





LIFESTYLE OPTIONS FOR THE MATURE WESTERN AUSTRALIAN

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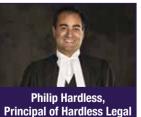
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Mastering the games



Debra Waters and Wayne Firnsare look forward to competing in the Masters Games in Perth in October

by Lee Tate

PERTH will explode with mature athletes when the Australian Masters Games returns after 28 years.

But for all their fitness, dedication and long-time love of their myriad sports, the 6,000 participants have one overriding pleasure: mixing with others and making friends.

It's a long way from the Tokyo Olympic Games, physically and metaphorically, but mature games competitors will be chasing gold, silver and bronze.

Their philosophy is based on inclusiveness; promoting fitness, involvement and fun.

During 9-16 October, older Australians will be jumping, running, hitting, bouncing, swimming and racing in more than 50 sports.

There is no criteria to qualify. The oldest registered participant is 91 and some swimmers are in their 30s.

As the games shift around Australia each time, more older Australians connect in entering, competing and attracting their own supporters (Perth expects more than 2,000 of them).

A strong social program is always proudly presented by host cities. In Perth, there will be sunset-viewing, beach barbecues, tours of Optus Stadium and visits to our popular venues including Boolip Bardip, our spectacular new museum.

Local tennis player Debra Waters believes visitors will revel in Perth.

"There are our beaches to love, plus Rottnest and Kings Park. They should make some time to visit the south-west and

the beaches, wineries and walking trails there."

Debra, who concedes she is over 50, is a Mount Lawley Tennis Club stalwart. This is not her first masters games.

"I entered the Adelaide 2019 games. I love to compete and enjoy the excitement of a games event with participants from all over the country.

"I'm looking forward to catching up with people and friends I have made during tennis competitions over the years. And to meeting new people.

"I enjoy playing tennis and love the social comradery."

Debra believes Australians across the country should participate in the games.

"It's fun, exciting and always an opportunity to explore a new city and state and make new Debra is an advocate for playing tennis to stay physically and mentally active.

"I have played tennis for many years and have made a lot of long-lasting friendships. Tennis is a great sport to play competitively and socially at any level," she said.

Subi Vets basketballer Sam Pepe, 64, is competing in his first masters games. When asked what he was most looking forward to about the event, Sam said: "a friendly games. It's great to be among good people and enjoy life and make the most of it."

Sam is dedicated and loyal. He has been playing in the same team since 1979.

Mary Brown, at 55 years young, will be competing in her first games.

continued on page 11

Your new home

St Vincent's Aged Care in Guilldford now open. catholichomes.com







From the editor's desk



Jen Merigan and Peter Rowsthorn

IT'S hard to believe it has been a year since the onset of the Covid pandemic. Although we have been reasonably lucky in WA, it certainly has been a rollercoaster with life changing dramatically for all of us. As the vaccine rolls out around the world, I do hope it will give us the opportunity for our lives to return to something similar to prepandemic times.

*** Renowned naval ship model maker Gerry Westenberg's latest exhibition Naval Sea Power in Miniature is on at the WA Shipwrecks Museum, 47 Cliff Street in Fremantle until 18 April. The exhibition showcases more

than 100 models with the centrepiece being a large diorama depicting Fremantle Harbour in 1944 when it was the submarine base for the south west Pacific in WWII. Entry is by gold coin donation.

Well known WA actor and comedian Peter Rowsthorn will star in the new musical production Priscilla Queen of the Desert opening at Crown Theatre on 7 May. This show is produced by Platinum Entertainment which brought the outstanding local productions of We Will Rock You and the Boy from Oz to stage. From the snippet we enjoyed at the launch

I am sure this will be an entertaining show. I had the opportunity to meet Pete (see photo left) and I must say we did have a giggle because I could recognise his voice but it just didn't click with me who he was in his costume. We will chat to him next month in our pages.

*** For readers who follow our Brunch with T column which offers reviews of cafes around Perth, it was to recommence in this issue but will now return in April. Unfortunately, Tahlia has been unwell and in hospital and is only now returning to normal duties.

Rockingham's Have a Go Day will be held on Wednesday 31 March from 10am to 2pm at the Mike Barnett Sports Centre, corner of Dixon Road and Goddard Street in Rockingham. It's a mini version of the Burswood Park day and well worth attending, so mark your calendar and don't miss it. It is free to attend and there will be a lot of activities for people to try along with static displays providing relevant information.

*** The Have a Go News

Facebook page was caught up in the big switch off of Australian media and was offline for two weeks. We are now back and have returned to having fun with events, giveaways and some inspirational quotes. Our blackout hasn't stopped the page from growing and about 15,000 people are following us. Even after Facebook showed its might, we do like the opportunity it provides us to stay in touch with people in between editions of the newspaper. If you are on the platform join the fun by liking or following the page at www.face book.com/Haveagone

For our tech savvy readers, we also offer the free service to receive the newspaper digitally via email on the day of publication just email read ers@haveagonews.com. au for a sign up.

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

> Jennifer Merigan **Editor**

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

Ageing research snippet - Take that nanna nap!

RESULTS which appeared in the General Psychiatry journal from a study of older adults (60 plus) found a clear association between brief afternoon naps and stronger cognitive function.

The study found that older people who take afternoon naps scored higher on cognitive tests than their non-snoozing counterparts.

Nappers displayed stronger cognitive function including better memory, orientation and language ability.

It was found that short less frequent naps lasting less than 30 minutes four times a week may be the most help-

Word of the month

Cognoscente

Pronounced kahn-yuh-shen-tee Definition

a person who has expert knowledge in a subject

Cognoscente and connoisseur are linguistic cousins. Both terms descend from the Latin verb cognoscere, meaning 'to know'. Cognoscente came to English from Italian and has been a part of the language since the late 1700s.

Quote of the month

THE decisions we make should always be designed to enlarge their (the young's) horizons and enrich their future, from caring for our environment to preventing conflict

Queen Elizabeth II

Funny historical fact

TRANSATLANTIC phone calls became possible in 1927 and a three-minute call would cost about the same as half

Have a Go News Quick Quiz

- 1. Which WA Minister is responsible for seniors?
- 2. Roebuck Bay is in which town?
- 3. Pioneer John Butler's name in Claremont was given to what?
- 4. What two private schools sit side-by-side on Stirling Highway?
- 5. Name Perth's biggest suburban council.
- 6. Following the Boeing 747 came the 787 D...r?
- 7. Perth Convention and Entertainment Centre was officially opened in?
- 8. Which premier opened the Perth Convention and Entertainment Centre?
- 9. Whaling off Albany ceased in what year?
- 10. The town Lower King is near which port? See answers on page 18.

Urban slang

Phubbing

A term coined by Macquarie Dictionary as part of a linguistic experiment to describe the habit of snubbing or ignoring someone in favour of using your mobile phone.

Great West Aussies - Did you know?

JACK Howson was always at the top of amateur sport, heading Australia's swimming and rowing bodies. He was chef de mission for Australia at the 1976 Montreal Olympics. Before he died in 2011, age 93, Howson was the last surviving executive member of the 1956 Melbourne Olympics organising committee.

Join us online: www.haveagonews.com.au **UPDATED DAILY**



Government House pitches to cricket fans for the Pirate Ship Foundation



Michael Thomson - Honourable Kim Beazley AC and Oliver Peterson

by Allen Newton

be like no suburban gar-

BACKYARD cricket at Government House will den game.

No panes of glass to get smashed, no pets

straying in front of the stumps and certainly no Hills Hoist to get in the

For the first time, the Honourable Kim Beazley AC, is partnering with The Pirate Ship Foundation to bring the ultimate game of backyard cricket to the grounds of Government House on Saturday 20 March to raise funds for childhood brain cancer.

This event is an opportunity for everyone to watch their favourite sports stars interact in a fun match of cricket while supporting a great cause.

Pirates vs the Governor's 11 will be played in true backvard cricket style where house rules apply.

The Governor will have the final say, create the rules and handicapping more capable players as he sees fit.

The game will be played with a tennis ball and an old DK Lillee aluminium bat.

Players and umpires will wear microphones to keep everyone entertained with their on-field banter as MC Tim Gossage keeps proceedings moving, ensuring no-one misses a second of the action.

Teams will be made up of a mixture of local celebrities, Channel 9 superstars, past Australian cricket players and other sporting players (past and present) from different codes and will include funny man Peter Rowsthorn, former cricketer and cricket commentator Damien Martin, former West Coast Eagles footballers Darren Glass, David Wirrpanda and many more.

Self-confessed cricket tragic and 6PR Perth Live presenter Oliver Peterson, is one celebrity taking part and he hopes his years of honing his backyard cricket skills will see him in good stead.

I scored more centuries and took more wickets than anyone else when I was batsman, bowler and umpire," he

says.
"There were never any temper tantrums on the tennis court where I played.

"It was my house and my rules always ruled supreme - I was judge and

"I tried to emulate my hero Michael Bevan because he could occupy the crease for hours on end and amass many

Now a father of a two and a half year-old son, Peterson's passion for the game has rubbed off on

"My son is so consumed by cricket with his cousins and loves bowling (in his case throwing) and yells "wicket" or "got him" whenever he hits the stumps.

brainwashing process has commenced - how good is cricket?" he says.

Backyard cricket for Peterson is always just fun and a laugh with friends and family - a chance to integrate with everyone and always giving the younger ones

a bit of a leg up.
Channel Nine Perth's Michael Thomson will be doing some guest commentary in the Wide World of Sports commentary box... and you might see him on the pitch.

The family friendly event will not only provide entertainment for the adults but will keep the kids busy with games activities in the WACA Kid's Zone.

The Pirate Ship Foundation work to support research that will deliver better outcomes for the children and families affected by childhood brain cancer. The disease kills more Australian children than any other disease. on average, two children are diagnosed with brain cancer every month in WA.

The event will take place on Saturday 20 March from 1pm to 5pm in the Government House gardens.

The event is proudly partnered by Channel 9, 6PR, WACA and Government House.

Tickets are available to this exclusive event at www.pirateshipfounda tion.com.au



What does Have a Go News mean to you?

THE imagination and efforts of the late Judith Treby and the late Quentin Smythe in 1991 marked the humble beginnings of the free, lifestyle newspaper for mature Western Australians... Have a Go

In July we will mark the 30 year milestone anniversary with a special edition of the newspaper.

And we want to include comments from you, our readers.

Each month we receive an amazing amount of feedback from people about this publication and as we prepare to celebrate the 30th anniversary we would love to hear from many more of you.

Whether it's from meeting a partner in our Friend to Friend section, finding a new sport or other activity, keeping up-to-date with health and science issues you can use, meeting (in print) interesting people who have lived their life well and contributed to WA seniors, reading about the natural and built environment, making your views known to a wider audience or just enjoying the sense of community you feel when you read the newspaper, please take a moment to share your thoughts with us.

We would be pleased to hear from people who have been with us from the very beginning. Did you know our founders Judith and

Anyone who takes the time to send in their thoughts will go into the draw to win a \$100 shopping voucher.

Please keep it to a minimum of 50 words and send via email to info@haveagonews.com.au or write to Have a Go News PO Box 1042, West Leederville 6901.







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Copy & Advertisement Deadline – 25th of the month prior to publication

The Have a Go News APRIL edition will be published on Friday 9/04/21



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

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Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor,

CLOTHES FOR **EMPERORS**

> DAVE, CHECK THIS OUT! I'VE FOUND

SOME RESEARCH

THAT THE ENTIRE SCIENTIFIC COMMUNITY SEEM TO HAVE MISSED.

I READ the article in the February issue of Have a Go News by Numbat about developing tourist attractions for Perth with a great deal of interest.

In my corporate working days past, we used brain-storming effectively for ideas. I have used it to tabulate some ideas.

- 1. More coffee shops along north and south of the Swan - the first impressions my wife and I had when we took a train into the city on a weekend, was that there were so few coffee shops.
- 2. Shady seats or benches dotted all along the Swan - there are very few places to sit to enjoy the
 - 3. Little shops or flea-markets along the river -

there is nothing to see apart from the beautiful views of the Swan and surrounds.

4. Cable car to Kings Park.

HOW CAN THEY BE SO CARELESS?

MAYBE THEY'RE

NOT ON TWITTER?

- 5. A hop-on hop-off golfcart type of transport along the river. This could also be provided by the cyclist 'taxis' I have seen used at the lights festival not just for oldies. There must be many young families with kids who would use it.
- 6. A boat pond and paddling pool in the vicinity of the old airfield area.
- 7. Amusement entertainments similar to the old fashioned fairs for kids in that area.

We have a great city, it just needs some perking

Brian McKelvin

Dear Editor,

YEARS ago, seasonal workers like meatworkers and teams of shearers took state boats north to begin seasonal works, arriving back six to eight months later in Fremantle.

These state boat trips took up to five or six days, which was a holiday for the workers. In addition the influx of people when the boat arrived in the towns were welcomed by the business people because of the extra money they spent.

After the war, planes were used to take workers north, the first were the Wittenoom Gorge fly in. Many left by motor truck because of the conditions. Meatworks Broome and Air Beef were next followed by Wyndham Meatworks, but as roads were improved many took to driving as it was more convenient.

Once the iron ore mines opened up, many families lived mainly in the north. Roads improved, families found that with improved earnings they could drive south, trade in a vehicle, buy another, holiday, then drive back.

Once the mines no longer provided housing for the families, flyin fly-out became the norm.

This was a backward step for the north as population and all the infrastructure that goes to making a town was lost. It also put pressure on the metro area, housing, water, power etc to name a few. It's the price we pay for progress.

> **Bob Johnson Bassendean**

Dear Editor,

I JUST want to thank you for the movie pass I won to Wild Mountain Thyme.

I do enjoy reading your whole paper every month.

Jill Whiteley

Dear Editor,

I HAVE happily noticed an increase in content about valuing and protecting our environment and also concerns about accelerating climate change.

My congratulations go to Frank Smith on his two informative articles in the February issue highlighting the urgency for us to advocate in protecting WA's native forests and its biodiversity.

Congratulations also to Karen Majer on her inspirational article about her eco-friendly build which implementesd sustainable principles of orientation, design and materials and her commitment to reducing the build's embodied energy.

I look forward to reading more articles on these critical issues. We all have a responsibility to protect our environment, to address the climate crisis and to ensure we reduce greenhouse gas emis-

> **Barbara Arnold Palmyra**

Dear Editor.

COULD you please ask people to put the fan or air-conditioning on when their home care support workers come to do physical work in their homes.

I have had a senior tell me her cleaning lady had to have time off for heat stroke.

Another friend who works in home care said when she goes into homes in the community, many people do not put the air-conditioning on.

It would be much appreciated for the comfort of helpers during the hot weather.

Jean Borwick

Dear Editor.

FOR years I have collected corks for an organisation which could use them. I have now been told this particular organisation has no use for them any more.

Í wonder if there is another organisation who could use them?

Please contact me via the newspaper if there is someone out there who could use corks as I have a large stash.

> **Barbara Bruce** Bavswater

Ed: City Farm collects corks for recycling

Any gloomy spaces?

The Redilight skylight alternative with lights that fit any size room

Discover the amazing rock art of the Kimberley

THE guest speaker at the next meeting of the Association of Independent Retirees (AIR, Mandurah Branch) will be Mike Donaldson. Mike is a geologist who

has worked, and been strongly involved, in the Kimberley region for more than 30

years. His presentation is called "Documenting the Kimberley's amazing rock art:

29 March commencing at 9.30am at the Halls Head Bowling Club, 2 Sticks Bou-

AIR works for all Australians in retirement. The meeting will be held on Monday

If you would like further information on the branch and/or this particular meeting



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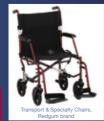
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Ease the treadmill of life - with help from author Dr Jenny Brockis



Jenny Brockis

by Josephine Allison

JENNY Brockis was a busy Perth GP when she suffered burnout which left her exhausted, depressed and demoralised. Friends encouraged her to write about her experiences which led to her new book Thriving Mind, How to Cultivate a Good Life, aimed at helping people

put their lives in perspec-

"I was very unwell, I lost my practice," Jenny tells *Have a Go News*. "I wrote the book to share my story so that people won't have the same experience. The incidence of burnout, anxiety and depression is rising and getting worse by the day.

"The pandemic has brought these issues to

nise something is wrong but don't know how to do things differently. My book outlines what it takes to be fully human, to tap into what gives us joy and makes us happier and to know self-care is fundamental to being the

best we can be.' English-born embarked on a nursing career at London's St Thomas Hospital later becoming a doctor. Her husband John was offered a position in Perth with oil and gas company Woodside and the couple moved here in 1985. In 1983 as a medical student Jenny had visited Fitzroy Crossing in February, experiencing the rigours of a hot climate.

She is the founder and director of Brain Fit and the author of three previous books: Brain Fit! Brain Smart and the best seller Future Brain that was translated into several languages and released in a second edition as Smart Sharper Thinking

"People get exhausted trying to keep up with everything," Jenny says. "How can you have a successful career and a successful life?

