australian book, also set in NSW and it is the realisation of a story idea what has been floating around my head for 20 years.”

**On a personal note, how long have you lived in Britain, has your English husband visited Australia much?**  
“I met my husband on the 40th floor of a factory complex in Hong Kong in the last days of British rule over the territory. We lived there for a couple of years. We are very much torn between Australia and London and usually spend time in both each year.”  
*The Lawson Sisters (HarperCollins, \$29.99) is available from good bookshops.*

## Change of venue for AIR meeting

THE GUEST speaker at the April meeting of the Association of Independent Retirees (AIR) northern Perth branch will be Peter Katsambanis Member of the Legislative Assembly of Western Australia for the seat of Hillarys. Peter currently holds the Shadow portfolios of Police, Road Safety, Corrective Services and Industrial Relations.  
He is particularly interested in issues that are of concern to seniors and would also like to hear from people about their views on any aspect of WA Government laws.  
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.  
Please note a change of venue for this meeting and it will be held at the Penistone Park Community Sporting Facility, 27, Penistone Street, Greenwood.  
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# New look at Parkinson's disease with research underway at Perron Institute...

by Frank Smith

PARKINSON'S is the second most common neurological disease in Australia after dementia. More than 10 million people worldwide are living with Parkinson's disease, including more than 80,000 Australians. Parkinson's Australia says 38 more people are diagnosed with the condition every day.

Parkinson's is a degenerative condition that affects a person's balance and control of their body movements. While the symptom of Parkinson's are very different to those of dementia, recent research suggests they have similar underlying causes, namely a failure of the body's garbage disposal system.

All body cells eventually become moribund and die. The body tries to remove the debris by gathering them into vacuoles and digesting them using lysosomes, organelles that fa-

cilitate cellular waste removal. These engulf and digest worn out cells as well as invading viruses and bacteria.

Parkinson's is characterised at the cellular level by clumps of protein that accumulate inside nerve cells. These are known as Lewy bodies after German doctor Fritz Heinrich Lewy, who first described them.

Recently Dr Sarah Shahmoradian at the University of Basel, Switzerland studied Lewy bodies using cutting edge microscopy. She found Lewy bodies consist of a dense mass surrounded by a halo of twisted filaments of a protein called a-synuclein.

"We found an abundance of mitochondria, other organelles, and lipid membranes in the Lewy bodies," she told The Scientist.

She also found evidence of lysosomes. She saw a-synuclein surrounding the Lewy bodies. Their

cores were composed of the protein intermingled with cell debris.

The build-up of Lewy bodies may be just one symptom of a more fundamental problem: the cells' inability to break down excess lipids and proteins, including a-synuclein. Some Parkinson's patients carry gene mutations associated with lysosomal function and in mice natural aging leads to the build-up of fats associated with Parkinson's disease.

In other words the Lewy bodies are a marker for Parkinson's, not the cause. In affected patients, something appears to have gone wrong with the cellular waste-clearing process. Reactive oxygen species released from mitochondria may play a role, damaging lysosomes. If the lysosomes don't function properly, then cellular waste products are left in the cell to accumulate as part of Lewy bodies.

Researchers, including Professor

Ted Dawson of John Hopkins University has shown that misfolded a-synuclein can move from the stomach to the brain and cause physical and cognitive symptoms. He injected proteins into the stomach of mice and a few weeks later they showed symptoms of Parkinson's disease.

Meanwhile in Perth Dr Ryan Anderson, a medical researcher at the Perron Institute and his team, are looking at how the relationship between the gut microbiome (microbial flora) and the brain could affect the progression and severity of Parkinson's disease.

"Our aim is to provide much needed insight into the interaction between the gut and the brain, and ultimately develop more treatment options for people living with Parkinson's."

"Gastrointestinal problems are commonly reported symptoms of Parkinson's, and there have been no Australian studies looking at the gut

microbiota in this condition," he said.

As with most diseases, early diagnosis is the key to effective treatment. By the time patients show any recognisable symptoms, many nerve cells in the brain have already suffered irreversible damage.

Professor Dinesh Kumar and team at RMIT University in Melbourne are developing screening technology to identify Parkinson's disease in its earliest stages.

The screening tool analyses the results of drawing and writing tasks to differentiate between people with and without the condition. It can pinpoint the disease when there are no obvious symptoms and can also be used to monitor the condition of Parkinson's patients after diagnosis.

Professor Kumar said this would give doctors and nurses the tools to screen for Parkinson's and enable patients to receive treatment far earlier than ever before.

## Giant secondhand book sale returns early April

ROYAL Historical Society is holding its annual book sale on the weekend of 4 and 5 April.

There is a range of many beautiful books in pristine condition including books on Australiana and Western Australia.

There are lots of fiction, including crime books, a range of children, teen books and vintage bird and flower prints. Also for sale will be LP records, CDs, DVDs and sheet music

There are books covering all subject areas and there is some-

thing for every taste.

On Sunday from 2pm all unsold books will be half price.

All proceeds will go towards programs that foster the enjoyment of WA history and the general running costs of the society.

The sale will be held at the Royal WA Historical Society at 49 Broadway (corner Clark Street) Nedlands from 9am to 5pm on Saturday 4 April and 9am to 4pm on Sunday 5 April. Cash and credit cards are accepted.



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WE at Have a Go News love to encourage people to recycle, so we became a drop off point for Lids for Kids this year.

We have received thousands of lids since we started this initiative and thank the many people who have already contributed.

The WA chapter of Lids for Kids is setting up their own system to turn these lids into products that will help kids with disabilities and challenges.

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.

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

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

Lids for Kids are always looking for more collection points, town coordinators and people to help, dry, sort and count the lids. They also need places to store the lids until they can recycle them.

We were chuffed to see last month that one of our readers took the article to the Stratton Out of School Care which have a recycling program for lots of products, to share the concept with them.

To find out more about Lids for Kids in WA email [wa@lids4kids.com.au](mailto:wa@lids4kids.com.au) or visit their Facebook page - Lids for Kids - Western Australia.

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# George Booth puts all his life lessons behind bid for WA's NRL team inclusion



George Booth

by Brad Elborough

GEORGE Booth wants a team from Western Australia playing in the National Rugby League (NRL).

The head of the sport's governing body has declared that it won't be happening anytime soon. But if the Australia Rugby League Commission's Peter V'Landy thinks George is going to take his 'no' for an answer and just go away, he

hasn't done his research.

George has shown time-and-time again, over his 80 years, that he dedicates himself to what he believes in and is passionate about. And success regularly follows him as a result.

He's recently retired from 65 years in the travel industry, where he started leading international tours for people with vision impairment.

That followed a distinguished military career,

that he also retired from, as a captain.

He's been a part of the country's rugby league scene for 70 years, played at state level and is the Fremantle club patron.

This year also marks 20 years' involvement with Rotary, where he spends a lot of time mentoring members of its youth program.

Do you see the pattern? George sticks with things he believes in.

There is a lot of work to do to convince the ARLC that Perth is a better option for NRL expansion than a second side playing out of Brisbane, but George is doing his best.

He puts his ability to be successful down to his time in the military, which included some time spent with US troops in Vietnam.

"I am passionate about everything I do; everything I do, I do well," he said.

"It's all military planning. There is no better

model than what the military does.

"You get given a mission and have to work out how to execute a plan.

"I have understood that all my life.

"There is a structure and you get feedback from others... from the troops."

Since ARLC chairman Peter V'Landy said WA wouldn't be added to the NRL schedule in the near future, George has been formulating a plan, with one goal in mind – to get him and his board to issue Perth a license.

Everyone involved in the sport in WA was gearing up for a new Perth team to start in the NRL sometime around the 2023 season.

George wants to prove that Peter V'Landy's comments that rugby would be "wasting million in rusted-on AFL states" if they expanded the sport to Perth, are wrong.

He says recent interest in rugby league events

held in Perth tell that story.

More than 52,000 fans attended the NRL State of Origin game at Optus Stadium last year included an estimated 20,000 visitors from interstate. Thousands also attended last month's NRL Nines games in Perth last month, again, including many who made the trek from the east coast. Many more watched on TV.

"It's eastern states-centric thinking that WA is a rusted-on state; what about the Melbourne Storm, who are one of the most successful rugby league teams in teams in the national competition?" George points out.

"The WA Government is supportive of this; they can see the obvious links between sport and tourism. The two combined equals more jobs.

"If an NRL team were located in Perth, it would create more jobs, with demands on things such

as accommodation, restaurants, taxis and coach companies. And at the venues... things like security and cleaners."

Of course, Perth has had a rugby team before, the Western Reds. That was 25 years ago. Ironically, nearly everyone involved in the Reds when it fell over moved to Melbourne to form the Storm.

There was no purpose-built HBF Park in Perth back then, nor Optus Stadium. The WACA Ground wasn't the best venue to host games. The travel and the time difference to the east coast were then seen as a burden, something other codes have been able to work through.

Still, the first game attracted nearly 25,000 fans and they averaged attendances of around 13,000 for their first season.

George reports that the sport is ready to support a national team in WA.

These days, women

are now playing rugby league and junior numbers are strong.

The sport is benefitting, over the past couple of decades, from increased numbers of people moving from the east coast to Perth for employment opportunities.

Plus, a WA team, the West Coast Pirates play in an under-age competition, the SG Ball Cup. But the pathway for those youngsters wanting to progress their careers includes uprooting their lives and moving to the east coast.

"We have the support of a strong economy, the WA government and terrific facilities and we have strong administration," George points out.

"Give us a team."

You can help let the officials of the national body know that the WA public is behind an NRL licence being granted to a Perth team by signing an online petition at [www.change.org](http://www.change.org). Search NRL team Perth.



One of Hitoshi Tanaka's pieces

## Talented sculptors take on Perth

by Josephine Allison

continued from front cover

Viktor's enthusiasm for the medium will create a great environment for new students to create a beautiful custom piece for their home or garden.

WAISSS president Peter Henderson has more than 40 years' experience in quarrying and processing natural WA stone, describing himself as a long term 'quarry dog'. He has been successful in

supplying stone including for Melbourne's Federation Square and locally for Yagan Square, Perth International Airport and Perth Arena.

Mr Henderson is donating Western Australian sandstone and granite for WAISSS.

Stone to Art 2020 is seeking volunteers to help with the event. Visit [www.waiss.com.au](http://www.waiss.com.au) for details. Stone to Art 2020 Attadale reserve runs 9am - 5pm 4 to 19 April.

## Exercising and keeping active is the key to managing diabetes

If you're living with, or at risk of type 2 diabetes, keeping active throughout your life is a good way to keep your blood glucose in check.

Whether it's starting your day with an ocean dip or a brisk stroll, exercise doesn't have to be a chore.

Diabetes WA clinical services manager Carly Luff said exercise has many health benefits for people living with diabetes.

"Being physically active can help you to manage your blood glucose levels and has a lot of other benefits such as improving blood pressure and cholesterol, helping to manage

your weight and improving mental wellbeing," she said.

Here are some ways you can stay active:

**Walking:** Set aside 30 minutes each day to go for a brisk walk. Not only will you get your heart pumping, burn calories and boost energy levels, but you'll stave off those pesky afternoon cravings. Remember to wear suitable footwear to avoid injury.

**Swimming:** Whether at the beach or pool, swimming is a great way to get fit regardless of your age or fitness level. It can help build strength and endurance

without putting too much strain on the body.

**Tai Chi:** This ancient Chinese practice has many benefits for your physical and mental wellbeing. It can lower stress, improve balance and posture and increase strength and flexibility.

Remember to check with your GP before starting a new exercise program.

Diabetes WA runs a number of diabetes education workshops. To book, visit [www.diabeteswa.com.au](http://www.diabeteswa.com.au) or call 1300 001 880.

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# Where Opinions Matter - Do we need to guarantee Australians rights to free speech?



Lee Tate

by Lee Tate

WE baby boomers might not think of ourselves as radical change-agents but just look at what we've done in 'our term'. Then ask: What's next? Swept along in the sixties tsunami of new music, food, fashion and drugs, we were merely dipping our oars in the revolutionary waters. When you look into it, we boomers have been in the frontlines of significant stuff. We've ushered in no-fault divorce, official recognition of de facto rela-

tionships, gay marches and gay marriage. And all sorts of LGBTI issues are on the agenda. We've seen Aboriginal rights, native title, a national apology and growing interest in Indigenous culture. Multiculturalism has been largely successful. Boomers have watched a slump in Christian faith, endured paedophile revelations and seen Australia's highest-ranking Catholic jailed. Corruption in police and political ranks has been exposed. Royal Commissions have exposed shocking dealings in religion, child sex, aged care and banking. Political scandals and slip-ups, including by those MPs who were born overseas failing to properly register to run our country. (Shock, horror!). We've become politically-correct. Workplaces

have been reformed for worker safety (remember the advent of RSI?) with widespread safety gear, coloured vests and no-smoking. Industrial law makes it illegal to make personal comments about colleagues, how they look, what they're wearing. Equal pay and equal rights for women have advanced. Boomers were at the forefront of the internet revolution, embracing technology from mobile phones and computer tablets to laptops. We've turned our backs on mailing letters in favour of emails and texting. We're helping save the planet – or at least starting talking about it – and watching the mushrooming of alternative energy for homes, workplaces and vehicles. We're part of the war on pollution and plastics. We're the first generation to be issued with three rubbish bins.

But we've also been noted overseas and in the United Nations for turning away refugees and containing them in the Pacific and Christmas Island, where we built a \$400 million detention centre. In WA, we have accepted voluntary assisted dying and cannabis for medicinal use. Around the world, we're having medical breakthroughs, DNA has revolutionised our approach to health and criminal investigations. We welcomed gun control (although gun ownership is higher now than it was before John Howard admirably led the multi-government amnesty for gun destruction). We're watching new and modified sports with a greater number of women in sports from soccer, Aussie Rules and cricket. Top tennis ladies

get equal prize money. Sports and movie stars – and elite company executives – take home multi-million-dollar pay packets. Traditional education has begun an overhaul with individual schools having curriculum choices and new teaching methods. Public and private schools are turning out students of historically-high intellect. The three-Rs no longer rule the classroom. Teachers (and bank clerks) stopped wearing ties. Communications exploded. Free and pay TV multiplied. Television standards changed. There's far more sex and violence on the box. SBS even has a vice channel. Use of the F-word is not uncommon on TV, in public and school grounds. Smoking in public is banned, cigarettes are hidden in supermarket

cupboards and spray paint has to be locked in hardware shelves. We've seen changes in moods, standards, rules, hopes and aspirations. What next? We wouldn't have believed half the things that have changed during our tenure so... Australia becoming a republic, perhaps? Totally decriminalising drugs? A big sleeper is, I think, an Australian Bill of Rights to officially protect citizens against the abuse of government power. Australia is the only country in the Western world without a Bill of Rights to guarantee free speech – a right and privilege enjoyed by Americans for 200 years. Canada, New Zealand and South Africa all have one. But we have freedom of speech here, right? No, Aussies are not only without a national guarantee of free speech but

also without the freedom of assembly or due processes. Aussies, of course, are a tolerant lot and while things are going well, we tolerate governments – even with occasional abuses of power. A Bill of Rights, or a national charter for Australia, is opposed by many politicians and prominent church leaders, fearful of losing ultimate control over their fiefdoms. As Tony Abbott puts it: "A Bill of Rights takes power off the elected politicians." It is hard to believe that our rights as individuals, are not guaranteed. That includes our freedom of speech. Along with republicanism, an Australian charter or Bill, sits on the horizon. What else should come in our time? What do you think email info@haveagone ws.com.au with opinion in the subject line.



Jon Lewis

by Jon Lewis

WHILE staying in a lovely holiday house, I chose to watch some internet TV. A world and a half of

## Do we need a community censor on internet television?

movies presented themselves. New, old, classic, loveable, fun, friendly and to my surprise... frightening and not in the way you might think. First, I chose to watch a comedy TV show. Later I watched a comedy movie. So far, so good. I then watched one of my favourite shows... *Star Trek* – beam me up! Wow, was watching

TV becoming my holiday? I knew I could stop any time and yet I chose to keep watching... but was it me actually doing the choosing? Programs just kept popping up. As I had watched *Star Trek* the internet TV boldly went where I did not dare and chose some more movies for me. With what intention is this technological marvel

doing this? With love? With compassion? With an obvious agenda or a secret agenda? How do I know what it is? Now, for the most part, I like advice and I like help. But I always measure my help based on who is offering it. You may or may not be a religious person, however I love how on a Sunday life calms down,

just a bit. However, the internet does not. So, there on a very early Sunday morning I was presented with a movie, a scary movie... only at the time I didn't know it. A science fiction, horror film with an innocent title. It was the kind of film, as a child, my loving mother would, with my best intentions, not let me see. The type of film,

that now as an adult, the public would not allow to be telecast. Whether that be fear of public backlash, a well voted set of standards or morals... it is there. A safety stop. Ensuring we are safe and essentially happy. So what is the safety stop for internet TV? I have the freedom to see and watch anything, anything at all and at

any time. I can also be suggested to with anything and at any time... is this without conscience? While I am systematically being coaxed to watch more, who is kindly watching out for me? A world of choice can be a wonderful thing... if all the choices offered are watching out for you. All the best.

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# Transitioning to the Age Pension for those receiving a Carer Payment



Hank Jongen

by Hank Jongen,  
General manager,  
Services Australia

A QUESTION we're often asked is whether you need to transition from Carer Payment to Age Pension when you turn Age Pension age.

If you're receiving Carer Payment because you provide constant care to someone with a severe disability or medical condition, or who is frail aged, we'll write to you

before you reach Age Pension age (66 years) and invite you to transfer to Age Pension.

Transfer to Age Pension is optional. You can choose to stay on Carer Payment, so long as you're continuing to provide constant care for someone with a disability or medical condition. You just need to tell us which payment you'd prefer to receive, and if you have any superannuation. We need to count your superannuation in the pension income and assets test once you reach Age Pension age, regardless of the payment you receive.

If you also receive Carer Allowance, that won't change if you transfer to Age Pension. You can continue to receive Carer Allowance and Age Pension at the same time.

Carer Payment and Age Pension have some similarities – both have the same rate of pension payment, are subject to the same income and assets tests, offer comparable Rent Assistance rates, and come with a Pensioner Concession Card. They are also both taxable, but Carer Payment is only taxable once the carer or the care receiver reaches Age Pension age.

However, the rules for Carer Payment and Age Pension can differ in some other ways, so it's important to assess which payment is more applicable to your circumstances.

For instance, if you're travelling temporarily outside Australia, you can generally continue to receive Carer Payment for up to six weeks, and

in some cases, we can pay Carer Payment for longer than six weeks if you're travelling with the person you provide care for. If you receive Age Pension, you can generally receive your payment for the whole time you're outside Australia, but the rate may change after certain points in time.

You will continue to receive the annual Carer Supplement in July if you receive Carer Payment, however you won't get this supplement if you just receive Age Pension. You can still receive the Carer Supplement for Carer Allowance in July, if you receive Age Pension and Carer Allowance.

Under Carer Payment, you can take a break from caring (respite) for up to 63 days each calendar year, but we may cancel your payment if

you stop providing care for longer than this time. You're allowed an additional 63 days per year if the person is in hospital temporarily and you still help with their care. If you're receiving Age Pension, you can take a break from caring without it affecting your payment.

Different rules between payments also apply if you're working, volunteering, studying or training. To help inform your decision, we have a handy page on our website that outlines the difference between the two payments. Visit [www.servicesaustralia.gov.au](http://www.servicesaustralia.gov.au)

and search for 'choosing between Carer Payment and Age Pension'.

Until next time.  
If you have a question you would like answered don't hesitate to write to us and we will pass it on – email [info@haveagone.ws.com.au](mailto:info@haveagone.ws.com.au) with Hank in the subject line.

## British pension to increase



Mike Goodall

by Mike Goodall

THE UK State pension will increase by 3.9 per cent in April. This is the highest ever annual increase since the 'triple lock' was increased for assessing pension increases.

The 'triple lock' is the highest of 2.5 per cent or the increases in wages or inflation. This means a UK pensioner living in Australia who qualified for a full pension in the 2009/10 tax year will be £39 per week (about \$74) worse off than a UK or EU based pensioner.

One Federal MP has pointed out that pensions freezing was a UK Government problem and not the Australian Government's fault. This is correct. The UK Government refuse to pay the increases or to even enter into discussions with the Australian Government about this issue.

However, with all the negotiations taking place with the UK because of new trade, immigration and social security deals, it is up to Australia to use this opportunity to exert the maximum pressure on the UK as part of these negotiations. The UK wants and needs the deals. So the Australian government should say no pension increase, no deals.

If you are making additional contributions, there will be an increase in annual payments after 5 April 2020. While the increases have yet to be confirmed Class 3 contributions could increase to £15.30 per week and Class 2 contributions to £3.05 per week.

Last month I received a telephone call from a

pensioner wishing to apply for a personal loan. The bank would not consider UK State pension as income, that despite it being considered as income for tax purposes by the ATO.

Most banks allow pensions from other countries to be considered as income but not from the UK, however one agreed to allow 80 per cent to be considered as income.

My question is why are the Australian banks discriminating against UK expat pensioners?

If any of you have similar stories or have additional information to clarify or confirm the above, please let me know so that I can build a case to take to the Banking Ombudsman.

In last month's article I said the Australian taxpayer was effectively subsidising the UK Government to the amount of \$200 million every four to five years. This should have been printed as \$200 million every year.

If the pension freeze ended a further \$200 million would be available for pensioners to spend every year as well as a possible \$330 million from the 40,000 expat pensioners who are fully self-funded.

UK Expats born before 6 July 1954 reach State Pension Age on or before 6 March 2020. UK Expats born between 6 July 1954 and 5 August 1954 will be eligible to claim their UK State Pensions from 6 May 2020.

Anyone who would like to discuss the above in greater detail or want to understand their options 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](mailto:mikecgoodall@btconnect.com)



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## Alchera Living's The Reserve delivers value

JUST like every phase of life, retirement brings new challenges; it also brings opportunities to create the life you've always wanted.

Alchera Living's latest development, The Reserve, has been created to help residents live healthy, stylish, and social lives.

Located in the City of Melville, within Alchera Living's Weeronga retirement village, The Reserve apartments offer quality you can afford. This new four-storey apartment complex fits the bill for retirees looking to downsize and enjoy a home with high-quality specifications. Alan Marshall, CEO of Alchera Living, said that with views over the park of the city skyline, and great amenities within walking distance, The Reserve is in an ideal location.

"This location is particularly attractive with its proximity to multiple bus routes, cafés, local IGA, medical centres, retail outlets, library and community centre. Everything you need is in walking distance, so our residents can leave their car behind in the secure basement and enjoy a leisurely stroll.

"The architects of The Reserve designed the apartments and shared spaces to be comfortable, stylish and adaptable to residents as they age. Wide doors and hallways, level flooring and non-slip surfaces throughout, easy bathroom access, provision for future grab rails in the ensuite, and two lifts to take you from the basement to your apartment, make The Reserve wheelchair friendly and accessible.

"For every decision, we always came back to the grounding principles of creating quality, style and value for retirees," Mr Marshall said.

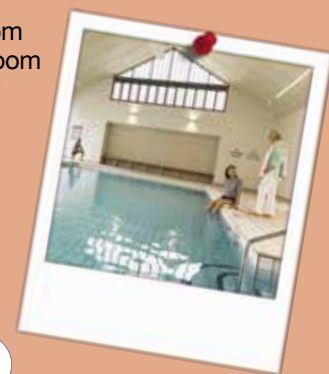
Space and safety were also essential factors in the development of the complex. The apartments come with spacious secure storerooms and car bays, located in the basement.

The complex is fitted with electronic access points and situated within a secure gated community so that residents have peace of mind.

"It was also important that we create an environment that encourages residents to stay active. For those wanting to create healthy habits, the indoor swimming pool, gym and weekly yoga sessions make it easy to stick to an exercise routine," he said.

Starting at just \$440,000 for a two-bedroom apartment and \$545,000 for a three-bedroom apartment, now is the perfect time to view one of our displays.

The Reserve apartments are available to tour at 40-44 Worley St, Willagee on Wednesdays 1pm - 2.30pm or Saturdays from 9.30am - 11am. Alternatively, to arrange a private viewing, contact Head Office on 9314 5884 or email [info@alcheralliving.com.au](mailto:info@alcheralliving.com.au)





# Chase away the blues this autumn with a dose of the blues...



Rick Steele

by Rick Steele

WHEN you lay down at night and keep turning from one side of the bed to the other all night and can't sleep. What's the matter? Blues got you! You say; Lord have mercy, I can't eat and I can't sleep, what's the matter? Why the blues still

got you..." That is part of a quote from Huddy Leadbetter where he describes some of the symptoms of depression or blues, as blokes in my trade call it. I have always said, and I believe, that music is one the best stress relievers available. Let me loose on an old John Lee Hooker song any day rather than; "take one of these pill after meals." Music can be such a strong influence that some people value their record/CD collection more than their mother-in-law. Another great thing

about using music as a 'blues breaker' is that your level of performance skills is not of major importance. A couple of verses of an Everly Brothers' classic on a cheap beat up guitar can turn melancholia to mirth. Unfortunately, countless hours of people learning their instruments in the garage may save Jack from being a dull boy but at the same time give the neighbours the blues. The inaugural Perth International Blues Festival Thursday 26 March to 2 April will give y'all a chance to see players

from around the globe interpret music and show their well-honed skills. Saturday 28 March is a free family-friendly street carnival. It will take place at the North Perth 'Common' in View Street. We're blocking off the road, there's a stage in the street from 11am till 4pm. Granny and Pop can then go to the Rosemount for Garden Party Blues and have a shandy. Sunday at 5pm Rick (that's me) will take you out on the Decoy for a cruise on the Swan to see the city lights and meet and greet the Ital-

ian Maestros. The award-winning Santini Bar and Restaurant (Italian cuisine) at QT Hotel in Barrack Street, Perth will host a dinner and show on Monday night and *The Italian Maestros* will perform there. Tuesday 31 March The Charles Hotel, home of the Perth Blues Club, will feature award-winning USA star Eugene Hideaway Bridges with his seven-piece all star band with guests, Trevor Jalla, Cristiano and Gabriele from Italy. Wednesday 1 April we are showcasing at the River Hotel, Marga-

ret River, and Thursday back at the Rosemount concert room for our finale with Michael Vdelli and a showcase of WA talent. Hopefully we can help you chase away the blues. Why don't you dust off grandpa's old guitar and try to play a chorus of *Pub With No Beer* or *Bye, Bye Love*. Builders demolishing an old house in Dublin, found a skeleton in a wall cavity. Around its neck was a small plaque on a necklace. It read: "Hide and seek champion 1911." Cheers dears.

WIN a \$200 shopping voucher with *Have a Go News'* Ad Words. See page 14 for details.

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Scarborough Sportsmans and Community Club, \$25  
The Italian Maestros, Rick Steele's Busted Blues Band,  
Matty L Wall (new international guitar singer)  
**Saturday 28 : 11am : Free Event**  
Family friendly Nth Perth Carnival View St.  
**Tuesday 31 : 7pm : \$40**  
Charles Hotel - 7pm Eugene Hideaway Bridges + 7piece Band,  
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## Researchers want volunteers for research on hypertension

ELEVATED blood pressure, commonly known as hypertension, is diagnosed in one of three Australian adults. It is a major risk factor in the development of heart attacks, strokes and chronic kidney disease, which are the leading causes of death in Australia. However, with effective management of hypertension, these potentially life threatening events can be easily prevented. The Dobney Hypertension Centre (DHC) can help people get on top of their heart

and kidney health. Professor Markus Schlaich, a hypertension specialist, is the head of DHC, a collaborative venture between the RPH Research Foundation, Royal Perth Hospital and The University of Western Australia. The DHC is a research group dedicated to understanding the mechanisms underlying hypertension and its associated health conditions, such as diabetes and non-alcoholic fatty liver disease. The team's vision and prima-

ry goal is to improve the health outcomes and treatments for those diagnosed with hypertension in the Western Australian and wider community. Under Prof Schlaich's direction, the dedicated research team run numerous clinical trials and research studies about new and novel methods for the management of various health conditions throughout the year. DHC is currently looking for volunteers who are motivated to participate in their high quality research. For people

have been diagnosed, or know someone diagnosed with elevated blood pressure (hypertension), high glucose levels (diabetes) or are overweight, there are many opportunities to get involved. To find out more information about participating in a research study, please contact the research team on 9224 0306 or email justine.chan@uwa.edu.au. All research studies have been approved by Royal Perth Hospital human research ethics committee.

## Health of Peel waterways to be discussed at retirees meeting

GUEST speaker at the March meeting of the Association of Independent Retirees, Mandurah Branch (AIR) will be Dr Steve Fisher, program manager, Science and Waterways, at the Peel-Harvey Catchment Council. He will be talking about combining his

passion for water and science, the current condition of the Ramsar-listed Peel-Yalgorup Wetlands of International importance, including the Peel-Harvey Estuary System and some of the projects he and the team at PHCC are undertaking to improve its health.

AIR will meet on Monday 23 March at the Halls Head Bowling Club, 2 Sticks Boulevard, Erskine commencing at 9.30am. Visitors are most welcome to hear this informative talk and are invited to stay for morning tea. For enquiries please ring Shirley Lloyd on 9582 1541.



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# Getting financial advice can help boost your wealth and pension...



by Frank Smith

LAST year, the International Longevity Centre (ILC), based in London, looked at the effect of getting advice on the wealth and pension assets of UK residents. They concluded that financial advice, given by experts, delivers real value for those who access it and has the potential to benefit a far wider range of people if they were persuaded to take it up. A 2017 report, *The Value of Financial Advice*, quantified for the first time, the value of taking financial advice for people's

overall financial outcomes. This year a second report updated this report using additional data from a Wealth and Assets Survey carried out in the UK. It also considered a number of additional questions. The ILC found: Receiving professional financial advice between 2001 and 2006 resulted in a total boost to wealth (in pensions and financial assets) of \$91,600 per family in 2014/16. The benefits of financial advice are potentially greater for those who were just 'getting by' than more affluent people. The former boosted their pension wealth by 24 per cent compared to 11 per cent for more affluent groups. The ILC also found evidence that building up an ongoing relationship with a financial adviser leads to better financial outcomes. Those who reported receiving advice at both time points in the analysis had nearly 50 per cent higher average pension wealth than those who only received initial advice. When it comes to sources of advice and the ways in which people purchase financial products, the ILC analysis showed that the internet plays an important role in how people seek financial information. The report says there is huge potential for technology to support improved access to financial advice – and significant scope for innovation in this field. It is therefore imperative to ensure that these solutions are of high quality and accessible to all.

The report recommended that advisors should communicate clearly about the costs and benefits of advice. In Australia financial advisers have come in for serious criticism from the Banking Royal Commission, The Commission heard that some advisers, including banks, suggested investments on the basis of how much commission they would receive, rather than the needs of the client, while others charged people, even some deceased people, for no advice. "Advisers facing a conflict between self-interest and duty have too often sought to strike some compromise between the two competing forces rather than, as the law has required, to give priority to the interests of the client or member," Commissioner Hayne said in his final report. But because some advisers have acted badly it does not mean that all advice is bad. Regulations controlling the industry have been strengthened to prevent a repetition of this situation. Unlike the UK, the Australian aged pension is means tested. An adviser should be able to find ways to legally minimise the impact of income and asset tests and earnings on Centrelink pensions. The ILC report makes it clear that it pays to employ a financial adviser when planning retirement and thereafter but take care that any commission they earn from investing your money is declared and preferably used to reduce your fees.

# What to consider when granting an enduring power of attorney



Ray Tan  
by Raymond Tan, lawyer and Public Notary

YOU have just realised that your health is failing and mentally, you are not as strong as in former years. You may have discussed your failing health with a doctor or a lawyer. The advice may well be to sign an enduring power of attorney

(EPA) form. You can download the forms from the Public Advocate's website. The first question is who would you appoint? Of course, as I have written in my previous articles, you need to choose someone you trust. That person must act and have your best financial interest in mind. They have the right to operate your bank accounts and deal with your real estate. The second question is: when does the EPA take effect? On the forms, there is a choice. Choice One: Should

the EPA take effect immediately? Choice Two: Or should it take effect only when there is a declaration from the State Administrative Tribunal that you are incapable of making financial decisions. I always advise my clients that choice two is a better option. That is because choice one gives the appointed person authority, to deal with your assets immediately. That is too risky in my opinion. You do not want to find out that your appointed person has helped themselves to your bank accounts, or worse, put your home

on the market without your knowledge? If you choose choice two, what happens when you are incapable of making the decisions? Well, your appointed person needs to get a medical report and then make an application to the State Administrative Tribunal for a declaration that you lack mental capacity. If you have mental issues like dementia, then the State Administrative Tribunal will make an order giving legal rights to the attorney you have appointed, to deal with your financial affairs. The hearing before the State Administrative Tribunal is free and can be done by the appointed attorney. However, if a lawyer is hired as advocate, of course, there are fees involved. These are important life choices and you should make sure you get proper legal advice. Readers can contact Mr Tan through Have a Go News via email [info@haveagoneews.com.au](mailto:info@haveagoneews.com.au) with Legal Advice in the subject line or direct at [ray@tanandtanlawyers.com](mailto:ray@tanandtanlawyers.com) where he offers free legal advice for general queries. Visit his website at [www.tanandtanlawyers.com](http://www.tanandtanlawyers.com)

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# Recycling - your questions answered on how to reduce waste or reuse



Left; Karen Majer  
Right; Waste Education  
and Project Officer,  
Shire of  
Augusta-Margaret River,  
Jackie Dickson

by Karen Majer

YOU know the feeling. You're hovering over the recycling bin with a plastic container. Does this go in? Then you might think – does it make any difference, anyway, which bin I put it in? Where does it end up? I heard the recycling plant had a fire – maybe it's all going to landfill?

fusing and *Have a Go* readers have been asking for answers, so I teed up a meeting with our local recycling guru Jackie Dickson, waste education and project officer at the Shire of Augusta-Margaret River.