"My new book is essentially divided into three parts – answering the question what does it take to feel happier, what does it take to truly thrive and what are the unique human traits which make us feel human, which include kindness, compassion, trust, respect and empathy.

"My book doesn't have to be read from cover to cover, people can dip into the area that interests them most, what is relevant to them as an individual and what suits them. For instance, the chapter giving advice on music and dance might not appeal to some."

Jenny says she has had an extremely positive reaction from both men and women to her book since its release last Auqust.

"One woman reading it said, 'it is about me, how did you know?' The book is relevant to us vulnerable humans, we know we make mistakes, but there is much we can do to make our life better and make better choices

and make better choices. "As a consequence,

I'm recognised as someone who speaks about burnout and mental health challenges. I want to get rid of the stigma still there."

"Workplaces are becoming increasingly aware of the importance of caring for their people. It's more than yoga and fresh fruit and vegetables in the canteen; people need to feel safe when they go to work. They often stay quiet because they are scared of losing their job, they can't do their best or feel their best.

"I am encouraged more business owners and companies want to know how to nurture a positive workplace. A successful business is not all about profits but the people who work for them."

Jenny says in an in-

troduction to her book: "I wrote this not just to share my holiday itinerary but to provide you with a guide to what you can do to increase your own happiness and wellbeing in order to truly flourish as the best human being you

can be.

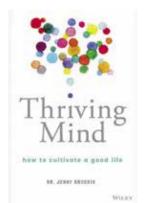
"Think of it as a resource of reminders to help prevent you from getting caught up in the melee of overwork, burnout and poor health, because none of us are immune.

"I knows this to be true because I chose to wear my superhero cape for a while until, like Icarus, I flew too close to the sun and plummeted back to Earth."

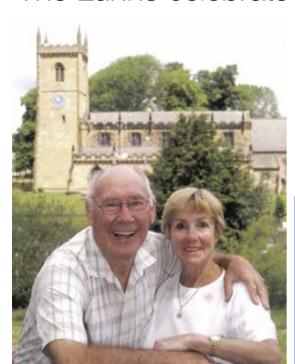
Until Covid hit, Jenny was busy with her work travelling interstate talking

with business, government and academia helping people live, richer, fuller lives. In WA she does talks face-to-face, helping spread the word of the importance of taking care of ourselves psychologically and physically.

Thriving Mind (Wiley), \$27.95, is available from good book shops.



The Lunns celebrate 65 years of marriage



Joel Lunn and his wife Diane

CONGRATULATIONS to Joel Lunn and his wife Diane who celebrate their 65th wedding anniversary, on 24 March.

Joel said he and Diane arrived in Perth from the UK on the Fairsea, in October 1968, with three sons Den, Gaz and Steve. His twin daughters Samantha and

Tamera were born in Australia.

"We have grown to be a family of 21, five children, 12 grandchildren, and four great grandchildren," said Joel.

"I believe the government was rewarded for the twenty pounds it cost to get us here.

"We are all our proud Australians, but can you believe it, I still love my Yorkshire, and still have my accent

"Occasionally I am asked, how come you still have your Pommy accent?

I reply: "us Yorkshire folk won't give anything away."



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As the number of candles on your cake increases, so too do the odds of developing life-changing neurological disorders, like stroke, MS and Parkinson's. Not knowing what lies ahead can be worrying.

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The emerging and fascinating picture of true Aboriginal existence and culture

by Lee Tate

BESIDE a billabong near Broome, a small group of Aboriginals greets a tourist party.

The visitors eagerly listen to legendary tales and folklore of our first inhab-

for easy access.

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itants, reflecting a growing thirst for Indigenous culture.

Australians and international visitors now want to learn, directly from descendants, how people endured – flourished even – in one of the world's

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harshest environments. And for far longer than any other world continuous culture.

Mountains of evidence has come to light revealing how little Australian school children have been taught about true

Aboriginal culture and society. And a misguided, inaccurate picture of Indigenous life has spread around the world over generations.

School lessons covered little more than witchety grubs, kangaroos, emus, boomerangs, paperbark canoes, walkabout and humpies.

The fascinating picture of true Aboriginal existence and culture is emerging and helping breakdown barriers and misunderstandings in Australia between blacks and whites.

White fella search for black fella culture is impacting travel agents along our north west coast. Indigenous tour groups, led by Aboriginal guides into Indigenous communities and special sites are flourishing.

In Broome, Have a Go News editor, Jen Merigan, joins the tour party and respectfully asks if she can take a photograph with Aboriginal people in it. The tour leader nods. The natural country, sacred Aboriginal ground, is a photographer's delight. All cameras are clicking.

"Here in the north, you really feel a connection to land that Aboriginal people are so dedicated to. It truly feels special, humbling even," Jen said.

"You feel you really know so little about this world's oldest continuous culture. Out of respect for our first people's and our history, we really ought to know and understand a lot more."

A great fallacy about Aboriginal people is that they were strictly huntergatherers. This has been dispelled by the evidence from many respected sources including our explorers, pioneers and settlers.

Their eye-opening accounts of Aboriginal achievements have largely passed, ignored or shunned by successive generations of whites.

Bruce Pascoe, who lives at Gipsy Point in Victoria, has a Bunorong, Tasmanian and Yuin heritage. His work resulted in books including the multiprinted Dark Emu which discloses reports and material from the journals of explorers, pioneers, anthropologists and other scientists.

Bruce wrote: "These journals revealed a much more complicated Aboriginal economy than the primitive hunter-gatherer lifestyle we had been told was the simple lot of Australia's First People."

"Hunter-gatherer societies forage and hunt for food and do not employ agricultural methods or build permanent dwellings. They are nomadic.

"But as I read these early journals, I came across repeated references to people building dams and wells; planting, irrigating and harvesting seed."

They were preserving the surplus and storing it in houses, sheds or secure vessels... creating elaborate cemeteries and manipulating the landscape, none of which fits the description of a hunter-gatherer.

"Could it be that the

"Could it be that the accepted view of Indigenous Australians simply wandering from plant to plant, kangaroo to kangaroo in hapless opportunism was incorrect?"

Explorer Charles Sturt, moving through South Australia and Queensland, reported solidly-built houses.

Explorer Major Thomas Mitchell saw houses covered with bark and grass and coated over with clay.

"The fire appeared to have been made nearly in the centre and a hole at the top had been left as a chimney," he reported.

Mitchell counted the houses and estimated a population that exceeded 1,000, reported Bruce Pascoe.

Buildings were very

An Aboriginal family enjoy a dip in a creek on a hot day near Broome

large, one capable of containing at least 40 persons and of very superior construction.

Bruce writes that houses in the Kimberley were substantial and far from humpies, made of sandstone slabs. Large buildings and villages all had food preparation areas and cooking ovens.

Aboriginal farmers, he said, used fire to clear areas of land which they carefully separated with belts of timber. They left the forest on poorer soils and cleared the best soils so they could create pastures and crop lands.

Aborigines, underrated for their skills and inventions including the axe (50,000 years old, found in WA), managed the land, farmed, stored, travelled, traded and cooperated with different and distant mobs.

They even baked.

"These people were the world's oldest bakers by almost 15,000 years. Egyptians didn't bake until 17,000 BC," wrote Bruce.

At times of the year when areas had abundant fish or fatty bogan moths, thousands of Aborigines would assemble for feasting and socialising.

The Burke and Wills team found a grain store in an Aboriginal house containing an estimated four tons of grain. So much for nomad living.

There's proof of widespread preservation of fish, game, plums, caterpillars (made into a flour), moths, quandong, figs, seeds, nuts and even

eggs.
Aborigines cultivated and irrigated crops, made dams but allowed water to flow to people downstream and created intricate fish traps and beautifully-crafted nets. Edible plants were a substantial part of their diets.

Bruce writes: "To deny Aboriginal and Torres Strait Islander agricultural and spiritual achievement is the single greatest impediment to intercultural understanding and, perhaps, to Australian moral well-being and economic prosperity."

Bruce's book *Dark Emu*, Aboriginal Australia and the Birth of Agriculture, is published by Magabala Books.



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Location: The Niche, cnr Aberdare Rd & Hospital

Ave, Nedlands

Cost: Members \$15 Non-Members \$20

(includes morning tea)

RSVP: by Tuesday, 13 April Phone: 6457 7373

Email:info@parkinsonswa.org.au Website:www.parkinsonswa.org.au

Research study...

MOST people attribute language difficulties in Parkinson's to its motor symptoms such as difficulty articulating words or maintaining voice volume.

As a result, social aspects of communication such as pragmatics (interpreting moods, understanding sarcasm and recognising lies) are often overlooked. Matthew Han's project involves examining the nature of language pragmatic problems and determining its association with existing cognitive deficits experienced in Parkinson's. His study will also examine how well these changes of social communication in Parkinson's predict various outcomes such as mood and quality of life. As communication involves at least two parties, later parts of his project intend to explore the experience that reqular communication partners of people with Parkinson's encounter.

If you would like to participate please contact Matthew Han at mat thew.han@curtin.edu.au

Dynamic duo combine to showcase works at Sculpture by the Sea



Sam Hopkins and Johannes (Harry) Pannekoek Picture: Peter Allison

by Josephine Allison

SCULPTORS Sam Hopkins and Johannes (Harry) Pannekoek have been friends and collaborators on various projects for more than five years, but working towards this month's Sculpture by the Sea has been something special.

Working from Harry's Gooseberry Hill studio, the pair spent long hours creating two works sure to delight crowds flocking to the 17th annual exhibition which runs from 5 to 22 March.

Sam's 260cm x 94cm, work, Coalescence, was six months in the making from development to cre-

ation. It explores the process of metal inflation inspired by paths, patterns and forms that elements create in nature, working to form a balanced ecosystem.

However, remove an element and it throws off the balance.

"I am exploring the process of forming steel through inflating," says Sam. It is a way of sculpting that breathes life into metal and transforms steel from a flat and unpliable state into something

soft, fluid and organic. "Coalescense is made up of several components, flowing coherently together. The mirror polished steel surfaces appear in constant flux, enhanced by their interaction with light and movement. Reflecting its natural surroundings, the work will adapt its look depending on the weather and time of day."

An emerging artist, Sam, 26, of South Perth, grew up in Perth's Hills, working full-time as a sculptor for the past few years. He has exhibited across Australia, receiving many awards including WA sculpture scholarship at Sculpture by the Sea. Cottesloe last year. His work is showcased private collections in Perth and the Yarra Valley, Victoria. He welcomes being mentored by Harry.

"Harry is a great mentor and we have a wonderful relationship. It is good for artists to be able to liaise with each other

bounce ideas and have an honest critique," says

"You have to be good people and understand each other, Sam learns very quickly so watch this space; he will have some amazing stuff in the next few years," says Harry. "Working with Sam and his brother Peter (a master craftsman in metal), revitalises me." Harry's work, a 310cm

x 240cm x 320cm work, entitled Tipping Points, looks at how the Earth's system has valiantly coped with and even overcome stresses from human activities for millennia. Today we are stressing our collective climate and creating feedback loops that push ecosystems to a point of no return.

"The urgency around limiting global warming to well below 2°C is to avoid reaching these irreversible tipping points.

"I have used stainless steel to represent the feedback loops pushing Earth's ecosystems to the edge, in an abstract form. These curvilinear loops are precariously balanced on top of a 1.5m Corten steel cube.

"I am drawn to creating unique forms that push engineering and materials to their limit, which can be fun. But because I fabricate my own works, it can also be very challenging on the mind and body.

As well as the camaraderie and mentoring, Harry says working with heavy metals means it is safer to work together.

Sam says assistance is almost always needed for most of what sculptors do.

Harry received the Aqualand Sculpture award at Sculpture by the Sea at Bondi in 2016 and the Mindarie Boardwalk Sculpture prize in 2008. He is widely represented in public and private collections including the Sydney Harbour Federation Trust and Sydney and Crown Towers Perth.

Sam and Harry's works were transported to Cottesloe by flat-bed trailer. By then, the pair were looking forward to a breather after many months of toil virtually seven days a week.

Sculpture by the Sea of more than 70 works runs at Cottesloe beach 5-22 March.



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Covid-19 one year on - financial fallout for retirees

COVID-19 pandemic has had an unprecedented impact throughout the world, resulting in widespread and distressing financial implications for entire communities.

Retirees and those about to retire have not been sheltered from the more serious of these effects. Volatility in the stock market and historically low interest rates globally have presented new challenges towards achieving reliable and stable income during retirement.

Responding to the situation, the Western Australian Self-Funded Retirees Association has invited Rowan Jones, director and senior investment manager at Entrust Wealth Management to speak at their monthly meeting.

Rowan will address investing in a Covid-19 world and will explain strategies designed to

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improve stability and performance of investments. He will also identify many of the traps and pitfalls likely to be encountered by the unwary or unprepared.

The meeting will be held at 10am on Friday 9 April at the usual venue, the Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue, Floreat. Visitors are always welcome.

For further information phone Ron de Gruchy on 9447 1313 or Margaret Harris on 9381 5303.

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Where Opinions Matter - is it time to review our national and state calendars?

by Lee Tate

AUSTRALIA, a colourful, multi-cultural nation, is facing a date with destiny to fully embrace its diversity - the date of our future national day -Australia Day. The issue won't go away. January 26 immediately invokes thoughts of division. That won't

do. But we also have a patchwork of calendar dates for significant events, cobbled together since European settlement.

While considering the Australia Day date, perhaps we should be reviewing our national and state calendars. The envy of workers around the world, Australia has 11 national public holidays. Most have little national or state importance.

We take religious days off at Christmas and Easter in a nation where only a minority of people are religiously-committed and even fewer attend churches.

The vast majority of Australians accept Christmas only as a festive season for children and gift-giving. We even take a day off for New Year's Day.

Our states have a pot pourri mix of "significant" dates. Victoria famously has a day off for a horse race. NSW has a bank holiday. Brisbane has a Show Day. Tasmania has a Royal Hobart Regatta plus a Recreation Day (in some parts).

WÁ has Labour Day which has significance but is rarely understood or acknowledged. The ACT has its own Reconciliation Day which is significant but limited to our smallest territory.

But our shining light is the Queen's birthday.

The Queen's birthday is ridiculously celebrated with a patchwork of holiday dates across Australia - none on the date of her birth. Her Majesty (who we still admire) was born in 1926 on 21 April.

In Australia, the royal birthday is held (but rarely toasted or celebrated) in June. Except for WA (September this year) and Queensland. South Australia holds the Queen's birthday holiday in June but shares the date with Volunteers'

Day. Will we declare a King's Birthday when Charles takes crown? On what dates across Australia? Perhaps WA could hold a toast in His Majesty's Theatre).

How much relevance does 26 January have to Australia Day? Clearly, our Indigenous peoples have no reason to celebrate it.

Being the date for the start of settlement for NSW, 26 January is a milestone in the history of New South Wales. But this has no direct bearing on all other Australian States and territo-

Europeans had landed on Australian soil more than a century ahead of Captain Cook's flag-raising and proclamation.

Like so many dates on our federal and state calendars, 26 January has questionable significance to Australia. Other countries have altered their national days and Australia could too.

What date has mean-

ing and importance to our unique evolution over our 60,000-plus years?

That's for a national committee to resolve. Perhaps for all Australia's calendar dates and public holidays. After all, we are a federation.

For most national and state holidays, Aussies generally don't know or acknowledge why they are having the days off. But they'll take 'em all the same.

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

Events on Retirement Homes. Will Writing and Funerals

Get advice and help when living life after work. And get a legal Will written by a professional lawyer.

Date: 8th April and 8th May

Costs: Info Session Free, Wills are \$70 + bf Venue: St Matthew's - Stirling Square,

Meadow Street, Guildford

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Sleep in later life discussed at retirees meeting

WE all know the benefits of a good night's sleep - improved health, energy, alertness, a willingness to get out in the world and engage with others and life itself.

But what impact does sleep have on the ageing brain? Dr Stephanie Rainey-Smith, clinical trials coordinator at the School of Medical and Health Sciences, Edith Cowan University will be sharing some of her findings with members and visitors at the next meeting of the Association

of Independent Retirees (Perth branch). She has a wealth of research and papers to her name.

The meeting is slated for Friday 19 March from 10am to noon at the Cambridge Bowling Club, Chandler Avenue West, Floreat,

The aim of the association is to protect and advance the interests of retirees who wholly or partly fund their own retirement. We meet on the third Friday of each month from 10am to noon.

Besides the meeting and morn-

ing tea they have a guest speaker. and over the year embrace many interesting topics related to finance, travel, health, community and special interests of members. Members (\$2) and visitors (\$5) are encouraged to bring the correct money and their own coffee mug.

On Friday 16 April, Brian Rourke will speak about Tidal Energy.

Visitors are most welcome. Enquiries can be addressed to Graeme gralin@iinet.net.au or Margaret - marghw@iinet.net.au.



Thought provoking immersive Lego display comes to Perth this May



RELICS: Bricks of the New World's Alex Towler and Jackson Harvey with Nine's Scherri Lee Biggs

by Allen Newton

GRANDMAS and grandads, time to dig out those dusty old boxes of Lego, buried away at the back of the shed and sit down with the grandkids to create a new masterpiece.

Jackson Harvey and Alex Towler from Perth won series two of Channel 9's LEGO Masters, and they have created an immersive Lego exhibition, RELICS: Bricks of the New

World, a prologue to the Scribblers Festival which runs from 3 to 9 May.

They spent two months getting an exhibition together which sees them using Lego in ways rarely seen before, incorporating found objects and mixed media into nine thoughtprovoking installations which used close to 250kg of Lego bricks.

The concept of the exhibition is that it is 2530 and humans have long since national audience of more than 1.2 million viewers each episode.

season final The where Harvey and Towler scooped the winning trophy made of Lego and a cash prize of \$100,000 had an audience of more than 1.4 million viewers around the country.

The third season of LEGO Masters is coming

The two high-school friends found that while they had different skill sets, they also had complimentary ones which gave them that winning combination for the show.

They both think the appeal of Lego is that it is more than a kid's toy and a great way for grandparents to connect with their grandchildren.

left planet Earth and Lego

people have moved into all

the old objects they have

left behind. They have

formed societies based

around the functions of

those objects - such as a

piano, an arcade machine.

and an old VW Beetle.

Each of the civilisations

living inside these objects

they relate in some way to

Nine's LEGO Masters

premiered season two

last year with an average

their home.

Their earliest memories were getting Lego as birthday and Christmas presents. They feel that building things brings out everyone's creative side and allows for the flow of conversations about design ideas. The guys say that it is a lot of fun using your hands, your creative mind, and a great tool for connecting.

They also say that Lego is not a single use toy - it is high quality, high use and has a longevity than not many toys have these days. Lego bricks from the 50's still work with Lego bricks made today.

Present buying was easy for Jackson growing

up.
"I was given Lego for Christmas presents, birthday presents and everything in between - I had accumulated a lot of Lego by the time I was a teenager," he savs.

"Lego was my favourite thing growing up," says Alex. "I used to have all the technic sets and would make tractors, trucks and little mechanisms - I think that was my young engineering brain getting excited.

"It is funny - you drift away from Lego when you get older - I definitely put Lego down for a long time - but now as an adult I see it differently.

Harvey and Towler have collaborated with authors Cristy Burne and James Foley to create a free REL-ICS workbook that will allow younger viewers

to continue their learning journey far beyond the exhibition.

LEGO's founder. Ole Kirk Kristiansen, create the name Lego from taking the first two letters of the Danish words "leg godt" meaning play well. The company has passed from father to son and is now owned by Kjeld Kirk Kristiansen, a grandchild of the founder.

The famous Lego brick that we play with today is more than 50 years old. The bricks made way back in 1958 will still fit perfectly with those you play with today.

The moulds used to produce Lego bricks are accurate to within twothousandth of a millimetre (0.002 mm). Because of this high degree of accuracy, only around 18 bricks in every million produced fail to meet the company's high-quality standard.

Laid end to end, the number of Lego bricks sold in a year would reach more than five times round the world and average there are 80 Lego bricks for every person on earth.

The free exhibition is on now at The Goods Shed, 4 Shenton Road, Claremont, from 9am to 3pm until 30

For more info. visit www. scribblersfestival.com.au/



Friendship through flowers...

NEXT meeting of the WA Floral Art Society will be on Saturday 20 March and

The cost is \$10 to see members' designs, demonstrations, afternoon tea and

Meet at the Osborne Community Hub, 11 Royal Street, Tuart Hill. 12.45pm

Check out the website www.wafloralart.org.au or ring Penelope on 0403 552 811.

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the April meeting will be on Saturday 10 April.

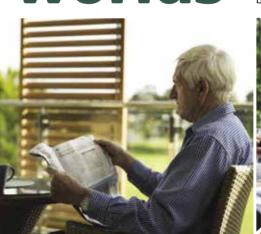
for 1pm start.

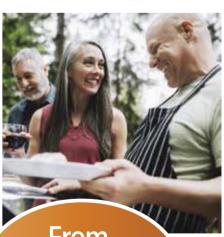
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WG26 Webber Gardens \$229,500 If timber floors are

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Assets testing and updates on the Covid vaccine from Services Australia



by Hank Jongen, General manager, Services Australia

EVERY year on 20 March and 20 September, Services Australia revalue most market-

based investments. This includes any shares, securities and managed funds. It also includes any super you have if you've reached Age Pension age and the super hasn't been moved into an income stream

Income streams including retail and selfmanaged superannuation account-based pensions are revalued on a date later in the year.

The value of your assets may rise or fall - it depends on how the market has been performing. If your pension is income or assets tested, the 20 March revaluation may lead to a change in your Age Pension rate.

You can also ask for a revaluation of your shares and market linked managed funds at any time. Just be aware that if you do, all your shares and managed funds will be revalued together to determine your new pension Getting ready for the Covid-19 vaccine

Medicare is playing an essential role as Covid-19 vaccines are rolled out to millions of Australians.

There are three things you can do to make sure your family is ready for the vaccine:

- create a myGov account and link Medicare • check your contact details for Medicare are up to date
- · view your immunisation history statement.

It's easy to link your

Medicare online account to myGov:

1. Log into your myGov account

2. Select 'Link another service'.

All you need is your Medicare reference number, which you'll find on your Medicare card. We'll also ask for some other information like your date of birth and details about your last doctor's appointment.

When you link your Medicare online account to myGov you'll be able to access your immunisation history.

Each Covid-19 vaccine dose will show on your statement. Once you've had the required number of doses, a Coimmunisation vid-19 status will show on your statement and can be used as proof of vaccination.

I also encourage you to download the Medicare app. This means you'll be able to access your immunisation history statement at the touch of a fingertip.

If you can't go online,

you can ask your vaccination provider for a copy of your statement. You can also visit one of our service centres or call us on 1800 653 809 to get a copy.

For the latest Covid-19 updates and advice, go to www.austra lia.gov.au

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

Analysing the doing of thinking - will it better solve your problems?



by Jon Lewis

I LOVE to think. Some say I think too much, however I think there is a bigger problem.

Certainly, a lot of thinking can be a great tool. It can prevent a great many foreseeable problems. It unfortunately, can also be indecisive, if it's your intention to do nothing, whether you realise it or

Too many times I have thought through a decision until a year or more had passed. On another occasion deliberate thinking was, in my opinion, used to make the task seem almost insurmountable and particularly unattractive. You may have noticed this is something politicians and on occasion parents make use of. Who knows, they may both have our very best intentions at heart?

For me, I enjoy thinking for a time and then enjoy the action required.

If overthinking takes place, it might end up being an annual thought. Indeed, overthinking can lead to paralysis. Where every little point is over analysed. So much so, you are unable to move.

So how do you prevent

overthinking? I have a little technique and I will share it with you.

For a while I think from various points of view. Firstly mine, then the subjects, those seemingly unaffected and any other point I can consider. It's a slow process and I find a calming one. Then before too much time is, frankly, wasted... I share my 'thinking' with other people. The more the merrier.

You may discover most people will not much care about your thought. This is actually very good. It means what is important to you might not be that important and you can relax. I do

love relaxing.

However, as I ominously pointed to at the outset, there is a bigger problem and that is under thinking or worse... just reacting.

We have all seen it. An event takes place and with lighting speed a reaction takes place. Little or no thinking has been employed. Certainly, it will mean something has been done and we can hopefully live with it. But, what if it's wrong? What if it has made things worse? What if after all that speedy action we are right back where we started and with less money?

This is where 'some' thinking can really help.

We can once again invite the help of others. Once some time of calm thinking has passed, the working conclusion can be shared. It's like a proofreader at a newspaper, a lawyer viewing a contract or a mate with a moment of intentional consideration, thanks mate. These moments of 'thinking' can really make a difference.

"Let's think through" can be the start, but the finishing thought can be a bit tricky.

You may not find many people interested in concluding a thought. Most might like to start and leave the finish for happenstance. That can be

because the end may be simply unforeseeable. That's okay. On that occasion it might be best to proceed with caution and think about a possible back-out plan.

Thinking is a fun thing and it doesn't require money. It is the process of using one's mind to consider or reason about something.

I do need to point out some of my best thinking has been virtually instantaneous and it has also been some of my worst.

On both occasions sharing my thoughts with others would have been good... I think.

All the best.



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blue eyes and nice figure. Enjoys walking, dancing,

singing, cooking and movies. Would suit genuine gent 3

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Coronavirus (Covid-19) information

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healthywa.wa.gov.au/coronavirus or contact them on the Coronavirus Health Information Line on 1800 020 080 at any time.

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



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11

Watch out bully... there's more than one way to skin a cat



by Rick Steele

BEHOLD, God created man and women equal, except some are more equal than others.

Having been created of smallish stature, I was never a ringleader and more often than not the subject of a minor form of abuse. I can recall clearly my first and only visit to the local public swimming pool. It was there I learnt you need air under water to breathe. A 'ducking' I

never forac

About that time, and for many years, there was an advertisement campaign by a bloke called Charles Atlas. He used a cartoon type strip aimed at young men.

Par example: "Are you tired of going to the beach and having sand kicked in your face?" A picture of a bloke with not much bulk, in front of some busty bikini clad damsels, getting pushed and shoved by an aggressive bully. Then the Charles Atlas recruit arrives and drives off the troublemaker.

"With my chest expanders, weights and physical program you can tell those bullies to shove off," so said Charles Atlas, and I did indeed buy the chest expanders and reckoned it was a

good produc

However, in the summer of '55, my immediate problem was Stephen somebody with a mean streak. He was about 11 and took great delight in kicking my sandcastle to pieces and derived untamed pleasure from my tears of distress. After a meaningful discussion with my bro, we hatched the dastardly devious plan to fill the sandcastle with old brick and rocks. If only we had phone cameras and Facebook, then. The photo of two heavily bandaged toes would go

In the year 1767 an English ship named the *Dol-phin* arrived at Tahiti and after about nine months at sea the common English sailors thought they'd won lotto when the beau-

tiful half naked Tahitian women provided seafood cocktails with extras on the side for whatever the drunken sailors could find in exchange. By the time Captain Cook arrived about a year later, it was known that the iron nails holding the boat together were highly prized by the Tahitians. Apparently so many nails had been prised out of the *Dolphin* it was in danger of falling apart.

Meanwhile, back in NZ about the sixties, and alongside, or underneath the Charles Atlas advertisement, a new one appeared.

"The latest and the greatest coat hanger ever invented. Lifetime guarantee. Stainless steel appearance. Will hang anything – your suits,

handbags, overcoat, Grandma's shopping trolley or papa's wooden leg!

"Send only ten dollars. Limited supply, don't miss out!"

Rumours abounded around our college as to who was behind this groundbreaking technology. This was about the same time that a man named Armstrong walked on the moon. Was NZ up there with the space race?

Well, when the happy customers received their four-inch nail in the post, the bubble burst fairly quickly, and the industrious entrepreneur did a bunk fairly quickly to a place in the sun no doubt. Rumour still has it that the cat skinner was a senior from our boarding school.

I was at the age where

I gladly would have swapped a four-inch nail for a night with a Tahitian maiden. Kylie Minogue said it all. "I should be so

lucky, lucky, lucky!"
"Feb be wary" twentytwo is vaccination day,
and how exciting to see
our beloved Prime Minister get the jab and inform us all how safe it is.
That's good 'cause lately
on Facebook I've been
told my DNA will change,
I'm going to grow a new
head, be tied down and
my underwear forcibly removed, and I will become
alleroic to beer.

Don't mind the first couple of events, but I love my amber fluid.

Time to get ready to vote, and here in the West there is so much to be grateful about. The captain is steering the

ship, and we all know you don't change horses

mainstream. Infamous soccer star Georgie Best was on a Pacific cruise when, after one or two too many, he fell overboard. Fortunately, with the help of some driftwood he washed ashore and was discovered by a beautiful Tahitian maiden. She took him back to her hut, revived him and gave him a sumptuous meal. Then, from under a rattan mat she produced a bottle of single malt scotch.

"That's amazing," said Georgie. After a couple of a drinks the beautiful maiden asked. "Georgie, would you like to play with me?" "OMG!" He replied, "Don't tell me you got a soccer ball as well!"

Cheers dears.





Left to right; Sam Pepe will be shooting baskets - Mary Brown looks forward to her first games

Mastering the games

continued from front cover by Lee Tate

The enthusiastic member of the Vikings Women's Softball Club, based in Madeley, has signed-on for the women's over-45 social softball event.

Mary said a key incentive to enter this year was the games being in Perth

"I'm looking forward to playing with ladies closer to my age and meeting new people," she said.

There were other bonuses: "to have fun, keep active and enjoy the sport with friends while taking in the different surroundings and countryside."

For interstaters, Mary said Perth offered countless attractions: "Travel the regions, Pilbara especially. You have to visit Rottnest Island and do the island tour, visit the Swan Valley and enjoy the wineries and eateries. It's fun. Definitely Hillary's Beach. Have fish and chips while the sun is setting.

"I love the game, live the sport; it's play time, then party time!" said Mary.

Softball will be held at Mirrabooka International Softball Stadium, basketball at Bendat Basketball Stadium and tennis at the State Tennis Centre.

Event website: www.australianmas tersgames.com/

Full list of sports: www.australian masters games.com/sports/

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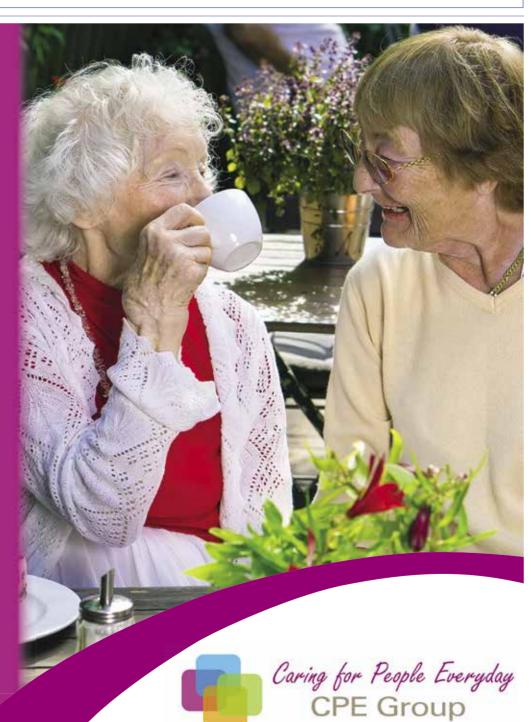
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When you're hot, they're hot - how to help our feathered friends in hot weather



by Karen Majer

I WAS startled, on a recent hot day, to see a western ringtail possum crash out of his bush and sit in the flowerbed near me looking dazed. He eventually made his way back up to the drey.

We provided water in a plant-pot saucer suspended in the bush and hoped for the best.

We know that our pets need plenty of shade and cool water on hot summer days, and dogs often enjoy a sprinkler to play in or treats of fro-



Baudin's Cockatoo enjoying a drink in Karen's garden © Boyd Wykes

zen in ice blocks to cool down, but it's tempting to think that native animals are adapted to the climate and don't need our help. Sadly, with our changing climate, many can suffer heat stress and our leafy, watered urban parks and gardens can play a valuable role in their survival.

Western climate has tralia's changed over the past century, particularly over the last 50 years. Average temperature has risen about 1°C and we are seeing an increased duration, frequency and intensity of heatwaves. We have become used to headlines of heat records broken and unprecedented conditions.

The increased threat of wild fire means that more natural habitat is being burnt every year for fire management as well as by bush-fires, providing another reason for making our garden environment as supportive for wildlife as possible.

A very important way

to help your garden wildlife is to provide a variety of water sources. For some species, this may mean their very survival in your vicinity. For others like black cockatoos, having water sources may enable them to stay in the locality over summer.

Many birds like a large shallow bowl with a flat rock in the middle, placed in the shade under some protective overhanging vegetation. I love watching whitebreasted robins having a drink and grey fantails splashing around having a bath. If you are lucky enough to share your place with small mammals like ringtails, they can make use of these water sources too. Shallow water may provide

a breeding place for mozzies so make sure to empty out regularly and to keep the water fresh.

We have a large, deep ceramic bowl on a stand under a shady tree where larger birds, including pigeons and Baudin's cockatoos, come down for a daily drink. We set up a motion-triggered camera to see who else was visiting that bowl and were delighted to record a mother and young, and then a larger male, western ringtail possum descending from the tree at night for a drink. You can watch them on a short YouTube video at tinyurl.com/birdsatwater

Our largest bowl, about a metre across perched on a boulder,

has plants growing in it and is particulary popular with bees – a bonus for pollination in the garden. White-naped honeyeaters dive in for a splashy wash. My fa-vourite sighting was a goshawk fluffing out and preening in the water.