"Recycling can be confusing because it changes so fast," Jackie told me. "The reason is that it's a business so what you can recycle depends on the market for the products. It's important to keep up-to-date."

The market for Australia's recycled waste changed dramatically in January 2018 when China, which had handled nearly half the world's recyclable waste, banned the import of most plastics and some other materials. Australia had to rethink its decade-long reliance on exporting thousands of tonnes of plastic, paper and cardboard to China. Our recycling compa-

nies scrambled to find new markets. Glass is crushed locally and used in construction. However Western Australia has been sending most of our recyclables to south-east Asian countries including Indonesia, Malaysia and Vietnam.

Steel and aluminium cans are shredded and sent to south-east Asian steel and aluminium furnaces. Plastic bottles and containers are sorted and sent overseas to be shredded to create clean input for Asian plastic manufacturers. Paper and cardboard are exported to paper mills in India, Indonesia and China.

However shifting the waste crisis elsewhere is a temporary solution, already posing problems, with Malaysia banning plastic waste imports in October 2018. Questions have been raised about the fate of the waste in some places, with rumours that it may end up being burned or buried. The ultimate destiny of our waste is subject to contracts managed by Australian recycling companies who try to ensure proper procedures are followed, but there are no guarantees.

Another problem arises if the waste we export is contaminated, for example with foodstuffs or non-recyclable soft plastics. The current threshold for contamination in the receiving countries is

1.5 per cent. If it's more than that, the load is rejected and returned to Australian landfill.

The focus in WA is now on increasing local processing capacity at Perth's three materials recovery facility operators – Cleanaway, Suez and the Southern Metropolitan Regional Council (SMRC) – which separate and sort household recycling, and on developing local markets. Unfortunately the industry was dealt a blow in November 2019 when the largest facility, Cleanaway, that received waste from 20 local councils, including all those in the south west, was destroyed by fire.

Cleanaway has now come to an arrangement with the SMRC to sort and process their recyclables until their South Guildford recycling facility is rebuilt.

"It's important that we continue to sort our recycling correctly and also look at our waste habits to see where we can reduce our reliance on the bins," she said.

While our recycling industry has had some setbacks in the last couple of years, Jackie is enthusiastic about the future.

"We are gearing up for big changes in the recycling industry."

"One important move is introduction of a Container Deposit Scheme in Western Australia from 2 June. This will

allow West Australians to return eligible beverage containers to refund points to receive a refund of 10 cents per container," Jackie said. "This will reduce the amount of plastic and glass bottles going into your recycling bin."

"A major Federal Government Waste Management Review is underway. The Government has consulted on regulatory options that could ban or restrict plastic, paper and glass exports."

The investigation into innovative ways to reduce the millions of tonnes of waste discarded in landfill and waterways in Australia each year included opportunities to better manage industrial, commercial and domestic waste. Public consultation was completed in January. Hopefully the outcome will lead to more sustainable resource use and protection of our waterways and the ocean.

While the legislators and industry seek solutions to the waste pathways, some of the most exciting recycling solutions are coming from local councils, business and the community.

REDcycle is a recovery initiative for soft plastic like plastic bags and crisp packets – any soft plastics that can be scrunched into a ball – that can't go into your recycling bin because they clog the machines



in the recycling plants and are the main source of contamination in the recycling stream.

The Melbourne-based organisation has partnered Coles and Woolworths to provide collection bins. The collected plastic goes to the REDcycle facility for initial processing, then it is delivered to Australian manufacturer Replas where it is used to produce a range of recycled-plastic products, from fitness circuits to sturdy outdoor furniture, bollards, signage and more.

The best we can do, as householders, is to keep up to date with what can

– and can't – go in the recycling bin. Ask your local council to let you know drop-off points for things like batteries, bottle caps, old phones and toner cartridges. In my community there are places to recycle everything from computers to coffee pods. And best of all, avoid buying plastic whenever you can. These will be subject of next month's article. Until then, reduce, re-use, recycle, in that order and do your bit for our environment.

**Find out more:**

What can be recycled [recycleright.wa.gov.au/](http://recycleright.wa.gov.au/) and REDcycle [www.redcycle.net.au/](http://www.redcycle.net.au/)

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## **FREE MID-WEEK EVENTS**

Get involved with free Crown Life events this March at Groove Bar & Lounge in the Casino from 1pm - 2pm.

**Zumba Gold** 9, 23 & 30 March

**Hot Hula** 12, 17 & 26 March

**Showtime** 20 March

**See [crownperth.com.au](http://crownperth.com.au) for the full schedule.**

Event dates and times may change without notice and are subject to availability.



## **HOP ABOARD THE CROWN BUS**

Crown Rewards members can enjoy convenient transport to and from Crown, a delicious Best of British buffet lunch at Carvers and bonus vouchers for just \$10.

**Visit [crownperth.com.au](http://crownperth.com.au) for the full timetable.**



Conditions apply, see [crownperth.com.au](http://crownperth.com.au). Images for illustration purposes only. Best of British menu alternates daily and is available until 9 April 2020. Carvers is an 18+ venue. Fun Pack \$10 for Crown Rewards members and \$15 for non-members. Must arrive on the Crown Bus and purchase a Fun Pack. Valid on day of purchase only.



**LIVE A LITTLE BRIGHTER**



# It's time to challenge the way of thinking when given a diagnosis of dementia



Maria Davison

by Maria Davison,  
chief executive officer,  
Alzheimer's WA

GETTING a diagnosis of dementia can be a difficult and lengthy process. Often people are told there is nothing much that can be done for you, go home and get your affairs in order. With more and more people being diagnosed with dementia and with a better understanding of the impacts of the disease, it is well and truly time to challenge this way of thinking.

The traditional way of viewing dementia considers only the changes that are occurring in the brain. This medical model of dementia focuses on managing the symptoms or changing behaviour that results from the disease. A person with dementia may be referred to as disappearing, no longer the person they were, or not a person at all – just a shell. Well meaning care staff direct focus on a person's basic physical needs, such as being fed or kept clean, without time or training to consider the person will have other real human needs just like any person without dementia.

Just think of how people with severe mental illness used to be treated – locked up in institutions and sedated – in order to manage the symptoms of their disease. No consideration for what the person might be thinking or feeling. As with dementia, people looked at the disease first and the person with the disease second. This limited view hindered any ability to connect with each other and treat each other as human beings.

Although medical treatments for dementia have not changed in more than 20 years, what is changing is the way people think about dementia and how they approach supporting the person living with it. The foundation for this change in thinking is based on viewing the whole person, not just their disease. This means looking at a person's life story: who they are, where they were born, what jobs they had, whether they married or have children, what is important to them and gives them purpose, as well as their experience of life with dementia.

A person with dementia will often have lived a long and interesting life, and their life experiences do not stop when they are diagnosed. Quite the opposite. The diagnosis is just another part of who they are now, another part of their life experience. However, the environment and the people who surround them will impact how a person experiences dementia. If the environment is enabling, if family and friends are understanding and supportive, the chances are a person with dementia will have a much more positive lived experience.

Understanding that everyone's experience of dementia is different has led to the development of a number of effective early interventions for people living with the condition. These early interventions approach each person as an individual and consider their own unique life experiences. They view dementia as just one part of the whole person.

An example of an emerging support for people with dementia is occupational therapy. Traditionally used to help people get back to work after injury, occupational therapy is proving to be an invaluable tool to support people with mild cognitive impairment through to the later stages of dementia. Why occupational therapy? It combines practical advice with changes to the way a person approaches a task – such as preparing a meal or getting dressed – in a way that is specific to that person. Not only can occupational therapy support a person's existing abilities, it can help to reduce carer burden and stress, and ultimately contribute towards improving the overall wellbeing of a person with dementia and their carer.

When a person is diagnosed with dementia they are still the same person as they were before – however now they are living with dementia. Just as another person may live with a diagnosis of diabetes, cancer, heart disease or any other type of potentially life limiting condition. It is true dementia is a terminal disease, and there is no cure. However people diagnosed with dementia can live well for a number of years. Although this does not lessen the impact of dementia on a person – it is still a life changing and traumatic experience – it is a long time to sit around in your home and do nothing other than 'get your affairs in order'.

There is still a lot of living to do if you are diagnosed with dementia. The journey is different for everyone.

## Vinnies WA offer people an honorary solicitor service

HAVING a will that clearly states your wishes brings you peace of mind, security and certainty for the future. A valid and up-to-date will enables people to name an executor, arrange for guardianship of young children and advise how they would like their estate to be divided between family, friends and charitable organisations such as the St Vincent de Paul Society.

Once family and friends are looked after, many people like to include a charitable gift in their will. Vinnies WA relies on the generosity of the community who choose to leave a gift to Vinnies to continue to provide services to more than 55,000 Western Australian's who turn to them each year for assistance.

Vinnies WA have recently partnered with several reputable solicitors throughout Western Australia who are pleased to provide simple wills free of charge to anyone considering leaving a gift to Vinnies WA in their will. Some are able to meet people in the comfort of their own home.

Anyone interested in connecting with a solicitor in their area or would like more information about the Honorary Solicitor Program or leaving a gift to Vinnies WA in their will please contact the Planned Giving Coordinator, Natasha Prins on (08) 6323 7535 or email [bequests@svd-pwa.org.au](mailto:bequests@svd-pwa.org.au).

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## Find the secret word to win...



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. Beds4U
2. Alchera Living
3. Guide Dogs WA
4. Bombora Resort
5. Aussie Redback Tours
6. Travelrite International
7. Kings Tours & Travel
8. Buildwise Solutions
9. Altum Northerly
10. Buy West Eat Best
11. Atwell Arts Centre

Entrants can enter via email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) or write to Ad Words Competition C/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 31/3/20.

Congratulations to John Prentice, of Duncraig, our January 2020 winner.

## Leave a gift in your Will to Guide Dogs WA

YOUR LEGACY WILL GUARANTEE THEIRS.

To request a Gifts in Wills Information Pack please contact Carol on (08) 9311 8285 or [carol.morfitt@guidedogswa.com.au](mailto:carol.morfitt@guidedogswa.com.au)

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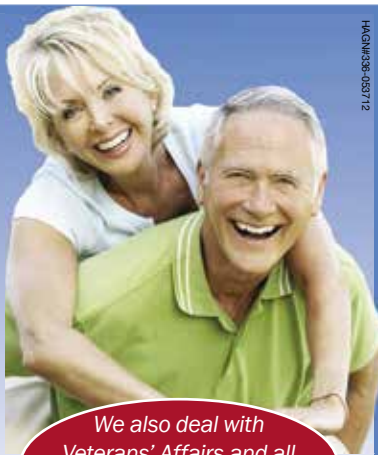


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## More Home Care services for less money? Too easy.

Home Care is designed to help you stay in your home as you get older. Funded by the Federal Government, Home Care packages are made up of individually selected services that make life a little easier. Some of those services include cleaning, gardening, meal preparation, home maintenance, shopping, medication administration and more.

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### SCAMS Information Session

On Wednesday 19 February, 80 people gathered at Scarborough Community Centre for a free information session conducted by Seniors Recreation Council of WA in partnership with NBN, Consumer Protection and City of Stirling for people to learn the latest trends and find out how they can protect themselves. Presenters on the day were community ambassador NBN Ashley Merrett, SRCWA Tech Savvy Seniors project manager Martin Yates and Consumer Protection's Community Education Team Merinda Willis. Topics included nuisance phone calls, people knocking on doors and banking security. The recommended course of action with unsolicited calls is to hang up on the caller, should there be some threat or course of action required please refer to a legitimate source. For example if someone calls from the tax office take their name, then look the number up independently from the number they give you and ask to be put through to them. There are strict laws around door to door selling which can lead to prosecution if the salesperson doesn't leave the property when asked to do so. Internet banking and financial transactions can be safe as long as you follow rules and remember to look for HTTPS and the padlock in the website address. The main message from these sessions is maintain a healthy level of scepticism and keep at the forefront of your thoughts, "if it's too good to be true then it definitely is". Think before you click is another top hint, read the message or the link before you click on any links in web pages, emails or pop ups. Following the presentation there was a magnificent afternoon tea sponsored by NBN and provided by the SRCWA volunteers including Dawn, Mary, Marylyn and Carol Kerten from the City of Stirling. Special mention to Peter who signed (Auslan) for two hours translating for the hearing impaired on the day. Should you believe you or someone you know has been implicated in a scam, call Consumer Protection WA on 1300 304 054 for advice. You can visit [www.scamnet.wa.gov.au](http://www.scamnet.wa.gov.au) for further information and updates on the latest SCAMS.

If you would like a free SCAMS Awareness session at your club or group please contact Martin Yates on 9492 9774.

### SRCWA 28th Annual Seniors Camp at Quararup

HELD in early February with 30 campers visiting Albany it is an ideal forum where old friendships are renewed and new ones made. During the camp participants took part in numerous activities including bush walks, archery, craft, line dancing, low impact exercise, defibrillator instruction, table tennis, a movie night and a camp concert. Everyone enjoyed a day out at the Great Southern Museum with a virtual reality Antarctica Experience. The group explored Antarctica from the helicopter cockpit, had penguins waddle past their feet, saw the Southern Lights and met the researchers at the Davis Station. SRCWA would like to thank camp coordinator Eileen Stark and her group of dedicated volunteers. They also extend thanks to the Quararup Camp office and kitchen staff for their hard work in making the event one that many look forward to annually. And thanks to Southern Bus Charters for providing great service for all the campers. Sadly, one of the long-term campers Rosalie passed away. Her enthusiasm colourful personality and contribution was sadly missed.

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

On Wednesday 25 March, Seniors Recreation Council of WA's Rockingham branch is conducting its annual Have a Go Day at the Mike Barnett Sports Center, corner Dixon Road and Goddard Street, Rockingham from 10am to 2pm.

This FREE event will showcase clubs, groups, not for profit agencies and commercial entities who have a senior focus from Rockingham and surrounding areas. There will be a wide variety of activities to "Have a Go" at with many static displays. For further information please contact Carole Overington on email: [srcwarockingham@gmail.com](mailto:srcwarockingham@gmail.com) or phone 0412 715 173.

This event is sponsored by City of Rockingham, Have a Go News, LiveLighter Healthway, Telstra, Kennards Hire, Simply Swing, IGA - Chelmsford Ave, Dept of Local Government, Sport & Cultural Industries.

### Add Life to Your Years 21st Edition

Seniors Recreation Council of WA is now calling for all clubs and groups offering activities for older adults to contact the SRCWA office on 9492 9773 to request a new entry or update form so they can be included in this directory. The listing in the book is provided FREE of charge and when the books are available, they are also distributed free of charge.

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

SRC President, Hugh Rogers



# Exhilarating paddling, friendship and fun



Inlet mouth

by Chris Harlow

ALMOST 30 paddlers, friends and family arrived at Coalmine Beach Holiday Park, Walpole for the annual week of kayaking and fun.

On the first day's paddle, we travelled upstream through tall trees and calm water on the Frankland River from the Nornalup Landing to

Monastery Landing. The return paddle was an easy one, with cooling breezes.

Tuesday was a day of contrasts. We set off on Deep River, which was wide and welcoming. Suddenly there was a shout of 'snake' and one paddler had to repel an unwanted guest. The river narrowed and there were many logs, tree

trunks and branches to avoid. Strong and gusty breezes on the return trip meant a tough paddle home. We hugged the banks to get maximum shelter, which didn't really help at all. It was a challenging but enjoyable paddle.

Thursday morning, we drove out along Peaceful Bay Road on a very narrow and rough track to find the Bow River. We enjoyed a gentle paddle on calm water before arriving at the Nornalup Inlet. Once on the inlet it was a different story, the open water was often shallow and the wind strong causing paddlers to have to battle the waves. A few paddlers ran aground and had to shuffle or hand paddle to get moving again. The return journey was much easier going as the wind had dropped.

Friday we met at the town jetty to prepare to paddle across the inlet upstream onto the Walpole River. The rain began to fall just after we departed, luckily we had our raincoats on. The Walpole River is fairly narrow with beautiful bush either side. When we returned to the river mouth, we elected to continue on around the inlet to extend our paddle.

On Saturday just 10 hardy paddlers remained for the last paddle of the week. We decided to return to the pretty Bow River and headed upstream. The paddlers relished a gentle start before the river narrowed. Soon submerged rocks and trees made progress slow as paddlers worked hard at avoiding rocks, logs and branches. This was good practice for

improving observation and manoeuvrability skills. Several got stuck and unstuck with some dignity and enthusiasm. We paddled upstream as far as we could before a fallen tree blocked further progress. The fleet then paddled downriver as far as the inlet entrance before returning.

An exhilarating week of paddling, friendship and happy hours was enjoyed by all.

If you are interested in paddling, please contact president Iris Mickiewicz on 0438 926 578 or secretary Dale Winn on 0420 733 024.



## A fun day out at the Ravenswood Hotel with the COCOA Club



COCOA Club members enjoying lunch at the Ravenswood Hotel

by Rose Hope

BENEATH a dense canopy of leafy trees and colourful umbrellas in a vast courtyard, groups of folk sat eating, drinking and thoroughly enjoying themselves.

Flanked by two steep

embankments, dotted with eucalyptus trees, the Murray River flowed leisurely by, like a huge brown ribbon, its sun dappled ripples shining like gold.

Beside the courtyard at a landing, below were a number of small boats

belonging to the people who had arrived at the tavern via the river.

On the opposite shore a homestead set amongst a hay coloured lawn epitomised the great Australian dream. Down in the river a huge houseboat was moored.

Enviously I imagined myself living in it, in blissful freedom, travelling with the tide and pulling up at a different destination every evening.

I had boarded a bus at Mandurah Station on its way to Pinjarra with a group of other members of the COCOA (Come Out Camping Older Adults) Club and after a picturesque ride we alighted at the Nancarrow Way stop. A pathway meandered through the bush and we found ourselves in Lloyd Street where a short walk took us via a village shopping centre to our destination. It was a glorious warm summer's day, so the cool interior of the hotel was very welcome. Potted plants and photos of the pub in its early days added to the magic atmosphere of this lovely old hotel.

I ordered a senior's meal for \$13.50 which consisted of steak, chips and salad and I can say it was yum! I washed it down with a lemon, lime and bitters in the company of COCOA Club friends. When it was over we waited for our bus under shady gum trees alongside Pinjarra Road and the whole escapade was a day to remember.

The COCOA (Come Out Camping Older Adults) don't use tents and they organise affordable holidays. The camps are always fully catered, and they go on many day outings too. Members often arrange further opportunities throughout the year.

If you would like to know more about this friendly group, then call Judy Hampson on 0450 735 415.

## Calling all former Kmart staff - join in for a reunion

A REUNION is being held for all former staff who worked for Kmart from 1969 to 2004. It will be held at the Merrywell Restaurant at Crown Perth on Monday 1 April at 11.30am.

All former staff are invited to come along and catch up with work colleagues. The organisers look forward to seeing as many people there as possible.

Please RSVP by Monday 16 March to George Drew: 0448 317 569 [georgedrew@hotmail.com](mailto:georgedrew@hotmail.com); Norm Young: 0408 094 000 [nwy@iinet.net](mailto:nwy@iinet.net) or Martin Egan: 0487 320 700 [martinegan@bigpond.com](mailto:martinegan@bigpond.com)

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SENIORS CARD



# Get out and about and have a go - here's a guide to evening social activities

by Jennifer Merigan

LAST month I had requests from readers to include more activities for people who are working and are looking for social opportunities in the evening. We will continue to run this as a regular feature each month.

There are a plethora of dances, social clubs and events happening for the mature demographic.

Here's some low-cost events to keep you active, out and about and provide the opportunity to socialise, have fun, dance and make new friends.

The Western Social Club run weekly events across Perth for over 40s, whether you are a single or a couple.

Coming up they have a house party in Joondalup on 21 March from 8pm and a Sunday bar-becue on 22 March from 12noon in Ballajurra. There will be a night of live music featuring the band *Flames* at the Nollamara Bowling Club on Saturday 28 March and on Sunday 29 March enjoy an evening of dance at the Nollamara RSL Club, 65 Sylvia Street from 6pm - 9pm. Light meals are available at

the RSL and all are made very welcome.

On 4 April the club holds another house party in Meadow Springs with a DJ and on Sunday 5 April a lunch will be held at the Secret Garden Café in Angelo Street, South Perth. To celebrate Easter a party will be held in Noranda from 8pm on Saturday 11 April.

Tickets for their events are \$15 for non-members and \$10 members. Find out more by calling club president Sue Faulds on 0400 775 083.

Dancing in all its forms has had a resurgence and are being run on a regular basis.

Line Dancing is on at the Guildford Town Hall every Thursday at 7.30pm. Start any week, cost \$10, call Linda on 0419 497 280.

New Vogue and Sequence classes are being held at the Swan Ballroom in Midland on

Wednesday nights from 8pm to 10pm. No booking is required, call 9250 2904 for further details.

On Thursday nights at the Bayswater Bowling and Recreation Club there are rockabilly dance lessons with Mick Haines and Caitlan O'Connor from B-Side Bop.

From 6.30pm-7pm there is a beginner's class, from 7pm-8pm a general class and from 8.30pm a social dance. It costs \$10 cash entry and no partner is required.

Stirling Country Music Club run a dance with a live band every second Friday night at the Belmont RSL Club from 8pm to 11.30pm. Everyone is more than welcome and coming up they will feature *Apache* on 13 March, *Indiana* on 27 March and on 24 April the band will be *Dance On*. The club is located at 22 Leake Street in Ascot. Tickets cost from

\$7 to \$10 per person. For more information call Alan and Brenda on 9296 3326.

On Saturday 21 March there will be a pub jive and rock and roll dance at the Manning Bowling Club from 7.30pm. Tickets \$15 and further enquiries can be made by emailing [pubjive@inet.net.au](mailto:pubjive@inet.net.au)

There will be free dance classes during the day at the York Town Hall on Saturday 28 March. Rock 'n' Roll will start at 10am for an hour followed by Rockabilly at 11.30am, Swing at 2pm, Jive at 3.30pm and Carolina Shag at 5pm. A dance will held from 7.30 pm featuring live band *Billy Higginson* and *Pale Moon Riders*. Tickets \$25 and it's BYO food and drinks. Call Janine on 0438 984118 for more information.

The band *Chain Reaction* will be performing



Musician and Have a Go News columnist Rick Steele plays around town each week - see him Tuesday night at the Perth Blues Club and Wednesday nights at Grosvenor Hotel.

rock classics from *The Beatles*, *Elvis*, *The Kinks* and many more at El Caballo Resort for a *Rock Idols and Dance* night

on Saturday 28 March. Tickets are \$69 per person for a buffet dinner and the show. Call 9573 3777 for bookings.

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## I had no symptoms, the kit saved my life!

CANCER Council WA is calling for more Western Australians to complete the free life-saving bowel screening test, with new figures showing only four in 10 eligible Australians are participating in Australia's National Bowel Cancer Screening Program.

Bowel cancer is Australia's second biggest cancer killer. Many people don't realise it kills more Australians each year than breast, prostate or skin cancer. When you receive the test don't put it in

the cupboard and forget about it - delaying can easily become ignoring, forgetting and ultimately not doing.

The test is quick, simple and you can complete it in the comfort of your own home.

Andrew McCann, who was diagnosed with bowel cancer in 2017, said he owes his life to the test kit.

"When I first got a kit I nearly didn't do it, but my wife urged me to participate and I am so glad I did," Mr McCann said.

"I needed a follow up colonoscopy and I was diagnosed with bowel cancer. I would never have known, I had no symptoms at the time. The kit saved my life."

Over 90 per cent of bowel cancer cases can be successfully treated if caught in the early stages.

To find out more about the National Bowel Cancer Screening Program go to [www.cancerscreening.gov.au](http://www.cancerscreening.gov.au) or call 1800 118 868 for more information.

## A new way to live with purpose

### St Vincent's in Guildford now open

Our new facility could be your new home. Purpose-designed with multiple living areas, spacious lounges, library, dining and activity rooms complemented by beautiful river and bush views.

Incorporating the latest in residential care design and technology and underpinned by our Care with Purpose model in an environment of Joy, Love and Hospitality you will feel connected and welcome.

All our bedrooms have their own climate control, wi-fi, smart TV and ensuite that you can make your own.

For more information and to meet our team, call Lorraine Wallis, St Vincent's Manager on 9279 5055 or email [stvincents@catholichomes.com](mailto:stvincents@catholichomes.com)

[catholichomes.com](http://catholichomes.com)



Our dedicated team look forward to welcoming you to St Vincent's.





Your Centrelink questions answered direct from general manager of Services Australia



Hank Jongen

THIS month many readers took up the opportunity to utilise our service of having questions answered directly about Centrelink from the general manager of Services Australia (formerly Department of Human Services). Any one is able to send through a question and we receive answers back quickly. Here's a selection of some that we have received this month. If you would like a question answered simply email [info@haveagonews.com.au](mailto:info@haveagonews.com.au) with Hank in the subject line.

Question

We are going to downsize some time later in the year and would like to know how long do to have to purchase a property?

How much cash are we allowed to have?

What Government department give out the fuel assistance?

Thanking you in anticipation, your paper is really great with so much news and articles which we love.

Bernie and Glenda

Response:

Dear Bernie and Glenda,

If you're planning to downsize, the sale proceeds you intend to use to purchase, build, repair, or renovate a new family home can be exempt from the asset test for up to 12 months from the date of the sale. We may be able to extend this period for a further 12 months under specific circumstances, but

it's important to talk to us first.

While the proceeds you intend to use for your new home are exempt from the assets test, they will be deemed under the income test. This includes any proceeds kept as cash, in a bank account, held in a solicitor's trust account, as managed investments, as bonds or insurance products, or even loans made.

Deeming is where we assume your financial assets are earning a certain amount of income regardless of what they actually earn. For instance, the first \$86,000 of your combined financial investments are deemed at one per cent and any amount over this is deemed at three per cent per annum.

We calculate the rate of pension under both an income test and an asset test. Whichever pays the lower rate is the test you're paid under.

Currently under the pension income test, a couple can have income of up to \$308 combined per fortnight before their pension starts to reduce, and up to \$3,122 combined per fortnight before their pension cancels. Under the asset test, a homeowner couple can have assets of \$394,500 before their pension starts to reduce and up to \$863,500 before their pension cancels.

Before you make any decisions, it's important to get an understanding of how this may affect your Age Pension. I highly recommend calling 132 300 to make an appointment to speak with one of our Financial Information Service Officers.

I'll also refer you to speak with the WA Government about fuel assistance.

Sincerely,

Hank Jongen,  
general manager  
- Services Australia

Question

If you withdraw money from superannuation and put in the bank and then transfer it to pay off credit card, how do you report it to Centrelink?

I am on the Age Pension.

Thank you for your kind assistance.

Monica

Response:

Dear Monica,  
As you're receiving Age Pension, we count your superannuation balance under the assets test and then use the deeming rules under the income test.

Withdrawing money from your superannuation fund won't affect your Age Pension, but it's what you do with the money that may. If you put the money into a bank account, keep it as cash or you use it to purchase an income stream, we'll continue to count it in your income and assets test.

If you use it to pay off your credit card, you can update the value of your bank account balances using your Centrelink online account.

I encourage speaking to us first so we can assess this more closely to see if could have any impact on your Age Pension.

Sincerely,

Hank Jongen,  
general manager  
- Services Australia

When I withdraw and transfer my overseas lump sum super to Australia, should I declare this transferred lump sum as assets or income when applying for the Old Age Pension at age 66 years.

Regards

Jenny

Response:

Dear Jenny,  
When you claim the Age Pension, you will be asked a series of questions about your

finances which will help us determine if your Age Pension is assessed under the income or assets tests.

You can tell us how you invested or used your overseas superannuation in those questions. Whether it will affect your Age Pension and the rate at which it affects it will depend on your specific circumstances.

As the transferred funds may be assessed under both the income and assets tests, I recommend making an appointment with one of our Financial Information Service Officers to discuss your specific circumstances. They can help you understand what options you have and the impact these might have on your Age Pension claim.

Sincerely,

Hank Jongen,  
general manager  
- Services Australia

Declining free immunisation may put older people at risk



Have you had your shingles vaccination?

by Frank Smith

MOST of us oldies had chickenpox as a child. It used to be a rite of childhood passage along with measles, German measles (rubella), mumps and whooping cough. Nowadays these diseases are prevented by childhood vaccinations. However those of us who had chickenpox, frequently retain the virus (Herpes zoster) hiding in our bodies, just waiting for the chance to emerge and reactivate, causing shingles. No data is available

for Australians, but 99 per cent of Americans over 40 are estimated to carry the dormant virus.

In Australia around 120,000 new cases of shingles occur each year. It accounts for about one in 1000 of all GP visits. Although shingles can occur at any age after chickenpox infection, the risk increases substantially from 50 years of age onward.

The main trigger of virus reactivation is a decline in the immunity acquired when a person was originally infected with the chickenpox virus. This decline occurs naturally with ageing or as a consequence of lowered immune response due to diseases or drugs given to treat autoimmune diseases such as rheumatoid arthritis.

In the majority of cases, shingles patients recover on their own, but not before it causes significant discomfort, particularly to older people. Shingles is characterised by a fluid-filled blistering red rash, typically on the torso or face and debilitating pain persisting for three months or more.

A shingles vaccine is available free of charge to all Australians 70 and 79 years old, but only one third of people have taken up this option.

Professor Kristine Macartney, director of the National Centre for Immunisation Research and Surveillance says people aged 85 and above have a 50 per cent chance of developing shingles. The vaccine reduces the risk of shingles by over 50 per cent and makes any cases

that do occur less severe.

"Someone with shingles experiences a rash, often with pain which can develop into long-lasting, difficult to treat nerve pain," she says. "The vaccine reduces the risk of this long-term pain."

The vaccine has a good safety record in Australia, but it should not be used by people with a lowered immune system.

Recent research reported by the American Heart Foundation found that receiving the shingles vaccine lowered the risk of stroke by about 16 per cent. It lowered the risk of ischemic (clot-caused) stroke by about 18 per cent and the risk of haemorrhagic (bleeding) stroke by about 12 per cent.

The effect was strongest for people aged between 66 and 79 but still reduced the incidence of stroke by 20 per cent in people aged over 80.

A new non-live shingles vaccine, not part of the free National Immunisation Program, may potentially be used for people with a lowered immune system. This vaccine is, however, currently unavailable in Australia due to a limited global supply.

The Australian Department of Health recommends older people should be vaccinated for influenza annually, shingles and pneumococcal disease. These are all free to people over the age of 65.

At the same time check with your GP to see if you need booster shots for diphtheria, tetanus and whooping cough.



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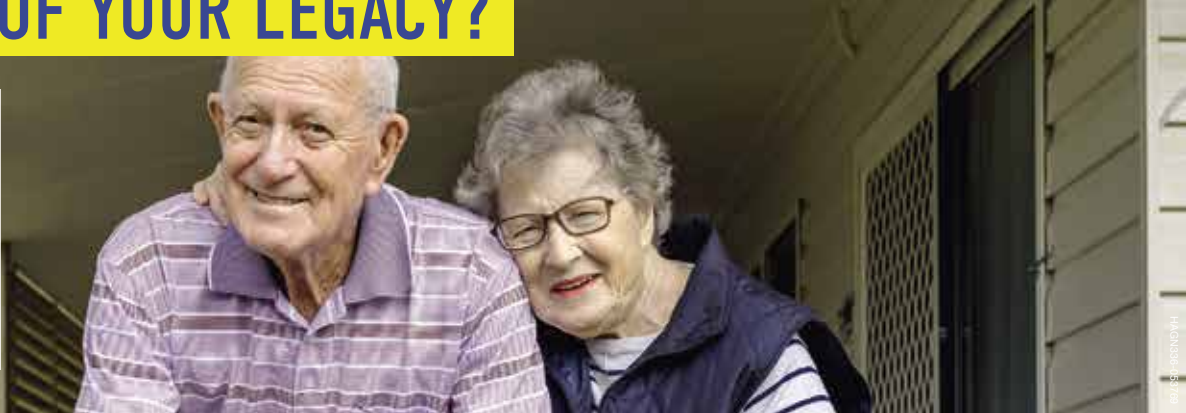


St Vincent de Paul Society  
(WA) INC  
good works

DO YOU KNOW THE POWER OF YOUR LEGACY?