Birds love shade too, and small garden birds like wrens appreciate dense low foliage over the water where they are protected from predators such as kookaburras and that goshawk.

As well as helping our feathered friends, you will experience the joy of maintaining your garden as a year-round bird ha-

More information: Bird friendly gardening www. aussiebirdcount.org.au/ gardening/

Let's lobby our MPs over frozen pensions for British expats



by Mike Goodall

I'VE received several requests from readers over the last month to establish contact with their Federal MPs and Senators. The more we 'rattle their cages' the more chance we have of them standing up against the

WIN a \$200 shopping voucher with Have a Go News' Ad Words. See page 20 for details.

UK Government about our pensions.

Sir Roger Gale, the MP for Thanet and chairman of the All Party Parliamentary Party (APPG) on Frozen Pensions spoke at length in a debate about the draft Guaranteed Minimum Pensions Increase Order 2021, which was laid before the House on 18 Januarv. This is the Government instrument that allows the state second pension to be increase annually in the countries where the UK is committed to paying them.

Once this has been approved there is a regulation that disbars us and other expat pensioners from receiving the same increases. The same system applies to our basic State pensions as

Sir Roger said it is two months since the Canadian Government's request for a new social security agreement and the UK hadn't responded. Are they waiting for Australia to apply? Let's get our MPs to demand

Thursday is treat day in the swan valley

Treat yourself to discounts on food, drinks, tours,

the Federal Government puts pressure on the UK as well.

UK Office of National Statistics has reported that 12.4 million people were receiving the state pension in August 2020. This is, down 1.6 per cent on a year earlier. This is an annual saving of about £2,685,000,00, five and half times the amount needed to pay our pension increases to full uprating for one year.

This saving is partly due to Covid-19 deaths but also by the increase

in State Pension Age to 66 years. The effect of the age increase will not appear again for six years so future figures will be a better indication of the Covid-19 and other deaths especially over

the next year. Am I UK State Pension Age?

UK Expats and Australian citizens born between 6 October 1954 and 5 April 1960, who have worked for a minimum of 10 years in the UK, will be eligible to claim their UK State

Pensions from their 66th birthday.

Those born after 6 April 1960 will discover that the age that they can claim will increase by one month extra for every additional month of birth until 6 March 1961 when it will become their 67th birthday.

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

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As it happened - beyond the stories - a look back at the ports of Albany and Fremantle



by Lee Tate

FIFTY-FIVE years ago, when I arrived in Albany from Perth to start a journalistic cadetship, the town stank.

The stench from whale slaughter wafted across beautiful King George Sound, the price for local prosperity.

Whaling, one of the first viable industries for the Swan River Colony, survived in Albany until 1978 and is well documented. King George Sound could tell many other stories.

As one of the world's greatest natural harbours, it helped sustain and protect Aboriginal people for millennia before shielding visiting sailing vessels for hundreds of years.

Princess Royal Harbour in the Sound is famously recognised as the port where our warships gathered before steaming for Gallipoli.

Albany's harbour, WA's long-time primary port of

call, became a great rival to Fremantle's harbour.

Even after the completion of Fremantle harbour, its creator, C Y O'Connor, returning from a trip to London, had to disembark at Albany and travel overland by horse to Perth because paperwork had not been completed to officially commission Fremantle port, opened in 1897.

Sailing into Albany in 1852 was a plucky little ship from England, the 700-tonne barque rigged steamer, *Chusan*, which had just made the first delivery of a regular mail service from England to Australia

Having dropped-off its mail to Sydney and Melbourne, the *Chusan...* "caused quite a commotion in Albany and ill-feeling at the town's rival port of Fremantle," reported *The Albany Advertiser*.

The ship had already been viewed with suspicion by older mariners because she used coal to supplement sail.

Albany, due to its protected harbour, had been chosen over Fremantle by shipping company P&O as their coaling depot. The colony capital was not happy and complained to London.

"Public meetings and memorials to the Secretary of State to the Colonies made vain endeavour to remove this slight and insult to the capital city and its port," wrote Boyd Cable in his P&O history.

"Fremantle offered no more than an open roadstead with every risk of westerly gales dragging a ship's anchors and driving her ashore."

Mail for Perth had to be taken by packhorses or carts from Albany over four to six days.

For 50 years, Albany continued to be the colony's main port of call.

"Fremantle finally got its revenge by building its breakwater and artificial harbour in 1897."

But, Albany hung on to its treasured harbour facilities until 1900 when the mail steamers changed over to Fremantle.

"August 20, 1900 was a sad day for the port of Albany because the *India* was the first P&O liner to bypass Albany and dock at Fremantle," reported the *Advertiser*.

The *Chusan* had plenty of memorable moments before it even got to Australia.

On her 1852 inaugural mail run to Australia, the *Chusan* stopped in heavy seas to rescue a man overboard and during

that time, fires broke out in the engine room.

Heavy gales blew away the ship's foresail and jib but, by a miracle, also blew out the fire. In mountainous seas, the *Chusan* managed to sail slowly along until the steam engine could be relit. Coal, having clouded the ship in controversy, saved the

Reported The Albany Advertiser: "If she had gone down, Sydney and Melbourne would have lost more than its first news from the Mother Country in 10 months. The Chusan was carrying 150,000 gold sovergions."

It's all so easy to Act-Belong-Commit by becoming involved with U3A Perth

LAST year U3A Perth joined Mentally Healthy WA to participate as an associate partner in their Act-Belong-Commit program. Because of Covid-19 and the restrictions on gatherings in 2020, U3A Perth has delayed announcing this until now, but is very proud to do so and hopes there will be much more opportunity in 2021 to continue with its U3A metropolitan-wide activities.

The Act-Belong-Commit program encourages people to stay mentally, physically, socially, and culturally active. People are encouraged to establish a feeling of belonging by staying connected to

family and friends and by reaching out to the community. The program also stresses the importance of participating in activities that are meaningful to the individual.

U3A Perth is an excellent fit with Act-Belong-Commit. It has been conducting activities across the metropolitan area for more than 30 years, providing opportunities for discovery, learning, fun, friendships and support networks. Groups meet in regions from Joondalup in the northern suburbs. to Rockingham in the south, and from the Hills to the coast.

A very active U3A choir meets weekly

in Yokine. The choir's musical director has a wealth of experience and is developing their abilities, not only to sing in unison but also to learn more challenging harmonies. Their repertoire ranges from choir classics, to showtunes and contemporary songs. The goal of the choir is to have fun, develop singing skills and connect with others through a shared loved of music. Choir members find it rewarding to share the joy of music by performing at aged care facilities and audiences join in, singing along and clapping to tunes they remember.

Melville and Districts Region has about 80 people who learned to play Mah-Jong with U3A and have continued playing. Beginner classes are held regu-

larly.

U3A is well known for the two semesters of courses it runs each year in the City and regular speaker afternoons held throughout the metropolitan area. If you are interested in sharing your expertise and experience with people seeking learning opportunities, either in the form of a short course, or a one-off talk please contact 0468 781 857.

A lot of change occurs in the latter stage of our lives. We retire, may lose partners, children leave home and maybe



U3A Melville and districts region members playing Mah-Jong

our financial situation changes. It's important we don't lose perspective and stay engaged. Act now, check out U3A, join our community and commit to enjoying your chosen activities. For

more information contact 0468 781 857 or check out our website www.u3auwa.org





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MARRIED AT FIRST SIGHT

This is Australia's most talked about social experiment, with its potent combination of romance, passion and emotion. Relationship experts John Alken, Mel Schilling and clinical sexologist Alessandra Rampolla, will hold the couples accountable for their actions at the weekly commitment ceremonies where secrets will be revealed and bombshells dropped.

SUN 7PM, MON - WED 7.30PM



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Presented by Liz Hayes, Under Investigation is being dubbed a new genre of television, putting the audience firmly inside the investigations. Each week an elite and renowned team of 'story insiders' seek to solve crimes and uncover new evidence.

MONDAYS 9.00PM



AMAZING

Perth's Kate Jenkinson, Sigrid Thornton and Alex Dimitriades star in this powerful new Aussie drama about life's most surprising and previous moments. Centred on midwife Grace (Jenkinson) and her passionate colleagues at an unconventional birth centre attached to a major city hospital.

WEDNESDAYS 9.00PM



MEGA ZOO

This new Aussie series features exclusive behind-the-scenes access to Victoria's three unique zoos where 800 dedicated staff look after more than 5,000 extraordinary animals. Mega Zoo reveals the daily rollercoaster of drama, emotion and humour with heart-warming and inspirational stories.

THURSDAYS 7.30PM



Start your day with Karl Stefanovic and Allison Langdon on TODAY – Australia's most talked about breakfast show. Bringing viewers the latest news, current affairs, sports, politics, fashion, entertainment, health and lifestyle.

WEEKDAYS FROM 5.30AM



THE GARDEN GURUS

Celebrating its milestone 40th series and 20th year. The Garden Gurus will inspire you with the latest gardening trends together with handy DIY autumn inspiration. Hosted by Trevor Cochrane, together with local Perth horticulturalists Sue McDougall and Neville Passmore.

SATURDAYS 4.30PM



Senior Card life begins at 60 going on 65

by Frank Smith

READER Coleen Purcell wants to know why she is not eligible for a Seniors card at 60.

"I am recognised as a senior by community standards, I don't receive a pension as I have worked and saved hard to be a self-supporting retiree and I am no longer in the paid workforce, yet I am not eligible for a seniors card.

"Why not? Why do many Australians like me qualify, yet many others like me do not?

"Because I live in WA!
"Until fairly recently I
would've qualified at 60
however some mysterious person/persons
changed the laws and
each year the qualifying
age goes up one year.
This means friends 63

years old have the card but I will keep chasing it each year until I turn 65.

"Other 60 year old plus seniors from other states however can come to WA and enjoy our Senior Card benefits if they brandish their own state seniors cards," she said.

Have a Go News has tried to find some answers.

The Minister for Seniors office declined to reply saying the government was in caretaker mode due to the impending election.

Glen Mace, acting executive director State-Wide services of the Department of Communities said the decision to increase the eligible age for the WA Seniors Card was made by the previous government as

part of the 2015-16 budget announcements.

"This decision was based on the projected increase in the number of seniors in Western Australia from 458,000 to 865,000 over the next 20 years.

"In order to sustain the current level of benefits to ensure the WA Seniors Card remains meaningful, the eligible age was increased.

"The WA Seniors Card is the most generous Seniors Card in Australia providing members access to council rate concessions, water service charges concessions and access to the annual cost of living rebate. These concessions are not offered by any other State or Territory Government in Aus-

"The WA Seniors Card provides members access to free off-peak travel on public transport and this offer is only matched by the Northern Territory and South Australian Governments. In New South Wales, Victoria and Queensland, Seniors Card members are only provided concession

with our party to pos-

sibly have it changed

to 60 and fall into line

with other states. Under

common sense it should

be 60 and that is what I

The Barnett Govern-

ment Liberal changed

the age of eligibility in

2017 at the same time

reducing seniors discount on local govern-

ment rates. While WA's senior's

card is claimed to be

the most generous, both

Victoria, New South Wales and the ACT of-

fer seniors stamp duty

concession when down-

sizing which are worth

much more.

will be advocating for."

fares.
A spokesperson for The Greens MP Alison Xamon supported this, pointing out that some other subsidies were available in spite of the absence of a card.

The Liberal Party's shadow minister for ageing, Kyran O'Donnell said: "I have no idea why we make ours 63 years when other states are 60.

"I will bring this up

Congratulations to a lucky winner



WELL done to Pamela Hannan who was the lucky winner of the SpaceTalk watch from our January issue. Pamela popped into the office to pick up her prize.



Pamela Hannan - SpaceTalk watch

Destiny Rescue guest speaker at retirees meeting

THE speaker at the next meeting for the Association of Independent Retirees (AIR) Perth northern suburbs branch will be Maria Moffit from Destiny Rescue which is an organisation committed to rescue kids from sexual exploitation and help them stay free. While their primary focus is on children, they often encounter adults who are enslaved or trafficked and who need

The meeting will be held on 18 March at 9.30am. The following meeting will be held on 15 April and the speaker will be Meg Abercrombie from Royal Life Saving WA.

Under the current WA Covid-9 rules they are restricted to numbers in the meeting room. Therefore, if you wish to attend as a guest please reserve a seat by registering your interest.

All meetings are held at the Penistone Park Community sporting facility, 27 Penistone Street, Greenwood.

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

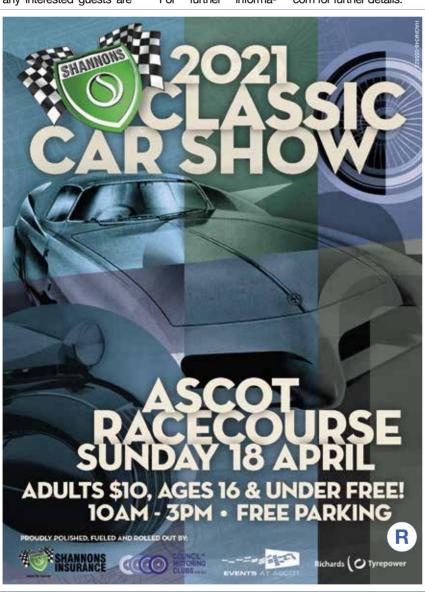
pension for a substantial part of their income.

All AIR members and any interested guests are

most welcome.

Cost \$4 per person including raffle tea or coffee. For further informa-

tion please contact Mike Goodall on 08 6364 0859 or e-mail pnsair@gmail. com for further details.



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SRCWA Rockingham branch Have a Go Day, a LiveLighter Event

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

This FREE event will showcase club/groups. not for profit agencies and commercial entities which have a senior focus from Rockingham and surrounding areas. There will be a wide variety of activities to "Have a Go" at, including pole walking, pickle ball, air soccer and also many static displays. Any clubs, groups, community organisation or businesses which would like to attend or exhibit on the day are welcome to contact Carole Overington email: srcwarockingham@gmail.com or phone 0412 715 173 for further details.

This event is sponsored by City of Rockingham, Have a Go News, LiveLighter Healthway, Telstra, Kennards Hire, IGA - Chelmsford Avenue, Dept of Local Government, Sport and Cultural Industry and Dept of Communities.

Tech Savvy Seniors

Internet Banking Seminar - postponed

Unfortunately, due to the recent lockdown SRCWA had to postpone its internet banking seminar which was to be held in Leederville on 5 February. We are currently looking at booking a different date in the near future for this event, so if this topic interests you please call 9492 9774 and talk to Martin to register your interest. Also if you would like to register to receive information on SRCWA's technology events you can do that by calling Martin Yates on the above number.



Pole Walking

This exercise uses two poles, often called hiking or trekking poles, to add a new dimension to walking. Pole walking is an easy, efficient and low stress activity that engages the whole body in a total workout. People achieve a greater increase in muscle endurance and toning in their shoulders, back, chest, upper arms and abdominals. The poles provide stability and add more "spring" into your steps. The use of poles helps to reduce stress in the knees and other joints. The activity loosens up tensions in neck and shoulders which is beneficial for those who sit for long periods of time. Posture improves with the right technique and arm motion and it is up to 40 per cent more effective than regular walking.

Oxygen intake increases significantly, and heart rate increases more per minute, compared to regular walking. To request an individual, couples, or group demonstration call the SRC office on 9492 9773. SRCWA's pole walking program is supported by LiveLighter Healthway and Government of Western Australia.

SRCWA's Annual Seniors Under the Sea Ball

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

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

HAVE-A-GO NEWS No. 348 MARCH 2021

Varied 2021 kayaking program for canoe club members



Over 55 Canoe Club enjoyed an ocean paddle at North Coogee

by Chris Harlow

BY way of experiment the Over 55 Canoe Club put on a summer paddle program this year. A day, evening and ocean paddle were on offer.

In late January paddlers enjoyed a leisurely paddle from Melville Beach Road foreshore. We headed downstream following the around Alfred shore Cove bird sanctuary towards Point Walter. Giving a wide berth to a flock of musk ducks, we were treated to the sight of a pair of ospreys. Usually perched high on the light

poles surrounding Troy Park, this pair were on a fence close to the water and seemed to be posing for admiration as we drifted past.

High water enabled us to stay close to the river's edge as we headed to our break spot at the beginning of Point Walter reserve. Our return paddle had us heading in a line towards Point **Dundas before returning** to our launching point for a late morning tea. After so much recent heat and strong winds it was a very pleasant and tranquil morning's paddle.

On a late January evening, despite a blustery sea breeze blowing, paddlers met near Riverton bridge ready for an evening adventure. With assurances that the wind would drop at sunset we began our paddle by heading upstream under the Riverton bridge to enjoy the quiet waters of the Canning, sheltered from the wind by the trees. In the early evening the reflections and colours on the water were wonderful.

As promised, as we returned towards Riverton bridge, the wind disappeared and it became a delightful balmy evening. We stopped opposite Wadjup Point and watched the beautiful full moon begin its ascent above Centenary Park. Pulling in to the beach we continued to watch as the moon cast a silvery path across the water towards us while we ate our dinner.

Replenished, it was back on the water. With our kayaks adorned with lights front and back it was time to head home. Everyone agreed it had been a delightful experience.

North Coogee at the beginning of February was a good choice of venue to set off from on our first ocean paddle for the year. The water was calm with just a gentle south easterly breeze to paddle into. We paddled past CY O'Connor beach and with the low tide got a good view of his statue standing proudly above the water.

On our way south we stopped to investigate the Omeo Wreck which is a popular snorkelling and dive trail 25 metres off the shore at Coogee.

We then passed the

swimming area protected by the shark net and the Coogee jetty before pulling into the beach at the Coogee SLSC for morning tea. It was a lovely spot to sit and admire the calm and colourful waters of Cockburn Sound.

Back on the water and homeward bound, we called into the impressive Coogee marina. Out from the shelter of the marina the open water was still relatively calm but with the wind behind us causing a small swell we were assisted in our paddle home.

The club's calendar of events for the next few weeks includes safety skills training, a camp, another ocean paddle and a breakfast. For more information on the club phone president Chris Cocker 0410 479 024 or secretary Dale Winn 0420 733 024.



The City of Joondalup Mullaloo Mile cancelled due to bad weather



Perth City Swim Club members sheltering from the rain

ON Monday 1 March more than 450 swimmers were set to take part in the City of Joondalup Mullaloo Mile and LiveLighter Masters Swimming WA Open Water State Championships at Mullaloo Beach.

Swimmer registrations

for the 2021 event were the highest ever received. Unfortunately, on the morning of the event the weather was unusually cold and stormy. More than 26mm of rain fell across Perth, accompanied by lightning and thunder.

Hundreds of swimmers showed up on the day to participate despite the weather, displaying wonderful community spirit and determination.

The course and registration area had already been set up and the water itself looked flat and calm. Water safety officers, technical officials and race directors initially delayed the start of the event by one hour while they assessed the conditions.

By 7am it had become clear the thunderstorm

was going to remain in the area for some time, and the difficult call was made to cancel the event. Masters Swimming

Communications and Events Coordinator Tarquin Bateman says that while the cancellation was disappointing, she is thankful for the support of participants and hopes to help deliver a great swim event next year.

"Unfortunately, lightning and stormy weather looked to be stormy passing over the beach for a few hours, and so it would have been dangerous to continue with the planned swim," she said. "The safety of our

swimmers, volunteers, staff and spectators was and will always be our number one priority.

"We sincerely apolo-

gise for any inconvenience caused by cancelling the event and hope to see everyone again next year for what we hope will be perfect ocean conditions, sunny weather and a great swim."

Masters Swimming WA wishes to thank all swimmers, volunteers, sponsors, and supporters who helped make the event possible and who showed up on the day despite the stormy weather.

For more information about the LiveLighter WOW Swims series please visit www.wow swims.com.au.



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Contact our local Authorised Representative:

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by the future revenue of the Credit Fund and may be lower than expected.

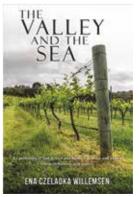
An investment in the Credit Fund is not a bank deposit, and investors risk losing some or all of their principal investment. Past performance is not a reliable indicator of future performance. Withdrawal rights are subject to liquidity and may be delayed or suspended. View our website for further information.

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Local support for Have a Go News



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

There are snippets of local history throughout the book.

The author's father settled in Australia in 1924 as an immigrant from Croatia. He established a vineyard in

old country was put to good use. This is a book that can be dipped into in no particular order, depending on the reader's mood, there is com-

Herne Hill where his knowledge of viticulture from the

edy or perhaps a little poetry and even a little nostalgia.

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

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

ONLY A VOTE FOR MARK McGOWAN'S LOCAL WA LABOR CANDIDATE WILL

KEEP WAA STRONG



Be well rested and healthy to benefit from Covid-19 vaccine



Vaccines take at least two weeks to act

by Frank Smith

WHEN you have had the shot, what happens next?

Associate professor Allison Imrie, UWA virologist, said there is no specific information on how to maximise the immune response to Covid-19

"It is best to be as healthy as possible. Get as much sleep as possible, take exercise and eat well, for your best chance of responding well to the vaccine.

"It is not surprising that cats and other animals that live close to humans can be infected, but there is no evidence of Covid being spread by pets and we know from the experience of the US that they are no threat

"Influenza and Covid viruses are very different but both are transmitted primarily by aerosols from the breath of an infected person spreading and infecting others through their nose and throat.

An article in New Scientist lists some ways you may be able to boost the immune response to a vaccine. These suggestions are drawn from research on other vaccines but may also apply to Covid-19.

Minimise your level of stress. A positive mood on the day of vaccination is associated with a higher antibody response to a flu shot in older people.

Sleep duration on the two nights before a flu vaccination is a good predictor of the immune response several months later. Exercise during the day may help you get plenty of deep sleep, which appears to be important. At the very least it can't do you any harm.

Having good social support, including being married, has been linked to good responses to flu and hepatitis vaccination. It might be so

Get enough exercise, not just for general health but to boost your antibody response. People who received a tetanus vaccination after completing a marathon had a higher antibody response than non-runners and women who used an exercise machine in the 45 minutes before a flu vaccination had a higher antibody response a month later than those who did no exercise.

Once you receive your jab don't assume you are safe yet. Vaccines take at least two weeks to act and most Covid-19 vaccines need two shots to boost your immunity.

Even then not everyone is protected, a small percentage of people can still get the virus, but are unlikely to get seriously ill. Scientists don't know why this is so.

In results from Scotland, five

weeks after receiving their first dose, those who received the Oxford/AstraZeneca jab had reduced their risk of hospitalisation by 94 per cent, and those who received the Pfizer vaccine by 85 per cent.

Even if all is fine you will probably need an annual booster shot, like you have for flu. No one has been vaccinated for long enough for us to know how long Covid-19 immunity lasts.

Your age, sex, nutritional status, gut microbes and the state of your immune system may all play a role in how effective the vaccine is.

However, Professor Imrie said the vaccine works well in most people, although less well in older people.

"I encourage all people to have the vaccine. It gives very effective protection and protects you from getting sick," she said.

Events on Retirement Homes, Will Writing and Funerals

Get advice and help when living life after work. And get a legal Will written by a professional lawyer.

Date: 8th April and 8th May

Costs: Info Session Free, Wills are \$70 + bf

Venue: St Matthew's - Stirling Square,

Meadow Street, Guildford

For more information please contact Romm on 9263 2076 or



New partnership for WA Lids for kids



OUR readers love to recycle and the contributions for the Lids for Kids initiative has been constant.

Lids for Kids have now partnered with Rethink Recycling Co-Op which will speed up the process of turning the plastic lids into something new for

We will keep readers undated about this new collaboration. In the interim we continue to be a collection point.

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

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

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, Monday to Friday 9am to 5pm.



Cyril Jackson Recreation Centre, Fisher Street, Bassendean

All Breeds 3 Ring Championship Show. Agility course. Best Decorated Cage & Costumed Exhibitor. Delicious menu, raffles and stalls.

Coronavirus (Covid-19) information

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

Solution for Crossword page 55

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Solution for BIG Crossword page 54

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PRISM solution page 55:

Carp, dory, mackerel, sturgeon, stingray, trevally.

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Solution for

page 54

Colour Blocks

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Solution for Suduko page 55

Υ Α G U Ε L E M CHO N O Ε В Ε Р Ν Т Н Μ

S С Α

- 1. Mick Murray
- 2. Broome
- 3. Butler's Swamp
- 4. Christchurch and MLC
- 5. Stirling
- 6. Dreamliner
- 7.2004
- 8. Geoff Gallop
- 9.1978
- 10. Albany

Answers for *Have a Go News* Quiz page 2:

Managing multiple multiple multiple

It's time to meet a new mate - MediMate



Save time

Your meds can be delivered or ready for your collection.



Packed precisely

Each sachet is laser scanned for accuracy.



Highly portable

Easy to take with you wherever you go.



Interested in MediMate?

Talk to your friendly Priceline Pharmacist today.



BOTA



COMMUNITY NOTEBOOK

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

THE PHOENIX FRIENDSHIP

Are you a single senior over 55yrs? Meet new friends in a safe, supportive and enjoyable environ-

Helen 9294 1846 Steve 0400 924 553

PERTH JAPAN FESTIVAL

20 March 11am-6pm Enjoy Japanese food, cultural exhibition and a great day out Elizabeth Quay. Perth

MIRRABOOKA COMMUNITY MARKETS

18 March and 15 April 4-9pm Experience the multiculturalism of the local community. International food, arts and crafts, entertainment and more. Car park off Yirrigan Drive.

OPEN DOOR FRIENDS GROUP Meet first and third Thursday of the month from 9.30am-11.30am. Carpet bowls, board games, bring your own craft, morning tea provided. No charge. . Come and join the fun. Barbara Bruce 0415198846 Maylands Baptist Church Hall. 102/7th Avenue, Maylands

DONNYBROOK APPLE FESTIVAL

3 April 10am-9pm and 4 April 10am-3pm Easter weekend fun for the whole

All day entertainment, produce tent, wine tasting and much more.

DWELLINGUP PUMPKIN FESTIVAL

3 April 10am-4pm Over 70 market stalls, circus show, workshops live music all day with many more events to

Dwellingup Primary School 10 Newton Street

YORK AUTUMN DANCE **FESTIVAL**

16 -18 April Rock'n'roll dances and free Big Ball, Country Rock and much

more. Tickets; yorkeventswa@gmail.

com www.facebook.com/yorkev entswa

U3A MELVILLE AND

DISTRICTS REGION 5 March, 12.45pm for 1pm Annual information session Melville LeisureFit. Stock Rd/Canning Hwy Melville For bookings or information email u3amelville@gmail.com Janet 0418 947 463

NATIONAL SENIORS HILLARYS BRANCH

Meets at 10am first Wednesday each month.

Enjoy friendship and fun with new friends guest speakers, outings, lunches and dinners. Flinders Park Community Hall 137 Broadbeach Blvd. Hillarys. Cheryle Medcalf 0438 996 186

THE SHOPFRONT

Emergency Food Hampers in

The Shopfront is a drop-in centre providing a light lunch of toasties, tea and coffee each weekday from 11am to 1pm.

Emergency food hampers consisting of non-perishable food is also available each weekday. 59 John Street, Bentley

Damian Walsh 9371 9109 or 0422 495 188 director.shopfront@perthcatholic.

NORTH COAST ART CLUB

12 -14 March Art exhibition featuring original artwork by local artists. Friday 12 March 5.30pm -8.30pm Saturday 13 March and Sunday 14 March 9am-5pm Carine Club Rooms Carine Regional Open Space Cnr Beach Rd and Okely Carine www.ncac.org.au

NATIONAL SENIORS AUSTRALIA

northcoastartclub.wa@gmail.com

10am-noon

Meets every fourth Monday of the month at the Uniting Church Hall in Hicks Street Gosnells. Morning tea, interesting guest speakers. They also enjoy frequent luncheons and coach out-

Give them a go and meet new friends Enq. Sam 9459 3580

TRYACT /BETHANIE MARKET DAY

20 March, 10am - 2pm Bethanie Beachside Lifestyle

80 Lindsay Beach Boulevard, Yanchep

Community stalls, arts, plants, food, health and beauty, craft, mens sheds and more.

CLEAN STATE

10 and 24 March, 10am - 12pm Climate action letter writing workshop. Write letters to the editor and MPs Meet at Enviro House 125 King William Street, Bayswater Emma 0437 742 747

HAVE-A-GO NEWS No. 348 MARCH 2021 Would you like to chronicle your life for your family?

PERHAPS publish a memoir about a really interesting period of your life?

The Society of Women Writers WA is again hosting the workshop, Writing Your Life Story, from 12.30pm to 5pm on Saturday 10 April at Citiplace Community Centre, in the Perth Railway Station Con-

Helen Iles, award-winning writer and managing editor of Linellen Press which specialises in publishing memoirs, will conduct the workshop.

Helen says: "Bring your project to the workshop and learn how to structure and focus your writing to engage and interest the reader. Capture the poignant, the memorable, the historic and the truly unique aspects of your life story or mem-

She will also outline a variety of ways you can set up your book and publish your story economically.

Men and women are invited to attend. Cost is \$30. Seating is limited, so bookings are essential. For bookings, please email swwwabookingofficer@gmail.com or telephone 0429 116 395.

For information about the Society of Women Writers WA, visit: www.swwof wa.com.au

Don't miss the Classic Car Show at Ascot...

CLASSIC cars owners from across the state will be polishing their pride and joys for the Shannon's Classic Car Show at Ascot Racecourse to be held on Sunday 18 April at 71 Grandstand Road, Ascot.

Vehicles from every era and country will be on display in what is the biggest event in the classic motoring calendar.

This year there will be a focus on cars made in Australia. While we all know about Holdens and Fords, plenty of other marques were manufactured here. The variety may surprise people.

Food vans and refreshments are available onsite. It is great family day out. Gates open at 10am until 3pm. Admission for adults is \$10 with children under 16 free.

See page 15 for ad.

Win a \$200 shopping voucher

FIND the code letters in the advertisements in this edition to make up this month's word and go into the draw to win a \$200 Coles gift voucher.

There are 11 advertisements in this issue which contain a blue circled letter for the Ad Words promotion.

Find the 11 letters to make up the word and then send your entry in to be in the draw to win.

Look out for these advertisements in sequential order to discover the blue circled letter to make up the Ad Word.

1. Club 55

2. Perth Mobility Scooters

- 3. Patsy Duracks Rose Gardens
- 4. Council of Motoring Clubs
- 5. Stay Sharp
- 6. Villa Carlotta
- 7. Global Gypsies
- 8. Loose Goose Chalets
- 9. Advocare
- 10. Providence Piara Waters
- 11. The Sandalwood Shop

Entrants can enter via email win@ haveagonews.com.au or write to Ad Words Competition C/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 31/3/21.



Let's GO MOTORING

Hyundai i30 provides simple motoring - a joyfully rewarding drive







Driving a Hyundai i30 hatchback is a surprisingly satisfying experience

and I sing a simple song, I've never been so by Tony McManus, host, Saturday Night Show, 6PR Perth.

ONE of my all-time favourite songs is Simple Man, from the Paul Williams album, Just an old fashioned love song.

"I am a simple man

much in love and never hurt so bad at the same

It's a song I found myself humming each time I jumped in the Hyundai i30 hatchback. It was an experience so simple, but joyfully rewarding.

I am at a point, in this too short life, when I am no longer consumed by

The large house, the over-priced high end fashion wardrobe, the top of the range mobile phone, no longer hold the appeal of my younger

The joys of a fantastic Western Australian red wine or an amazing luxury watch from Omega, Hamilton, Rolex or IWC are not lost on me, but no longer consumed.

The Rolls Royce Ghost

is stunning, Range Rover remains a favourite. However, the comfort from aspiring to a more simple life is joyful in the extreme.

The simply branded Hyundai i30 is considered an entry-level model, starting from around \$25,450 plus on-road

costs. With a 2.0-litre, four-cylinder petrol enaine and 6-speed automatic transmission -120kW with 203Nm.

I have driven Toyota Corolla, Honda Civic, and Kia Cerato all of which are obvious competitors; however, it's the Hyundai i30 that comfortably wears the 'simple man' Akubra.

It's not quick, but does not pretend to be. It's not glorious to look at, it's not an Audi. And it is certainly not an omnipresent SUV.

But a Hyundai i30 is simple, easy to drive, easy to park and has many of the bells and whistles with which you become quickly comfortable. I was pleasantly surprised to have Apple CarPlay in a car at this some features you still need!

Select eco, sport, or normal; there is no massive distinction, but the driving experience is surprisingly satisfying. Comfortable even for a hatchback; whipping around Perth and suburbs for a month or so was always surprisingly friendly.

You soon feel as if you have beaten the crowd with an affordable and so very sensible motoring purchase.

Anyway, off now to

look at a simple Volvo...

Love to hear your thoughts on anything motoring. Please tell me of a specific car, about which you would like to know more. Drop me a line at my email address tonymac@6pr.com.au.



Nearly one in four Australians over 40 could be living in silence

RESEARCH released by Specsavers Audiology during Hearing Awareness Week (1 - 7 March 2021) shows that more than 560,000 people in the Western Australia area aged 40 or over living with hearing loss are simply "making do" with the wrong hearing aid.