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When we put these beliefs into action, the impact of our good works lives on. When you give a gift in your will to Vinnies WA, your legacy lives on too.



For more information about leaving a gift to Vinnies WA in your will, please call 08 6323 7535 or email [bequests@svdpwa.org.au](mailto:bequests@svdpwa.org.au)

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Please nominate a category for your advertisement.  
Tick one box only.

- ☐ Travel companion
- ☐ Pen friend
- ☐ Wishing to contact
- ☐ Seeking a friend
- ☐ Seeking a partner

Abbreviations used in *Friend to Friend*

- |                            |                         |
|----------------------------|-------------------------|
| ALA: All letters answered  | DTE: Down to earth      |
| GSOH: Good sense of humour | ND: Non drinker         |
| SD: Social drinker         | NG: Non gambler         |
| NS: Non smoker             | NOR: North of River     |
| SOR: South of River        | TLC: Tender loving care |
| WLTM: Would like to meet   |                         |


Name ..... Address .....  
..... Postcode .....  
Phone ..... I am over 45 years of age ..... (Signature) .....

Each person may submit  
one entry every month.

**STOP: Please read new instructions carefully**  
Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:  
**Friend to Friend**  
**PO Box 1042**  
**West Leederville WA 6901.**

**Obtaining replies to your Friend to Friend**  
**Reply Box entry:**  
Please include two stamped (\$2) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

Seeking a Friend

**ACTIVE** gent European Australian seeks lady 50-60 who loves dancing, movies, dining, music, live NOR or SOR, SD, NS, quiet night at home, GSOH, WLTM for coffee. ALA.

Reply Box 8496

**ACTIVE** gent, 62, no baggage, fit, financially comfortable, looking for a lady.

Reply Box 8503

**AN** attractive, happy lady WLTM a man in the late 70s to early 80s age bracket for enjoyable times in 2020 and beyond, SD, GSOH, NS, SOR, ALA.

Reply Box 8511

**A SLIM** easygoing lady WLTM gent 77+, similar interests; dancing, travel, family, GSOH. Fin sec, happy times, quality life, TLC, long term if compatible, metro area.

Reply Box 8514

**AUSSIE** lady 59, slim, GSOH, enjoys music, country drives, dining out, movies, NS, SD WLTM gent 60-70, similar interests, who is caring, DTE, happy to meet for coffee, SOR.

Reply Box 8522

**AUSSIE** lady NS, SD, GSOH, great personality, lovely appearance, WLTM Aussie guy 62-70, like dining out, movies, modern music, concerts, AFL, usual social activities for friendship. Seeking guy who is educated, genuine, honest, has pleasant appearance.

Reply Box 8499

**AUSTRALIAN** active guy, 60, SD, NS, GSOH, country, NOR. Seeks genuine friends 45-60. Enjoys sport, travel, movies, music, catching up for drinks.

Reply Box 8504

NEWS UPDATED DAILY  
www.haveagonews.com.au

**FIT** trim, active, widower, 79, NOR, seeks fit, petite, independent, female companion, 65-70 for energetic activities, 2-3 days a week. Bushwalking, beach walks, weights, share cost of coffees, country and coastal drives and dining out.

Reply Box 8509

**GENTLEMAN** 73, fit, happy going, very well. Like to meet lady, fit, happy and going well. Looking for long term partner with stories to tell.

Reply Box 8515

**GENTLEMAN** 1937, old school, active, sincere, GSOH, NS, NG, SD, WLTM lady who enjoys music, reading, gardening, dining out, movies, living in Mandurah area.

Reply Box 8519

**GENTLEMAN** are you looking for a beautiful lady with svelte figure then keep looking cause it's not me. I'm a young 70, GSOH, NS, SD and growing old gracefully. Wanna catch up?

Reply Box 8507

**IRISH** lady 67, NOR enjoys walking, swimming, golf, WASO, movies, coffee, dining out, GSOH, fin sec, NS, NG, DTE, WLTM gentleman with similar interests, 67-70 for company and maybe more? ALA.

Reply Box 8497

**LADY** genuine Aussie, healthy, 70s, WLTM happy, sincere Aussie guy, NS, GSOH, SD, DTE, love outdoors, camping, caravanning, travelling, music, beach, watching sunsets with glass of wine, concerts, live, laugh, love!

Reply Box 8521

**SMART** UK lady 80s, WLTM gent caring, spend time together, walks, cinema trips, music, dining in/out, long for some company, NS, NG, SD, NOR, ALA. Please reply.

Reply Box 8508

**WIDOW** mid 70s, slim and attractive WLTM genuine, healthy, well mannered, fin sec gent for friend and companion NS, SD, NG, I live NOR.

Reply Box 8506

**WITTY** guy 68 seeks lady 50s-60s. Hobbies; movies, music, barbecues, etc. I'm 5'6", medium build, NS, SD. Lots of TLC to offer. Come on ladies start the year with a new loyal man. Let's meet over a cuppa.

Reply Box 8517

Seeking a Partner

**EUROPEAN** lady, petite, intelligent, positive outlook on life, seeking company of a gentleman, NS, SD, 58-65, who enjoys life in general, city or nearby areas would be great. ALA.

Reply Box 8513

**FILIPINA** lady 59, widow, educated, professional, intelligent, presentable business minded, respectful, fin sec, sincere, caring, loves, music, cooking, NS, DTE, GSOH, WLTM genuine gent, 60-70, with similar interests, view to permanent relationship.

Reply Box 8510

**GENT** 60 NOR postcode 6066, working, don't want to play the dating game, but miss female company. I am medium build, medium height, fit, love sport, love to laugh, caring. Let's see if this works.

Reply Box 8505

**LADY** 68, WLTM gent 65-70, enjoys walks, music, dining in/out, country drives, spending time together, friendship first if compatible, possible relationship, prefer postcode, 6163 or nearby areas, NS, SD, NG.

Reply Box 8512

**LADY** 70s, WLTM a gent who is honest, sincere, NS, GSOH, DTE, no baggage, not regimented, lives in the moment, enjoys life, love, laughter, music, outdoors, travel, spontaneous. Life is short so please have a go and write, nothing ventured, nothing gained. Let's meet and have a chat. ALA.

Reply Box 8501

**LADY** active, interesting and interested to hear from you men. 71 years, wise, still learning, enjoying every minute, great to share this journey. My attitude to life; fairness, communication, harmony, family and friends important too.

Reply Box 8520

NEWS UPDATED DAILY  
www.haveagonews.com.au

**PERSONABLE** authentic man, 68, slim, fit, wise mind, young at heart, average height, various interests. Independent, caring, philosopher, considerate, romantic. WLTM lady 59-69, independent, socially intelligent, fit, motivated. Write me, we can become something very special.

Reply Box 8500

Seeking a Travel Partner

Wishing to Contact

**76 YOUNG** man WLTM lady size 14, easy to look at, no baggage, must like dogs, caravanning and travel overseas on 50-50 basis. I am 6'1", 90kg, well presented and easy to look at. I am going to the south west of France July-August for the village festivals it is very nice.

Reply Box 8498

**GENT** 70s DTE, NS, NG, SD, NOR, WLTM a genuine lady that is interested in travelling around the Greek Islands. If interested, have a coffee and chat.

Reply Box 8516

**LIVELY** lady wishing to meet lady or gent with interest in travel to avoid single supplement. Would consider travel by train, coach, ship or hire of motor, home all destinations considered. Been told I am good company!

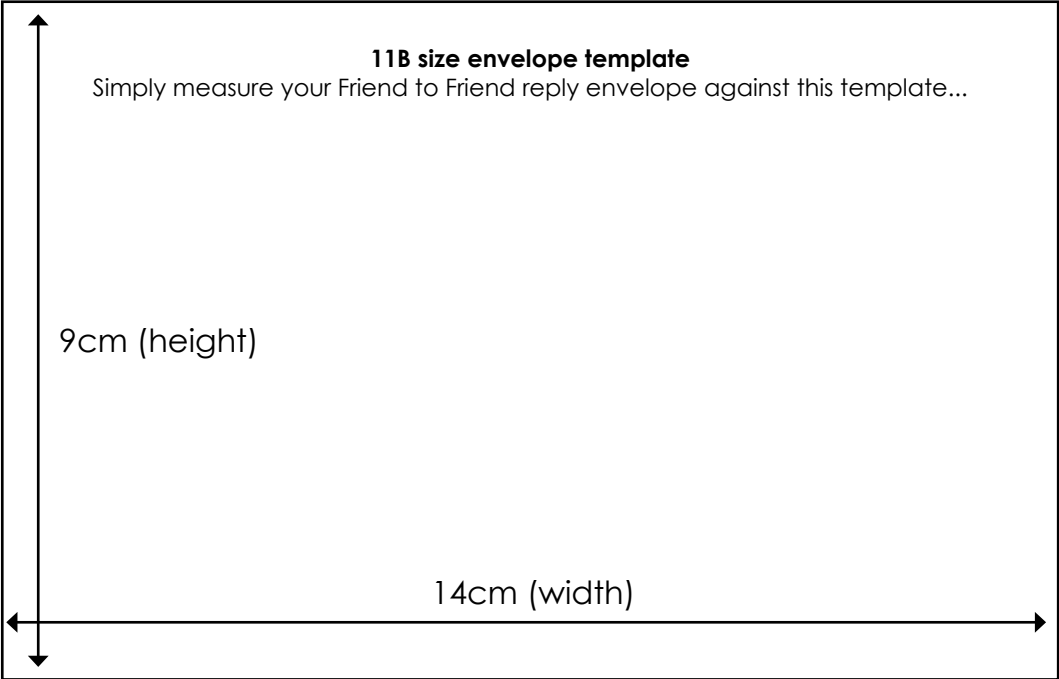
Reply Box 8502

Do you need a companion or friend?  
Let *Have a Go News* help you through our *Friend to Friend* page. Get writing and send in your coupon.

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.

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"The safest way to meet a genuine and suitable companion"  
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**VIC PARK GENT 68** tall, trim, clean cut, easy on the eye, trustworthy, affectionate, ret. farmer/business. Family important & travel, sk fit lady up to 72.

**GREENMOUNT GENT 73** attractive, well spoken, ret. Prof. healthy, positive, educated, well-travelled. Busy, active, enj friends & family. Sk lady 65-75.

**WEST PERTH GENT 76** academic of Euro b'ground, multi-lingual, 175cm tall, loves dancing & overseas travel, fairly quiet, e/going. Sk like-minded lady 70-78.

**MANDURAH GENT 79** a good, honest, friendly, straight shooter w/a heart of gold. Very e/going w/ simple tastes. Love cooking, gardening and is a handyman around home.

**SALTER POINT LADY 75** fit, active, elegant blue-eyed blonde w/ beautiful smile. Would love to meet a refined, gentleman healthy, kind & positive about life 72-80.

**WANNEROO LADY 80** stunning blue eyed brunette, beautifully groomed, well spoken & very d.t.earth. Loves travel, dancing, social gatherings & the footy. Sk fun-loving oz gent.

**PALMYRA LADY 70** full of life, lovely blue eyes and a great smile. Active, well grmd, independent w/ GSOH. Sk gent 68-76 for companionship.

**WEST LEEDERVILLE LADY 67** beautiful looking, refined, slim brunette, very well grmd, educated, outgoing, thoughtful, personable. Would suit a smart, loving, honourable man 65-73.



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We have your partner

\*conditions apply

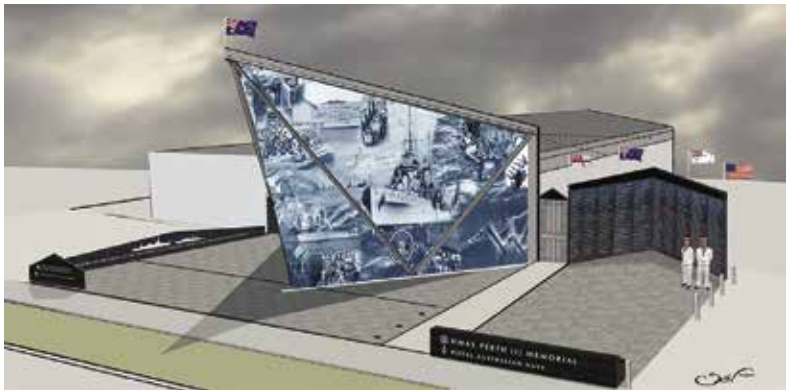
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# A commemoration ceremony for the loss of *HMAS Perth* in World War II



Commodore Wise OAM, Captain Bond with the Smiths, the designers of the proposed memorial - Australian Naval Sea Cadets from T.S Perth forming a guard of honour at the front of St John's church - Chris Clevenger USN, Capt. Angela Bond, Chair of the HMAS Perth (I) Memorial Foundation and Capt. Ainsley Morethorpe RAN, Commanding officer of HMAS Stirling - The Consul General of the USA, David Gainer laying a wreath on behalf the United States Navy. Inset; Memorial artist's impression



by David Nicolson

ON the 1 March 1942, *HMAS Perth* and the *USS Houston* were sunk by an overwhelming superior Japanese force in the Sunda Strait off the coast of Indonesia. Of the 681 complement onboard the *Perth*, only 324 survived the engagement and these men subsequently became prisoners of the Japanese. Only 216 survived this ordeal to return to Australia and the United Kingdom after the war. Those on board the *Houston* suffered a similar fate with

only 291 of the original crew of 1061 returning home. To remember this tragic loss of life, the *HMAS Perth* Memorial Foundation Inc. has been created following an initiative of the Navy League of Australia, (West Australian division). The Foundation aims to build a permanent memorial adjoining the *HMAS Perth* Memorial Hall on Riverside Road, East Fremantle. The memorial will feature a 'ship's prow' with two 10-metre-long ceramic glass walls incorporating images of the *Perth* and members of the

ship's company. This will be lit up at night and will provide a permanent reminder to all those lost on that fateful day. The memorial will have a granite wall of honour engraved with all the ship's company and include an area set aside for future commemorative services. The *USS Houston* will also be acknowledged at the site. The Foundation has engaged the Smith Sculptors who were responsible for the design and construction of the *HMAS Sydney* Memorial in Geraldton, an iconic and highly visited site. The launch of the foundation took place during the annual *HMAS Perth Memorial Regatta* at Nedlands Yacht Club on the 16 February. Those taking part in the launch were Commodore Malcolm Wise, AM RAN, a former Commanding Officer of *HMAS Perth* (III) and the chair of the Foundation, Captain Angela Bond, RAN. Other speakers present at the regatta included Captain Ainsley Morethorpe, Commanding Officer of *HMAS Stirling*, Barry Court AM, Captain Michael Donnelly, USN Rtd, representing the US Navy and Colin Bancroft, son of

Arthur Bancroft one of the survivors of that terrible ordeal. Captain Bond said the Foundation has been established with the aim of constructing the *HMAS Perth* (I) Memorial. "We have been pleased with the support provided by the Town of East Fremantle, the Navy League of Australia and State politicians. The memorial will be a fitting tribute to the ship, those who served in her and their families." Another commemoration event was held at the St John the Evangelist Church in Fremantle on 24 February. A service is held every year to remember those lost from the two gallant ships. The church service was led by the rector of St John's, Patrick King, together with Chaplain Franco Siani, RAN from *HMAS Stirling*. In attendance were relatives from the ill fated *Perth*, the Consul General of the United States, David Gainer, representatives of the Navy League of Australia, the Lord Mayor of the City of Fremantle, Dr Brad Pettitt, Commanding Officer of *HMAS Stirling*, Captain Ainsley Morethorpe CSN RAN, representa-

tives from RSLWA and members of the United States Navy on secondment to Australia. In a moving service, the guests were told of the suffering and gallantry of those who made the ultimate sacrifice against overwhelming odds in those dark days of 1942 when the Japanese seemed unstoppable. The Australian Navy cadets from TS *Perth* attended forming a guard of honour at the front of the church and later accompanying the wreath layers as they paid tribute to the officers and men from the *Perth* (I) and the *Houston*. The collection was undertaken in the traditional way by passing around upturned Navy headress. The emotion of the day was heightened by the playing of *Tapps* and the *Last Post* by a bugler from the Royal Australian Navy. Following the service, morning tea allowed time for fellowship and stories of recollection. For more information on the memorial, please go to [www.hmasperth1memorial.com.au](http://www.hmasperth1memorial.com.au) or email the Foundation at [info@hmasperth1memorial.com.au](mailto:info@hmasperth1memorial.com.au)

## TV Talk with Lee Tate - Aunty sticking to her knitting with the *Insiders* program



Lee Tate

AMID so many shallow TV programs, the ABC's *Insiders* program swims against the tide. Who would have thought of running a serious political commentary program on Sunday mornings? The ABC did and host Barrie Cassidy was a key part of its success.

Married to another ABC face, Heather Ewart (host of *Back Roads*), Barrie is an ABC institution and he won't have finished with television soon. I've worked with Barrie. We both served as newspaper reporters in Canberra and Melbourne before he became Bob Hawke's press secretary and well before he had any thoughts of being on the box. Barrie was able to carry-over to television his modest approach to things with a deep political knowledge and powerful drive to report the facts. The proof is in TV's

pudding. Barrie not only survived, but thrived, from the *Insiders* start-up in 2001 up to 2019. He also knocked out some books (*Private Bill: In Love and War, The Party Thieves, An Ocean of Cricket and Pictures from the Pacific*). And with his love of sports, Barrie also somehow managed to front *Offsiders*, the ABC's Sunday sports show immediately following *Insiders*. Barrie is an interesting bloke. He followed then girlfriend Heather Ewart to Washington in 1991 after she was posted there as the ABC's North America correspondent. He worked

as correspondent for *The Australian* newspaper before returning to Australia to host the *Last Shout* and *Meet the Press* programs on Ten. He was lured back by Aunty to replace the popular Paul Lyneham as host on *The 7.30 Report*. Then he and Heather were sent to Brussels in the unique position of sharing the role as European correspondents. Barrie, who popped up as himself in the first episode of the 1998 television series *The Games*, was awarded a Lifetime Achievement Award by the Melbourne Press Club.

Wangaratta-born Barrie's only slip-up appears to be his unswerving commitment to the Collingwood Magpies. P.S. Barrie just turned 70. Happy birthday. Barrie's replacement, David Speers, at 46, brings in a fresh, new broom. Showing none of the self-importance of presenters and commentators on other networks, David swung straight into action on his first *Insiders* show with his panel of journoes Niki Savva, Phil Coorey and Renee Viellaris. Without grand introductions, David got straight to the meat of the stories of the day

on a program that is imbedded fodder for politicians, commentators and journoes. Your ABC cops a bagging over its funding, programming and supposed left-wing bias but Aunty is showing it is sticking to its knitting. Selecting presenters from a shallow pool of proven operators is no mean feat. Just look at some of the panelists on commercial stations. Inverell-born David is a Walkley Award-winning journalist who earned his stripes as political editor at Sky News and host of *PM Agenda*, *The Last Word* and *Speers Tonight*. A Na-

tional Press Club director, 'Speersy' has also worked widely in radio at 2GB, 2UE and 3AW. 'Speersy' will blow his own trumpet. Literally. As he demonstrated hosting the 2010 ASTRA Awards. He is probably most remembered by WA viewers as moderator for TV debates between John Howard and Kevin Rudd (2007 federal election), Julia Gillard and Tony Abbott (2010 election) and Kevin Rudd and Tony Abbott (2013 election). In choosing the next wave of presenters, credit where it's due. To Your ABC.



# MICHAEL THOMSON

## 40 YEARS PERTH NEWS



SEE THE FULL STORY

WEEKNIGHTS 6.00



# Let's GO MOTORING

ADVERTISING FEATURE



## Let's go motoring – change is afoot as sentiment moves car brands around in Australia



Left to right; Hyundai i30 N Fastback - Genesis G70 sports sedan  
Inset; Tony McManus



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

IT'S always interesting to watch what moves sentiment in Australia.

We were all touched by the devastating bush fires that affected so many Australians and properly so. Repair will take many years. We wish all well.

And then the announcement, the Holden brand would disappear from Australia. No more FJ, EH, Monaro or Commodore. The outpouring of emotion was staggering; the media was consumed with millions of words and tears of automotive sentimentality.

But was much of that sentimentality illogical?

I remember feeling the same decades ago, when great car brands with which I was enamoured all disappeared.

Who could forget names like Standard Vanguard; the grandfather car of choice. Rover, the doctors, Jaguar. Daimler, for sheer elegance. The beautiful Armstrong Siddeley, or Wolseley? (Well maybe we can disregard the Wolseley) Austin, Morris and Humber were all an important part of the Australian motoring scene.

How many reading this, drove a car with a weird 'This car floats on fluid' sticker on the back window. As a student \$1 was more than enough fuel in your VW Beetle for the weekend revelry.

We are told to embrace change; a notion I've pretty much counterattacked. Many miss those great brands. It will be the same with Holden; we will remember it fondly, then move on.

The fantastic thing is there are amazing cars to

be considered in Australia, some say too many. All imported from different parts, dripping in safety and technical advancement of which we could only dream just a few years ago.

And high on the sales chart is Hyundai; deservedly so. The Hyundai i30 N Fastback is a great example of how far we've come.

It's the five door lift back version of the i30N rocket.

Not the first time driving this little ripper, it's cooler than I remember. The shape is more welcoming than the hatch version. From the rear, a little bit CLA. With the 202 kW 2.0-litre cracking engine, it's quick.

The X factors of the Fastback are many, the obvious one is more boot space. The ride is less severe; not as harsh as I remember the hatch being. The i30 N Fastback loves a winding road; its natural habitat. As I mentioned, it is very quick, the temptation will be great, best keep your

licence points intact.

From \$41,990 it makes a pleasing daily drive, providing stacks of automotive joy. I would own one in a heartbeat.

If sheer quiet elegance is your bag and you don't fancy a much hyped SUV or spending silly money, then test-drive a Genesis G70 sports sedan.

Lexus is to Toyota, what Genesis is to Hyundai. A luxury brand that will win awards and loyalty in Australia as it has done in the US.

There's a couple from which to choose. A 2.0-litre turbo four cylinder, and a twin turbo 3.3; both with eight speed automatic transmission. An SUV will soon arrive to join the line-up.

Prices kick off from \$64,000 to \$93,000. However, I suspect deals abound in the present climate.

If you're looking to replace your ageing Holden Broughams and Calais's, Genesis is well worth your attention.

We've moved on.

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# travelling

## let's go travelling

MARCH 2020

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Red trails in the sunset. Steve Collins visits the South African Kalahari. Read more on page 25.

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# let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian



Above; A very amusing advertising sign spotted by Steve Jones at Melbourne Airport; Jennifer Merigan

MANY people are concerned about the COVID-19 virus and we have the following information along with a list of reliable sources to help you make informed decisions about travelling.

As the edition went to print, the head of the

World Health Organisation, Dr Tedros Adhanom Ghebreyesus, said, "Our greatest enemy right now is not the virus itself, it's fear, rumours and stigma."

He stressed that panic and misinformation were the biggest challenges to overcome.

It's unfortunate that this misinformation is placing industries and economies under threat. Thousands of jobs have been lost already and it seems that a number of airlines and companies in the travel and tourism spheres will cease trading.

The biggest impact of COVID-19 will be economic rather than medical.

It is important that before people make decisions, they are armed with up-to-date information from reliable sources. All travel companies are working with governments and travel suppliers to ensure the limited spread of the virus and their travellers are safe.

The Italian Tourist Board has said that there is no need to panic and has reported that only 11 municipalities out of 7904 are quarantined. It is less than 0.05 per cent of the total national territory and less than one per cent of the population.

Here are some tips which may help your decision on whether to travel or not in the next

two to three months. Closely monitor [www.smarttraveller.gov.au](http://www.smarttraveller.gov.au) and the information available on [www.who.int](http://www.who.int). Check with your travel insurance company as to the level of coverage you have. Check with your tour operator as to the status of your tour. Your decision to travel should be based on the advice from these sources taking into account your personal circumstances – consult with your doctor regarding any increased risk.

For those travelling from June onwards it is recommended to do nothing now. The situation will likely change significantly in the next three months and making a decision to cancel or delay your booking now may result in unnecessary cancellation and amendment fees. Keep monitoring the information sources above and keep regular contact with your travel consultant.

Crown Towers Perth was recently awarded a global gold standard by the prestigious Forbes Travel Guide making them Western Australia's first and only Forbes five-star hotel in history. It is the perfect spot to

enjoy a staycation especially for those who are looking to celebrate a special occasion such as a birthday or anniversary. I know many of my friends would prefer such an experience rather than a physical gift and mid-week stays often have reduced rates. To really enjoy the luxury it's well worth adding Crystal Club access to the booking as this includes breakfast, afternoon tea and cocktail hour drinks and canapes.

It gives me great pleasure to hear from readers. During the month I heard from many people with a variety of enquiries and information to share. Motorcycle rider Paul Church who has contributed several accounts of his travels on his motorbike emailed me to share some information for anyone who was thinking of driving a car or riding a motorcycle when travelling to Vietnam. Travel insurers will not honour their obligation if people do not have the correct licence for the vehicle they are in charge of while in the country. Paul says that visitors need to get a three-month visa as a single month visa will

not allow tourists to get a local licence. Several passport photos showing your ears, on a white background, need to be provided to get a licence and you must carry your Australian licence to prove you're eligible to drive the vehicle. Thanks Paul!

Reader Steven Jones has sent in a funny travel photo he took at the Melbourne Airport which will resonate with cricket lovers. Thanks Steve, we have some more funny photos to share from him next month.

Travel insurance for pre-existing conditions was another question I received from reader Syd Bruce who was having trouble obtaining insurance. I recommended he speak to Insure and Go, 1Cover, Boomers Travel Insurance and All Clear Travel Insurance.

I also received a letter from a new reader Raewyn Mackenzie who would like to see more options included for single travellers. This month Gate 1 Travel area advertising special offers for solo travellers. We have one of

our journals working on a solo travel article for trekking around WA too.

Here's some travel trivia about the 10 most googled landmarks in the world. Number one is the Taj Mahal followed by Machu Pichu in Peru, the Burj Khalifa in the United Arab Emirates, Niagara Falls, Eiffel Tower, Stonehenge in the UK, Mount Everest in Nepal, Statue of Liberty in New York, Sagrada Familia in Spain and the Pentagon in Washington USA.

If you have a travel issue, would like to send in a photo from a recent holiday or share some information, don't hesitate to contact me on email. Our website also has a selection of great travel information which is updated regularly, visit [www.haveagone-ews.com.au](http://www.haveagone-ews.com.au)

Happy trails

Jennifer Merigan  
Travel Editor



## Local coach company offers a huge variety of day and extended tours

CLUB 55 Travel Club has just released their extended touring program. There are some great tours coming up at very affordable prices.

The four-day Albany and Anzac Tour departs

on the 23 April. Discover where the Anzac's departed from Albany many years ago, along with a visit to the National Anzac Centre and experience the dawn service and parade in Albany.

In August join them for a five-day Midwest Wildflower Tour to Geraldton and Kalbarri with an optional flight over the Abrolhos Islands. This includes morning tea on one of the islands and even flying

over the historic shipwreck of the Batavia. Learn about the tragic islands associated with this historic event. This is amazing West Australian history and should not be missed. Limited seats available

on this tour.

Anyone can join Club 55 Travel on any of their tours. They cater for individuals, couples and small groups.

They have several convenient departure locations around Perth,

including Belmont, Booragoon, Bassendean, Innaloo, Whitford and Perth City.

There are no membership fees and people can register online at the website or simply give them a call. There are some great day tours coming up with prices from as little as \$50 per person. Book early as there are limited seats.

Large groups such as Probus Clubs, bowling clubs and retirement vil-

lages are also very well looked after and have a choice from more than 70 specially designed outings. All tours are done at an enjoyable leisurely pace.

There are no strangers at Club 55, just friends you are yet to meet. Phone 1300 653 696 or visit the web page [www.club55.com.au](http://www.club55.com.au) where you can view the latest brochures and sign up for the regular newsletters and special offers.

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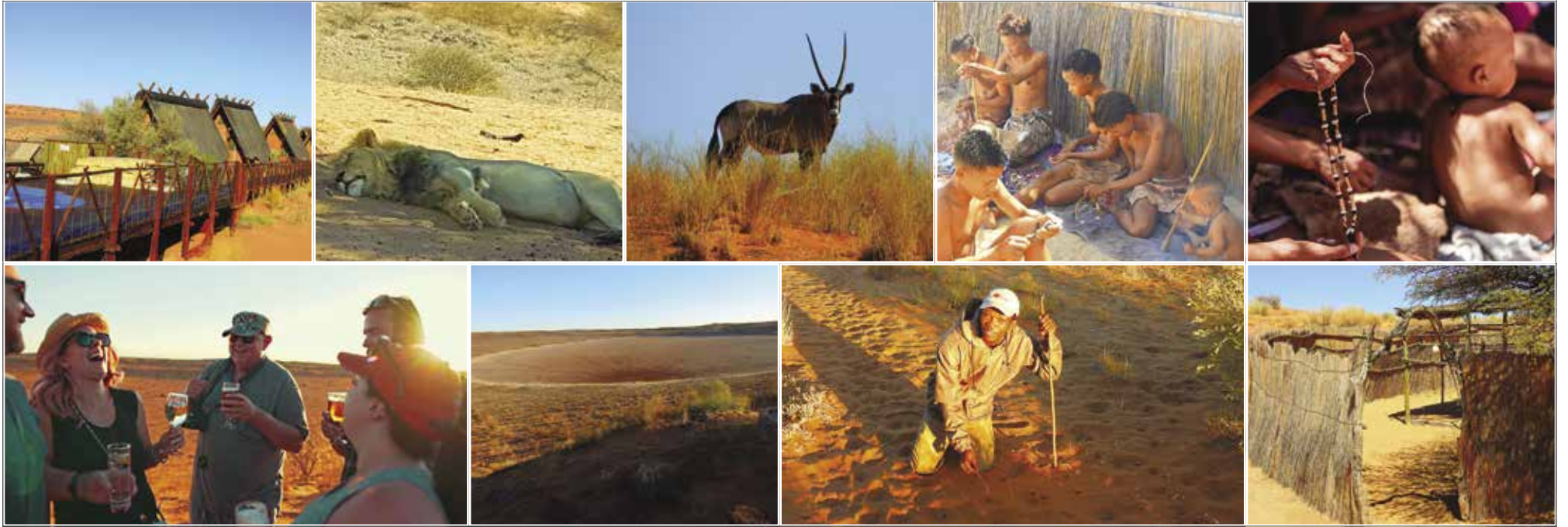


# let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian

## Red trails in the sunset - visiting the South African Kalahari



Clockwise from top left; !Xaus Lodge - Lion sleeping - Oryx Kgalagardi - bushmen making handicrafts - San beads - Bushman compound - Castro digging - Salt pan - sunset group drinks

by Steve Collins

OCCASIONALLY you visit a place that is so hauntingly beautiful you wonder why it took you so long to discover it.

For me, that place was !Xaus Lodge which is perched upon a hill a long way into the Kalahari Desert in South Africa.

The exclamation mark at the start of !Xaus Lodge represents the clicking sound that is an important part of the language of the San Bush people.

!Xaus Lodge is remote. To get there entailed a South African Airways flight to Johannesburg, a 90-minute flight to the wine-producing town of Uptington, on the banks

of the Orange River in Northern Cape. Then you drive two and a half hours to the gates of the Kgalagadi Transfrontier Park, which shares a border with Botswana followed by a 90 minute drive along the dry bed of the Auob River. This part of the journey was fascinating because, being near water which seeps to the surface, wildlife is plentiful. Next we boarded a Land Rover to cross 91 sand dunes to finally reach our lodge.

The lodge has a majestic setting overlooking a long salt pan surrounded by dunes.

Only 24 guests can be accommodated at the lodge which exists to provide employment to the local Meir and Kho-

mani San (Bushmen) in an area where there are few other jobs. Altogether 125 locals are employed there; their service is superb.

Kgalagadi mean 'place of thirst', and certainly lived up to its name. Lions are the only representatives of Africa's Big Five, because the place is just too dry for the others to exist.