Living with the wrong hearing solution can have a significant impact on your quality of life, but WA locals continue to do so because they're worried that the cost is too high to correct it (41 per cent) or the process too confusing (25 per cent).

Specsavers chief audiology officer Nick Taylor recommends discussing the following if you are recommended hearing aids by your clinician:

Price - be open and transparent about your budget and demand that your chosen audiology professional does the same with their prices and the best value for you. Demand price transparency.

Your needs - make sure that you are given the opportunity to discuss your lifestyle needs and wants with the audiology professional; they should of course be interested in what you can't hear, but also which situations vou want to hear in.

Aftercare - hearing aids take a while to get used to once fitted - sometimes up to three months - and in the first year people may need some ad-

justments, so they should feel comfortable with the aftercare they will be getting before you commit.

Specsavers prices are available upfront, and 12-month aftercare support is included as part of the price of hearing aids. To view prices or to book an initial 15-minute free hearing check with a local Specsavers audiology professional visit www.specsavers.com.au/



The age-old question: why do women live longer than men?



PhD student Zoe Xirocostas

by Frank Smith

FEMALE mammals, including humans, generally outlive males.

ally outlive males.
Professor Maarten
Wensink of the University of Southern Denmark
said that around 1950,
males lived about two
and a half years less than
females. By 1980, this

difference had increased to about four and a half years. Then the difference in life expectancy declined to new lows of about two years in 2015.

Writing in The Conversation, he says this increase and subsequent decrease was due to smoking.

"Remove smoking

and you get an almost flat line at only two years, which is what the difference in life expectancy between ages 50 and 85 would have been if nobody had smoked."

One possible explanation for this two-year difference is that men have an X and Y sex chromosome while females have two Xs. If a person has a deleterious gene in an X chromosome this may be counteracted by an undamaged gene in the other X chromosome in women, but this cannot happen in men. This is known as the unguarded X hypothesis.

Recently a team from the University of New South Wales looked at published research on sex chromosomes and lifespan in many animals to establish whether there was a pattern of one sex outliving the other.

PhD student Zoe Xirocostas says: "We looked at lifespan data in not just primates, other mammals and birds, but also reptiles, fish, amphibians, arachnids, cockroaches, grasshoppers, beetles, butterflies and moths among oth-

"And we found that across a broad range of species, the heterogametic (having differing pairs of sex chromosomes) sex tends to die 17.6 per cent earlier on average.

"It appears that the unguarded X hypothesis stacks up," she said.

The researchers observed this same pattern in birds, butterflies and moths. The male of the species has the homogametic sex chromosomes (denoted by ZZ) while the female has the heterogametic chromosomes (ZW). Male birds, butterflies and moths usually live longer lives than females.

Gerontologist Professor David Gems of University College London has different ideas. He says that men have greater underlying constitutional longevity, but androgens produced by the testicles, while necessary for reproduction, increase late-life pathology and have the effect of decreasing male lifesnan

Professor Gems says castration may unmask underlying male constitutional longevity.

He quotes a study of eunuchs at the Imperial

Court in Korea from the 16th to 19th centuries. More than 80 eunuchs were identified with an average lifespan of 70 years compared with a lifespan of just over 50 years for intact men of comparable social status. Moreover, three of the eunuchs became centenarians, living to 100, 101 and 109 years, a frequency that is at least 130-times higher

than normal even today. New Scientist reported him as saying that there is already plenty of evidence that males of other species would live longer than females if it weren't for their energetic sexual activity.

If male marsupial mice are castrated they can live for years, otherwise they die in just a few sexcrazed weeks. "They spend five to 11 hours a day copulating," Professor Gems says.

Males of many species appear to be worn out early by pursuing and mating with as many females as possible, fighting other males to obtain mates and preventing other males from mating with their harem.

The extreme case occurs in the praying mantis, where the male is eaten by his partner after mating.

Human males also take bigger risks, have more dangerous jobs, drink and smoke more and are poorer at seeking advice from doctors than women.

Either that behaviour or having only one X chromosomes condemns men to a shorter life than women.

Do you have ringing in the ears or hearing difficulty?

HAVE you been told that you cannot be helped with ringing in your ears (tinnitus)? Then come and try this unique treatment approach.

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"These days... one can easily hide their hearing aids but not their hearing problems", says Dr Sargunam, owner and senior audiology consultant at Star Hearing Consultants, Perth.

With more than 30 years' experience practicing audiology, Dr Sar has recently opened his own independent clinics in Perth, helping patients with all types of hearing health care needs.

Star Hearing Consultants specialise in differential diagnosis of hearing loss and ensuring patients receive appropriate hearing aids, suiting to their individual lifestyle and budget. As an independent clinic, Star Hearing Consultants prescribe the right hearing solution from any major brand available on the market.

With an extensive medical au-

diology work experience, Dr Sar offers a comprehensive range of services, including hearing aids, a unique treatment approach to tinnitus, hearing loss prevention, solutions for those exposed to loud noise and music, hearing hygiene and more.

Star Clinics are located in Canning Vale, Huntingdale, Palmyra, Wellard, Beverley, Brookton and

Call for free one-hour assessment (for a limited time only) – 1800 11 4327 / 1800 11 HEAR, email: starhearing@outlook.com or visit www.starhearing.com.au

Parkinson's seminar for the newly diagnosed

WORLD experts tell us that the prevalence of Parkinson's is on the rise, with an estimated 10 million individuals worldwide affected. In Australia, that number has reached 100,000 individuals (8,000 in WA,) with 38 Australians being diagnosed every day.

"Now, more than ever, we need to raise awareness about Parkinson's in our community, ensuring that as the peak body, people are linking in with our services," says Parkinson's WA CEO.

Brenda

Matthews.

"It's important that people realise this condition is life changing, not life-threatening and with good management, medication, exercise and support, those with Parkinson's can lead independent and productive lives," she says.

Parkinson's WA is presenting a Newly Diagnosed Seminar on Saturday, 17 April, targeted at those who have been diagnosed in the last five years.

The seminar will be presented by Associ-

ate Professor, movement disorder specialist Dr Rick Stell who will speak on Parkinson's and treatment options. Also speaking will be Parkinson's WA counsellor, Caitlin Munro about coming to terms with the diagnosis. The Parkinson's nurse specialist role will also be explained.

For more information or to book your place, please call the Parkinson's WA office before 13 April on 6457 7373 or visit: www.parkinson swa.org.au/

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for the over 55s - as seen on Channel 7 Today Tonight
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The **Stay Sharp Program** is an 8 week progressive program for the over 55s introducing you to the basics of eccentric exercises coupled with cognitive and memory exercises to aid in reducing a persons relative risk of developing dementia related diseases and improving overall health and wellbeing.

Prof. Ken Nosaka from the ECU School of Medical and Health Sciences has extensively researched the greater benefits of eccentric exercises.

Dr. Jenny Brockis (The Brain Fitness Doctor and renowned author) has committed her valuable time to help us develop the cognitive component of the program to keep those brains active!

8 weeks \$80

REGISTRATIONS (08) 6558 1833

Next Program Commences
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9.30am - 12noon

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ARTHRITIS is painful inflammation and

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the body's natural response to protect joints from damaged cells; to remove irritants and infection – but also to start the healing process. The most common form of arthritis is osteoarthritis. This is a degenerative disease and often leads to joint replacement surgery.

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

How Can Adult Stem Cells Help Arthritis?

How stem cell nutrition can help to

ease the symptoms of arthritis

Research now shows that the body heals itself via the migration of adult stem cells from the bone marrow. Providing they can get to the tissue, adult stem cells can become new bone cells, cartilage cells and have been linked with an increase of lubricin (a protein found in joint fluid that acts like a shock absorber).

As we age our stem cells migration naturally declines. By age 50 it has reduced by 50 per cent and by age 65 you only have about 10 per cent the number of stem cells you had in your bloodstream when you were 25.

Stem cell nutrition encourages your body to naturally release millions of new stem cells – which then replace damaged cells anywhere in the body. The more stem cells you have in your bloodstream the better.

If you would like to find out more about how stem cell nutrition can transform your phone Sandra Barnsley on 0412 479 156.

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let's go travelling travel





Enjoy painting outdoors on a weekend away down south

MARCH is one of my favourite months of the year. As the weather cools down it's the per-

fect time to travel around the state and make the most of the outdoors. Inside our pages we visit the Coral Coast, head east to the Goldfields and of course feature the south west. Lee Tate enjoyed an amazing experience walking on the seabed at Busselton Jetty, Frank Smith shares why Fremantle is a great place

for a mini break, Steve Collins spruiks his love for the City of Boulder and Carmen Jenner enjoys an adventure in Kalbarri.

Art Outdoors will be running an all-inclusive luxury two day 'en plein air' outdoor painting weekend escape to the picturesque Margaret River region from 19 - 21

March. They have selected two spectacular painting locations in the Leeuwin-Naturaliste National Park to allow participants to connect with nature and indulge their creativity and skills. For more information contact Art Outdoors. Email: art@artout doorswa.com.au or visit the website www.artout doorswa.com.au/luxuryweekend-art-escape

*** The day trip to Antarctica always appeals to people, especially as travel is still so restricted now. It will depart on 14 November onboard a Qantas Dreamliner aircraft which will offer spectacular viewing of the continent through its large windows. There is information available for readers on this page.

I received a notification email last month that my passport is due for renewal. I pulled it out of its folder and looked through some of the stamps from the countries I had visited in the last 10 years. It made me wonder when we will be able to travel internationally again. I almost thought about not renewing it, but then I came to my senses because we may not be able to travel at the moment, but it's still an important identification tool. It was also relatively simple to do online and now I just have to get new photographs and take the renewal form and my old passport to the post office, pay \$301 and voilà I'll be set to travel for the next 10 years.

As the Covid vac-

cine rolls out I still cannot imagine international travel being on our agendas for some time to come. I believe that a digital permit may be the only way to resurrect overseas travel. New research from Skyscanner and OnePoll shows that nine out of ten Australians would carry a Covid-19 health pass in order to travel internationally. Will you choose to have the vaccine, and would vou carry a digital vaccine permit to be able to travel overseas again? I would love to hear your thoughts, just email me at jen@haveagonews.com.

Don't forget that it is a mandatory requirement for anyone visiting an airport or flying anywhere in the state or interstate to wear a mask.

Please support our advertisers, they provide us with the means to publish this newspaper and most have been with us for many years. If you have a travel issue or would like to share some information or a photograph of a recent trip, don't hesitate to contact me. Our website also has a selection of great travel information which is updated regularly, visit www.haveagonews. com.au

Happy trails

Jennifer Merigan **Travel Editor**



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

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tunity to join our group for the departure from Perth in November 2021.

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the Boeing 747, the 787 Dreamliner is now in service, with fewer seats but larger windows which will provide a better viewing

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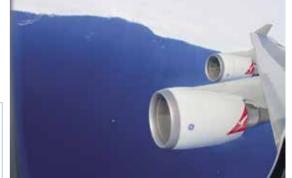
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5 DAYS > 8 - 13 May 2021

Highlights

- Four-wheel-drive coach journey
- Guided tour, Gingin
- Cervantes and Lake Thetis
- Wooleen Station guided tour
- Wooleen Station sunset tour
- Melangata Station lunch
- New Norcia guided tour
- Farewell lunch New Norcia

Price: \$2,855pptw \$230 single option

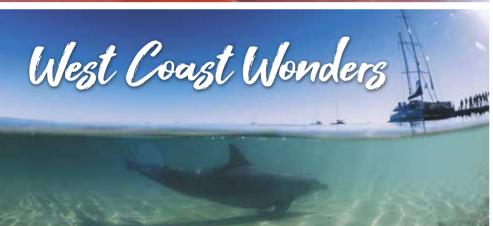


5 DAYS > 14 - 18 May 2021

Highlights

- Golden heritage trail coach journey
- KCGM Super Pit tour
- Hannan's North Tourist Mine
- Kalgoorlie Boulder Museum
- Golden Quest Discovery Trail
 - Gormley Sculptures, Lake Ballard
- Prospector train journey (One way)
- Use your Transwa free pass to save

Price from: \$1,675pptw* \$225 single option



9 DAYS > 17 - 25 Jun 2021

Highlights

- Half-day adventure on Dirk Hartog Island
- Monkey Mia dolphin experience
- Shark Bay eco cruise
- Pinnacles Desert Discovery Centre
- Historic tour of Dongara
- Central Greenough Historic Settlement
- Coral Bay coral viewing
- Carnarvon behind the scenes guided tour

Price: \$4,530pptw \$755 single option

Goldfields & The Prospector Rail Journey Image: Tourism WA, Golden Quest Discovery Trail

5 DAYS > 21 - 25 Jun 2021

Highlights

- Return journey on The Prospector train - Perth to Kalgoorlie
- KCGM Super Pit tour
- Museum of the Goldfields
- Golden Quest Discovery Trail
- Kookynie
- Coolgardie
- Use your Transwa free pass to save

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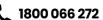
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et's go travel options for the mature west australian





Fremantle is WA's most accessible city for the mobility challenged







Left to right; Frank on his mobility scooter - Bather's Beach - Hougoumont Hotel

by Frank Smith

NEARLY 50 per cent of seniors have a disability at some stage in their lives, usually a mobility problem. They get about with the help of Zimmer frames, walkers, walking sticks, mobility scooters and wheelchairs all of which have limitations. But being disabled should not make travel, tourism and sightseeing impos-

The disabled tourist market is one cities and hospitality venues ignore at their peril.

Cities vary in the extent to which buildings, pavements and roads are modified or designed for universal accessibility. One might forgive Fremantle for lagging behind others because of its ancient buildings and road network. But you would be wrong.

Last month my wife and I decided to celebrate our wedding anniversary with a 24 hour trip to Fremantle. My walking requires a walking stick and is very slow, so I took along my mobility scooter, a Luggie Elite, which is foldable and lightweight for carriage in a car boot. I was pleasantly surprised.

Our first stop was the Viking exhibition at the Maritime Museum. Access was easy with push button opening doors. Although I could have seen the whole exhibition from my scooter, I opted to park it in the building and walk slowly round the exhibits with my collapsible walking stick, to avoid running down other visitors.

We booked a room at the Hougoumont Hotel in Bannister Street. The hotel was recently opened in the refurbished Duke of York hotel with additional accommodation made from sea containers, although you would not know that from the inside

The hotel upgraded us to a state room with disable accessible shower and toilet on discovering that I was disabled. Later they found out it was our wedding anniversary and sent us a complimentary bottle of wine in an ice bucket with two wine glasses.

Going out for a meal that evening was a doddle. Fremantle pavements are generally flat and scooter-friendly and kerbs are dropped at corners to allow scooters, wheelchairs and prams to easily get from road to pavement.

In many cities scooter rides are interrupted by the need to lift the scooter past obstacles, drains and kerbs. The only time this was necessary in Fremantle was due to a pavement blocked by building work. I dismounted and my wife, with the assistance of a passer-by, lifted the scooter from pavement to the road surface.

At the Angel's House French restaurant we folded the scooter and staff found a place for it in the 120-year-old building. After the meal we retrieved the scooter and took a ride through Cappuccino strip and down High Street to the West End with only one dodgy section of pavement which sloped towards the road. My scooter has a very narrow wheelbase and riding across slopes can be hazardous.

The following morning, we explored Bather's Beach, Fremantle boat harbour, the Esplanade, Fremantle Markets and Cappuccino strip again. I was able to ride through the markets and even into a shop, although Dôme café, housed in a 1901 Fremantle Literary Institute building, was more of a challenge.

Fremantle accessibility and my mobility scooter meant I cold enjoy 'walking' round the city and visit the sites at least as well as those who are not mobility challenged. I could even carry my wife's purchases for her.

Fremantle has joined my list of accessible cities along with Graz, Vienna, Innsbruck and (with reservations) Oslo.

Bremer Bay Orca Whale Tour Tue 23rd - Fri 26th March Cost \$1465, Single Supplement \$195 without whale cruise \$1080 per person Donnelly River, Wood Gallery & Pemberton Tram Wed 14th April, Adults \$140, Seniors \$135 Includes entries, morning & afternoon tea and lunch Golden Circle Kalgoorlie, Esperance and Albany Mon 3rd - Sun 9th May, \$2030 per person twin share, Single Supplement \$422 Includes entry, morning & afternoon tea and lunch AYTOURS EXTENDED TOURS CHARTI 1300 233 556 royalgalatours@bigpond.com







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et's go travelling traveloptions for the mature



Here's the guide to the 2021 Perth Caravan & Camping Show



CRAZY about caravans and camping? Then it is time to hit the road and head to the Perth Caravan & Camping Show when it parks at Claremont Showground for its 48th year from Wednesday, 17 to Sunday, 21 March 2021. Opening Times: 9am to 5pm each day.

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

off on your next holiday, or looking for the latest aizmos and gadgets,

this is the show for you. 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 check out what's on offer at the Show.

What to See...