Castro, our guide, took us out on a walking tour to discover Africa's little five - insects and small creatures that normally

burrow beneath the surface. He was an amazing tracker who could tell us how long ago wild-life had passed by, and seemed to have a sixth sense for carefully digging in the sand to reveal an interesting insect or reptile.

Observing minutiae was absolutely absorbing.

We felt pretty safe walking here because the last lion kill was back in 2012. The victim was a gemsbok, also known as oryx, which was one

of the largest of the antelope family. Both males and females have horns that grow up to 85cm. The remains of those horns gave the species away.

I also learnt that giraffes eat the ribs of carcasses after the predators and scavengers have had their fill. Although herbivores, eating dried ribs is how giraffes get enough calcium.

We had seen a pride of the black-maned lions resting in the shade of a tree on our way in, but

they are rare in the sand dunes near the lodge.

Close to the lodge is a Khomani San compound, where families take turns to demonstrate traditional Bushman life. The Bushmen have learnt how to thrive on limited resources. Women gather fruit, tubers and other plant materials as well as ostrich eggs. The empty shells are used as water containers. The men hunt animals, but, insects

provide extra protein, especially during the dry season.

Women have a high status in San society. They make important family and group decisions and claim ownership of water holes and foraging areas.

As the San people no longer need to hunt, they use materials such as nuts, berries and bones to make ornaments.

continued on page 26

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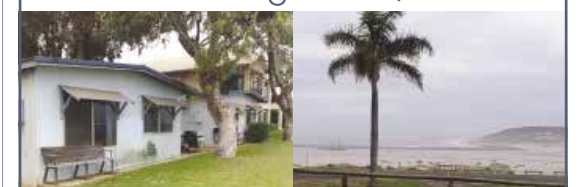


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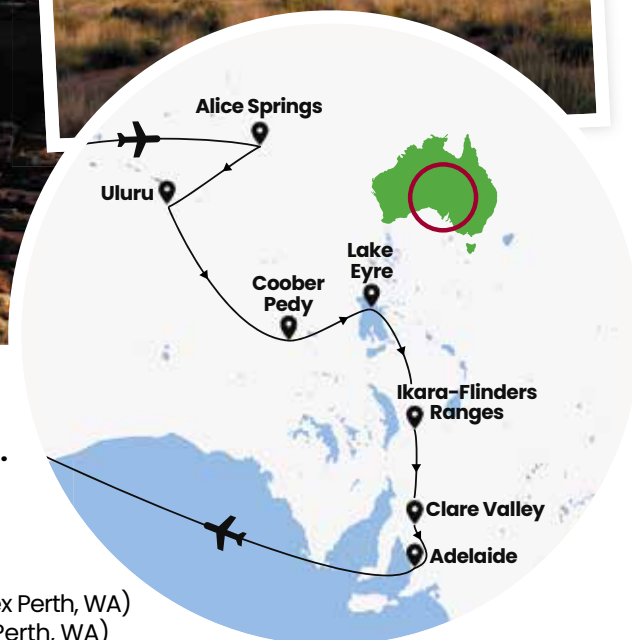
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ADVERTISING FEATURE

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Win a cruise sailing to Albany aboard Princess Cruises' Sapphire Princess



Sapphire Princess

PRINCESS Cruises will redeploy the biggest ever cruise ship to be based in Western Australia from 1 May, 2020. The award-winning 2670-guest *Sapphire Princess* will arrive six months earlier than planned in Perth (Fremantle) to commence a 117-day deployment.

Princess' commitment to domestic tourism will see a visitor surge to West Australian ports with a record number of itineraries on offer in and around the state. The cruise line has added 27 new voyages to and from Perth (Fremantle) as part of its Greatest Hits program, injecting close to \$42 million

dollars into the state's economy. The *Sapphire Princess* will commence a year-long program and will include 171 port calls including an inaugural Australia circumnavigation voyage sailing Adelaide roundtrip with similar options from Fremantle and Sydney and 19 maiden calls along Western Australia's coast including Geraldton and Exmouth. *Sapphire Princess'* program will include seven maiden calls along Western Australia's coast with visits to Albany, Broome, Exmouth, Geraldton, Kimberley Coast (scenic cruising), Busselton (Margaret River) and Perth (Fremantle). The range of itineraries will also include visits to cruise ports coinciding with key events including an opportunity to witness the staircase to the moon phenomenon in Broome, highlighting the best of Western Australia. The ship will arrive into Perth (Fremantle) on 1 May, following a multi-million dollar refurbishment and will receive the new MedallionNet feature offering guests the best Wi-Fi at sea. Guests will be able to share their cruise experiences with friends and

family back home and around the world, with MedallionNet offering unprecedented connectivity that's fast, unlimited, reliable and affordable. Highlights of the program include a three-night West Australia Getaway roundtrip sailing from Perth (Fremantle) and calling into Margaret River (Busselton). A 10-night Coral Coast voyage sailing from Perth (Fremantle), visiting West Australia's coastal destinations such as Broome, Geraldton and Exmouth. Returning favourites include a 17-night Northern Explorer between Perth (Fremantle) and Sydney visiting destinations such as Geraldton and Cairns. On 6 August, 2020 *Sapphire Princess* will depart Fremantle for a four-night return cruise to Busselton and Albany. Thanks to Princess Cruises, Kings Tours and Travel and *Have a Go News*, one lucky reader will have the chance to win a twin share balcony cabin on board the cruise to Albany departing on 6 August, 2020 along with \$200 onboard ship credit. Total value of the prize is \$1438.

Terms and Conditions – prize is not exchangeable for cash or another cruise and must be taken by the winner on 6 August 2020. Prize includes accommodation in balcony twin share cabin, all shipboard meals (excluding specialty dining) all port and government charges. Prize also includes a \$200 onboard credit. Total value is \$1438. Prize is not transferrable to another person. Entrants will receive promotional material from Kings Tours and Travel. Competition closes 15 May 2020 and prize is drawn on 30 May 2020. **WIN WIN WIN** *To be in the draw to win the cruise aboard Sapphire Princess to Albany for four nights departing 6 August 2020, simply email office@kingstours.com.au with Sapphire in the subject line and make sure you include your Name, email address, physical address and telephone number. If you would like to enter via ordinary mail post your entry to Win A Cruise c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 15 May 2020. See terms and conditions above.*

Seven reasons why people should visit the Red Centre of Australia

AUSTRALIA'S red centre is really the most remarkable part of our country. Aussie Redback Tours have put together two tours this year that take people to the red centre – Great Central Road (Perth to Adelaide) 1 to 13 May; and Adelaide to the Red Centre 18 to 27 May – and here are seven good reasons why you must go: **Huge rocks.** Uluru and Kata Tjuta (also known as Ayers Rock and The Olgas) are two of the most visited icons of Australia. Not just because of their sheer size but also the spiritual presence about them. There isn't anyone who has seen these amazing formations and not been mesmerized by them. **Canyons, gaps, gorges and ranges.** Kings Canyon, Trephina Gorge, Simpsons Gap, and the MacDonnell Ranges are gloriously picturesque. Your camera won't stop clicking. Quartzite cliffs, sandy creek beds, red river gums, and water-

holes which attract native wildlife are just some of the sights to see. **Relevant history that paved Australia's future.** Aussie Redback Tours visit Giles weather station, named after the famous explorer Ernest Giles; Alice Springs Telegraph Station, the original site for the first European settlement in central Australia; Coober Pedy, the most multicultural town in Australia famous for its opals; and Woomera, one of the most secret allied establishments in operation during the Cold War. There are numerous other famous places to visit too. This is a unique opportunity to travel on one of the last great outback unsealed roads. Sometime in the future The Great Central Road will be sealed however the down side of this is that it will lose the authentic dirt road experience. Travel with Aussie Redback Tours before this happens. **Ancient cultural experience.** The red centre plays a huge part in Dreamtime stories of the local indigenous tribes, describing the very beginning of time when the land and the

people were created by the spirits. With Aussie Redback Tours guests learn how these stories are very significant in Aboriginal culture and life today. **Diverse landscape, flora and fauna.** See barren desert country, deep red earth, rugged quartz mountains, wildlife (camels, emus, kangaroos, dingoes, eagles, kites, hawks and more), stunning blue skies, and wide open vistas. Everything is natural and unspoiled. **Peace and quiet.** Ultimately a holiday should be relaxing. Guests find that on either of these tours they will enjoy the quiet of nature, on less travelled roads, native wildlife in its own terrain, and amazing sunsets and starlit nights without the distraction of the usual beeps, pings, and whirs of everyday life. And of course there are many more reasons why everyone should visit this part of Australia. For anyone who would like a full itinerary for either tour, contact Sharon or Renata today on 1300 662 026 or info@aussieredbacktours.com.au.

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- Two Round Australia cruises – roundtrip from Perth (Fremantle)
- Southern Australia itineraries offer opportunity to disembark in Adelaide, Melbourne and Sydney
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### Coral Coast

Roundtrip Perth (Fremantle)

8 or 10 nights



Perth (Fremantle) > Geraldton > Broome > Exmouth  
> Perth (Fremantle)

	Interior*	Oceanview*	Balcony*	Mini-Suite*
FROM	\$599	\$719	\$799	\$959

Above prices are based on per person twin share

2020 Departures May 4 MON 8 nights | May 12 TUE 10 nights  
May 25 MON 10 nights | July 27 MON 10 nights

### Round Australia

Roundtrip from Perth (Fremantle)

28 or 29 nights



Perth (Fremantle) > Geraldton > Broome > Kimberley Coast (Scenic Cruising > Darwin > Yorkeys Knob (for Cairns) > Alotau (Milne Bay) > Brisbane > Sydney > Port Arthur > Hobart > Kangaroo Island > Adelaide > Albany > Margaret River (Busselton) > Perth (Fremantle)

	Interior*	Oceanview*	Balcony*	Mini-Suite*
FROM	\$3,499	\$4,719	\$5,599	\$6,999

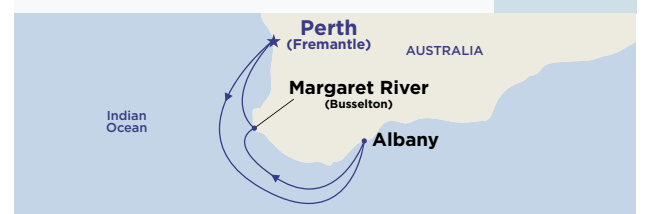
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2020 Departures Aug 10 MON 28 nights | Sept 7 THU 29 nights

### Western Australia Getaway

Roundtrip Perth (Fremantle)

3 nights



Perth (Fremantle) > Albany > Margaret River (Busselton)  
> Perth (Fremantle)

	Interior*	Oceanview*	Balcony*	Mini-Suite*
FROM	\$249	\$269	\$349	\$469

Above prices are based on per person twin share

2020 Departures May 1 FRI 3 nights | May 22 FRI 3 nights  
Jun 4 THU 4 nights | Jul 24 FRI 3 nights  
Aug 6 THU 4 nights

### Northern Explorer

Perth (Fremantle) to Sydney or Brisbane

15 or 17 nights



Perth (Fremantle) > Geraldton > Broome > Kimberley Coast (Scenic Cruising > Darwin > Yorkeys Knob (for Cairns) > Alotau (Milne Bay) > Brisbane > Sydney

	Interior*	Oceanview*	Balcony*	Mini-Suite*
FROM	\$1,699	\$2,039	\$2,289	\$2,699

Above prices are based on per person twin share

2020 Departures Jul 7 TUE 17 nights | Aug 10 MON 15 nights  
Sep 19 SAT 17 Nights > Reverse Itinerary

### Southern Australia Getaway

Perth (Fremantle) to Adelaide

5 nights



Perth (Fremantle) > Margaret River (Busselton) > Albany > Adelaide

	Interior*	Oceanview*	Balcony*	Mini-Suite*
FROM	\$549	\$689	\$799	\$959

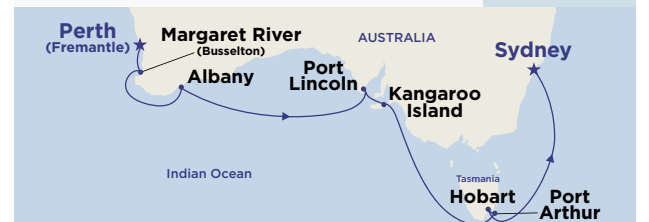
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2020 Departure Sept 7 MON

### Southern Australia Explorer

Perth (Fremantle) to Sydney

12 nights



Perth (Fremantle) > Margaret River (Busselton) > Albany > Adelaide > Port Lincoln > Kangaroo Island > Port Arthur > Hobart > Sydney

	Interior*	Oceanview*	Balcony*	Mini-Suite*
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2020 Departure Sept 7 MON

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# Here's a handy guide to the Perth Caravan and Camping Show



IT is time to hit the road and head to the Perth Caravan and Camping Show when it parks at Claremont Showground for its 47th year from Wednesday 18 March to Sunday 22 March.

Whether you're looking for the latest caravan, motorhome or camper trailer to head off on your

next holiday, or looking for the latest gizmos and gadgets, then the Perth Caravan and Camping Show is the place to be. Experts will also be on hand to help map out your dream on-the-road holiday. Whether you're new to the outdoor adventure lifestyle or a seasoned road tripper, there's an expansive range of events and exhibitions worth checking out.

Here is a handy guide to what's there to see at the Show.

### Caravans, Camper Trailers and Motorhomes

With more than 500 caravans, camper trailers

and motorhomes on display, you'll be able to see all the latest products in the one place.

### Live Music

Enjoy the local music scene with a showcase of 12 talented WA musicians through West Australia Music (WAM). Playing on Friday, Saturday and Sunday. There's something for everyone's taste.

### The Piazza

The Piazza is an exciting precinct at the show that is a hive of activity, with live music, catering, seminars, the Royal Flying Doctor Service as well as the Passport to Freedom 1st Prize Jayco 19ft Starcraft Caravan.

### Live Outside Broadcasts

6PR, 6ix and Curtin FM will be broadcasting live from the Show.

Thursday, 19 March – Join Jenny Seaton from Curtin FM from 12pm to 3pm.

Friday, 20 March – Gareth Parker will be hosting his Morning Show from 8.30am to 12pm.

Saturday, 21 March – Catch John Burgess from 6ix live at the show from 9am to 1pm in the Robinson Pavilion.

Visitors can watch the radio station's broadcast live with a range of experts being interviewed over the course of the exhibition, with meet and

greetings available in between recordings.

### Demonstrations and Seminars

Learn to tow with Global Gypsies.

How to use a Snatch Strap Safely with Eureka 4WD Training.

Camp Oven Cooking with Jo Clews.

Track Care WA – The Greatest Volunteering Experience ever.

Caravanning with Kids & TAWKing.

Caravan Weight Statistics & Balance.

How to choose the right solar panel.

Caravan of Conservation.

Patient retrievals, Royal Flying Doctor Service.

### Free offsite parking (weekend only)

Across the weekend there will be free parking available at Swanbourne Primary School with a complimentary shuttle bus running between the school and Claremont Showground.

### Kids Fun Land

The show isn't just for the big kids, across the weekend kids can enjoy free activities in the Kids Fun Land area with a bouncy castle, climbing wall, facing painting and more to keep every member of the family entertained.

### Passport To Freedom Competition

It's on again with more than \$65,000 worth of prizes up for grabs. Collect a show map containing an entry form from one of our information booths or at the gate.

1st Prize: Thanks to Jayco Caravanland, 1st prize is a Jayco 19ft Starcraft Caravan valued at

\$47,299.

2nd Prize: Second prize is an iTechworld Freedom Package worth over \$11,600. With thank to iTechworld.

3rd Prizes: Three third prizes will be drawn individually. Voucher to the value of \$1,500. Thanks to Off Road Equipment, Voucher to the value of \$1,500, Thanks to Let's Go Motorhomes; A Kalbarri Adventure Holiday valued at over \$1,400. Thanks to Kalbarri Visitors Centre and supporting partners. Dometic CF33 55IM valued at \$1,599, Thanks to Dometic.

### Ticket Competition

By simply purchasing a ticket to the show you can go into the draw to win a cruise for two people with Odyssey Expeditions worth \$16,900.

Collect a show map or visit an information booth to find out how to enter.

### Event Details

Dates: Wednesday, 18 to Sunday, 22 March.

Opening Times: 9am to 5pm each day.

Venue: Claremont Showground, entry through Ashton Avenue

Tickets: Through Oz-tix caravanandcamping show.oztix.com.au/

Phone: 1300 762 545 or email info@oztix.com.au

Cost: \$20 Adult, \$15 concession, children under 16 free.

Purchase your ticket online before the show to receive free Transperth transport to and from the show, jump the queue when you arrive at the show and go into the draw to win a Ryder Pro Plus Electric Bike valued at \$2,990 thanks to eBikers!

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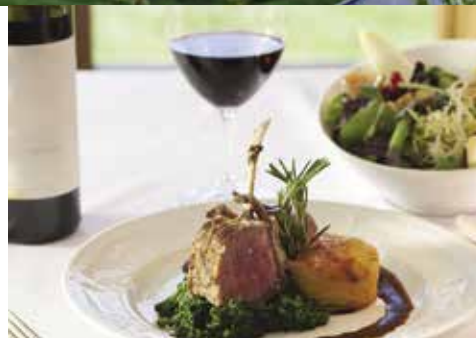
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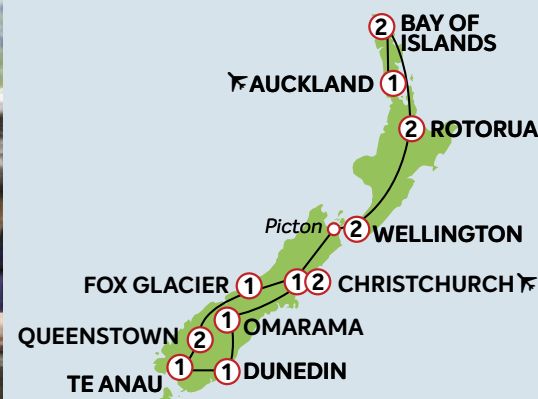
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ADVERTISING FEATURE

travel options for the mature west australian

London Calling - an intergeneration project in 'The West End of South London'



Left to right; Streatham Space Project (SSP) - SSP is a 123-seat theatre and cultural community hub - jazz vocalist Julia Biel © Jenna Foxton



by Jayson Mansaray

STREATHAM Space Project (SSP) in south London is a 123-seat theatre and cultural community hub. The venue is now home to a new monthly event called 'Streatham Stories', a collaboration with South London Cares which tackles loneliness and isolation by matching older people with those they might never have had the chance to befriend, generally younger people.

Streatham Stories aims to bridge the social, generational, digital, cultural and attitudinal divides.

South London Cares says this seeks to address this modern blight of disconnection by har-

nessing the people and places around us for the benefit of all.

A scroll through their stories shows the organisation appears to have found ways of bringing truly diverse people together.

Retired Merchant Sailor and musician Bill 76 and his friend Ben 26, have spent more than 40 hours together through the organisation. Talking about his cross generational buddy Bill says it's a good friendship with common bonds.

"We talk about music a lot. My band was very different to *Stereo Honey*, Ben's band, but I really like them. I give him lots of advice, because I went through it all myself... we have great chats. We'll often have a banjo (egg) sandwich, as well I'd say he's the wise one out of the two of us, and he's an absolute diamond. The way he describes us is 'we're mates'. I love that."

Or there is Frances 97 and her friends couple Lizzie and Kate who have

spent more than 200 hours together. It started with just Kate but soon her partner Lizzie joined the organisation too. Now it seems they are almost family.

At nearly 100-years-old Frances says she has an idea of how that could work.

"They're very chatty and kind. I love it when they visit, and we have a good laugh... They've helped me to access things that I wouldn't be able to otherwise. Their friendship has made a big difference to me and I miss them when they're on holiday all around the world. They're married now, so I've told them I want to be their god-child."

But this is only part of the story, SSP has a plethora of events on for anytime of the year from the more chilled out to the avant garde.

For laughs there's the Collywobblers Comedy Stand Up Wednesdays and if you fancy some contemporary South London Culture The Ca-

nary And The Crow (Tues, 2 June and Sun, 7 June) is a grime and hip hop-inspired theatre gig about the journey of a working class black kid who's accepted to a prestigious grammar school.

And for the first time SSP has created the South London Music Festival 2020, a chance for some of the best south of the river music spanning from grime, to jazz, to Afrobeat, to opera as well as some pretty special workshops, some of which are free.

Its theatre program has explored subjects including London's cocaine trade and its impact *Stardust*, love and loss *Some Small Love Story*, the African diaspora *Dem Times* as well as its current production about race and mental health *Freeman*.

Musically it has featured secret shows by Brit Award nominated Kate Tempest, local artists Ferris and Sylvester, MOBO-nominated jazz vocalist Julia Biel and UK's leading multi-racial opera company

(Pegasus Opera).

Comedy has seen big names including Alan Carr, Dara O'Brien, Nish Kumar, Angela Barnes and Marcus Brigstocke while also providing a platform for up and coming and local performers. South London family audiences have seen shows in support of refugees *The Flying Seagull Project*, the environment *One Duck Down* and specially curated film screenings.

In July 2018, SSP set up the inaugural South London Comedy Festival, with comedy heavyweights including Nish Kumar, Angela Barnes and Marcus Brigstocke. Featured charitable collaborations including an Alan Carr-lead fundraiser for the Anthony Nolan Trust (a charity that sources vital donors for blood cancer sufferers) and a Dara O'Brien-lead lineup in support of #TeamMonk, another cancer fundraiser. Regular comedy events also featured names including Dane Baptiste, Kae Kurd, Slim, Abandoman and

Mark Dolan.

At Christmas environmental family show *One Duck Down* delighted audiences with its music, clowning and puppetry based on the true story of thousands of rubber ducks released into the ocean following a container ship accident.

*The Flying Seagull Project*, which goes into refugee camps to entertain children, presented its first theatrical piece at SSP (now transferring to Leicester Square Theatre) for South London families.

While managing to draw in some of the biggest names in British entertainment, SSP has never lost sight of its focus and mission to create positive change in the local community - collaborating on events with Alt (an organisation that provides free training to actors from low-income backgrounds) and providing subsidised hire for organisations like Polska Szkoła a Muzyczna w Londynie (which teaches traditional music to the

local Polish community) among others.

In the bar and café, the work of emerging visual artists such as Streatham-born Tyrone Deans, Canadian-Korean Artist KV Duong, Katie-Jane Spencer's portraits of south London musicians and Hedy Parry-Davies' works inspired by the architecture of Beacon Bingo on Streatham High Road (formerly Streatham Hill Theatre) have featured on the walls.

Setting out with the aim of bringing people from all corners of Streatham and south London into the venue, Andy McKean and the team have brought together one of the most varied and vibrant line-ups in the capital and become a true cultural community hub in South London.

Whatever your choice, among the music, shows and performances it's a place to take a break, soak up some art and in some way reconnect with the 'West End of South London'.

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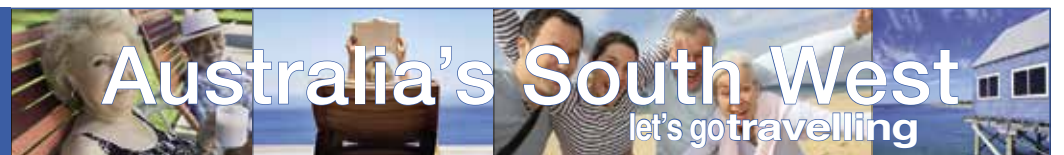
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## Feed your inner art lover at Margaret River



Margaret River artist Peter Scott

MARGARET River Region Open Studios (MRROS) will turn the south west into an art lovers' paradise for 16 days this April and May.

More than 110 artists will throw open their studio doors to welcome art lovers and share their passion.

Now in its seventh year, MRROS features painters, sculptors, illustrators, jewellers, printmakers, glassblowers, ceramists, potters, photographers, furniture makers, woodworkers, textile artists, metalworkers, mixed media artists and upcyclers who share a love of this beautiful part of the world.

Chairman Jim Davies said each year the free event has grown increasingly popular with visitors seeking out their favourite artists or discovering someone new.

"We see the momentum growing in the lead up to Open Studios each year as art lovers from Perth and around Australia plan a visit to the Margaret River region to meet with and see new work from their favourite artists, and discover new talent along the way," he said.

"Others plan their journey by location or by a particular medium or artistic style. They might be seeking out a new artwork for their home or garden,

a memento of their visit to the region, or simply using Open Studios as a means of connecting with the people who have made it their home.

"I recommend planning ahead, picking up a copy of our event guide or viewing it online to plan your route, get off the highways and explore our stunning region while being inspired by some amazing people and art."

Renown Margaret River Region artists participating this year include Leon Pericles, Rachel Coad, Lauren Wilhelm, Rebecca Cool, Mary-Lynne Stratton, Patricia Negus and Christian Fletcher.

Artist studios are located across almost 700 km<sup>2</sup> from Busselton, to

Dunsborough, Eagle Bay, Yallingup, Cowaramup, Margaret River, and Witchcliffe – and everywhere in between. Most studios are open from 10am to 4pm daily, but please check the event guide for individual artist opening days and times.

See the website for full artist and studio information. From March, pick up an event guide at your local Jackson's Drawing Supplies store or local Visitor Centres and attractions.

More information is available from [www.mrropenstudios.com.au](http://www.mrropenstudios.com.au) or follow the event on Facebook (@mrropenstudios) and Instagram (@margaretriverregionopenstudios).

## Plan your autumn getaway in the Shire of Waroona



Drakesbrook Wines  
© MAPTO & Russell Ord Photography

IT'S time for an autumn getaway and the Shire of Waroona, just over an hour south of Perth, has everything you need for a fabulous trip south.

On the coast Yalgorup National Park with its natural bush and unspoiled lakes takes in the pristine sands of Preston Beach right down to the thrombolites of Lake Clifton. At Preston people can fish, 4WD, play golf, stroll a nature trail or relax on the beach with fish and chips from the general store.

Fifteen minutes north at Lake Clifton Winery taste award-winning fruit wines including everyone's favourite, mango.

The meals at the tavern are hearty and the beer is cold. MC's Bakery next door has delicious pastries, cakes and Sunday breakfasts. Then head off to the boardwalk and Lakeside Loop to view the ancient thrombolite colony.

Head east for 30 minutes through fertile farmlands to the peaceful jarrah forests of the Darling Scarp. Nestled in the foothills is Waroona with its eclectic mix of art, antique store with the largest Moorcroft collection outside England, lolly shop and tearooms, bakery and boutique shops. Beautiful lakes, a stunning winery in the hills, horse-riding and fishing in scenic surrounds complete the picture.

Accommodation across the Shire ranges from beach houses, resort units, caravan parks, hotel and motels, bed and breakfast, camping, glamping and RV-friendly free and low cost options.

Come along on Easter Sunday 10 April for the All Australian Car Day at the Waroona showgrounds. With cars galore, market and food stalls, wine and gourmet hall, and kids' entertainment it's a great day out for the whole family. Running from 10am to 3pm, entry by gold coin donation.

Find more information on Waroona at [www.waroona.wa.gov.au](http://www.waroona.wa.gov.au)

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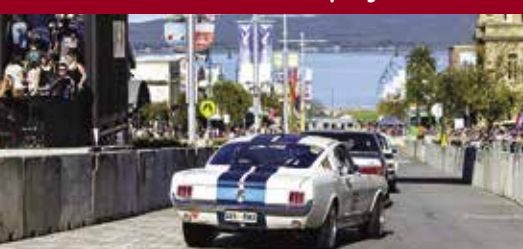
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What's in a name? A street name... is it time to mark our streets with further information



by Numbat, our travelling scribe

DRIVING north or south, during quick stopovers, we marvel at our towns and wander their streets. But learn little. Anxious to hit the road again, we don't go into a tourist information office. In one town I looked up at the street sign. Robertson Road. Who's it named after? A famous Robertson? Pioneer per-

haps? If so, why not add a secondary sign beneath: 'Bert Robertson discovered gold here in 1887.' At low cost, councils could sprinkle this extra signage around key roads. The posts are already up and volunteers would probably happily fit them. Perhaps even take-up a collection to fund them. Innovative towns could number each relevant sign and issue facts sheets with a follow-the-numbers trail. Towns with drab street signs could be inspired to update them – make them bigger and clearer with a dash of colour. How many town roads – and city streets, for that matter – are named after luminaries? How many streets honour our British officials, many of those who haven't been here or had any direct impact on the town or

suburb? In these days of inclusiveness, transparency and political correctness, perhaps their names should be replaced by worthy locals or those who have impacted the state – and not just long-serving councillors. It would bring into play Indigenous names. Our first nation people's names could replace inappropriate names or be added as information beneath street names. A main drag in Broome is Carnarvon Street. Was it named after Lord Carnarvon? Carnarvon chaired a royal commission on colonial defence in 1879-82 but is there a Broome link? If so, tell us on the street sign. Perhaps re-name it. Broome also has delightfully-named Johnny Chi Lane, prompting the immediately query: "Who's Johnny Chi?" Other notable street names are Hamersley, Weld and Dampier. All are open to explanatory signs. Broome's big name is Lord Alistair McAlpine. Adding 'town developer' to a McAlpine Street might be more suitable

than his other honorific: 'Maggie Thatcher's bag-man'. Right across our north, roads are named after colonialists with rare sightings of Indigenous names, our true pioneers. A blend of names, Indigenous and non-Indigenous would seem appropriate. In Broome, there's an art gallery sponsoring Indigenous artists including Yulparija desert women Weaver Jack, Margaret Baragurra, Jan Billycan and Lydia Balbal (whose first contact with Europeans was in 1974). The gallery is in Short Street. An ideal name-change opportunity there. With Indigenous input of course. In our south there are many regally-dubbed streets. Busselton's main drag is Queen Street, crossed by Duchess, Prince, Albert and Adelaide streets. Name-change seems unlikely but information could be added to signs. 'Queen St. Queen Elizabeth visited in 1954 and 2000'. For 40,000-60,000 years, the Busselton districts has been home to Noongar people from the Wardandi and Bibulman language/ancestral mobs. Plenty of naming options there. But lo and behold! Back in the big smoke, passing through shady Shenton Park, I stumble on the perfect example of a street name: 'Hopetoun Tce. Probably after Earl Hopetoun (1860-1908), first Governor-General of Australia 1900-02'. I didn't know that! Along the street is a sign proclaiming: 'Murchison St. Probably after Murchison Goldfield, Proclaimed 1891'. You have to love the 'probably'.

Not every Shenton street is so tagged. There are, for example, no naming embellishments to those intersecting thoroughfares, Fortune Street and Commercial Street. Perhaps well-heeled locals congregate there to count their lucky stars. Ideally-dubbed Australia II Drive leads into Royal Perth Yacht Club. Let's add the reminder: 'Won the America's Cup, 1983.' P.S. I live off Magazine Court, not named after glossy reading matter. An added name-plate could be: 'Gun-magazine link. Leads to Ammunition Jetty'.

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## Entrants wanted for classic car event



IT'S unique. It's exciting. The thrills, spills and excitement of the Albany Classic 'Around the Houses' is happening on Saturday 30 May and Sunday 31 May. Australia's first 'Round the Houses' race, the WA 50 Mile TT Car Race was held in Albany WA on 8 March 1936. The current day event is a tribute to this race. Three of the first cars which competed in the original 1936 event have

been restored and will compete in our modern event. Other replicas have been built to compete and a variety of other cars continue to be restored to take part in this iconic event. On the Saturday is the Mt Clarence Hill Climb. Watch the cars traversing the challenging Apex Drive Road leading to the Desert Corps Memorial. An army of volunteers will transform the CBD of Albany into a race circuit on the Saturday night. Sunday features 150 cars competing in five categories, from rear engine open top race cars, vintage cars, tin tops, race cars and historic touring cars. Alongside the action of the cars is the Bendigo Bank family festival, with bands, children's entertainment, competitions, food and other stalls along with displays of vintage cars and street machines. For those wanting to join in the fun on track, entries for the event open at the end of March. Plan to holiday here this year and enjoy all the region has to offer. For further information visit [www.albanyclassic.com](http://www.albanyclassic.com) or Albany Classic 'Around the Houses' on Facebook.

Visit us online for more travel [www.haveagonews.com.au](http://www.haveagonews.com.au)  
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## Bicton Travel take out national award



CONGRATULATIONS to the team at Bicton Travel who took out the 2019 Large Cruise Agency Award at the Cruise Industry Awards last month in Sydney. It's great to see local WA businesses excel on the national front. Seen with their award are Barry Downs, Carole Smethurst, Dale Wynne and Tanya Bancroft.

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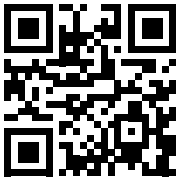
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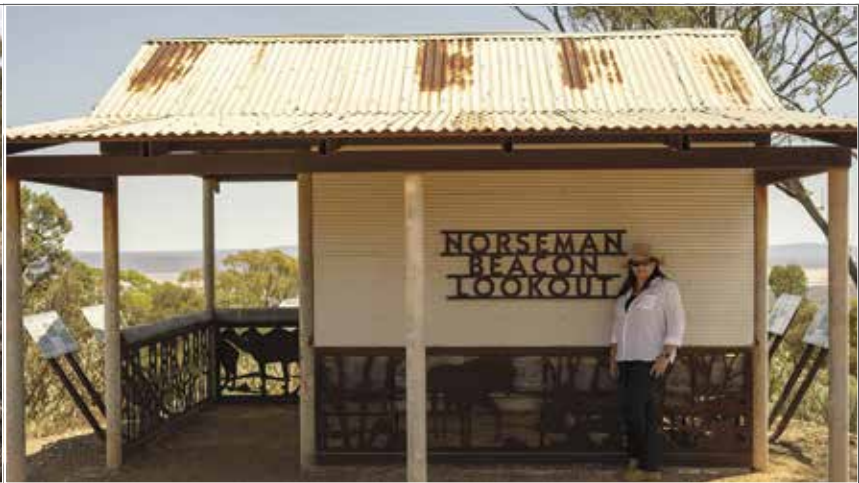
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# There's more than gold in Australia's Golden Outback - there's also a rich lode of family history



Left to right; Toni Barnett and Claire Weir © Jesse Bartlett - Toni Barnett at Norseman Peak Lookout © Jesse Bartlett

**by Lee Tate**

PERTH grandmother Toni Barnett, 62, has struck proverbial gold after being selected in a competition for anyone with connections to the Goldfields to have their family history uncovered by experts.

In a similar style to television program *Who Do You Think You Are*, Toni's tale will unfold in a documentary that Toni told me produced: "plenty of twists and turns and a surprise ending".

The Stirling mum-of-two was vaguely aware of her great, great, great grandfather, prospector Laurie Sinclair, whose horse kicked-up a gold nugget near Norseman in 1894, igniting a mighty goldrush.

Norseman, 726km east of Perth, was named after Laurie's horse. Toni's late mother, Patricia, had a photo taken with a bronze statue of the horse in the town.

So, with only sketchy information about the Sinclair family link, Toni was flown, open-eyed, into the Goldfields for an ancestor hunt led by experts from the Eastern Goldfields Historical Society.

Toni, a business and life coach and ex-school teacher, was following hordes of people – about 200 a month – seeking support from the society in the search for missing links and ancestral connections to the Goldfields.

"I've grown up knowing virtually nothing about my great, great, great grandfather and I've learnt so much, said Toni.

"I became really interested to find out about my great, great, great grandmother, Julia Sinclair. With ancestors it's usually the male side that gets followed.

"Laurie was a good man and a good father which was nice to hear.

When he was away prospecting around Coolgardie, Julia was home in Esperance bringing up their eight children.

"She was also the only midwife in the area so she was also helping others have their children. I was able to identify with her in some different ways. I wasn't expecting that."

It was while Laurie was riding his horse home to Esperance from prospecting in Coolgardie that he stumbled on his historic gold find.

Toni was told how Laurie took the gold nugget to have it turned into a brooch which he gave to Julia.

"I was taken out for five days of filming in 40°C heat and it was quite exhausting but yes, it has changed my life. I would like to see and know more – perhaps get an RV with my husband (Neil, a hotel broker) and drive through that prospecting area.

"But now I want to know more about the family's Esperance side of things. Julia was a really an amazing, strong woman.

"As a life coach, I can say to everyone who wonders what's life all about, who they really are and where they come from, go and search your family links. It's really worth it.

"My elder sister, Deborah, has been interested in all this for years and traced some of our family background. But I never took much of an interest. Now I know how interesting and fascinating it can be."

As reported in last month's *Have a Go News*, Australia's Golden Outback CEO Marcus Falconer believes there are still many hidden stories just waiting to be unearthed.

Laurie Sinclair, like Kalgoorlie's gold discoverer, Paddy Hannan, did not die a wealthy

man. But, a highly respected member of the community, he invested to help expand Esperance and earned praise for putting in much-needed dams at Balladonia, Fraser Range and other places.

To keep the money coming in, Laurie ended up working at salt works on Pink Lake.

Since 1892, Norseman, WA's last major town before heading east across the Nullarbor, has produced more than 100 tonnes of gold. Norseman Gold Mine is Australia's longest continuously-running gold mining operation.

As with gold, Australia's Golden Outback has rich pickings for many more people who are digging into their family histories.

Toni responded to a callout to people by Australia's Golden Outback. The Eastern Goldfields Historical Society charges just \$20 an hour to assist with research to uncover family histories. See [www.kalgoorliehistory.org.au/services/](http://www.kalgoorliehistory.org.au/services/)

The documentary will be broadcast during March on Australia's Golden Outback website [www.australiasgoldenoutback.com/](http://www.australiasgoldenoutback.com/)

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Depart Perth on the Prospector at 7.10am and arrive in Kalgoorlie at 2pm. Transfer to your hotel (at your own expense) and free afternoon to explore the city.

**DAY 2-3. TOURING KALGOORLIE-BOULDER**  
Over these two days, undertake tours to the Super Pit, Questa Casa Bordello and Kalgoorlie-Boulder audio walking tour. Explore the streets, have a meal in a historical hotel, check out the museum.

**DAY 4. KALGOORLIE TO PERTH**  
Transfer to the rail station (own expense) and depart at 7.05am, arriving back into Perth at 1.45pm. NB Clothing restrictions apply on Super Pit Tour.

**Book with Kalgoorlie-Boulder Visitor Centre**  
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## There's so much history to be found in Kalgoorlie and Boulder



Paynes Find Gold Battery and Museum  
© Tourism Western Australia

KALGOORLIE-BOULDER is a city well known for the pride it places on its unique and fascinating history. From its early days as a prospector's paradise, the twin towns of Kalgoorlie and Boulder grew rapidly into a thriving early-20th century metropolis.

Endowed with the region's workmanlike spirit and with the riches of the Golden Mile at its disposal, the Municipality of Boulder completed its magnificent Town Hall in June 1908. The elegant Edwardian build-

ing features a grand ballroom, council chambers and the stunning Goatcher Curtain. It's no wonder that visitors often say they feel like they've stepped back in time!

Nestled comfortably inside the building's old public library is the Goldfields War Museum. The newly re-developed museum brings together an intriguing collection of artefacts, documents, military equipment and uniforms to present captivating and heartbreaking stories of our region's men and women fighting in the armed forces and on the home front.

The Local History Archives contains a wealth of exceptional records, and an on-site archivist can help researchers (and the simply curious) to uncover all aspects of local history and their family connections to the Goldfields region.

Possibly the best way to experience the Boulder Town Hall is via guided tours. These take place on Tuesday and Thursday at 10.30am. Tours of the neighbouring Kalgoorlie Town Hall are held on Monday and Wednesday also at 10.30am.

The Boulder Town Hall is open Monday to Friday 10am to 4pm, and 10am to 12pm on Boulder Market Day (third Sunday of every month).

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## Uncover the heritage of Kalgoorlie-Boulder

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Discover the significant contribution made by Goldfields residents in times of war and peace in this purpose built exhibition.

To find out more contact City of Kalgoorlie-Boulder Heritage Services:  
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Top picks for Kalgoorlie Boulder



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Or join one of the historical tours of the City to uncover the hidden secrets of Kalgoorlie Boulder's past and present.

Experience a vibrant mix of gold rush history and modern day mining with a visit to Hannans North Tourist Mine, Museum of the Goldfields, the Super Pit Lookout. Get up closer to the Super Pit by experiencing the award winning tour or a breathtaking flight.

With many outdoor activities available in the City, there is something for everyone. Take in a round of golf at the prestigious Kalgoorlie Golf Course, visit one of the many amazing parklands, visit the lookout at Mt Charlotte (the end of the Golden Pipeline Heritage Trail), enjoy the sun setting over the natural woodlands at Karlkurla Bushland Park, prospect for gold riches by

taking a personalised prospecting tour.

Discover the historic and cultural side of Kalgoorlie Boulder by visiting significant Aboriginal sites and learn about the Wongutha way of life. Make sure you also visit the Aboriginal Art Galleries in the City to pick up your memento of Kalgoorlie Boulder.

There is an array of arts and culture with the many galleries and self-guided walks available which showcase local and contemporary art collections from across Australia: Goldfields Arts Centre, Goldfields Aboriginal Art Gallery, Bush Blossom Gallery and Heartwalk.

Don't miss one of the iconic annual events to which thousands of people flock to the City for – Experience the Round, Saint Barbara's Festival, Spring Festival or Lighting of the Christmas Trees, just to name a few.

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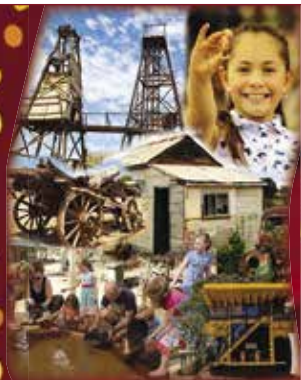
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## Water fun and much more on offer along Australia's Coral Coast



Left to right; Monkey Mia Dolphins - Murchison River, Kalbarri National Park - Batavia Coast Marina, Geraldton © Tourism Western Australia

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by Brad Elborough

YOU are going to hear a lot about Australia's Coral Coast over the next few months.

The popular tourist region stretches more than 1100km from Cervantes to Exmouth and includes destinations Dongara, Jurien Bay, Geraldton, Kalbarri, Denham, Carnarvon and Coral Bay, among others.

The long-awaited launch of the new Kalbarri Skywalk, due mid-year, that will gain great publicity. It promises to be worth the hype too.

The views of the Murchison River gorges and cliffs have always been

spectacular, but the walks that will jut out past the rim and more than 100 m over river, will be something else.

As the winter weather starts to cool in Perth and the state's southern regions, Australia's Coral Coast becomes a popular choice for getaways.

It's generally a couple of degrees warmer than in Perth and some terrific offerings are only a two hours drive away.

Thousands visit the region regularly, however many have a favourite destination and don't like to detour much. But a lot of work has been done or is in the pipelines (outside of the Skywalk), to tempt

you to broaden your horizons.

Monkey Mia is one of those places.

The Shark Bay Heritage Area has UNESCO status and is a lot to explore. Most people are drawn there by the lure of the dolphins coming to shore each day, and then are amazed with how much else there is to see and do.

The Monkey Mia Dolphin Resort has made accessing the dolphins a whole lot easier and more comfortable. The resort offers a great getaway; one which you could easily get stuck at without getting out and seeing other parts of the

region.

Here you'll find beachfront villas, a restaurant, café and bar, fully-decked out kitchens, a pretty big pool and recreation rooms.

And when the local dolphins come in for a feed early each morning, you only need to roll out of your tent, van, or room to get there first.

There are plenty of options around Shark Bay where you can see the local wildlife by yourself, but if you're looking for something a bit more informative, you should check out Ocean Park.

Seriously consider the guided tour. These are run by people who know

their stuff and there is a lot of stuff for them to show you. You'll go in thinking the shark feeding will be the highlight and although it's pretty cool, you'll leave blown away by some of the new facts you're taking away.

While the coast is clearly a massive drawcard of this area and water-based activities dominate the offering: for instance of dolphins, whales and divers swimming with whale sharks, there is much more to do.

Wildflowers are found in the region all year round, but between late July and early October, they are at their brilliant best.

Coorow, Carnamah and Badgingarra offer as good viewing of wildflowers as anywhere else in the state.

Visit Alexander Morrison National Park during spring and nearby Coorow Farm to see paddocks of colourful everlasting.

If you are determined to stay at your favourite destination along the Coral Coast, then consider broadening your horizons by stopping where you talked about stopping to previously.

Just a short drive out of Geraldton is the Greenough Historic Settlement. Through the well-kept buildings, you can get a good sample of what life was like in the region over a century ago.

Nearby is the Greenough Wildlife and Bird Park. Talk about not judging a book by its cover. You'll get to the carpark thinking you can sweep through the park in minutes. But you'll get caught either feeding the kangaroos, or dancing and laughing with the birds much longer than that.

That ability to lose a sense of time seems to be common when visiting Australia's Coral Coast.

Visit [www.australiascoralcoast.com](http://www.australiascoralcoast.com) to find where visitor centres are located and information, details of national park fees, plus suggested itineraries.

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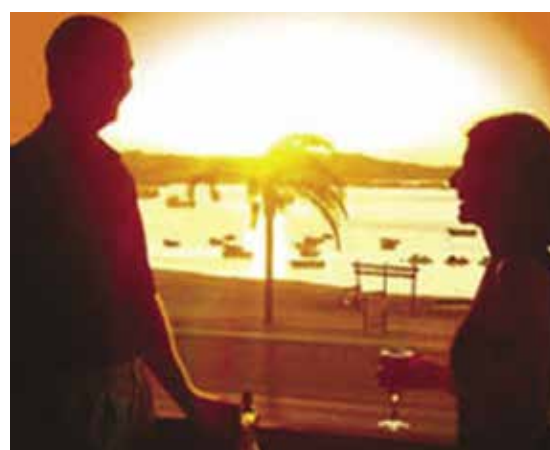
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# Fishing in and around Exmouth is an unforgettable experience



Dave Thomson used fly gear to land this solid golden trevally on the sand flats of Exmouth Gulf's eastern side

by Mike Roennfeldt

ANYONE who has read my seemingly endless fishing ramblings over

the years will know how much I love Exmouth. It's a place where there are just so many fishing options and never enough

time to do them justice. I'd been going there for years but it was only about ten years ago that I was introduced to another facet of the Exmouth fishing experience. And it was a beauty.

The relatively rarely fished eastern side of Exmouth Gulf is a maze of creeks, islands, rocks and sand flats, where huge queenfish, trevally and cobia have only been lightly exposed to the temptations of lure and fly.

Our guide was keen local fisho Shane Wunhym, whose tough-as-nails 7m aluminium centre console made an ideal platform for chasing some of the most

exciting sport fish on the planet.

There were so many moments during the couple of days we spent out there with Shane, that it would be impossible to recount them all, but a couple were standouts. Easily the most memorable was on a vast sand flat covered with just a couple of metres of crystal-clear water. We were told to keep an eye out for manta rays and when we spotted our first we weren't disappointed.

It was actually a group of three mantas and in attendance were big numbers of cobia and golden and brassy trevally. Shane cast his hookless popper out over the cloud of fish

and rays and the flat-out retrieve brought with it a murderous horde of predators trying to catch the wildly splashing lure. Any lure or fly cast in their vicinity was immediately smashed and we had some vintage fishing, with double hook-ups, followed by us chasing the fish over the pristine sand flat.

Late the first afternoon, we got out of the boats onto a tiny sand spit surrounded by deeper water in the middle of the gulf. The spit was completely submerged at all but low tide, but Shane advised

us that there were some monster trevally and giant herring there. He showed us just how it was done, by hooking, playing out and releasing a thumping big giant trevally that was well in excess of 20kg, while the rest of us had a ball on smaller trevally and giant herring before the rising tide and fading light dictated that we'd better get back into the boats.

We hooked queenfish to over 10kg, sometimes in water that wouldn't have wet our kneecaps, and anyone who has hooked a decent queenie

in shallow water will be able to imagine the sort of fireworks that a 10kg fish might turn on in that situation. The speed and acrobatics almost defy description.

Craggy outcrops of rock held tackle-busting mangrove jacks, and although we weren't lucky enough to catch one, there were barramundi lurking among the oyster encrusted reefs. Spanish mackerel, cobia, shark mackerel and tropical reef species ensured we were never going long without some sort of hectic action.

Plan to spend some time in the picturesque town of Kalbarri



KALBARRI is a picturesque seaside town located 590km north of Perth midway along Australia's Coral Coast. It has much to offer every traveller.

The township itself boasts a beautiful river foreshore where the magnificent Murchison River meets the Indian Ocean, an ideal playground for families to relax, swim, fish and snorkel in the aqua blue waters.

Surrounded by National Park, to the north, Kalbarri offers dramatic inland gorges with breathtaking scenery; 400-million-year-old landscapes that are a must to explore. To the south, the stunning coastal cliffs are only eight km from the town centre. This is a geological delight of rock formations and layered sandstone. They are some of the most photographed scenery on the Coral Coast.

Lookouts and walking

trails can be self-explored and all locations are accessible to all vehicles.

In wildflower season Kalbarri blooms into a kaleidoscope of colour. With high diversity of species Kalbarri become a world-wide destination in the springtime and exploring gets very colourful.

Mother Nature spoils the town with wildlife both at land and at sea, humpback whales grace the coastline, birdlife is rich and much, much more.

The Kalbarri Visitor

Centre has a selection of tours for every visitor, all types of accommodation on offer and the local business are able to look after all visitor's dining, entertainment and shopping needs.

Nature and nurture yourself in Kalbarri, it's the perfect holiday choice.

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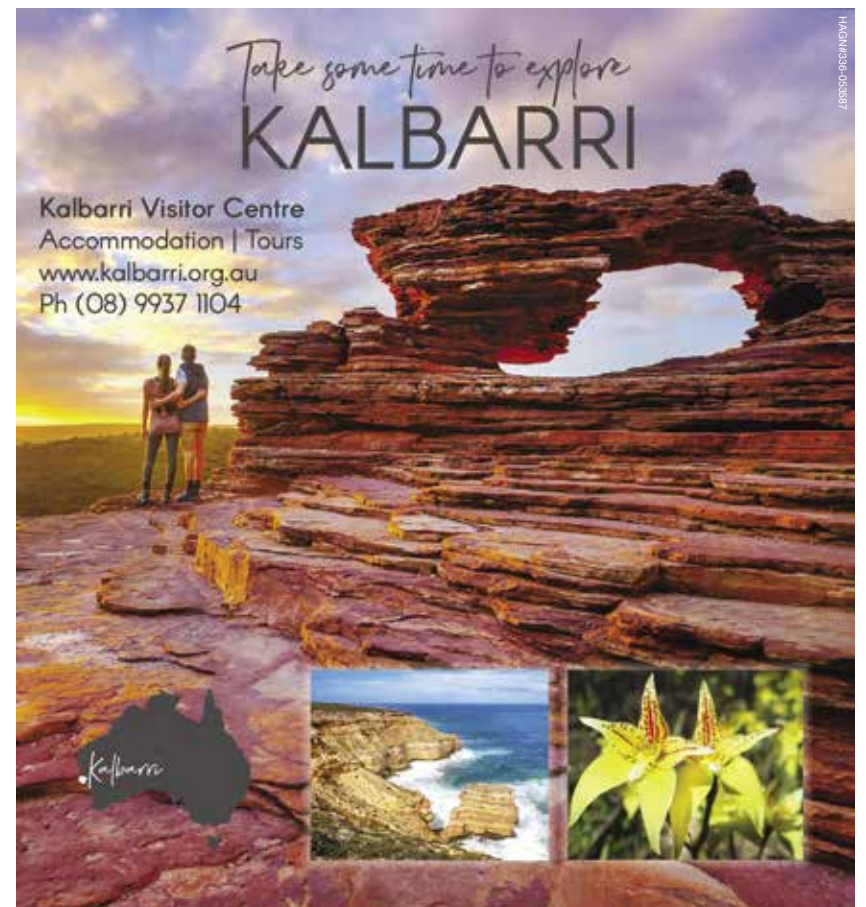
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Ketchikan in Alaska has rain, totem poles and plenty of interest for travellers...



by Len Rutledge

Phensri and I arrived in Ketchikan to be greeted with low cloud, rain and a bleak outlook. Although it was June, it looked more like Febru-



Left to right; Totem pole in town - Creek Street © Phensri Rutledge

ary. But we should not have been surprised. The city has been nicknamed the "Rain Capital of Alaska" as it receives nearly four metres of rain each year over 230 wet days. Ketchikan is the "first city," along the popular Inside Passage and serves as the first port of call for many cruise ships visiting Alaska. It is on Revillagigedo Island at the southern tip of the tail that wags the rest of the giant state. You can only reach Ketchikan by air or sea. Once known as the Salmon Capital of the world, then later as a major timber centre, Ketchikan is now a tourist town. With a population of around 13,000, at times during summer this doubles as up to six cruise boats arrive with thousands of passengers and crew. The demise of the timber industry has led to a radical transformation of the town. Many people who used to earn their livelihoods through timber now have jobs in tourism. For many decades, the huge forests of spruce, hemlock and cedar trees were the source of timber for the logging industry. Logging camps dotted the islands of southeast Alaska, and pulp mills were robust economic drivers of the region. Then one by one, those pulp mills shut down. Ketchikan's was the last one still operating in Alaska when it shut down in 1997. Hundreds

of good-paying jobs and the businesses that supported them went with it. The shoe shops, workwear stores, and Chevrolet and Ford dealerships went too. In their place are many jewellery and watch stores, souvenir and gift shops, as well as local tour operations. The newer businesses provide seasonal retail work, but it's nowhere near as well paid as the old year-round jobs: Now at the end of September, most of the businesses close and many people leave town. During the five-month cruise season, this is not apparent to most visitors. When the gang-plank is lowered and the tourists march ashore, they find a gaggle of tour operators waiting to entice them with local offerings: The world's largest totem poles; an all-you-can-eat Dungeness crab feast; a chance to see killer whales and humpbacks; and the chance to enjoy a brothel tour. The Ketchikan Visitors Bureau on the waterfront is where we found a map with a self-guided walking tour. Despite the rain, we set out to explore. **Downtown** Many streets in town are boardwalks or steep wooden staircases so walking is never boring. St John's Episcopal Church built in 1902, Whale Park and two impressive replica totem poles are initial highlights. We then visit the Tongass Historical Museum to see artefacts from periods going back to a Native Fishing Camp. Ketchikan Creek flows through the centre of town year-round, its cold water populated in summer by salmon who come up the creek to spawn. Numbers are multiplied by the Deer Mountain Tribal Hatchery which raises and releases 300,000 salmon, steelhead and rainbow trout each year. **Totem Heritage Centre** Ketchikan has the world's largest collection of totem poles. Giant carved cedar poles stand in numbers in the Saxman Native Village and the Totem Bright State Historical Park but I recommend a visit to the Totem Heritage Centre which displays very old and rare poles from three Native Nations.

Many were carved 150-175 years ago and they tell the stories of families. When a totem pole was raised during a big celebration, everyone would be told why the pole was carved and what it meant. **Creek Street** Until 1953, this was lined with up to 30 bordellos. During the Prohibition era, some houses became speakeasies. Now shops, museums, galleries and a restaurant welcome visitors to the unique piled street which is now on the US National Register of Historic Places. A highlight is Dolly's House which belonged to Dolly Arthur, Ketchikan's most famous madam. Her house, preserved much as she left it, has antiques, garish décor and an aura that many want to experience. Tours of the small building are offered. **Southeast Alaska Discovery Centre** Here you can explore the natural and cultural history of the Tongass National Forest, by far the largest national forest in the US. You can visit a re-created native fishing village and learn how the lush forest sustains southeast Alaska communities today. For those wanting a walk through the forest, the four-kilometre Rainbow Trail only 15 minutes from town provides a wilderness experience while also having some nice views of Ketchikan. If you want a theatrical taste of the industry that used to fuel Ketchikan, you can go to the *Great Alaskan Lumberjack Show*, where burly competitors in flannel shirts and braces chop stumps, saw logs, and heave axes at a bullseye. It's great fun. **Getting there** Ketchikan is just 90 minutes by air from Seattle, with several daily flights in and out provided by Alaska Airlines. A scheduled daily jet service is also available to and from Anchorage and there are regular services to several other Alaskan towns. Ferries connect Ketchikan with the lower 48 states, and Canada. Many cruise lines operate Alaska cruises from Vancouver and Seattle to Ketchikan. Read more from Len Rutledge at his website [www.LenRutledge.com](http://www.LenRutledge.com)

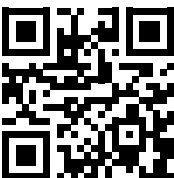
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MON 10 AUG 20	17	FREMANTLE TO SYDNEY	NORTHERN EXPLORER	\$1,999
MON 10 AUG 20	15	FREMANTLE TO BRISBANE	NORTHERN EXPLORER	\$1,699
TUE 25 AUG 20	13	BRISBANE TO FREMANTLE	SOUTHERN EXPLORER	\$1,479
THU 27 AUG 20	11	SYDNEY TO FREMANTLE	SOUTHERN EXPLORER	\$1,249
WED 2 SEP 20	5	ADELAIDE TO FREMANTLE	SOUTHERN GETAWAY	\$549
MON 7 SEP 20	29	FREMANTLE RETURN	ROUND AUSTRALIA	\$3,499
MON 7 SEP 20	5	FREMANTLE TO ADELAIDE	SOUTHERN AUSTRALIA	\$549
MON 7 SEP 20	12	FREMANTLE TO SYDNEY	SOUTHERN AUSTRALIA	\$1,299
MON 7 SEP 20	14	FREMANTLE TO BRISBANE	SOUTHERN AUSTRALIA	\$1,519
SAT 12 SEP 20	24	ADELAIDE TO FREMANTLE	ROUND AUSTRALIA	WAITLIST
SAT 19 SEP 20	17	SYDNEY TO FREMANTLE	NORTHERN EXPLORER	WAITLIST
MON 21 SEP 20	15	BRISBANE TO FREMANTLE	NORTHERN EXPLORER	WAITLIST
TUE 6 OCT 20	13	FREMANTLE TO SYDNEY	SOUTHERN EXPLORER	\$1,599
TUE 6 OCT 20	9	FREMANTLE TO MELBOURNE	SOUTHERN EXPLORER	\$1,039

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# GREAT HOME and GARDENING



## Autumnal garden delights - time to get cracking in the garden



From left to right; 25th anniversary of the Melbourne International Flower and Garden Show - indoor plants - pansies

by Colin Barlow

WELCOME downpours of rain have slowly allowed our gardens to freshen up after the hot and dry summer. So now is the time to get cracking in the garden and help it to recover and flourish.

My top tips to care for your autumn garden are:

- Lawns**
- Apply a wetting agent to dry patches or worn-out areas of grass.
- Rake worn or dead patches vigorously to remove dead material.
- Mow your lawn every one to two weeks to encourage it to spread and cover any bare patches before winter.
- Apply a slow release lawn food to thicken up your lawn and make it less prone to weeds.
- Remove any fallen tree leaves that may smother the grass and cause dead or diseased patches.
- From April onwards use a pre-emergent herbicide for controlling winter grass. Remember to wash it in well to create an effective seed barrier.

### Vegetable Patch

- Sow your brassicas including cabbage, cauliflower, Brussels sprouts, broccoli, kale or Asian greens.
- Keep a look out for the pests, cabbage white butterfly, cabbage moth and looper caterpillars. Have a safe organic spray at the ready. My recommendation is to use Success Ultra, Dipel or the Beat A Bug Naturally Based Insect Spray on a rotational basis.
- Lettuce and English spinach can be quickly grown in any spare space in the garden or in pots. Try the lettuce varieties Cos, Baby Butterhead, Green Mignonette, Frizmo, Revolution, Oakleaf, Salad Bowl and Iceberg.
- Go out with a torch during the early evening to stop snails and slugs munching on your vegies. Controls include iron chelates based pellets, beer traps, copper sprays, coffee grounds; and best of all ducks!

### Fruit

- Feed all fruiting trees with a high potash fertiliser to encourage flower and fruit formation in spring. Apply liquid Potassium sulphate every two weeks until the end of May to any shy flow-

ering or fruit trees.

- Check flushes of new growth on citrus for leafminer and bait with the eco-CLM trap to trap the male adults.

### Flower Garden

- Sow your sweet peas in late March to early May in 130mm pots. Fill the pot up to three quarters full with potting mix, and water it thoroughly. Allow it to drain and place six to eight seeds even around the pot. Cover with seed raising mix and do not water until the seeds germinate.
- Plant up some containers with easy to grow bulbs such as jonquils, Dutch Iris, anemones, ranunculi, freesias, snowflakes and even summer single late tulips.

- Plant colourful autumn and winter flowers in any spare spots in your garden or over your bulbs. Choose from violas, pansies, poppies, alyssum, lobelia, dianthus, cineraria, English daisies, primulas, calendula and forget-me-nots.

### Indoor Plants

- During a rainy, cloudy day place your indoor plants outside to rejuvenate and wash away dust.
- Check for red spider mite on plants close to heat sources. Mist them regularly or sit them on a gravel tray with the water level just below the top of the gravel to increase humidity. Use Eco Neem, Eco Oil, or Richgro Bug Killa in rotation to control infestations and re-

peat seven to ten days later.

- Feed with a liquid indoor plant fertilizer to encourage strong growth before winter.

### General Garden

- Remove any weeds before they seed and mulch the soil with compost, soil improver, pea straw, lupin mulch or bark before winter.
- Buy new plants to fill any empty spots in the garden.
- Deadhead your roses in mid-March for a final

flush of flowers in May.

- Lightly trim any shrubs or hedges.
- Apply a wetting agent and an organic fertiliser to all your garden beds to encourage improved water holding capacity and drainage.



This year marks the 25th anniversary of the Melbourne International Flower and Garden Show (MIFGS), the biggest horticultural event in the Southern Hemisphere. This year it runs

from 25 to 29 March in Carlton Gardens and the Royal Exhibition Building.

New features include *Balcony Gardens* and *Small Space Gardens*, along with the popular *Boutique Gardens*, *Emergent Gardens* and the inspiring avenue of

*Achievable Gardens*. *Show Gardens* this year includes previous *Best in Show* winners showcasing their exceptional landscape design and construction skills.

For information on the show go to [www.melbflowershow.com.au](http://www.melbflowershow.com.au).

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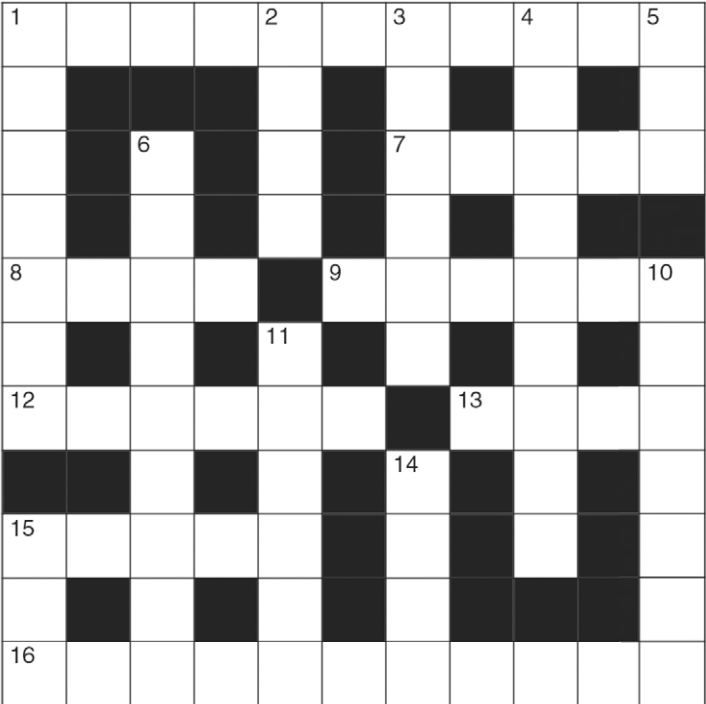


CROSSWORD

CRYPTIC CLUES

- Across
- 1. Puts another way- tries poison (11)
  - 7. Soft ending included regularly (5)
  - 8. Shouted outside garden hut (4)
  - 9. Recoil from psychiatrist? (6)
  - 12. Risks to take on board (6)
  - 13. Levy has let it go - such an imposition! (4)
  - 15. Shut tight (5)
  - 16. Bring around a cute sister, perhaps (11)

- Down
- 1. Advises about replacing commercial reviews (7)
  - 2. Herb is in the newsagency (4)
  - 3. Maestro physically embraced cup (6)
  - 4. Horses considered slow are not invited inside (9)
  - 5. I'm told boy is a big star (3)
  - 6. Sad report about those looking for victims (9)
  - 10. Jockey not expected to cover main theme (7)
  - 11. Pete used directions to find Sioux dwellings (6)
  - 14. Madeline had smallgoods shop (4)
  - 15. Vehicle reverses for part of race (3)



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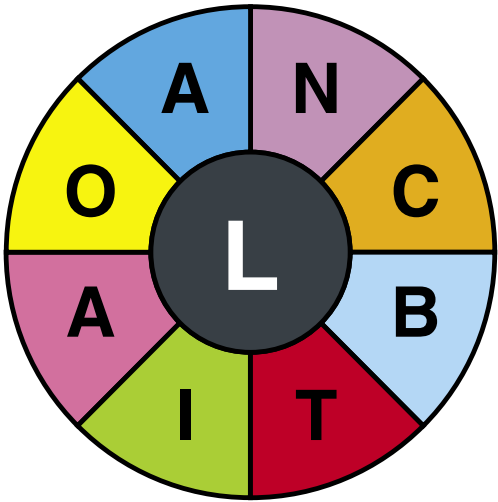


STRAIGHT CLUES

- Across
- 1. Relocates (11)
  - 7. Much of the time (5)
  - 8. Lose (fur) (4)
  - 9. Contract (6)
  - 12. Plant support poles (6)
  - 13. Tax (4)
  - 15. Nearby (5)
  - 16. Revive (11)
- Down
- 1. Studies for exam (7)
  - 2. Wise person (4)
  - 3. Winner's prize (6)
  - 4. Unwelcome newcomers (9)
  - 5. Japan, Land Of The Rising ... (3)
  - 6. Hunting animals (9)
  - 10. Prevailing tone of speech (7)
  - 11. Cone-shaped tents (6)
  - 14. Supermarket section (4)
  - 15. Coupe or sedan (3)

#336 March edition puzzle solutions on page 46

Wheel Words



© Lovatts Puzzles

Create as many words of 4 letters or more using the given letters once only but always including the middle letter. Do not use proper names or plurals. See if you can find the 9-letter word using up all letters.