Caravans, camper trailers and motorhomes: with hundreds of caravans, camper trailers and motorhomes on display at show, 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 talented WA musicians through West Australia Music (WAM). Playing on Friday, Saturday and Sunday there's something for everyone's taste.

The Piazza: an exciting precinct at the show that is a hive of activity, with live music*, catering, seminars, and the Royal Flying Doctor Service.

Live outside broadcasts: 6iX and Curtin FM will be broadcasting live from the Show.

Wednesday, 17 March catch John Burgess from 6iX live at the show from 9am to 1pm.

Thursday, 18 March join Jenny Seaton from Curtin FM from 12pm to

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 greets available in between recordings.

Demonstrations and Seminars

The following demonstrations and seminars can be seen every day at the show:

- · Learn to tow and reverse with Global Gyp-
- · 4WD basics with Eureka 4WD Training
- Camp oven cooking with Jo Clews
- Travelling Australia with kids (TAWK) and Camping Queens Perth and Surrounds
- Tow ball sense with Caravan Weighing WA · The ecological restoration of Dirk Hartog Island National Park
- Touring with the Hema **HX-1 Navigator GPS**

Information

And many more! **Weekend Only**

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, and farm animals to keep every member of the family entertained.

Passport to Freedom Competition: is on again with thousands of dollars' worth of prizes up for grabs. Collect a show map containing information on how to enter from one of the information booths or at the gate.

1st Prize: Thanks to iTechworld, 1st prize is a Freedom Pack valued at \$10.526.

2nd Prize: Second prize is a Kimberley Snapshot Cruise for two people worth \$6,400. With thank to Odyssey Expeditions.

3rd Prize: An Ultimate Anaconda Adventure

Pack valued at \$4.070. Thanks to Anaconda.

4th Prizes: Three fourth prizes will be drawn individually.

- Bungles day trek for two with Kingfisher Tours, valued at \$1,560. Thanks to Kingfisher Tours.
- · Helinox lightweight furniture package for the family valued at \$1,500. Thanks to Sea to Sum-

 Stay sheltered pack valued at \$1,547. Thanks to Dometic.

Tickets: available to be purchased online and go into the draw to win a Ryder Pro Mid 2 Electric Bike valued at \$3,200 thanks to eBikers. Book through Oztix bit.ly/ PCCS21-Tickets

Phone: 1300 762 545 or email info@oztix.com.au Adult - \$20, Conces-

sion - \$15, children under 16 free.

Find out about Mobi Nomad - and why it is such a smart choice

THE Mobi Nomad has been described as a CARA-CAMPER. It has all the best features of both a solid roof caravan and a camper tailer.

It's new, it's exciting and it is not made in China. The Mobi Nomad boast an enormous slide-out that houses a luxury permanent island bed with a hotel grade premium mattress, including all the bedding.

With a full sized en-suite bathroom, unrivalled for a 15ft caravan, which consists of a vanity, independent shower, a cassette toilet, mirror and cupboards this en-suite makes for luxurious camping.

The light weighed Mobi Nomad has an ATM (aggregate trailer mass) of only 2200kg. This means it can be towed by almost all tow vehicles and its aerodynamic shape lets you to have money to spare at the

Being fully off-road you do not have to stop once you hit the beach, gravel or even gnarlier surfaces, it

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liquid and gas

can be kitted out so you can enjoy modern off-thegrid living with perks such as solar power, air conditioning and fully enclosed kitchen annexe.

The Mobi Nomad boasts three models consisting of the Custom, with slide-out fridge/freezer, the Continental which houses an inside 135L upright fridge/freezer and the Liberty which is wheelchair friendly.

The fully equipped kitchen leaves nothing to chance. Serving four (extra sets are optional) it offers a two-burner cooktop, large food prep area, microwave, wash-up basin and of course, a wine cellar.

See more details on their advertisement on this page.



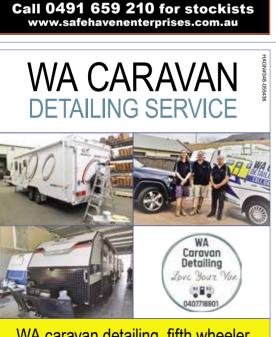


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et's go travel options for the mature west australian





Timely vehicle towing safety tips from Driver Risk Management



Towing courses are available

by Bryan Mitchell

AUSTRALIAN internal borders are reopening and the number of people travelling throughout the country continues to increase. Driver Risk Management (formerly the RAC Driving Centre) offers several driver training courses including Recreational Towing and Reversing, educating travellers on the appropriate towing techniques to make your journey safer.

Practices including periodic maintenance of your vehicle and trailer (caravan, camper,

horse float or boat) are critical for safe travelling, to prevent you from having to perform a repair on the roadside, rely on recovery services or worse, have an accident.

All trailers need an annual service and inspection before heading away on a long journey. Additional personal inspection of your trailer should be carried out before, during and at journey's end. Adopting a routine to perform these checks is important and should only take around 5-10 minutes.

For the vehicle, a good starting point is the

Petrol/Fuel - do you have enough fuel for the journey and know where to refill along the way? Oils – check engine, power steering, brake, clutch and transmission fluids, ensure levels are correct and oils remain within their service

 Water – check radiator coolant overflow tank windscreen washer reservoir (front and rear windscreens) and have a sufficient supply of drinking water for your journey.

 Electrics – test all lights (dashboard warning's, headlights, and high beams) and check that indicators and reversing signals work on both the vehicle and trailer. Check navigational equipment works and communication gear is transmitting and receiving. Check electronic brake controller works correctly.

 Rubber – under the bonnet check radiator hoses, belts, fuel lines etc and ensure windscreen wiper rubbers are supple and clean. Tyres - remain within their service life (five years maximum for most) and have sufficient tread depth, correct pressure, no damage such as screws, nails, missing hunks of rubber, flat spots, uneven wear or bubbles on the surface. Inspect sidewalls for damage as these are weaker than tread. Don't forget to check the spare too.

Safety - check vehicle body for condition, cleanliness, and damage, cracked or chipped windscreen/light enclosures. Check mirror adjustment's (inside and out), inspect seatbelts and ensure they retract. Also inspect safety equipment such as fire extinguishers, first aid kit, wheel change equipment and emergency communications. Secure or remove all loose items inside the vehicle and caravan.

For the Trailer: Always check the attachment is made correctly – is the pin securing your tow system to the tow bar in good nick and secured with the R-clip? Is the latch down on the tow ball or if an articulated hitch, is the R-Clip in position?

Check your electric cables are attached and not going to catch or drag on anything. Are your chains crossed and are the 'approved' shackles secured? Is the jockey wheel removed or

Make sure if the trailer has mechanical brakes they are not engaged and that the lever cannot engage while you are under way. Are your doors, hatches, windows all closed and

Throughout the journey, conduct regular inspections of your vehicle and equipment to ensure all connections, tyre pressures and wheel hubs remain in their appropriate states.

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toric York and many more.

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There are no strangers at Club 55, just friends people are yet to meet. Phone 0434 439 983 or visit the web page at www. club55.com.au to view their latest brochures and sign up for the regular newsletters and special offers.

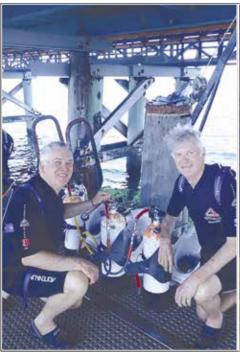
See ad on page 3.







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Chris and Lee Tate enjoy the different world of walking the sea floor

by Lee Tate

MY brother, Chris, and I emerge from beneath the ocean after an exhilarating, super-exciting 20 minutes walking the sea floor, steered by two scuba-diving guides holding our hands.

The experience is phenomenal. And two lovely ladies holding our hands is a nice touch! Everyone over 12 years can do it provided they have no health issues.

We are supplied with space-age white helmets, black wetsuits, plastic sandals and an air tank.

Helmets don't require sealing and are simply lowered over your head and onto your shoulders as you stand, half-submerged, on a metal ladder dropping down deep into the water.

At a hefty 32 kgs, the helmets need a crane to lower them onto your shoulders. The weight keeps you (almost) grounded underwater.

Air is pumped into the helmets and seawater can enter helmets from the bottom if wearers bow their heads. But if it happens, you simply raise your head and the water level drops while air is continually pumped-in from your tank.

Our start to the undersea walk was a real blast! With our party of four walkers and two guides just getting into the water from the jet-

• Swimming pool • Guest laundry

Camp kitchen

Playground

• BBQs

ty, a sudden blast of air and water shot into the air next to us

A three-metre, young humpback whale surfaced, a rare sighting especially months ahead of the whale season (the ocean is warmer this year).

"In my 14 years working here, I've never seen a whale surface next to the jetty," exclaimed our ecstatic guide.

With the whale cruising gracefully out to sea, it was time to drop below the surface for our adventure beneath a jetty of unexpected, natural beauty.

Helped, one-by-one, by a guide, we take two steps down the ladder and stop, given directions to reach up under our helmets to pinch our noses and blow gently to counter the water pressure.

Watching the others landing gently on the sea floor, seven metres below, conjures up images of astronauts dropping in slow-motion onto the moon's surface.

Moving along the sea floor, feeling almost weightless, we need to adjust our movements and our sight perspective to avoid hitting pylons or each other or tripping over fallen pylons, now providing homes, protection and food to

Eyes adjusted, the sensational sea scenery around us begins to flourish.

Over the years since the underwater observatory and additional pylons were installed, the pylons quickly became coated in innumerable corals and fish-attracting weeds. How quickly fish were attracted was a boon for the observatory and divers.

An octopus creeps up a pylon through the pinkish coral.

Fish are circling, some in big schools, some solo. A pufferfish cruises up confidently, eyeing us and appearing to smile in bemuse-

Within minutes a massive, black ray appears, skimming the ocean floor. Stingrays and eagle rays in all sizes make appearances oneby-one. This one has wings wider than I am tall.

Another ray appears, closer but smaller and our guides, still holding our hands, ease us down on our knees for a different perspective and better photos.

Our guides, Sian and Amy, have a wide-angle underwater camera to include photos of us in the tour package (\$416, all-inclusive for two people).

Sian steers us over to a coralcovered log and points to a football-size, brown 'sponge'. But it comes to life and a head unfolds. It's a cuttlefish, quickly changing colour to complete its camouflage. A striped octopus eases along

Then a giant ray appears and crashes into the sand in a flurry of wings, fins and fish. Whatever its prey, it is blanketed by the ray's extraordinary wings, never to be seen again.

Quiet now, the ray comes within point-blank range, eyeing us off before gradually continuing its underwater flight. Gloriously graceful and in no hurry to swim away from humans.

The whole time underwater we don't touch anything, as instructed. We respect this other world, a special place. We are the outsiders

This is the sort of travel tour so rewarding that you don't question what you paid nor begrudge the two-and-a-half hours involved in the briefing and preparation. We can't thank our guides

enough for the unforgettable taste of life beneath the waves. It's a place where wonders emerge even a wallowing whale.

The tours have been introduced to Busselton by canny Ningaloo whale shark tour operators out of the north-west season, operating December-April.

Email info@divebusseltonjetty. com.au or phone 0431 219 337.



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March heralds getting ready for the grand salmon run season



Expect salmon in Perth waters a couple of weeks after they show up in force around Dunsborough

by Mike Roennfeldt

IT'S March and one of the things Llike best about March is that it's

the month before April, which is peak salmon time along the lower west coast of WA. Towards the end of this month keen metro

salmon chasers keep their ears tuned in to what has been happening down around Dunsbor-

It goes something like this: reports of good numbers of fish at Dunsborough means they are not far from making their run north and in a couple of weeks they are likely to bob up in Perth waters.

Like many others, I really love it when salmon come to town. There's a noticeable mood change along the north suburban coastline where I live. At salmon time any drive along the ocean front can be quite distracting and I prefer to be a passenger so that I can scan the water as we cruise along. Any sort of commotion, be it bird activity or a flurry on the surface, will bring an urgent: "pull into the next parking area."

I jump out of the car as soon as we draw to a stop, eager eyes scanning the ocean through polarised glasses, or binoculars if I've

remembered to put them in the car. It comes as no surprise to see another car pulling into a nearby parking bay, rods sticking out windows or secured to a roof rack, invariably rigged up with poppers or metal lures.

Unlike farther south at places like Dunsborough, where the salmon hunt is very competitive between boat and shore-based anglers, there is some sense of cooperation in the air when it comes to metro fish. It's like everyone wants to be part of the all too rare enjoyment of hooking into a metro salmon, even if it's someone else doing the catching.

I'm not sure whether the whole climate change thing is having an effect on the salmon runs or not but it seems that we only get a bonanza metro run every ten years or so.

Places to try when the salmon come to town include most of the rock walls and jetties along the

metro coast and almost any offshore reefs between Mandurah and Yanchep. The west end of Rottnest is often a hotspot, as are Coventry Reef and the Mewstone.

A couple of times in recent years schools of salmon have even made their way into the lower reaches of the Swan River, attracting plenty of attention as they smashed bait schools in front of the Left Bank bar in Fremantle.

Those with a 4WD wanting an early season crack at these fantastic fish often find them along the beaches from White Hills south and spotting the schools right in on the shore as you drive along the sand is great fun.

While poppers provide the most exciting surface action, it's pretty hard to go past metal lures for versatility and importantly, casting distance, when seeking fish that can often be just out of casting range.

Salmon, bring 'em on.

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Cars, cars, cars and art all can be found in wonderful Waroona



Waroona on Sunday 11 April. Enjoy a drive in the country and come along to the ever-popular and family-friendly All Australian Car Day for a fabulous display of cars, market and food stalls, a wine and gourmet hall and kids' entertain-

CARS and art are big on the agenda for

Open 10am-3pm, entry is by gold coin donation and for those who'd like to bring their cars to display, gates will open from 7am.

From Saturday 10 April through to Sunday 18 April the Waroona Visitor Centre and Gallery will be home to local artists and makers showing off their talent as part of Peel Open Studios.

A number of art and craft forms will be demonstrated in the gallery ranging from fun and frivolous yarn bombing to more serious pursuits. There will also be demonstrations of tatting, patchwork, painting in various mediums, rag rug crochet, felting, weaving, jewellery and card-making and more.

The gallery will be filled, as always, with a mix of handcrafts and art and will host a mini exhibition of beautiful cottage crafts by Christine Hyde.

Waroona has some great little specialty shops, cafes and country pubs. And of course a visit is not complete without stopping in at Drakesbrook Antiques & Collectables and a drive to Waroona Dam and nearby Drakesbrook Winery.

For more information contact Waroona Visitor Centre 9733 1506 or head to the Visit Waroona Facebook page for maker demonstration times, event and website links.





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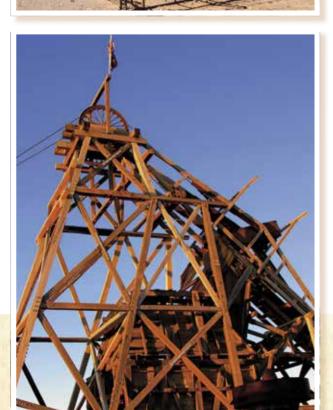
















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KALGOORLIE

MENZIES

Gwalia Ghost Town and Museum is located 230 kilometres north of Kalgoorlie. Follow the Goldfields Highway to Leonora and approximately a kilometre south of Leonora turn left down Tower Street. The turnoff is marked with two scaled down metal head frames and marked Gwalia Historic Precinct. Hoover House and Cafe are part of the Gwalia Historic Precinct so follow the directions towards this unique and valauable link to the Goldfields' goldmining history.





The Boulder and the Beautiful - discovering Kalgoorlie's sister town









Left to right; Burt Street statue - Burt Street shops - Boulder Town Hall - Court Hotel, Boulder

by Steve Collins

KALGOORLIE is definitely one of Australia's most iconic outback towns. Good old Kal is known Australia-wide for being a wonderful place, and is on many people's bucket lists as a 'must do' destination to visit.

Kal's formal name is the City of Kalgoorlie-Boulder, but we often forget the Boulder bit. We shouldn't because Boulder is a really pretty place and well worth a visit.

When I last visited it was because I had driven up to the Super Pit, which is a great attraction. This was where Kalgoorlie's famous Golden Mile was first established. It is one of the richest pieces of land in the whole world.

The town of Boulder was named after The Great Boulder Mine,

which was established by Paddy Hannan himself. The mine has subsequently been absorbed into the Super Pit.

Boulder is very close to the Super Pit Lookout, so when I was driving down the hill towards Boulder, I was expecting a place that was somewhat dusty and perhaps a bit drab.

I was wrong! Burt Street, Boulder, the town's main street is

Free Pass Pen/Sen Adult

gorgeous. It is a tree-lined boulevard that is filled with lovely renovated heritage buildings.

Given the wealth that was created so near to the town, no wonder the buildings are so grand.

It is so good to realise that the town of Boulder has respected its history by ensuring that its existing buildings pay homage to the town's golden age.