13 Good 21 Very Good 26+ Excellent

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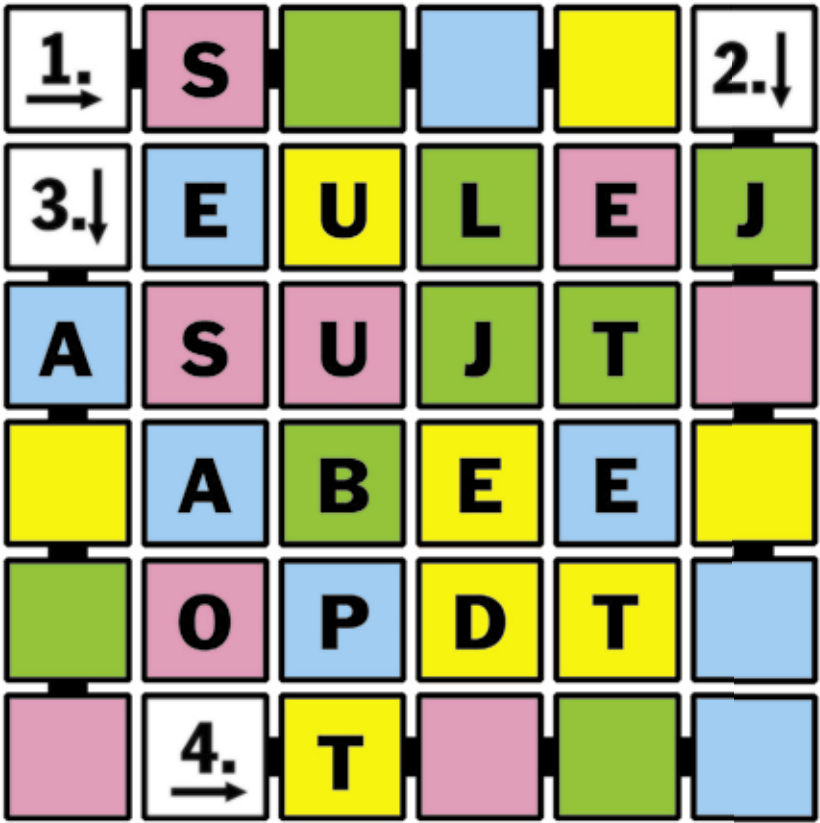
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SQUARE SHUFFLE

Take one letter from each colour to make up 4 four-letter words that are all forms of transport. We have given you the first letter to get you started. Every letter must be used once only.



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SUDOKU

Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.

Rating: ★ ★ ☆ ☆ ☆

								3
		2		8	9	7		
7	9		3			8		4
9		8			3		5	2
		4	8		2	6		
2	6		5			4		7
8		1			7		2	6
		9	6	1		3		
6								

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St Elizabeth's Catholic Primary School

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admin@stecps.wa.edu.au 9303 7600 Website: stecps.wa.edu.au

Whilst we are within the City of Wanneroo, we are in a quiet bush setting with beautiful gardens. Our students enjoy open, colourful classrooms ideal for learning, growing in knowledge and social skills. The children are exposed to a variety of learning experiences, The Arts with music and dance, incursions, excursions and swimming lessons. We celebrate several important days bringing the outside world into the classrooms; Christmas and Easter, National Reconciliation Week, Pirate Day to support Research for children's brain cancer and Book Week to name a few.

St Elizabeth's CPS offers a genuine educational choice to parents who seek a Catholic education for their children. We teach and integrate Gospel values, humility, compassion, service and charity into the children's life and curriculum. We celebrate diversity and enable students to gain confidence in their abilities to achieve their unique potential. We recognise the family as the child's first educators and actively work with parents and caregivers, encouraging open communication within a supportive learning environment.

The wellbeing and safety of all students is paramount at St Elizabeth's CPS and we acknowledge healthy relationships and exceptional pastoral care are core to each child's positive experience at our school. St Elizabeth's CPS is where students are nurtured to grow, to belong and to be safe. We are taking enrolments now for pre kindy (three years old) kindergarten to year five and year six in 2020. Please contact us on 9303 7600 and a friendly staff member will take your call.





New screening test coming for aggressive prostate cancer

by Frank Smith

PROSTATE Cancer Foundation of Australia says prostate cancer is the second most common cause of male cancer deaths. Nearly 3500 Australian men die from the disease every year, however most (95 per cent) diagnosed with prostate cancer survive for at least five years and the death rate has gradually fallen over the past 20 years. Many prostate cancers grow slowly without requiring treatment. The men die of other causes before the cancer has grown enough to be a problem. However, some men have an aggressive cancer that grows and

spreads rapidly. Untreated this is life-threatening. As with other cancers early detection and management of prostate cancer is the key to a good outcome. But there is no test at present that differentiates between aggressive and slow-growing cancers. The PSA (prostate specific antigen) test is widely used amongst younger men to detect possible cancer. An elevated PSA level can indicate prostate cancer, but it can also be caused by a number of non-cancerous conditions. The result is a lot of false negative results which leads to unnecessary treatment. As a result the test cannot be used for populations screen-

ing and is not usually applied to men over 70. A recent analysis of the results of PSA tests found that while the PSA screening picked up more cases of prostate cancer than would otherwise be found, it had no significant effect on survival rates. Last year, UK Doctors began a trial of a simple saliva test that aims to spot the 10 per cent of men with the greatest inherited risk of getting aggressive prostate cancer. The test draws on more than 150 DNA markers to identify the men who have a high risk of the disease. British researchers created the test after comparing the DNA of 80,000 prostate cancer patients and 61,000

healthy controls and finding 63 gene variants linked to the disease. Many of the new variants affect how the immune system communicates with other cells in the body. This implies that genetic errors in immune pathways may be affecting prostate cancer risk. This could have important implications for potential future treatment of prostate cancers with immunotherapies. Other gene variants were involved in repairing damaged DNA. "The reason we are particularly excited by the test is that this can be offered in general practice as a spit test to try and identify who is most at risk of prostate cancer, so we can offer them targeted screening," said

geneticist Rosalind Eeles Professor of Oncogenetics at the Institute of Cancer Research, London. Men with a high genetic risk can be further screened with MRI scans and biopsies. The one per cent of men at highest risk are nearly six times more likely than the general population to develop prostate cancer. Researchers believe that following the new study, they can now account for almost 30 per cent of a man's inherited risk of prostate cancer – which may now be enough to start using the information in practical testing strategies. The study was published in the journal *Nature Genetics*.

Curtin University wants participants for new blood pressure trial

CURTIN University is currently recruiting participants to the Quartet clinical trial investigating a quadruple ultra-low dose treatment for high blood pressure (also known as hypertension) in collaboration with Professor Clara Chow and her team from The University of Sydney. Recently published in the *Lancet*, Professor Chow reported that every participant

(18 in total) who received the "quadpill" in a pilot study lowered their blood pressure to healthy levels within a one month period. The Quartet pill combines a quarter dose of four blood pressure lowering drugs and will be compared against a standard first-line blood-pressure lowering medication. Researchers are investigating if this ultra-low

dose treatment is just as effective at lowering blood pressure but with fewer side effects. Participants will be randomly assigned to take either medication over a period of 12 weeks. Aside from the free medication, participants will also receive two free 24 hour ambulatory blood pressure assessments. Quartet researchers are now seeking eligi-

ble participants to be included in the trial. Potential participants should have documented high blood pressure and should either be on no treatment currently, or on a single high blood pressure medication. The Quartet trial is funded by a grant from the National Health and Medical Research Council (NHMRC) and Curtin University is aiming to recruit 100 adult

participants (over 18 years of age) with hypertension. For further information about the Quartet trial, please call 1800 971 022 (choose option 1) or email at [cce-quartet@curtin.edu.au](mailto:cce-quartet@curtin.edu.au).

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Sandra Barnsley

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able here in Australia. Stem cells are the only cells in our body capable of repair and renewal. We need them every day, for daily repair and renewal of our body tissues. Cells are constantly breaking down and being replaced where possible, but the older we get fewer and fewer stem cells are released from our bone marrow. The National Institute of Health has identified 74 treatable diseases using stem cells in therapy. So, it makes sense therefore, to increase the number of stem cells available. The more stem cells you have in your blood stream the healthier you are. You always make stem cells, but their ability to move from the

bone marrow decreases. The rate of natural decline of stem cells in our blood stream as we age is 45 per cent by the age of 35, 50 per cent by the age of 50 and 90 per cent by the age of 65. Every time you consume two capsules of stem cell nutrition, within an hour up to 34 per

cent more stem cells will be released into the bloodstream. This has been proven. This is potentially an extra four to nine million stem cells in circulation. If you would like to find out more about how stem cell nutrition can transform your life Phone Sandra Barnsley 0412 479 156.

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  - Are not currently or have never been on treatment for high blood pressure

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This study has been approved through the Curtin University Human Research Ethics Committee (HRE2017-0029)

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# A new beginning and extensive makeover for the St Vincent’s facility in Guildford

by Frank Smith

ST VINCENT’S, Guildford’s long established aged care home has just got an extensive makeover. Based on the heritage listed Bebo Morro home- stead, Catholic Homes have operated aged care facilities in Guildford since 1957 and St Vincent’s is very much a part of Guildford’s history. The new St Vincent’s is a contemporary facility designed with the Catholic Homes values in mind. Situated on the banks of the Swan River in Guildford, the two-sto-

rey building designed to connect to the natural environment, comprises 85 single rooms with en-suites and one couple’s suite with double bed and a private sitting room. All have Wi-Fi, TVs and individual tempera- ture controls. Bebo Morro is a heri- tage listed brick and iron dwelling built in 1890 in the Federation Queen Anne style. This has been retained and restored to its former glory to house the day therapy centre for St Vincent’s. It now contains a gymnasium, physiotherapy and po- diatry rooms, a GP con-

sulting room, communal lounge and pastoral care offices. The St Vincent’s day therapy centre is available to both St Vincent’s resi- dents as well as the wider community. Lorraine Wallis, St Vin- cent’s manager, said all existing St Vincent’s resi- dents are excited to move into their new home. “The staff are grateful for the redevelopment, contemporary design and modern technology. Our residents are now enjoying the river views and landscaped gardens from their rooms and liv- ing spaces.

“The new facility is very modern, but we will still have the same friendly Catholic Homes staff and Care with Purpose is at the forefront of everything we do.” When Have a Go News visited St Vincent’s it seemed to have a happy environment with friendly staff with time to chat to residents. Anne Lamb 88, a for- mer children’s nurse at Great Ormand Street hospital in London, came to WA 33 years ago to be near her daughter and her family. “I love it here,” he said. “I can get a bit grumpy but we are very well looked after.” Anne often goes out with granddaughter Lau- ra. Stephen Lisseman, a former government de- partment head has been at St Vincent’s for five years. “I like it very much here,” he says. “It doesn’t matter that there are many more women than men and there is some- thing you can do every morning and afternoon, five days a week.” Catholic Homes has re- ceived state and national awards for aged care services and continues to raise the bar in best practice within the industry. Many of the residents



Clockwise from top; new St Vincent’s is a contemporary facility - residents Stephen Lisseman and Anne Lamb

and team members be- lieve one of the most im- pactful reasons for their success can be attributed to the way the care is pro- vided, and the approach taken. And while St Vincent’s is run by Catholic Homes there is very little overt sign of catholicism. The home aims to meet the physical and spiritual needs of residents of all faiths and none.

## Easter 2020

at St Mary’s Cathedral

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5pm: Choral Evensong

**Thursday 9 April (Maundy Thursday)**  
6.30pm: Eucharist of the Lord’s Supper with the Washing of the Feet and the Watch of the Passion

**Friday 10 April (Good Friday)**  
10am: Solemn Liturgy of Good Friday with the Singing of the Passion  
12 noon: The Three Hour Devotion

**Sunday 12 April (Easter Day)**  
6am: Vigil and First Eucharist of Easter with Baptism and Confirmation  
8am: Holy Eucharist with hymns  
10am: Choral Eucharist with hymns  
5pm: Festal Evensong

For full list of services and events during Lent please visit our website or like our Facebook page

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## What’s on at St Patrick’s Anglican Church Mt Lawley

**10.15am each Sunday**  
**Regular services of Holy Communion**

**15 March** Third week of lent - litany and miserere (allegri) followed by lunch in the parish hall  
**22 March** Fourth week of lent  
**29 March** Fifth week of lent

**Handel’s Messiah at Easter 4 April, 3pm**  
Tickets on sale at [www.trybooking.com](http://www.trybooking.com)

**Passion Sunday 5 April, 10.15am** Solemn liturgy  
**Maudy Thursday 9 April, 12pm**  
Pascal lunch in the parish hall

**Good Friday 10 April, 10.15am** Solemn liturgy  
**Community bonfire & barbecue 11 April, 6pm**

**Exultant service with lighting of the Paschal Candle 11 April, 8pm**  
**Easter Sunday 12 April, 10.15am**  
Holy Communion followed by Easter egg hunt

[www.stpatricksmtlawley.com](http://www.stpatricksmtlawley.com)  
Father Stephen Conway 0478 514 516

## Treat yourself to a makeover...

NEW Year resolutions often include goals for weight loss, improved fitness and healthier eating. Generally by mid-January, action on these resolutions has faltered if not entirely vanished.

Ann, of Inches Away consulting, is a nutritionist, registered nurse, mental health practitioner and life coach who assist clients to succeed in reaching their goals – goals such as sustainable weight loss or removing dysfunctional eating patterns like binge or comfort eating.

The focus of Inches Away, through its wellness and weight loss programs, is on diet and nutrition to repair and support all of the body’s systems – to enable optimal health, rejuvenation of cells and increased vitality. Through diet, cellular longevity can be enhanced, inflammation reduced and gas- trointestinal issues improved. The gut-brain axis is supported too.

Motivational coaching is incorporated into pro- grams to assist clients to adopt new eating pat- terns, jettison problematic dietary patterns or stay the course with weight loss goals.

Programs are tailored to meet an individual’s needs, preferences and circumstances and de- sired health outcomes. Programs include full body composition analysis and pathology referrals if re- quired.

Contact Ann for a free no-obligation chat about what Inches Away can do for you and make your New Year resolution a reality.  
Be your best in health in 2020. Call Ann on 0478 219 223 or visit [www.inchesaway.consulting](http://www.inchesaway.consulting).  
See ad on page three.

## #336 March edition PUZZLES Solutions

1	8	6	7	5	4	2	9	3
3	4	2	1	8	9	7	6	5
7	9	5	3	2	6	8	1	4
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**Square Shuffle:** Sled, Jeep, Auto, Tube.

**Wheel Words:**  
Alto, Anal, Anil, Bail, Bloc, Blot, Boil, Bola, Bolt, Clan, Clot, Coal, Coil, Cola, Colt, Laic, Lain, Lint, Lion, Loan, Loin, Lota, Loti, Nail, Noil, Tail, Tala, Talc, Toil, Banal, Blain, Bloat, Cabal, Canal, Lanai, Liana, Lotic, Natal, Octal, Tabla, Talon, Tolan, Tonal, Albino, Atonal, Cobalt, Coital, Oilcan, Ablation, Anabolic. 9-letter word: BOTANICAL.

**#335 February 2020 Have a Go News Quiz Page 2:**  
1. Cold. 2. Southern. 3. Leeuwin. 4. 1,000. 5. 2,750. 6. Kimberley. 7. 2.5 sq m. 8. WA. 9. 12, 889 kms. 9. 12,889. 10. Stirling.

**#336 March 2020 Have a Go News Quiz Page 2:**  
1. New Holland. 2. George IV. 3. Challenger captain Fremantle. 4. 400. 5. 1881. 6. 80. 7. Dirk Hartog Island. 8. Barrow Island. 9. Desert. 10. HMS Driver.





# Downsizing

ADVERTISING FEATURE

## What potential downsizers need and want in a home



“...most downsizers still want space and regard spare bedrooms as necessary...”

SPACE remains important to Australian downsizers, with more than half moving to a dwelling with three or more bedrooms and

one third moving to an apartment, Australian Housing and Urban Research Institute (AHURI) research released last month finds.

The research, *Effective Downsizing Options for Older Australians*, undertaken for AHURI by researchers from Curtin University and Swinburne University of Technology, compares households that downsized with those that haven't to understand who is likely to downsize and why, and where they move to.

Of the 2,422 older Australians (aged 55 and over) surveyed for this research 26 per cent had downsized and another 29 per cent are considering doing so.

According to the report, downsizers are mobile with nearly half moving to new neighbourhoods, while the main reasons for downsizing include lifestyle, financial and reduced house and garden maintenance.

Over 40 per cent of households said they would likely move if there were suitable housing in their preferred locations.

Lead author Dr Amity James from Curtin's School of Economics, Finance and Property, said the research saw downsizing as

not about moving to a lower value dwelling with a reduced number of bedrooms and on a smaller land area, but about moving to a dwelling that is appropriate for a household at a later stage of life.

“While downsizing may include a reduction in dwelling size, to older Australians it points to a housing aspiration where the internal and outdoors spaces are manageable, and represent a financial benefit,” Dr James said.

“Australian governments typically see downsizing, or rightsizing, as a way to use housing stock more efficiently, with downsizers reducing the number of bedrooms in their dwelling and freeing up larger houses.

“However, most downsizers still want space and regard spare bedrooms as necessary,” she said.

Based on the ABS definition of spare bedrooms, which compares usual residents and the number of bedrooms, the AHURI research reveals that, just under two thirds (66 per cent) of older Australians who had downsized still have at least one extra bedroom, as do 73 per cent of older Australians who hadn't downsized.

In the three states studied as part of the research, South Australia, Western Australia and NSW, the top five local government areas in each state with the greatest proportion of older households were all in regional areas and had very little housing diversity.

The research proposes incentives for developers to deliver a diverse range of housing options suitable for older Australians, including medium-density housing products, rather than higher-density apartment developments, which are not liked by most seniors.

The most common uses for spare bedrooms are as a room for guests, a home office and as somewhere for children and grandchildren to stay.

Dr James said as there are huge costs for governments when older Australians move into residential aged care; ensuring affordable, accessible and adaptable housing options for downsizers so they can 'age in place' safely is a key policy concern of governments.

“Among those who had downsized, only 22 per cent remained in the same neighbourhood as their original dwelling,” she said.

## Downsizing does not have to mean downgrading - plenty of options in Applecross



RETIREMENT wasn't meant to be this hard. Big gardens, large water bills, high council rates

and ageing homes in need of major repairs are seeing many of WA's older generation wondering if there's a better way to live.

“It was simply getting too difficult to keep up with the maintenance – especially the garden,” says Denise, a long-time Applecross resident.

“But I'm not ready for a retirement village.”

Finbar, WA's largest and most trusted apart-

ment developer has come up with the perfect solution.

Finbar's Sabina Apartments in Applecross, which will be completed this month, have been specifically designed with downsizers in mind.

Featuring 164 stylish residences and resort style amenities over 30 levels, Sabina Apartments join an evolving precinct brimming with

modern amenities and convenience while paying homage to the suburb's rich heritage.

It's the perfect opportunity for people to wanting to downsize and stay in their community.

“I love the area and many of my friends are nearby, so Finbar's Applecross Apartments let me have the best of both worlds,” Denise said.

“Sabina is the perfect solution.”

“I can take a short walk to the train station and travel down to see the grandkids in Mandurah and there's so many cafés and parks nearby to meet my friends and family.”

For those not quite ready to move, Finbar will commence construction of Aurora Apartments in May this year. This will be Stage

2, following Sabina and also features stunning views of the Canning and Swan River and Perth City.

Due to be completed in late 2021, Aurora represents the perfect opportunity for those who are looking to downsize in the near future.

For more information visit [www.sabinaapplecross.com.au](http://www.sabinaapplecross.com.au) or [www.auroraapplecross.com.au](http://www.auroraapplecross.com.au).



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\*As per specials pricelist dated 1 Jan 2020. \$135,000 home feature at Vibe Baldivis Village. Terms and conditions apply, visit [nlv.com.au/terms-and-conditions](http://nlv.com.au/terms-and-conditions).





# Downsizing

ADVERTISING FEATURE



## Thinking outside the box when downsizing and building a new home...



Buildwise Solutions' Peter Edmonds and Jim Preece

by Frank Smith

THERE is more to modern housing than double brick and tile. New materials and innovative design can make your new home, quicker, lean-

er, smarter and greener to build. "People's mindset in WA is brick and tile. Conventionally built homes take a minimum of 18 months to build, but using Bondor InsulLiving®

and SolarSpan® we can complete a house in 13 weeks," said Peter Edmonds. Peter Edmonds and Jim Preece own Buildwise Solutions. They have developed houses designs especially designed for seniors that achieve energy ratings way above those of made of conventional building products. Peter says government regulations are becoming stricter to make new houses more sustainable. But using conventional brick and tile it is nearly impossible to achieve energy ratings better than the statutory minimum of six stars. A display home made from these panels was tested by Queensland

University of Technology scientists. It achieved an energy rating of 9.5 star (the maximum is 10 star) and Building Code of Australia (BCA) fire rating of BAL 40. The panels Buildwise Solutions use are double steel with a polystyrene core. They allow virtually no flow of heat and the insulation gives off no irritant gas. All materials used can be recycled. "The panels we use are self-supporting and roof panels can span 7.5 metres. They are manufactured in Perth and tested for Australian conditions." The system cuts household energy use by 50 per cent. A family of four lived in the test home for a year with a power bill of only \$168 or 44 cents

per day. Their only other source of power was a solar water heater. Peter says Buildwise houses are designed in cooperation with the owner to make the best use of the panels. "We double glaze all windows, doors are 870 mm wide for universal access, the shower is designed with no step and all wet areas are tiled floor to ceiling. "The steel panels are keyed so they can be rendered on the outside to look like a conventional building and three coats of paint on the inside which will last a lifetime. "If you want to fix things to the wall no drilling is necessary. Just use a magnet," he said. Once you have lived in

an energy efficient home you won't want to live in a conventional house ever again. Peter Edmonds says this is the ideal building system for WA houses with our high electricity prices, long hot summers and the threat of bush fires. Buildwise Solutions three-bedroom designs start at \$255,000 and they take only a fraction of the time to build compared to a conventional house. For example a 305m² home can be completed within 91 working days of the contract being signed. "For our seniors, who wish to downsize, we have a range of Granny Flats, Tiny Homes, Studio

Apartments and Man-Caves from \$65,000 to \$180,000. "We will build on blocks large and small in the metro area and in regional and remote locations in WA," he says. Peter Edmonds is Perth's executive home and granny flat expert. He won numerous Master Builders Association Home of the Year Awards with his company Hi-Point Homes in the early 1990s. Buildwise Solutions are not project builders but rather a company built on personalised service. They put the client first and take their satisfaction very seriously. The team will listen to you and make sure they understand your needs.

## Brand new, ready to move into in stylish apartments in Riseley Street



THE 10 apartments at 164 Riseley Street, boast innovation and modern flare and are ready to move into today. All remaining apartments are two-bedroom, two bathroom configurations with spacious rooms, intelligently designed for practicality and to leverage natural light. Designed by award winning architects Harden Jones, 164 Riseley consists of four levels perfectly positioned in one of Perth's most desirable locations, opposite Garden City Shopping Centre.

Begin a dynamic lifestyle that has the best of what south of the river has to offer. Whether it be by foot, bus or car. Designed to be an inner urban sanctuary with residences created to enjoy both outdoor and indoor spaces, this mixed use building is the start of something special happening in the area. Be a part of the Melville City Centre Structure Plan and transform your life today. At 164 Riseley is an intimate building with just 10 apartments with spa-

cious rooms, designed for practicality. Features include: bamboo flooring, 2.7m ceiling heights, Q-Stone bench tops in the kitchen, LED Lighting throughout, quality kitchen appliances including a gas stove top, Reverse cycle air-conditioning with hidden compressors and generous balcony with a sweeping outlooks. These apartments are available to view by appointment. Floor plans are also available. Contact Salt Property Group on 9316 3911 to arrange a viewing.

## Do you want to build a sustainable home?

**ECO-MINDED** A "healthy home" approach using sustainable building technology that is appealing to clients who want to reduce their carbon footprint – and save money.

Discover WA's smart, versatile, fast and cost-effective way to build...

Buildwise Solutions was established in 2015 by two experienced builders to design and build contemporary, sustainable homes, home additions & extensions, granny flats and studio apartments for the WA market using the Bondor InsulLiving® building technology system and products.

The Smart InsulWall® and SolarSpan® panel system replaces steel or timber framing, brickwork, plastering, plasterboard and insulation.

**Would you like your house to stay at an even 22°C to 24°C all year round?**

Building using Bondor's InsulLiving® - InsulWall® and SolarSpan® panel system it is possible to achieve an energy rating that far exceeds the mandatory 6 star resulting in an energy cost saving of up to 48% of costs incurred in previous dwellings.

These homes also deliver a healthy home aspect and are perfect for people with allergies. A 4 bed / 2 bath / double garage InsulLiving® home can be built to lock up stage to within five weeks from the slab being ready and the entire build completed in about 10 - 12 weeks. No other building system available in the WA market will allow the same speed of construction.

Receive personalised service with no middle man from experienced quality builders who utilise experienced tradesman to deliver this sustainable and greener building solution.



**Quicker • Leaner • Smarter • Greener**

Buildwise Solutions will design and construct a sustainable home specifically to meet your needs and lifestyle. They will maximise the potential of your property with their InsulLiving® building technology system in a shorter time saving you time and money and long-term energy costs.

The product Buildwise Solutions use has been designed today, while considering tomorrow's needs, this is the future.

Find out more by calling Peter on 0488 999 165  
or email [peter.buildwise@bigpond.com](mailto:peter.buildwise@bigpond.com)  
[www.buildwisesolutions.com.au](http://www.buildwisesolutions.com.au)



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## Busselton's own 'Old People's Home for 4 Year Olds'



Left to right; Bunty Armstrong 93, hugging Eulsie Gacia 5, - Luke Gouma 88, holding Violet Gacia eight months, with mum Tash Gacia

THE age gap spans many decades, but that's all part of the fun for the seniors and tiny-tots who get together once a week for a morning of play, smiles and cuddles at Baptistcare's William Carey Court Residential Care in Busselton.

Inspired by the hit documentary *Old People's Home for 4 Year Olds*, the town's new inter-generational playgroup brings big benefits for young and old as they join in everything from imaginary tea parties to the hokey-pokey.

Many of the residents who take part in the playgroup are in their 90s, while the younger participants range from five months to five years old.

"It's wonderful to watch the interaction between the generations,

with friendships formed and smiles all round as they help each with craft, sing songs together and encourage each other," says Roslyn McDonald, lifestyle coordinator at Baptistcare William Carey Court.

"Having the young ones around brightens everyone's day and there's an extra buzz of energy. The children bring fresh new ideas, prompting laughter, singing and moving to music," she said.

"Residents are also using fine motor skills with the craft and employing different communication skills. They ask questions of the children and there are no expectations on either side."

The new playgroup was formed in September

last year after local members of Playgroup WA presented the idea to Baptistcare William Carey Court.

Each Tuesday a group of 14 children and their carers arrive armed with colourful leis, funny hats and scarves to 'gift' to residents before an enjoyable morning of singing, dancing, craft, cuddles and morning tea.

Participants include a number of residents from the dementia enrichment living wings at Baptistcare William Carey Court who attend because they love holding the babies.

Natascha Gacia, from Playgroup WA, said the benefits of the playgroup were wide-reaching, with happy chatter and smiles all round.

"William Carey Court has a reputation in Bus-

selton for being the most community-orientated residential care home in our town," said Mrs Gacia, a teacher who works with students with disabilities.

"When we approached them with the idea of a playgroup inspired by the program, they were so welcoming and inclusive."

Favourite activities include the hokey-pokey, complete with a colourful parachute, and singing nursery rhymes, including *Old MacDonald Had A Farm* when the children hand out miniature toy animals to the residents.

The children also play hide-and-seek in the courtyard, which other residents can see and enjoy from their rooms. The youngsters' chalk drawings on the pathways are left for everyone to admire.

"Young mums without family support also gain advice and love from experienced generations," Mrs Gacia said.

"Some of the children who live on farms have struck up a close friendship with residents who are retired farmers. Almost none of the young participants have grandparents living close by; everyone benefits from the playgroup interactions."

## Have a go at ten pin bowling in Cannington

EVERY Tuesday morning the over 55s League of ten pin bowlers gathers at Zone Bowling in Cannington from 12noon to 2pm.

There are more than eight teams and they would love to welcome more people to join them.

No experience is necessary, and the first game is free.

If you would like to have a go call Grace on 6293 1823.

## Find out more about our changing urban landscape

THE GUEST speaker at the March meeting of the Association of Independent Retirees (Perth branch) will be chief

operating officer and director of Iris Residential Tanya Trevisan.

This company is involved with the develop-

ment of apartments in many suburbs including Floreat Park, Jolimont, Claremont and Shenton Park. She knows much about the changing urban landscape.

The aim of AIR is to protect and advance the interests of retirees who wholly or partly fund their own retirement.

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.

Meetings are held on the third Friday of each month from 10am to noon at the Cambridge Bowling Club, Howtree Place, off Chandler Avenue West, Floreat.

The next meeting will be on Friday 20 March and the April meeting will take place on Friday 17 April with Senator Dean Smith as the guest speaker.

Visitors are most welcome. Enquiries can be addressed to Graeme gralin@iinet.net.au or Margaret marghw@iinet.net.au.

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## Retirement Village Resident’s Association represents residents



WARVRA is a volunteer run organisation

WESTERN Australian Retirement Villages Residents Association (WARVRA) is the organisation which represents residents of retirement villages in Western Australia. Retirement villages, as distinct from lifestyle vil-

lages, are covered by the Retirement Villages Act of 1992. What makes them distinct is that a memorial has been lodged with Landgate by the owner stating that the land cannot be used for any purpose other than a retirement village. The retirement village land cannot be sold or used for any other purpose. WARVRA was formed in 1992/3 in order to deal with retirement village issues under the legislation. It has an on-going relationship with Consumer Protection (and the government of the day) in all matters concerning village residents and their relationship with the management of their village. WARVRA is made up entirely of volunteers who provide their time and skills to assist residents and other interested parties understand how the retirement villages legislation affects them. WARVRA volunteers

lobby government and other bodies for changes beneficial to all residents. They act as an advocate on behalf of residents and provide a forum where residents can express their concerns and share experiences. WARVRA, through regular meetings in villages, country regions and quarterly meetings, educates residents in matters concerning their life in villages and the Regulations and Code which operate under the Retirement Villages Act (1992). Almost half of the retirement villages in Western Australia are members of WARVRA and the residents of these villages receive advice and assis-

tance on request. The WARVRA Council attends to the residents’ needs by answering questions and providing advice and through a committee which deals with legislative and advocacy matters as required. Currently, this committee is providing WARVRA responses to a number of Consultative Regulatory Impact Statements of (CRIS) papers. These are discussion papers which will assist government develop position papers, which will eventually lead to new retirement village legislation. CRIS-2, which is currently being discussed deals with the time limit for payment of exit en-

titlements and recurrent charges, operator budget obligations, capital works and reserve funds, refurbishment, complex operating structures and definition of administering bodies and operator and resident conduct obligations. These papers can be found on the Consumer Protection website. Consumer Protection will issue a further four papers on various matters to which WARVRA and the Property Council representing owners and operators provide responses. Individual members of the public may provide responses but WARVRA and the Retirement Living Council are the two bodies which meet with

Consumer Protection on a regular basis. If, as a resident of a retirement village, anyone wishes to comment on all or any of these topics, they may access the information from either the Consumer Protection or the WARVRA web sites. Residents of retirement villages may join WARVRA by having their village take up the option to join. The cost for villages to join is an annual fee of \$2 per unit. Individuals may join at an annual cost of \$10. For further information visit the WARVRA website [warvra.org.au](http://warvra.org.au) or telephone president Ron Chamberlain on 0448 812 888.

### Arcadia Waters - letting residents choose payment options that are right for them

AFTER more than 15 years in the business, Arcadia Group, owner of Arcadia Waters Retirement Villages has learned that not all people are alike. They’ve have asked their residents, their families, friends and prospective clients what would they like Arcadia to consider when moving into a retirement village. They listened and the answer was clear. Everyone wants more choice. This is why they are now giving people options for funding their retirement lifestyle, so they can choose the one that suits them best.

Arcadia Group offer the standard ‘lease for life’ option that is available in many villages. This Standard Option allows people to defer payment of the facilities fee until they leave the village, when it will be paid out of their refund. They will also pay a contribution to the long-term maintenance of the village and costs associated with the refurbishment of the residence when they leave. The benefit of the standard option is that people defer payment of the exit fees until they decide to leave, freeing up funds to use during retirement. Arcadia Group also understand that

some of its residents want to know the exact amount they will pay over the life of their residence. Similar to the standard option, the surety option allows people to defer payment of the facilities fee until they leave the village but fixes the fee based on the price paid for the residence. Residents do not pay an additional long-term maintenance contribution or for refurbishment costs when they leave. The benefit of the surety option is always knowing the amount that will be repaid when they leave their residence, so people can plan with confidence.

Some people prefer to know that they have paid for their facilities fee upfront and do not need to worry about it being deducted from their refund when they leave. With the prepaid option, residents pay the facilities fee at the time of purchase. When they leave, they will pay a contribution to the long-term maintenance of the village and costs associated with the refurbishment of their residence. If you would like more information about the three financial options currently available at Arcadia Waters, please contact 1300 88 98 35 or visit [www.arcadiawaters.com.au](http://www.arcadiawaters.com.au)

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For future information sessions visit our website [www.altumliving.com.au](http://www.altumliving.com.au)

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Downsizing

ADVERTISING FEATURE

Change can often be the catalyst for 20:20 vision... and it starts in the bedroom



Left to right; Start with the bedroom for a cosier home - enjoy the process of decorating and expressing your authentic self at home with places like your balcony/alfresco area with stylish pots. Inset; Zofia St James



by Zofia St James

CHANGE is not a dirty word. However, we often don't like it and are shocked and scared by

it. Sometimes we balk at it and sometimes it's forced upon us and like it or lump it, we have no choice but to embrace it. Last month, a situation occurred that really challenged me. Life forced me into a very different direction. However, I could not have dreamed how unbelievably happy I am with the outcome. I say this to encourage anyone to trust the

process of what change could mean for you and to inspire you to have 20:20 vision in 2020. Don't wait to see if dreams come true, be proactive and help facilitate them. So what changes would you like to make? Let's think about what we do want to make happen and work on it. When I work with clients on small or larger proj-

ects, they always mention that this has been in their minds to do for some time. I think procrastination is the dirty word here. As we enter a new season and cooler weather it's always a bit more inspiring to change things in our homes. The new direction I have happened upon reminded me of a lot of things I have pushed

aside for the last few years, like my deep love for all things French; the food, the fashions, the furniture and interior designs. I have been thinking about making some small changes that I'd like to incorporate in my home. It's not going to happen overnight due to the cost, however I am going to really enjoy the

process of recreating my balcony/alfresco area into something more of an authentic bijou Parisian space. It will have some olive and lemon trees planted in beautiful French Anduze style pots and a new balcony setting. It's never too late to decorate and express your authentic style and self, in fact it's a necessity. We live within walls that should tell our story and speak of it beautifully. Over the years I have seen people become a lot more interior focused. In the past we focused more on outdoor living because of our long summers. As we head now into cooler weather the word "Hygge" may be something that you heard about. It's a Danish word meaning happiness, comfort, coziness and lifestyle. Hygge means to create comfort at home and to really fall in love with living there. It is also all about making your home cosy. Let's start to prepare

for the new season and as the weather cools make our home cosier. For me I'd like to start with upgrading the bedding with some feather pillows, linens and quilts. Any transformation can always begin with small steps towards the big picture of what you want for your home. It's starts with a desire, ideas and the will to begin. It's rewarding to see these ideas come to life. This month let's make change a reality to bring about fresh new beginnings, starting in the bedroom. Zofia offers an interior style consultation for readers and would like to offer one reader each month a free hour's consult. She can assist with de-cluttering, restyling, choosing furniture and personal styling. She offers a special rate for Have a Go News' readers and knows how to style on a budget. For those interested in a free hour's styling please contact Zofia on 0406 336 607 or email zofia.stjames@hotmail.com

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COMMUNITY NOTEBOOK

JOONDALUP FESTIVAL

Friday 3 to Sunday 5 April  
Free event. Colourful installations, pop up circus and much more.

THE PHOENIX FRIENDSHIP CLUB

Are you a single senior over 55yrs? Meet new friends in a safe, supportive and enjoyable environment.  
Info Ian 0499 725 196 Helen 9394 1846.

BASSENDAN MELODY CLUB

Community Hall Bassendean  
Meets Fridays 10am-12pm  
Sing-a-long, entertainment and friendship  
Carolyn 9279 3718.

MIRRABOOKA MARKETS

19 March 4-9pm  
Multicultural arts and crafts, entertainment, international food and fun for all the family  
The Square Mirrabooka, Sudbury Road car park.

PURPLE WALK 4 EPILEPSY WA

Sunday 29 March. Dress in purple for laps of Curtin University's Edinburgh Oval South  
Live entertainment, food vans 10am-2pm. Register at [www.purplewalk4epilepsywa.au](http://www.purplewalk4epilepsywa.au) or 1300 852 853.

NAVIGATING THE AGED CARE SYSTEM

The Shire of Mundaring and COTA (WA) invite you to a free and independent information session.  
Thursday 19 March 10am-11.30am  
Boya Community Centre cnr Scott Street & Clayton Road Boya.  
RSVP Tracey Peacock [ccbo@mundaring.wa.gov.au](mailto:ccbo@mundaring.wa.gov.au) or 9290 6678.

ROTARY CARINE COMMUNITY FAIR

Sunday 15 March 10am -4pm  
Carine Regional Open Space, corner Beach & Okely Road Carine  
Live entertainment all day, 100 + stalls, food vans and amusements and more.

EVENING IN THE PARK

21 March 6pm-9pm  
Bert Wright Park, King William Street Bayswater  
A colourful evening of performance and food from around the world to celebrate the city's cultural diversity.

DWELLINGUP PUMPKIN FESTIVAL

11 April 10am-4pm Gold coin donation.  
Dwellingup Primary School 10 Newton Street  
Giant pumpkins and other weird and wonderful produce.  
Free entertainment, live music and children's activities.

MANDURAH ROTARY DUCK RACE & FAMILY FUN DAY

Saturday 11 April 10am -4pm  
Mandurah Foreshore  
Entertainment, activities, food and vendor stalls, plus local arts and crafts.  
For more information contact Duck Race Committee, [mandurahrotaryduckrace@gmail.com](mailto:mandurahrotaryduckrace@gmail.com)

MIDLAND ANTIQUE AND COLLECTORS FAIR

Saturday 2 May and Sunday 3 May  
9.30am-4.30pm both days.  
Refreshments available. Entry cost \$5 adult.  
Children under 14 years old accompanied by an adult are free.

DONNYBROOK APPLE FESTIVAL

Saturday 11 April 10am-9pm and  
Sunday 12 April 10am-3pm  
Entertainment all day across two massive stages, enormous produce tent, wine tasting, side show alley and free entertainment for children.  
Sponsored by Live Lighter. No dogs.  
Smoke free event.

RECORD & CD FAIR AND OTHER RELATED ITEMS

Sunday 5 April 9am-3pm  
A project by the Rock n Roll Record Collector's Club  
Leisurelife Centre, corner Kent and Gloucester Streets East Victoria Park  
Refreshments available. Admission adults \$3 children under 16 free, part proceeds to Radio Lollipop at PCH.  
Information and table bookings Frank 9458 5864, email [royals@inet.net.au](mailto:royals@inet.net.au), Facebook Vic Park Record and CD fair, [www.perthrocknrollrecords.com](http://www.perthrocknrollrecords.com)



Autumn - season of myths and mellow fruitfulness



by Frank Smith

HELEN'S Hill Vineyard in Victoria's Yarra Valley recently sent wine writers a brief on the persistent myths that surround our favourite beverage. Here is a summary

Red wine should be served at room temperature. But that may be too hot or too cold for the flavours and aromas to display at their best. The ideal temperature for red wine is between 15-18°C. So on a hot day pop your red in the fridge for a few minutes to cool

it down.

The older the wine, the better. Most red wines tastes better as they matures, whereas most white wines and rosés, tastes better when drunk while still young.

Decanting wine enhances the flavour, but not for all wines. It is only worthwhile to decant old wines to remove the sediment and aerate the wine.

The glassware impacts the taste. The shape of the glass helps release certain smells and flavours. So it may pay to

use different glassware for high quality red and white wines,

Here are a few wines I've enjoyed taking temperature and glassware into account.

**Angullong Pinot Grigio 2019** is very pale straw with a rose gold hue. It displays floral aromas of fresh pear, honeysuckle and white blossom. The palate is vibrant and crisp with cool climate varietal flavours of pear, honey and melon with balanced acidity. The finish is long and refreshing. RRP \$22.

**Pig in the House Chardonnay** is made from organic grapes grown in Orange, NSW. The colour is pale straw. Aromas of yellow peach and pear are evident. The palate of the wine is lively and refreshing with notes of nectarine, lemon and citrus peel. The wine has well balanced acidity and fresh and vibrant. RRP \$25.

**Katnook Estate Chardonnay 2018** is pale gold with green tinges. It has rich fruit aromas of white peach, ripe pear and citrus with subtle vanilla and cashew nuts. The palate is complex with flavours of stone fruit flavours and hints of citrus. Made from rich, full flavoured fruit with subtle oak complexity, this wine will age for up to 10 years if you can wait that long. RRP \$29.

**Tamburlaine Organic wines Orange Syrah 2018** is a deep purple wine made from Shiraz. The grapes are grown at high altitude and picked late. The result is a high alcohol wine (14.8 per

cent) with a bouquet of violets and Chinese five spice. The palate is rich with hints of allspice, cinnamon and cloves. A wine you could put away for a few years for optimum enjoyment. RRP \$19.99.

**Gartelmann 'Jonathan' Cabernet Sauvignon 2015** is deep purple displaying liquorice and dried spice aromas with a touch of bush tomato. The palate has strong tannins with a rich full flavour of blackcurrants. The result is a complex wine of rich, bold black fruits layered with dense inviting oak, great length and beautiful balance. RRP \$35.

**I am George Shiraz 2017.** The name comes from George Wyndham, an English aristocrat who planted Shiraz vineyards in Australia in 1832. The wine is deep purple with intense aromas of red fruits, liquorice and dried herbs. The palate displays ripe plum, chocolate mint and cedar with fine tannins. A robust and long lasting red. RRP \$19.99.

Farmer on your plate - celebrate the importance of farming in WA



Alannah MacTiernan, right, at last year's event

FARMING Champions is hosting *Farmer on Your Plate* in Perth city for the public for the eighth year in a row.

The event celebrates the high-quality produce of Western Australia and connects consumers to the farmers who produce the food on their plates. The event is expected to attract thousands of people to Forrest Place on Thursday, 2 April from 9am to 3pm.

It will feature a variety of free attractions including Nigel's Incredible Creatures of York and solo artist Hayden McGlinn who will perform on the day.

Well-known Perth chefs will be showcasing Western Australian produce with cooking demonstrations. WA producers including Nicola and

Shane Kelliher (Wandering Clover Fed Beef), Mary Nenke (Cambinata Yabbies), Gran and Pops, Coral Coast Beef, Brookwood Estate and Cailo Chocolate, will be there on the day.

Farming Champions is supported by the City of Perth, Buy West Eat Best, RSM Australia, Loose Leaf Lettuce Co, Showcase Events WA and Royal Agricultural Society.

Producers want to engage with the community about the importance of family farms and the high quality of Australian food. The event aims to celebrate the importance of agriculture to Australia. Farming Champions is an organisation which wants to bring agricultural issues to the attention of everyday Western Australians.

New venue for Night Noodle Markets as Perth celebrates Good Food Month



GOOD Food Month, presented by Citi in association with City of

Perth, returns to Perth this April, for the sixth sensational year. Inspiring chef collaborations will bring together home-grown talent from around the country to celebrate Perth's evolving dining scene.

From 25 March until 5 April the highly anticipated Night Noodle Markets are taking over Yagan Square for twelve sizzling nights. The markets are free to attend, and food lovers can embark on a vibrant flavour journey through Asia,

tasting new creations, dynamic flavours and signature dishes from hawker-style stalls from around the country, served alongside live music, DJs, and lion dancing.

Local favourites Fry'd and Kumokumo will be joined by multicultural flavours from around Australia from Hoy Pinoy, Wonderbao, Bangkok Street Food, Calabang, Twistto, Flying Noodles, Teppanyaki Noodles, Shallot Thai, @Roll Up, Waffleland, Raijin, Poklol x

Puffle, Donburi Station and Bao Brothers.

Night Noodle Markets run from Monday to Wednesday: 5pm - 9pm; Thursday and Friday:

5pm - 10pm; Saturday: 4pm - 10pm and Sunday: 4pm - 9pm.

Find out more [www.goodfoodmonth.com/perth](http://www.goodfoodmonth.com/perth).

Citiplace Centre to celebrate Easter

CITIPLACE Community Centre is a favourite spot in the city for seniors. Run by the City of Perth it is about to celebrate its 30th anniversary this year.

The centre provide a range of services for people in the city including morning and afternoon teas, lunch and services including a hairdresser and podiatrist.

To celebrate Easter this year they

will be holding a special lunch on 9 April which will include a delicious lunch, door prizes, raffles, live music and dancing.

Tickets for the Easter lunch are \$30 per person and are available from the centre, located on the concourse at the Perth Railway Station.

For more information call 9461 3552 or drop in to purchase a ticket.



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

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food & WINE

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ADVERTISING FEATURE

...eat, drink and be merry...

Have a Go News volunteer shares her tasty and easy apple slice with readers this month



Helen Jones

**HAVE a Go News** volunteer Helen Jones has been working at *Have a Go News* for about 20 years. She has done a variety of jobs during this time including compiling our Friend to Friend service. She has become a wonderful friend to us all and we love and appreciate her donating her time for the betterment of the *Have a Go* community.

Helen is a great cook and she often brings us in one of her famous apple slices which is always greatly appreciated by everyone in the office. This month we thought we would share this brilliant but easy recipe with readers. It is perfect for morning or afternoon tea and a great dish to take along to share with friends and family.

Helen says that there are many recipes for this slice but this one is easy and always receives rave reviews.

From the management and staff of *Have a Go News* we would like to say a big thank you to Helen for her continuing work at the paper.



Apple Slice

**Method**  
PREHEAT oven to 180°C. Line the

- Ingredients**
- 340g packet Homebrand butter cake mix
  - 1 cup desiccated coconut
  - 125g butter or margarine melted
  - 425g can of pie apples or 1½ cups of drained stewed apples
  - 300 - 400g tub sour cream
  - 2 eggs lightly beaten
  - 2 tablespoons lemon zest (optional)
  - 1 tablespoons ground cinnamon

base and sides of a 30cm x 20cm slice tin with baking paper, making sure the paper extends up the sides of the tin. If you scrunch the paper

and then smooth out it sits in the tin well before adding the mixture.

Do not follow the instructions on the cake mix packet, instead combine cake mix with the melted butter, desiccated coconut and mix well. Cook for about 15 minutes or until lightly browned. Remove from oven but leave the oven on. Cool base slightly then spread apple to cover.

Beat sour cream, eggs and lemon zest (if using) until smooth, then pour mixture over the apples. Bake for about 30 minutes or until the custard is set. Sprinkle the top with cinnamon. Allow to cool in the tin, then refrigerate until cold. Cut into squares to serve. Makes about 32 slices.

Cooking with Gas - recipes brought to you each month by AGL the proud partners of **Have a Go News**.

AGL - It's gas, plus a whole lot more.



Pork rump in lemongrass marinade



Right; Pork rump in lemongrass marinade  
Above; Vince Garreffa

by Vincenzo Garreffa

QUICK, easy, tasty and professional... that's what this recipe is. This will look and perform so well that you will start dreaming about open-

ing your own restaurant. You fool you, snap out of it! Just cook it for your friends and family and bask in the glory. Ciao.

**Ingredients for 2 to 4**

- 2 thick (4 cm) slices of pork rump, no rind
- Marinade
- 2 tablespoon of sugar
- 2 tablespoons of soy sauce
- 2 tablespoons of rice wine vinegar
- 2 tablespoons of extra virgin olive oil (evoo)
- 2 tablespoons of rice wine
- 2 stalks of lemongrass, white part only
- 1 finely sliced, medium sized chilli

2 cloves of garlic finely chopped

**Method:**

Bruise the lemongrass by giving it a hit or two with a mallet. Then mix all the marinade ingredients together in a bowl big enough for the meat as well. Marinate the meat for one or two hours, turning occasionally. Remove the meat and sit it on a flat tray, drizzling it with a little evoo. Roast it in a hot oven at 250°C for 30 minutes, then rest for an extra five minutes covered in alfoil. Boil the left over marinade for two minutes. Serve the marinade in a bowl next to some steamed rice with the pork rump on top. Encourage your guests to use as much marinade as they like to flavour the meat and rice as they go. It's a winner!

Vince is the proprietor of *Mondos Butchers* located at 824 Beaufort Street, Inglewood. They are open Tuesday to Friday 8am - 6pm Saturday 9am to 2pm. Phone 9371 6350 or visit [www.mondo.net.au](http://www.mondo.net.au)

Knife and fork talk with the Dining Divas



Chef & Co Restaurant's chicken parmigiana with chips and salad

by Pat Paleeya

MY dining companion is on leave at the moment therefore all on my lonesome I sallied forth along Beaufort Street to savour the \$18 seniors lunch special at Chef & Co Restaurant.

My mode of travel was shanks pony as a walk along Beaufort Street is never boring. Where else could you buy your sa-

sages, have a massage, get a haircut and lunch all in one block? If you wish to use public transport, there are plenty of buses using that route. Alight at the stop outside the Civic Hotel and the restaurant is opposite.

Chef & Co is a lovely welcoming restaurant with ample dining areas, the olive-green walls offset the light and dark wood of the comfort-

able chairs and tables. Near the entrance is a very inviting nook furnished with two Chesterfield armchairs and sofa where you can repose with your after lunch/ dinner coffee. On one wall is a large black and white mural of Barrack Street Bridge looking towards the Town Hall circa early 1900s, it is very eye catching.

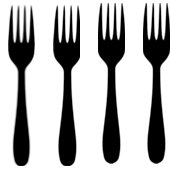
The Seniors Lunch offers four choices, beef lasagne with chips and salad, beer battered fish with chips and salad, chicken parmigiana with chips and salad and fettucine carbonara. After that long walk I had quite an appetite and chose the parmigiana. Ivana the friendly and very efficient waitperson had warned me that it was a large serving, but I wasn't expecting Desperate Dan's Pie! It was enormous and delicious. The Neapolitan sauce, ham and melted cheese cov-

ered and complemented a beautifully cooked piece of chicken. The salad greens and cherry toms were very fresh, the dressing piquant and light. Plenty of chips (there go your hips) which were just right. A very pleasing lunch indeed and I am not surprised that the chef is a Gold Plate Finalist, his food is indeed testament to that. Don't miss this one.

**Seniors Lunch**  
**Wednesday to Friday 11 am-3 pm. Please present your Seniors card.**

**4 Forks**  
**Chef & Co, 1000 Beaufort Street, Bedford, 9271 2288.**

**[www.chefandcoresrestaurant.com.au](http://www.chefandcoresrestaurant.com.au)**  
**[Bookings@chefandcoresrestaurant.com.au](mailto:Bookings@chefandcoresrestaurant.com.au)**



Knife and fork talk ratings

- Five forks** – excellent food and service
- Four forks** – overall good food and service
- Three forks** – reasonably good food and service but could make some improvements
- Two forks** – food and service needs improvement
- One fork** – would not recommend

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](mailto:vince@haveagonews.com.au). Please include your phone number.

WEEK DAY LUNCH SPECIALS

Information correct at going to press

**BAYSWATER HOTEL**  
\$19.95 Seniors buffet  
Mon-Fri 12-2.30pm  
Railway Parade  
Bayswater 9271 7111

**CHEF & CO**  
\$18 Seniors lunch special\* (present seniors card)  
Wed-Fri 11am-3pm  
1000 Beaufort St,  
Bedford 9271 2288

**COTTAGE TEA ROOMS**  
Under \$15 light lunch  
Mon-Fri 10am-4pm

Sat-Sun 9am-5pm  
8560 West Swan Rd  
Cnr of Forest Rd  
Henley Brook 9296 6886

**KATSU'A JAPANESE RESTAURANT**  
Under \$16 lunch special (served with rice & miso)  
Tues-Fri 11.30-3pm  
2/40 Central Walk  
Joondalup 6406 2397

**ODIN TAVERN**  
\$17 lunch special  
Mon-Fri 11-3pm

51 Erindale Rd.  
Balcatta 9345 3316

**RAVENSWOOD HOTEL**  
\$13.50 Seniors special  
Mon-Fri 11.30 onwards  
Lot 65 Lloyd Ave,  
Ravenswood 9537 6054

**ROMA CUCINA**  
\$20 Lunch specials  
Wed, Thurs, Fri & Sun  
11.30-2pm  
BYO wine only  
9 High Street,  
Fremantle 9335 7662

**ROYAL PALMS RESORT**  
\$15 Seniors lunch special  
Mon-Thu 11.30-2.30pm  
Fri-Sun 11.30 onwards  
8 Albert Street,  
Busselton 9752 3611

**THE DROP INN**  
\$15 seniors lunch menu  
Mon- Fri 12-5pm  
7 Hoskin St  
Warrbro 9593 1597

\*Seniors card to be presented

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- Spring rolls with sweet chilli sauce
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# food & WINE

...eat, drink and be merry...

ADVERTISING FEATURE



## Grapes: The fresh and tangy taste of autumn is in store now

by Noeleen Swain

BUNCHES of dewy, plump grapes are plentiful and seducing hedonists everywhere with their sweet, juicy charm. Now is the ideal time to enjoy magnificent fresh table grapes from all corners of Western Australia; with more than 30 different varieties grown commercially, there's an

abundance of flavour that will keep you munching happily all autumn long.

Eat them by the handful straight from the fridge or pop in a cooling tropical drink – a classic fruit-based cocktail is always a good bet. Try serving with a delicious chunk of soft cheese and fresh walnuts or toss through a peppery rocket-based

salad with some good extra virgin olive oil.

Look for big, crisp, Autumn Crisp – a white seedless grape that has set the standard of late. Be on the look out for a super new addition to the pick list – Cotton Candy – fully flavoured, crisp and almost golden in colour. You can certainly understand why it's gained its name.

Black grape lovers will get to enjoy the relatively new Black Sapphire through autumn – easily spotted by its elongated shape and characteristic dimple on the end.

When selecting, look for those with a mist-like bloom, a natural covering that can be seen more readily on red or black grapes, indicating that they have received minimum handling.

Fresh looking green stems are another good sign of recently picking. Chill grapes immediately and rinse just before eating. Lolling about on a chaise lounge whilst someone feeds you one-by-one is optional.

Try the delicious salad below to liven up your autumn feasts...

Prepared by Fresh Finesse Food Promotions [www.freshf.com.au](http://www.freshf.com.au)

### Couscous, grape and fetta salad

Preparation: 10 minutes;  
cooking: 5 minutes; serves: 4-6



2 cups couscous  
¼ cup slivered almonds  
¼ teaspoon cumin seeds  
2 tablespoon olive oil  
1 tablespoon lemon juice

Salt and cracked black pepper  
75g baby spinach leaves, roughly shredded  
125g red grapes  
¼ cup coriander leaves  
⅓ cup roughly crumbled fetta  
PLACE the couscous in a large heat-proof bowl and pour over 2½ cups boiling water. Cover the bowl in plastic wrap and set aside for five minutes.

Meanwhile, heat a small frying pan over medium heat. Add the almonds and cumin and cook for one to two minutes or until starting to go light golden. Remove and set aside.

To serve, combine the oil, lemon juice, salt and pepper and stir through the couscous using a fork to fluff up the grains. Add the almonds, cumin seeds, spinach, grapes and coriander. Top with fetta and a few extra grapes and serve. Alternatively, refrigerate until needed.

### What's Fresh in the markets this month



**Passionfruit:** Tangy, piquant supplies of beautiful WA-grown passionfruit are coming in from the south west and the greater Gingin area. Scoop out the zingy, fibre-rich flesh and splash on thick yoghurt or use as a spectacular top layer on a snowy white pavlova. Passionfruit pulp also works exceptionally well teamed with rice wine vinegar, fresh coriander and red chilli to taste as a dressing to drizzle over sliced barbecued pork. Choose large, heavy passionfruit with undamaged, slightly wrinkled skin which is an indicator of ripeness.

**Plums:** There's no time to waste if you're a serious plum fan, with myriad varieties to choose from throughout their relatively short season. Look for Amber Jewel and Teagan Blue for current picks of the bunch. Avoid those with wrinkled, punctured or rough skin and those that are extremely hard or with brown discoloration.

**Pumpkin:** That Peter bloke, the notorious pumpkin eater, clearly knew a thing or two about full-flavoured veggies. An excellent source of vitamin A, vitamin C and fibre, magnificent WA grown Ironbark and Butternut pumpkins are currently yours for the picking. Roast wedges, cool and toss with a lemony dressing for a bold-coloured side dish or steam and mash for a velvety room-temperature accompaniment to grilled meat.

**Galaxy apples:** Galaxy apples, a cultivar derived from the well-known Gala, are the first of the new season apples to appear in the markets each February. They have a delightful flavour and are crisp and juicy to eat fresh – be sure to store in the fridge to maintain the crispness in eating texture. Their skin is quite thin, which means careful handling is required to avoid bruising. Galaxy holds together very well for poaching and baking (fantastic in a muffin) and does not fall to a puree.

**Cotton candy grapes:** A new addition to the local grape scene, Cotton Candy has super crisp, sweet juicy seedless berries. The golden amber colour contributes to the naturally higher sweetness. It's certain, you'll never be able to stop at one. Lucky, it's all fresh natural goodness to be enjoyed.

### Grape bircher muesli

Preparation: 5 minutes plus overnight  
standing; cooking: nil; serves 1-2



½ cups rolled oats  
¼ cup fresh squeezed orange juice  
¼ cup water  
¼ cup fresh grapes  
¼ grated green apple (skin on)  
¼ cup European style yoghurt  
½ tablespoons chopped hazelnuts  
½ tablespoons chopped almonds  
¼ cup red grapes, extra

PLACE the oats, orange juice and water in a large bowl, cover and refrigerate overnight to soften the oats.

When the oats are quite soft, stir through the grapes, grated apple and yoghurt, adding a little extra orange juice or water if the consistency is too thick (it should resemble porridge).

Serve bircher muesli topped with chopped nuts and extra grapes.

Note: bircher muesli will last, covered, in the fridge for up to three days.

### Support WA food businesses - buy west and eat best

HAVE a Go News is a locally owned family newspaper and we are always looking at supporting local business in our great state. Buy West Eat Best proudly supports the local food and beverage businesses across Western Australia.

When people see the Buy West Eat Best distinctive green bite mark logo they can be assured that they are

buying quality products which have been grown, farmed, fished and processed right here in WA.

Here's some tips about making a good choice when shopping locally...

Look out for the Buy West Eat Best logo – identify WA products by looking out for the Buy West Eat Best logo on fresh produce and grocery items in your

local supermarket or greengrocer.

Look for what's in season – knowing and buying WA fruit and vegetables during the peak growing season means you are eating them at their best quality and when they are in abundance, increasing the flavour and lowering the purchase costs.

Supporting restaurants – look for seasonal produce when din-

ing out. Buy West Eat Best not only supports WA food and beverage producers but also the food service community through the restaurant, cafes and ready-made meals. These businesses actively choose to support the eat local philosophy.

Get social – follow Buy West Eat Best on social media or head to the website to sub-

scribe to the seasonal eNewsletter full of recipes, kitchen tips, tricks and ideas. Get to know the people behind where your food comes from.

Following these easy guidelines can help you make a good choice to enjoy the best of local fresh produce and support our WA producers. For more information visit [www.buywesteatbest.org.au](http://www.buywesteatbest.org.au).

### Award winning Chef and Co Restaurant offers quality seniors lunches

CHEF and Co is an award winning restaurant serving contemporary modern Australian cuisine. It is pleased to offer diners a seniors lunch menu from Wednesday to Friday each week.

The seniors lunch menu offers beef lasagne with chips and salad, beer battered fish and chips with salad, chicken parmigiana with chips and salad or fettucine carbonara for \$18. Coffee and cake can be added for \$5.

Wednesday nights is steak night serving

a delicious 250g fillet served with potato rösti, seasonal vegetables and a red wine jus for \$25.

Sunday roasts are available all day on Sundays for \$25 and kids eat free after 5pm.

The restaurant has a lovely atmosphere and is available for group bookings.

Chef and Co look forward to welcoming Have a Go News readers, just mention on booking. Walk ins are welcome too.

They are open Wednesday to Sunday

11am till late offering lunch, dinner, morning and afternoon tea and located at 1000 Beaufort Street, Bedford, phone 9271 2288.

Bookings@chefandcorestaurant.com.au

**WIN WIN WIN**

**To be in the draw to win a lunch for two at Chef and Co simply email win@haveagoneews.com.au with Seniors Lunch in the subject line or write to Chef and Co competition c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 31/3/20.**

**YANCHEP INN**  
WESTERN AUSTRALIA

**Seniors group lunches \$18pp\***

Available Monday to Friday (minimum 15 persons)

**Main: Roast of the day**  
Served with mashed potato and seasonal vegetables

**Dessert: Apple crumble**  
Served with custard and cream followed by tea or coffee

\*Please note, park entry fees apply. Bring your seniors card for \$2.50 per person bus entry

**Bookings essential 9561 1001**  
[www.yanchepinn.com.au](http://www.yanchepinn.com.au)

Award winning restaurant serving modern Australian cuisine

**Seniors Lunch Special\* \$18**  
Wednesday to Friday 11am to 3pm  
Choose from...  
Beef lasagne with chips and salad  
Beer battered fish and chips with salad  
Chicken parmigiana with chips and salad  
Fettucine carbonara  
\*Seniors Card to be presented

**Steak Night \$25**  
Wednesday night  
250gram fillet served with potato rösti, seasonal vegetables and a red wine jus

**Sunday Roast Special \$25**  
All day Sunday  
Kids eat free Sundays after 5pm

**A la carte menu available daily**

Group bookings welcome - plenty of parking  
Open Wednesday to Sunday 11am till late  
Lunch, dinner, morning and afternoon tea  
Fully licensed  
1000 Beaufort Street, Bedford  
Phone 9271 2288  
Bookings@chefandcorestaurant.com.au

\*All specials and seniors menu not valid with any other promotion offers or entertainment card.

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**SIGN UP NOW FOR YOUR 2020 MEMBERSHIP**

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Meals on Wheels \*conditions apply, advertised prices are for members

**Lifestyle activities:** Bridge, scrabble, mahjong, bus trips, chess and Zumba.

**TUESDAY LUNCHES:** \$15 members, \$20 non-members

**NEW ACTIVITIES:** Zumba Gold - Mondays 9.30am, Pilates - Tuesdays 2.30pm-3.30pm, Sing & Swing Let's Go - 2pm-2.45pm (grandparents and grandkids welcome)  
Meditation - Fridays 7pm

**Events - 11 March:** Andre Rieu film screening with afternoon tea, FREE event; **17 March:** St Patrick's Day lunch \$20. Book early to save disappointment

**53 Coode Street, South Perth**  
Phone 9367 9880 for bookings or info

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# food & WINE

...eat, drink and be merry...

ADVERTISING FEATURE

...eat, drink and be merry...

## Brunch with T - making a visit to the original Mary Street Bakery



Left to right; Mary Street Bakery is located on the corner of Mary and Beaufort Streets, Mt Lawley - fried chicken on a buttermilk pancake - pressed ham hock served with poached eggs and hollandaise sauce - delectable donuts - green cold pressed juice with a blend of kale, cos, silverbeet, apple, celery



by Tahlia Merigan

MARY Street Bakery has been a long time favourite brunch spot of mine. I realised when I was trawling through our long list of venues that I hadn't done a review for this column. They have expanded over the last few years and have two cafés in the city, one in Leederville, another in City Beach and of course the original café which is located on the corner of Mary Street and Beaufort Street in Highgate. The menus are the same at all locations and they all

stock a delectable range of donuts, pastries and take away sandwiches and coffees. I drive past the Beaufort Street café daily and it is always busy, no matter what the weather or the time of day. I have always found it a great spot to meet up with friends for brunch and the food and service are consistently good. They offer an eclectic menu and the venue is sparsely furnished with old school chairs, plain tables, bench seating with tables for two and a large selection of outside benches and tables. The walls are painted a bright white and feature some hanging plants. When we visited for the review on a Saturday morning Mary Street Bakery was heaving with a line of people at the door. The mark of a good café is when the staff are friendly and efficient under

pressure and we didn't wait long for a table for two inside. They also provide table service which gets a big tick from me and the waiting staff were quick and efficient. We began with the obligatory coffee and we both ordered large flat whites (\$4.50). They came to the table in pretty blue cups decorated with a fancy swirl. Coffee was delicious but a little on the lukewarm side. It's a pet hate of mine, but after writing this column for so many years I am learning I just have to live with the fact that most cafés don't serve hot coffee. The price was good for the size of the cup and the coffee was smooth and rich; it's definitely better value to order the large size for the 50 cents extra. I couldn't go past ordering the fried chicken on a buttermilk pancake with crushed peanuts and

a fried egg smothered in maple syrup (\$24). It's not the first time I have had this delicious brunch dish and it's consistently good. The large pancake is light and fluffy, the chicken is crispy and delicious, and the fried egg perfectly cooked for the dish. I didn't think it warranted a really runny yolk for this dish and it was spot on. The pancake is drizzled with a generous serving of maple syrup. It's not the dish for everyone, but I like the mix of savoury and sweet and the serving size is one that quells hunger all day long. My guest went for the pressed ham hock with potato herb, served with poached eggs and hollandaise sauce (\$23). It was a tasty dish that is decorated with half a large pickle and a crunchy cracker on top. The hollandaise sauce which was drizzled on the eggs was a piquant flavour

and light and delicious. The eggs were cooked perfectly and the herby potato hash browns were like little croquettes. The shredded ham hock sat under the eggs, parceled together and was not too salty and had a lovely smoky flavour. We shared a green cold pressed juice which was a blend of kale, cos, silverbeet, apple, celery and lemon (\$8) and always makes you feel like you have added a healthy item to the very decadent brunch. Also on the menu is a variety of toasted homemade breads, sweet items including their famous donuts and pastries, eggs all ways including boiled eggs and soldiers. They even serve an 'old English' bacon sanger and a variety of vegetarian dishes. Mary Street is one of the original brunch spots in Perth and it's great to see they have expanded across

the city and maintain their large and loyal following. It ticks all the brunch boxes and is well worth a visit to the original or one of its sister outlets across town. Check the website for the addresses of the other locations; Leederville, Highgate and City Beach are open seven days, the café in Allendale Square is open Monday to Saturday and the other city location at QV1 is only open Monday

to Friday.  
**3.5 spoons**  
**Mary Street Bakery, 507 Beaufort Street, Highgate**  
**0499 509 300**  
**www.marystreetbakery.com.au**  
**Open daily from 7am to 4pm**



### T's spoon ratings

- Five spoons** – excellent food and service – you must go!
- Four spoons** – overall good food and service well worth a visit!
- Three spoons** – reasonably good food and service but could make some improvements.
- Two spoons** – food and service needs improvement.
- One spoon** – would not recommend.



## Good choice, WA.

Choosing fresh, local produce is good for all of us. Look for the Buy West Eat Best logo next time you go shopping.



Find out more at [www.buywesteatbest.org.au](http://www.buywesteatbest.org.au)  
@buywesteatbest #buywesteatbest



# NATIONAL COMMEMORATION ANNOUNCEMENT

Layered in  
Pure Gold



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Yours for just  
**\$29.99 + P&H**

## The Diana Princess of Wales 20<sup>th</sup> Anniversary Commemorative

*Limitation: 9,999 worldwide | Finish: Layered in Pure Gold | Quality: Proof | Edition: Uniquely Numbered | Diameter: 38.6mm*

Diana's kindness, compassion and sense of service to others left a mark on so many lives. In August 1997, we lost our Princess. Now, over twenty years since her untimely and tragic death, a new limited edition commemorative has been issued as an eternal tribute to the life and lasting legacy of Diana Princess of Wales.

Layered in pure gold, the *Winning Hearts in Australia Golden Commemorative* features a radiant colour portrait of Diana, taken in 1990 on a visit to Melbourne, fittingly encircled by a wreath of roses. Only 9,999 commemoratives are being issued worldwide – which means fewer than 1 in every 818 Australian households will be able to own one. Each commemorative is individually numbered within the edition limit and is accompanied by a FREE Certificate of Authenticity attesting to its limited edition status.

The earliest orders will receive the lowest edition numbers. For this reason applications will be processed on a strictly first-come first-served basis and are limited to one per Australian household. Successful applicants also qualify to view the next commemorative in *The Life And Legacy Of Diana Princess Of Wales Collection* for only \$79.99 (+ \$9.99 P&H) sent entirely without obligation on our 14-day home approval service. Applicants may cancel at any time and all purchases are covered by The Bradford Exchange 14-day Money Back Guarantee.

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### Fully layered in pure 24-carat gold

With Diana's monogram mint-mark fittingly accented with rose gold - a stunning tribute to 'England's Rose'.



### Struck to the highest-quality Proof finish

Expertly struck not once but twice onto a specially prepared mirrored surface reserved only for the most important commemorative issues.

*Each commemorative is accompanied by a Certificate of Authenticity which is supplied, free of charge. A handsome polished black case to house the golden commemoratives that will accompany a future delivery and is also supplied to you free of charge, as part of your collection.*



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# A big web of intrigue in Agatha Christie comedy whodunnit



A UNIQUE blend of suspense and humour come together at the Old Mill Theatre this March in an Agatha Christie play parodying the detective thriller genre.

Directed by Donna Foote and June Richardson, *Spider's Web* delivers tension and laughter in equal parts with an intricate plot of murder, police, drug addicts, invisible ink, hidden doorways and secret drawers.

Clarissa, a diplomat's wife, is adept at spinning tales of adventure – but when a murder takes

place in her drawing room she finds it much harder to cope with real-life drama.

Desperate to dispose of the body before her husband arrives with an important politician, she enlists the help of her guests until they are interrupted by a detective.

*Spider's Web* was Agatha Christie's second most successful play, after *The Mousetrap*.

"It appears at first to be the typical detective thriller play she was well-known for, but it's also a play with comedy," Donna said. "It's the only time she incorporated both."

"Comedy is not an easy genre to direct – the adage 'timing is everything' absolutely applies to this play.

"The characters are given funny lines but, in delivering those lines or performing sight gags, they have to be timed perfectly or it all falls flat.

"Then there's the other side of the play, dealing with murders and murderers, and we have to make it all work together."

Both directors have known each other for 50 years, after originally going to school together.

Donna was previous-

ly the state manager of Musica Viva and has directed with the Gilbert and Sullivan Society of WA three times over the past 30 years.

Each time, the show was *I've Got A Little List*, co-written with her musical director husband Andrew.

June was previously a professional stage actor in the UK during the 1980s.

"June and I were originally looking for a comedy play to direct at the Old Mill Theatre," Donna said.

"But when we came across this Agatha Chris-

tie comedy thriller, it was too good to resist.

"It has the tension of a whodunnit alongside some humorous characters.

Agatha Christie's *Spider's Web* plays 7.30 pm 13, 14, 19, 20, 21, 26, 27 and 28 March with 2 pm matinees 15 and 22 March. Tickets are \$25, \$20 concession – book at [www.trybooking.com/BHLEV](http://www.trybooking.com/BHLEV).

The heritage-listed Old Mill Theatre is on the corner of Mends Street and Mill Point Road, South Perth (opposite the Windsor Hotel and Australia Post).



Scott Miller, Rianna Ash, Alex Hooper  
and Mark Matthews

An evocative stage production not to be missed

FOLLOWING eight record-breaking years in London's West End and having played in 11 countries around the world to more than seven million people, the National Theatre's acclaimed play *War Horse* will open at Crown Perth Theatre at the end of March.

At the outbreak of World War I, Joey, young Albert's beloved horse, is sold to the cavalry and shipped to France. He's soon caught up in enemy fire, and fate takes

him on an extraordinary journey, serving on both sides before finding himself alone in no man's land. Albert, who remained on his parents' Devon farm, cannot forget Joey. Though still not old enough to enlist he embarks on a treacherous mission to find him and bring him home.

Based on the beloved novel by Michael Morpurgo, this powerfully moving and imaginative drama, filled with stirring music and songs, is a show of phenomenal inven-

tiveness. At its heart are astonishing life-sized horses by South Africa's Handspring Puppet Company, who bring breathing, galloping, charging horses to thrilling life on stage.

*War Horse* is an unforgettable theatrical event which takes audiences on an extraordinary journey from the fields of rural Devon to the trenches of First World War France.

See advertisement on page 61 for booking details.

**WAISSS**  
Western Australia  
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Symposium

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**Attadale Reserve**

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**[waiss.com.au](http://waiss.com.au)**

## ARTISTS

Sihua Qian  
*China*

Renate Verbrugge  
*Belgium/New Zealand*

Hitoshi Tanaka  
*Japan*

Dumitru Ion Serban  
*Italy*

Shu Wei Chang  
*Taiwan*

Jina Lee  
*Western Australia*





# Jazz orchestra set to swing Embassy Ballroom

ONE of Perth's lost treasures, for more than 50 years the Embassy Ballroom hosted hundreds of performances by the cream of WA's entertainers and performers, as well as sublime international guest artists.

On Friday 27 March be whisked back to a bygone era of style and glamour with the most beloved big band jazz music of its time when Swinging at the Embassy Ballroom, hits the main stage of His Majesty's Theatre.

Special guest vocalists Victoria Newton and Anita Wardell join all three of Western Australian Youth

Jazz Orchestras (WAYJO) at His Majesty's Theatre to croon, swing and melt hearts. These two vocalists, who were singing together in London during the 1990s, will entertain people with their style, vocal virtuosity and humour.

Victoria Newton said: "I am so looking forward to the Swinging at the Embassy Ballroom show because I get to work with the phenomenon that is WAYJO. The bands are so brilliant and it's always such a joy to sing with their magnificent sound and swinging grooves behind you."

"I can't wait for this show," said

Anita Wardell. "I'm so looking forward to making music with the amazing WAYJO orchestra and together share this wonderful art form with the audience. What an honour for me to sing with that lush and super swinging sound behind me."

Tickets for this, and all season shows, are on sale now at Perth Theatre Trust. WAYJO are also offering a special price for readers. Use the promo code HAVEAGO JAZZ to buy 2 tickets for \$60.

For more information on WAYJO's 2020 season, please visit [www.wayjo.com/season](http://www.wayjo.com/season)

# The lovable Peter Rabbit is back



have created a makeshift family, but despite his best efforts, Peter can't seem to shake his mischievous reputation. Adventuring out of the garden, Peter finds himself in a world where his mischief is appreciated, but when his family risks everything to come looking for him, Peter must figure out what kind of bunny he wants to be.

Featuring Rose Byrne, Domhnall Gleeson, David Oyelowo, Elizabeth Debicki with Margot Robbie and James Corden as Peter Rabbit.

In cinemas 19 March.

**WIN WIN WIN**

Thanks to Sony Pictures we have some passes to give away to see Peter Rabbit 2. To be in the draw to win a double pass simply email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with Peter in the subject line or call the office during business hours on 9227 8283. Closes 16/3/20.

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*Tickets on Sale Now!*

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**HOT RATS LIVE!**  
FRI 17TH APRIL  
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**THE GIPSY KINGS**  
SAT 18TH APRIL  
RIVERSIDE THEATRE PCEC

**JOHN MAYALL**  
THU 23RD APRIL  
ASTOR THEATRE

TICKETS AND MORE INFO AT [BLUESFESTTOURING.COM.AU](http://BLUESFESTTOURING.COM.AU)

# Come and sing your heart out

COLLA Voce Community Choir welcomes men and ladies, who like to sing, to join the choir.

No previous singing experience is necessary and there is no audition. They sing a wide variety of songs and hold concerts twice a year to which friends and families are invited.

Please come and sing with them on Monday nights from 7.30pm until 9.30pm in Noranda.

For further information please contact Margaret 0423 045 484.

# New film based on a timeless classic

BASED on the beloved and timeless family story, new movie *The Secret Garden* stars Colin Firth and Julie Walters and tells the story of Mary Lennox; a prickly and unloved 10-year-old girl, born in India to wealthy British parents.

When her parents suddenly

die, she is sent back to England to live with her uncle Archibald Craven and stern housekeeper Mrs Medlock on a remote country estate deep in the Yorkshire moors. There, she begins to uncover many family secrets...

In cinemas 9 April.

**WIN WIN WIN**

To be in the draw to win a double pass simply email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with Secret in the subject line or write to *The Secret Garden* C/- Have a Go News PO Box 1042, West Leederville 6901. Closes 31/3/20.



West Australian Symphony Orchestra

Join us at Perth Concert Hall to share extraordinary music

## Dances with Daphnis

MORNING SYMPHONY SERIES  
Thu 12 March 11am

MACA CLASSICS SERIES  
Fri 13 & Sat 14 March 7.30pm

## Asher Fisch, Mozart and Bruckner

MSWA MASTERS SERIES  
Fri 20 & Sat 21 March 7.30pm

## The Best of Rodgers and Hammerstein

SPECIAL EVENT  
Fri 3 & Sat 4 April 7.30pm

**Tickets from \$30\***  
[waso.com.au](http://waso.com.au) | 9326 0000





Celebrate Harmony Week



Rebecca Guy with Anna Buhisan and Mikis Theodorakis

WA CLASSICAL Music Connect is about bringing classical music to the community. Now it is the community's turn to tell them what they want them to play when they present a very special concert for Harmony Week.

Flautist and organiser Rebecca Guy said: "We want to represent and perform music from as many cultures as our community represents and play it in our wonderful concert."

"Why not request your favourite piece of music which best showcases your country of origin and come along and hear it played?"

"Anna Buhisan, who grew up in the Philippines (pictured centre) has already requested her favourite song, *Bayan Ko* and Angela Koudoumakis who comes from Greek heritage (pictured right) would like us to play some music by Mikis Theodorakis," said Rebecca.

The concert will begin with a Welcome to Country and perform music from around the world for 60 minutes.

The subsidised cost of \$5 has been made possible through a Harmony Week Grant from the Department of Local Government, Sport and Cultural Industries.

There will be a morning tea afterwards and the organisers are looking for volunteers to bring a plate of food from their cultural heritage to share.

The Classical Music in Harmony concert will be held at 9.30 am on Friday 20 March at St Edmund's Church, 52 Pangbourne Street, Wembley.

For anyone who is able to bring along a small contribution, would like to make a request, or book a ticket please contact Rebecca Guy at [wacmconnect@gmail.com](mailto:wacmconnect@gmail.com) or 0414 638 734.

Enjoy the *Music in the Air* concert and help Rotary support local charities



ATTADALE Rotary's Music in the Air Concert is on again and for those who enjoy good music then this is for you.

This concert will benefit local charities supported by Attadale Rotary.

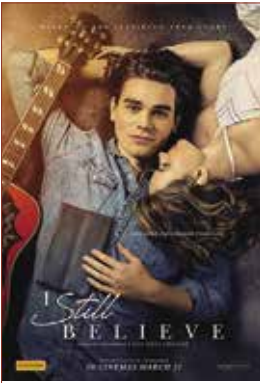
Together with the South Side

Symphony Orchestra, Attadale Rotary is delighted to present *Music in The Air*, featuring a night of light classics with wonderful soloists and songs and music from the great movies.

*Music in the Air* will be held on Saturday 28 March, at

Mount Pleasant Baptist College Auditorium, 497 Marmion Street, Booragoon at 7pm.

Full program, ticket prices and trybooking.com details at [www.attadalerotary.com](http://www.attadalerotary.com) or phone Ian on 0419 914 026 for more details.



Hope in the midst of tragedy

FROM the makers of *I Can Only Imagine* comes the true-life story of Christian music mega star Jeremy Camp in this new film *I Still Believe*. Jeremy's remarkable journey of love and loss proves there is always hope in the midst of tragedy. Starring KJ Apa, Britt Robertson, Shania Twain and Gary Sinise.

In cinemas 12 March.

WIN WIN WIN

To be in the draw to win a double pass simply email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) with *Believe* in the subject line or call the office during business hours on 9227 8283. Closes 15/3/20.

City Of South Perth Historical Society Inc

**ART MUSEUM & LOCAL HISTORY**

GALLERY & SHOP OPEN: Friday 10am-4pm  
Saturday & Sunday 1pm-4pm

Heritage House, 111 Mill Point Rd, South Perth  
9367 9243 [southperthhistoricalsociety.org](http://southperthhistoricalsociety.org)

City of South Perth's May & Herbert Gibbs Art Collection © The Northcott Society & Cerebral Palsy Alliance 2019

Celebrating the music of Van Morrison

AUSTRALIA'S greatest soul voice, Doug Parkinson, pays homage to the legendary Van Morrison songbook with his new production.

In an evening filled with all of Van Morrison's classic hits, Australia's undisputed king of soul, Doug Parkinson along with his eight-piece band, will respectfully and accurately belt out songs that made a generation of listeners take notice of the Irish superstar. With hits in-

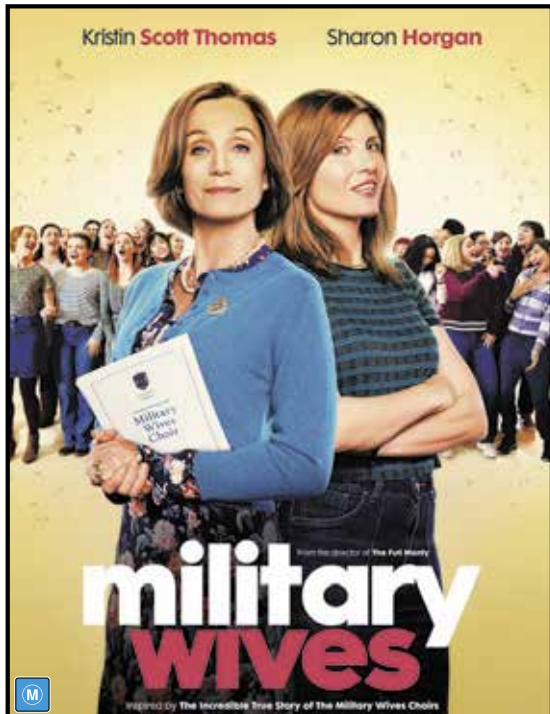
cluding *Brown Eyed Girl*, *Moondance*, *Bright Side of The Road* and *Have I Told You Lately*, there isn't a more qualified singer to showcase the music of Van Morrison than Doug Parkinson.

Don't miss this live concert at the Astor Theatre on Saturday 4 April, 8pm.

Tickets from Ticketek 132 849.

For further information visit [www.lesliehintonenentertainment.com](http://www.lesliehintonenentertainment.com).

See ad in this feature.



COMMENCES MARCH 12 at WINDSOR CINEMA and LUNA ON SX  
Look out for advance screenings at WINDSOR, SX and CAMELOT OUTDOOR

**LUNA PALACE**  
CINEMAS

For SESSION TIMES and TO BOOK TICKETS visit our website: [www.lunapalace.com.au](http://www.lunapalace.com.au)

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★★★★★  
**'Makes you rejoice to be alive.'**  
The Times

★★★★★  
**'An Entertainment Phenomenon.'**  
The Daily Telegraph

The acclaimed National Theatre of Great Britain production

**WarHorse**

Based on the novel by Michael Morpurgo • adapted by Nick Stafford  
in association with Handspring Puppet Company

**24 PERFORMANCES ONLY**

**FROM 24 MARCH • CROWN THEATRE**

[warhorseonstage.com.au](http://warhorseonstage.com.au)

ADDITIONAL MATINEES ADDED





## Enjoy a taste of the *Coal Miner's Daughter* touring Western Australia in April



MULTI awarded, look alike songstress, Amber Joy Poulton, brings *Coal Miner's Daughter*, featuring the mega-hits and stories of inspirational pioneer and superstar Loretta Lynn, to WA for four shows only in April, following a sold-out national tour in 2017.

Singer-songwriter Amber has 13 Top Ten

country hits under her belt and says she is thrilled to be kicking off the 2020 tour in WA.

Loretta is a superstar who rose from humble beginnings to be recognised as the first Queen of Country and first female Entertainer of the Year.

As Loretta attests, she was married at 14 with 4 children at 18 became a grandmother at 29.

Her first hit, *Honky Tonk Girl*, was recorded when she was 25 and led to an invitation from the Grand Ole Opry, where she played for 17 weeks straight. Loretta came to the attention of her idol, Patsy Cline, and their close friendship is beautifully portrayed in this theatre production.

The chemistry between Loretta and Conway Twitty was cause for speculation until his passing in 1993 and two of their best duets leave little to the imagination – *Lead Me On* and *After The Fire Is Gone*. They maintained a strong profes-

sional relationship and recorded 11 albums together, with five number one hits from 12 singles on the Billboard charts.

*Coal Miner's Daughter* includes 'friends' Lizzie Moore as Patsy Cline and Denis Surmon as Conway Twitty accompanied by The Holy Men, in this sensational musical tribute to three legends.

This sensational production is filled with traditional and contemporary mega-hits: *Coal Miner's Daughter*, *Don't Come Home A'Drinkin'*, *With Lovin' On Your Mind*, *I Fall To Pieces*, *You Ain't Woman Enough To Take My Man*, *Crazy*, *Silver Threads and Golden Needles*, *Walkin' After Midnight*, *You're Lookin' At Country*, *One's On The Way*, *Stand By Your Man*, *After The Fire Is Gone* and more.

Based in Brisbane, Lizzie Moore is an accomplished musical theatre actress who has taken her solo show to London and appeared

off-Broadway in both theatre and cabaret productions. She has provided lead and backing vocals for numerous recordings and live acts and toured her shows *On a Night Like This* and *Cool Britannia* throughout Australia.

Denis Surmon aka 'The Preacher' revels in his role as DJ Sleepydog, Nashville's top radio announcer and narrator for *Coal Miner's Daughter*. His talents are truly revealed when performing as Conway Twitty with Amber in Loretta Lynn mode, and has the natural ability to bring to life one of country's finest voices.

*Coal Miner's Daughter* with Amber Joy Poulton, Lizzie Moore, Denis Surmon and The Holy Men will play on Wednesday 1 April at the Albany Entertainment Centre, on Friday 3 April at the Mandurah Performing Arts Centre, Saturday 4 April Bunbury Regional Entertainment Centre (BREC) and Sunday 5 April at the Regal Theatre, Perth. Check venues for booking details.

## Can't make it to Bluesfest Byron Bay?

EVERY year Bluesfest Touring brings a handful of amazing acts to Perth.

This year is no exception with *The Gipsy Kings*, Dweezil Zappa and John Mayall performing in April.

*The Gipsy Kings* first hit the charts with the track *Bamboleo* and have since gone on to become one of the most renowned world music artists of all time.

Catch original song writing and singing kings Nicolas Reyes and Tonino Baliardo as they perform their joyous brand of flamenco with master guitar work.

Tickets are now on sale for the Riverside Theatre PCEC on Saturday 18 April.

At the Astor Theatre on Friday 1 April son of the legendary Frank Zappa – Dweezil Zappa – will pay homage to his father

by celebrating the 50th anniversary of the album *Hot Rats* by performing it in its entirety. The album which features tracks like *Peaches en Regalia* was one of the most defining of Frank Zappa's career and was dedicated to Dweezil at his birth. A night not to be missed for fans of Frank, psychedelia, jazz and just plain weirdness.

Also at the Astor Theatre is blues stalwart John Mayall whose staggering 62-album career has seen him work with all of the greats including John Lee Hooker, Eric Clapton, Mick Fleetwood and influencing so many more.

All shows are fully seated and well worth a great night out. Limited tickets remain. Visit [www.bluesfesttouring.com.au](http://www.bluesfesttouring.com.au) for more tickets and information.

## Win a family in-season pass to Disney and Pixar's *Onward*



by Tahlia Merigan

DISNEY Pixar's *Onward* had my attention since the first trailer was released last year and although it didn't quite hit the usual Pixar standard,

I was still tearing up towards the end.

Inspired by director and co-writer Dan Scanlon's own relationship with his brother after his father passed away, *Onward* is set in the fantasy world of New Mushroomon that was once full of magic before technology replaced it.

The story follows the journey of elf brothers Ian Lightfoot (Tom Holland) an introverted and awkward 16-year-old and his older brother Barley (Chris Pratt) a burly, boisterous 19-year-old who has a passion for all things Quests of Yore (similar to a Dungeon and Dragons role-playing game).

On Ian's 16th birthday he receives a gift left before he was born – a magic wizard staff along with a spell to bring back their father for one day.

Though the spell doesn't go to plan with only half their father coming back, they only have 24 hours to spend with him, so Ian and Barley set off on a quest to complete the spell.

Together in Barley's trusty steed (van) Guinevere and his knowledge of Quests of Yore they begin their journey filled with magic, trust and brotherly love that will leave you thankful for your family.

Holland and Pratt have a brilliant vocal chemistry together which translates on screen to Ian and Barley as we watch their relationship grow stronger in this coming-of-age story.

3.5 stars  
In Australian cinemas 2 April.

**WIN WIN WIN**  
**To be in the draw to win a family pass (4 people) to see *Onward* simply email [win@haveagoneews.com.au](mailto:win@haveagoneews.com.au) with *Onward* in the subject line or write to Disney's *Onward* c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 31/3/20.**

### ART for ALL

**The Travelling Artist - March 8-29**  
Artworks inspired by special places far and wide.

**Lunch in the gallery - March 25, 12noon-2pm**  
Katherine Stanley-Hart demonstrates fun abstract painting with acrylic paints

**Popup Exhibition - March 30 to April 19 except for Easter Gallery Closure - April 10-14**  
Alfred Cove Art Society Awards of Excellence - May 25 to June 1

**Gallery closed - June 2-6**

**ATWELL GALLERY AT ATWELL ARTS CENTRE**  
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586 Canning Hwy, (Cnr North Lake) Alfred Cove

**Ph: 9330 2800 [www.atwellarts.com](http://www.atwellarts.com)**

### DOUG PARKINSON

presents

### An Evening Celebrating The Music Of VAN MORRISON

Live at the Astor Theatre

Australia's greatest soul voice Doug Parkinson pays homage to the legendary Van Morrison songbook with hits including *Brown Eyed Girl*, *Moondance*, *Bright Side Of The Road* and *Have I Told You Lately*, there isn't a more qualified singer to showcase the music of Van Morrison than Doug Parkinson.

**Saturday 4 April 2020**

Tickets: **TICKET** or 132 849 [astortheatreperth.com](http://astortheatreperth.com)

[lesliehintonentertainment.com](http://lesliehintonentertainment.com) [abstractentertainment.net](http://abstractentertainment.net)

Rotary Club of Attadale and South Side Symphony Orchestra

### MUSIC IN THE AIR

A concert to raise funds for current and future charitable Rotary projects including Dementia/Alzheimer's Disease, homelessness, youth, etc.

**SATURDAY • 28 MARCH 2020 • 7:00PM**

Mount Pleasant College, 497 Marmion Street, Booragoon

An evening of light classics including:  
Blue Danube  
Chariots of Fire  
Magnificent Seven  
I Dreamed a Dream  
O Mio Babbino Caro  
Some Enchanted Evening

**SOUTH SIDE SYMPHONY ORCHESTRA**  
Music Director: LAURISSA WYLLIE-McCARTHY  
Featuring:  
ZACHARY CHENG, CLARINET  
HANA YUSOFF, VIOLIN  
AMMON BENNET, TENOR  
BONNIE DE LA HUNTY, SOPRANO

**Tickets from \$32\***

<https://www.trybooking.com/BHWWF>

\*Tickets:  
Adults: \$40  
Concessions: Seniors, pensioners, and students: \$35  
Group of 10+: \$3 discount  
Tea and coffee provided at interval  
Programme details at [www.attadalerotary.com](http://www.attadalerotary.com)

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OR 0458 046 414

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Victoria Newton Anita Wardell

**Fri 27 March, 7.30pm**  
His Majesty's Theatre, Perth  
Tickets [pff.wa.gov.au/wayjo](http://pff.wa.gov.au/wayjo)



SCENE SOCIALLY



**SCENE (1):** *HAVE a Go News* made a visit to the West Coast View (Voice, Interests and Education for Women) Club for their International Women’s Day luncheon at Hillarys Yacht Club on 4 March. The West Coast View Club sponsor 21 students throughout Australia, raise money for The Smith Family and sponsor Roseworth School in Girrawheen. The club works hard to make a difference in the lives of young people locally and around the country. Two students who have been supported through the Learning for Life program attended and spoke to the group of how their lives have been changed for the better. There were 175 woman and one man, the president of The Smith Family Ian Moore attending. The event is the biggest fundraiser of the year for the club and there was a selection of tempting raffle prizes to further fundraising efforts. More than \$40 million dollars has been raised by View clubs over 60 years.

SCENE (1): Clockwise from left; Daphne Cuthbertson and Cherylle McQueen - Gerda Schotv and Lois Van Baalen - Charmaine Sherman and Angie Paskervicius - Kathy Boddington and Kris Behets - President West Coast View Club Margaret Gleeson, Chaimaine Sherman and general manager The Smith Family Ian Moore - it was a full house at Hillarys Yacht Club function room - Raffle prizes galore - Learning for Life students Christina Miller and Salina Tairoski - Giuse Kilgallon and Thelma Brabazon - Alison Fanderlinden and Robyn Agnello.



**SCENE (2):** The Peel Region Seniors Recreation Council of WA (SRCWA) very popular Double Dippers program has been taking advantage of the warm weather at Town Beach. Members of the group are seen above warming up before beginning their water aerobics in the ocean. The popular program which runs twice a week continues until the end of March. More than 100 people have participated and the next one will be held in January 2021. SRC Peel branch run a variety of successful programs throughout the year to keep people actively ageing. See our Active Ageing guide inside for more details of coming programs...



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**SCENE (3):** *HAVE a Go News* extends its best wishes to Keith Tickner who celebrated his 90th birthday on 20 February. Keith (PK) enjoyed a Gatsby style birthday party at the club house of Bridge-water Lifestyle Village in Erksine organised by his wife Paulette which saw more than 100 guests attend. PK continues to play golf, bowls and is a member of the two swimming clubs.

SCENE (3): Keith and Paulette Tickner



**SCENE (4):** *HAVE a Go News* editor Jennifer Merigan was the guest speaker at a meeting of the Attadale Rotary Club last month. She shared the history of *Have a Go News* along with a trip down memory lane to the 1950s and 1960s through the paper's Living Histories program. Jen loves getting out and about and meeting readers and potential new readers every month and these guest speaking spots provide that opportunity along with sharing news about this long running paper.

SCENE (4): Attadale Rotary president Gail McCulloch with member Ian Pittaway and Jen Merigan



**SCENE (5):** HAPPY Birthday to Ruth Probert who turned 100 on 22 February. Ruth is a much loved and popular member of the Melville Scrabble Club. She was one of the early members of the club which formed in 1990. Ruth still plays an excellent game and really depicts the 'have a go' spirit of healthy ageing through activity. New members are most welcome to join the scrabble club which meets on Mondays at 10am at the Melville Bowling Club, Canning Highway just near North Lake Road. Interested people can contact club president Alan Mathews on 0400 303 615.

SCENE (5): Ruth Probert celebrating her 100th birthday at the Melville Scrabble Club



**SCENE (6):** MEMBERS of the North Coast U3A discovered you are never too old to sail as they joined the Dutch replica ship *Duyfken* for one of their twilight sails on the Swan River from South of Perth Yacht Club where she is moored until the end of March. Veteran ocean-going yachtsman and U3A member Nigel Ridgway said, “At U3A (University of the Third Age) we have several sailing enthusiasts who were keen to “help” the crew to set the sails, pull on the sheets (ropes) and halyards and even steer the ship using the ancient, traditional Dutch whipstaff, which was in use 50 years before ship’s steering wheels were invented.” He said the afternoon sail was a great experience. If you would like to join U3A further information is available at [www.u3auwa.org](http://www.u3auwa.org) or call Christine on 0402 208 044.

SCENE (6): Clockwise from left; Anne Boan and Anton Reigger - Nigel and Aileen Ridgway - The crew aboard the *Duyfken*, affectionately known as the *Little Dove* - View from the deck - Nigel Ridgway and Pauline Yarwood - Glenda Batten.





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