Of course, Boulder started off merely as a hodge-podge of tents and shanties as budding prospectors moved into the area in the hope of striking it rich. It would have been a rough old place in those days.

Boulder was gazetted as a town in December 1896, and that's when some order was established, and a town plan designed.

The very first blocks were snapped up, and then when more parcels of land were put on the market just a few months later, they went for double the price of the original blocks.

Boulder was up and running, and it had some elegance.

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The most imposing building in Burt Street is the Boulder Town Hall. Built in 1908 in what is described as 'Federation free classical style', a type of turn-of-the-20thcentury architecture that applied to non-residential public buildings. buildings, it is a quite magnificent brick and stone building that is adorned

with a lovely clock tower. Inside, the Town Hall contains municipal offices, library, main hall and a theatre.

The theatre is considered to be very important because it contains

Mellenbye Station Stay, Yalgoo

Web: www.mellenbye.com.au

E: stationstaymellenbye@gmail.com

the last known Philip Goatcher theatre curtain. Goatcher was considered to be Australia's finest Victorian-era décor designer, and he was responsible for the decoration of many theatres, churches and

Dame Nellie Melba performed in the Boulder Town Hall in 1914. You can do a tour of the Town Hall, which takes you behind the scenes and introduces you to the history and stories of some of Boulder's interesting former residents. The War Museum is also very interesting.

It truly is a delight to wander along Burt Street, and to pop in to any of the cafés or pubs for refreshments. It is reminiscent of journeying to another era. and it is definitely one of the most attractive main streets in Western Australia.

Kalgoorlie-Boulder is a wonderful city to visit. Hannan Street is wide and quite grand, but make sure you head to Boulder to experience Burt Street for yourself. It's not as famous as Hannan Street, but has a charm that is both captivating and extraordinary.

Ed's note - our former editor Judith Treby was born in Boulder.

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Explore Kalgoorlie-Boulder





Unearth the history and heritage of the outback city, to discover a wealth of treasures. Package includes three nights accommodation including Continental or buffet breakfast, tours of the Super Pit, Questa Casa Bordello, Tram Tour and Kalgoorlie-Boulder audio walking tour.

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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, tram tour and Kalgoorlie-Boulder audio walking tour. Explore the streets, have a meal in a historical hotel, check out the museum. NB Clothing restrictions apply on Super Pit Tour.

DAY 4. KALGOORLIE TO PERTH

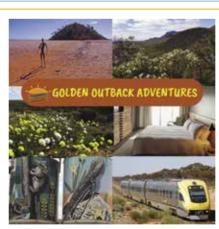
Transfer to the rail station (own expense) and depart at 7.05am, arriving back into Pert at 1.45pm.

Book with Kalgoorlie-Boulder Visitor Centre 90211966

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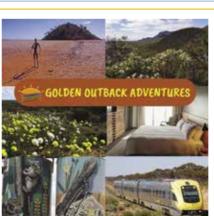


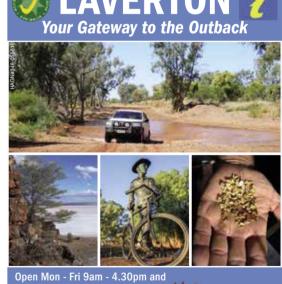
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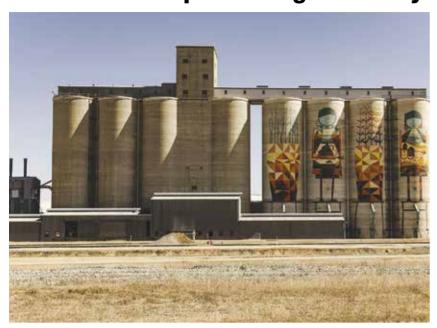


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Merredin Escape Packages - Use your WA pension free trip on Transwa rail services



CBH Silo Merredin © Jarrad Seng

A RELAXING train journey from Perth to Merredin is the perfect opportunity to stop and explore this large Wheatbelt town. With cafés, cinema, restaurants, and a variety of retail shopping, vou'll love the wonderful Wheatbelt ambience Merredin offers.

You can view the biggest CBH grain storage facility in the country. It is also one of the sites of the public silo trails; outdoor galleries that celebrate the state's regional communities. You can also check out the Military or Railway Museum, or take in a show at the historic Cummins Theatre.

The Prospector and Avonlink trains are great trips, offering a comfortable air-conditioned ride through some of WA's most scenic Wheatbelt farm country and you can visit Merredin using your WA Pension Concession Free Trip entitlement on Transwa services.

The WA Visitor Centre have put together some great packages to Merredin starting from \$139 per person, twin share for return rail, and two nights' Merredin accommodation.

There's also a six day, five night Merredin-Kalgoorlie combo starting from \$362.50 per person twin share, with two nights in Merredin before you board the Prospector east-bound for Kalgoorlie for three nights. The city is rich in gold rush history, wide historic streetscapes and fabulous galleries and museums.

These packages are available to WA Seniors holding a valid Seniors card and travelling with Transwa free travel

vouchers. Some concessions are also available for Senior cardholders without travel vouchers.

For further information on these holiday packages, call the WA Visitor Centre on 1800 812 808 or info@waysitorcentre. com.au.

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LEONORA

town

steeped in gold mining his-

tory, going back to the late

1800s. By 1908 the town

was bustling and had sev-

en hotels, general stores,

tailors, and bakeries. A

showcase of this history

can be found on the Le-

onora Heritage Trail, which

consists of 30 sites, includ-

ing some buildings that are

number of hotels and

The walk includes a

still standing today.

less travelled so you can explore hidden gems and favourite places, enjoy exclusive experiences and interact with some quirky local characters along the way.

Combine this with thoughtfully chosen accommodation at each location, comfortable, quality vehicles and dedicated, flexible, funloving tour hosts and you have the perfect recipe for a great adven-

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Masonic

the old fire and

police stations and the

Barnes Federal Theatre.

Your journey begins at

the Leonora Information

Centre and Library. The

building was once a hes-

sian and iron building that

housed the National Bank

of Australasia but was re-

built in 1903 as a weather-

board and corrugated iron

building. The façade is little

changed today.

Pop inside and have a

tinkle on the old ornate

piano. The piano came to

Leonora on the back of

a camel in the late 1880s

and stood in one of the

town's hotels before even-

tually finding its way to the

Information Centre. The

leisurely adventure aboard a 26seat coach you will have your own personal space whilst still enjoying the company of your fellow travel-

Discover the diversity of Golden Outback on either the Goldfields Adventure in June or Silo Trail Adventure in October 2021 which includes special luxury stays in Albany, Katanning and Northam.

Call 9490 2455 for more informa-

Shire of Leonora is excited

to announce that it will

soon have a new home, in

museum is due to begin

shortly and will be situated

next to the Information

Centre.

Development of the

the Leonora Museum.

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WITH TRANSWA PENSIONER FREE PASS

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Bell towers steeped in history strike the right note



Bolgart Bells

by Frank Smith

WESTERN Australia has two bell towers. The oldest, by a whisker, is in Bolgart, a small wheatbelt town about 130km north east of Perth. This tower celebrates its coming of age in November this year. The better known one is in Barrack Square, Perth.

The cities of London and Westminster donated a set of 14th century bells from St Martin's in the Fields church in London to celebrate Australia's bicentenary.

These bells are associated with the "Oranges and Lemons" nursery rhyme and were rung on special occasions including the return of Captain James Cook from his voyages discovering Australia for Europe-

For ten years successive WA governments did not seem to know what to do with the gift, but eventually the government of Richard Court decided to build the Swan Bell tower to house them.

About that time Ms Doris Martin of Bolgart suggested the bell tower should be built at Bolgart not Perth, in a letter to The West Australian on the somewhat dubious

grounds that they could be housed in Martin Place, although Ms Martin claims no relationship to the Saint to which St Martin in the Fields is dedicated.

Ms Martin's idea made the front page of The West Australian, no doubt on a slow

This was all tongue-in-cheek, but Peter Kenyon, speaking about promoting the town, declared it was a great idea.

This was taken up by the Bolgart Progress Association, which formed a committee of six residents to further the project.

Ms Martin proceeded to raise funds by appealing to politicians. This raise \$885 from members of all parties, perhaps aided by an ATO advice that politicians' donations to causes in their constituencies were tax deductible. A number of other donations were received, unsolicited.

The Shire of Victoria Plains came to the party by digging the foundations of the Bolgart Bell tower and shortly a donated a fourlegged windmill frame was concreted into

A bronze 30cm bell worth some \$700 was donated by Bert Priest of Gosnells.

Local farmers contributed moss rock, Bolgart Agricultural repairs made the bell housing and the copper roof over the bell was made from old solid fuel hot water heater systems by Barry "Possum" Chattaway of Goomalling

Mike Doyle of Toodyay taught the Bolgart volunteers the necessary skills of stone ma-

The volunteers clad the windmill frame with rocks using donated sand and cement at weekly working bees over eight weeks. A group gathered every Sunday and after work retired to sample locally home-brewed beer.

Ms Martin documented the work in a short book The building of the Bolgart belltower.

When the bell tower was completed Premier Richard Court agreed to open it on 21 November 1999. The ceremony was followed by a performance by performance by Brookhampton Bellringers.

The Swan Bell tower was opened the following year by the premier with much fanfare and bell-ringing.

If you go to Bolgart remember to ring the bell, you will not normally be allowed to ring the bells at the Swan Bell Tower

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WA-based retail outlets,

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in Albany is a premier tourist destination, comprising of a gift shop, spacious café, dedicated gonging room (for mediation) and oil distillery on-site. In the showroom, visitors have a choice of soaking in all the sandalwood information. from history to manufacturing, either via the viewing windows into the oil distillery area or through

informative DVDs. The Sandalwood Shop café is able to cater for large groups, with a wide selection of delicious meals and treats on offer on their menu, including desserts and cakes featuring sandalwood nuts.

In WA, the native sandalwood species is Santalum spicatum, found naturally in desert and arid regions. It is a small tree, hemi-parasitic in nature. These trees partially depend on host trees to acquire nutrients and water for their survival. Most notably, edible sandalwood nuts are unique to these

native WA sandalwood

Having been part of the Indigenous Australian diet for a long time, sandalwood nuts are highly prized bush tucker, both in terms of nutrition as well as taste. Incredibly they contain 38 per cent omega-9 oils, 17 per cent protein, 17 per cent fibre, with less than one per cent carbohydrates. With a delicate creamy taste reminiscent of macadamia nuts, they can be eaten raw or roasted. Sandalwood nuts are suitable for desserts and savoury dishes. Add them to salads, curries or virtually any dishes you can think of

Now as part of Taste Great Southern, an eleven-day long food festival, The Sandalwood Shop will be showcasing these amazing nuts. Paired with award winning West Cape Howe Wines, this event will certainly be an afternoon to remember.

Participants will have an opportunity to experience sweet and savoury sandalwood nut creations while learning several delightful sandalwood recipes. This event also provides a chance to engage with sandalwood nut growers as they will be present along with local indigenous elder, Carol Petterson. They will each share their stories and knowledge of the sandalwood nuts.

The Sandalwood nut high tea event is scheduled on Sunday, 21 March at The Sandalwood Shop café in Albany. WA. It is a ticketed event. For more information, email: alba nv@thesandalwoodshop. com.au or simply follow the event on Facebook or Instagram.

Bookings are essential and can be made via website: www.tastegreat southern.com.au/sandal woodnuthightea. All ticket holders will receive recipes, sweet and savoury treats, wine, and a packet of sandalwood nuts to take home.

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Sitting on the edge of the mighty Gascoyne River delta, Carnarvon is a tropical oasis in a parched landscape. Thanks to this unique geographical advantage, Carnarvon's fertile plantations, and farms supply the majority of Perth's fruit and veg during the winter months. And yet, if you visit during the summer months, this extraordinary river is dry as a bone; its parched, wide riverbed leaving an echo of its true nature, flowing only after the rains fall further inland. In February 2021, Carnarvon was impacted by a 7.7m flood, though we want to ensure to our visitors that we are okay, we have recovered from the flood and ready to welcome visitors. Take a read about the many attractions Carnarvon has to offer.



There she blows

Some 75km north of Carnarvon, along a sealed road, you'll find one of the region's major drawcards: The Blowholes. Pack a picnic, bring snorkelling gear and get ready for an awe-inspiring sight. Powerful ocean swells force water through sea caves and up out of narrow holes in the rocks, expelling jets of water into the air, sometimes to a height of 20 metres, creating a spectacular sight. A word of warning: make sure you check the surging tide, wind and swell, which gives that large blow. Although the coast is serene it can be deadly, with a dangerous swell that can turn into king waves, capable of crashing over the top of the rock ledge. This coastline needs to be treated with caution and care - lives have been lost by unsuspecting souls here.



Naval History



Food bowl of WA

If you're in Carnarvon from May to October, head to the town centre as, every Saturday, it comes alive with the Gascoyne Growers' Markets. The market is run by the growers themselves, who often pick their produce the night before the market (sometimes even that very morning) to ensure you take home the freshest, tastiest produce in WA. You'll find locally made preserves and jams (try Nella's Preserves - her bean relish and mango sauce are legendary, while Jacquie's Gascoyne Tropical Fruit preserves and fruit leather showcase the family farm's fruit perfectly). A visit to the markets makes it very clear why the Gascoyne has the well-earned reputation of being the 'salad bowl of WA,' with a surprisingly diverse range of fruit and vegetables, lush tropical fruits on offer. Fill your basket, grab a coffee and some breakfast, listen to the buskers, or browse through the adjacent arts and craft market. The Gascoyne Growers Markets are proudly plastic bag-free, so please remember to BYO bag.

THE COASTLINE AROUND CARNARVON HAS WITNESSED SOME DARK HISTORY OVER THE YEARS, AND THERE ARE REMINDERS IN PLACE TELLING THOSE STORIES.

ON NOVEMBER 19, 1941, just before 4 pm, the crew of HMAS Sydney II spotted what looked like a merchant ship off the coast of Carnarvon. The mystery boat did not identify itself despite requests from the Australian battleship's captain. Something wasn't right; ostensibly this merchant ship was a Dutch ship but it was actually a German auxiliary cruiser, the HSK Kormoran. Sailing under disguise, its mission was to lay mines in the shipping lane and disrupt merchant ships. The ensuing battle was brutal and catastrophic for HMAS Sydney II. Just two hours after the Kormoran had been spotted, the Sydney was fatally damaged by sustained firing from Kormoran's torpedoes and guns and, despite the fact, the Australian cruiser far-outflanked the German boat in terms of firepower, HMAS Sydney II sank, taking all 645 hands later that same night. Detmas ordered abandoned ship of the 580-strong crew, 318 of whom survived, coming ashore near Quobba Station. Many of the survivors were captured and held in Carnarvon Gaol. The location of the remains of both ships were finally found in 2008. A Walk of Remembrance around Carnarvon's Fascine was created in memoriam of those who were lost and the names of the Australian crew are etched on a wall, looking seawards near a memorial to HMAS Sydney II and the Kormoran, pointing to the exact latitude and longitude of the wreck. At the One Mile Jetty Centre, there's an original lifeboat from the disaster on display. The space is dedicated to the story of the sea battle, told from the point of view of the captain of the Kormoran and its survivors. The moving portrayal of one of the most notorious moments in Australian naval history reveals a fascinating insight into what happened to the German sailors who landed at the beaches of Red Bluff and Quobba, where you will find another memorial to the tragic loss of life.









Captivating Kalbarri - one of Western Australia's ultimate holiday escapes









Left to right; Kalbarri Edge Resort - Kalbarri Scenic Flights - Kalbarri Skywalk - pelicans

by Carmen Jenner

WHERE the Murchison River meets the Indian Ocean, lies Kalbarri. Close enough to be reached in a day and yet far enough to get away, this charming coastal town might just be one of WA's ultimate escapes.

Öur beach buggies glide through the powdery dunes of Wagoe Beach as breaching Humpback perform

aerobics alongside us. As the sun slowly starts its descent, we all pause on our 20-kilometre adventure to take in the turquoise Coral Coast, now saturated in the evening's golden glow. Although the sand is slippery in parts, the buggies are easy to manoeuvre through the dunes and on the beach, and for the more confident, Wagoe Beach Quad Bike Tours also offer quad bikes.

ular scenery every which way. Even 45 minutes driving north from Perth, we pass Port Gregory clothed in bubble-gum pink from to the algae in Pink Lake at Hutt Lagoon. The approach into Kalbarri is dramatic along Red Bluff Road as the crashing Indian Ocean sculpts the coastal cliffs into red ochre works of art. Lookouts, beaches and secluded coves pepper the

coastline and from June to

whales migrating south.

A refreshing dip can be a welcome relief from the heat, especially from November to March. Chinaman's Beach is conveniently located in town, the picturesque Blue Holes a few minutes away is ideal for snorkelling and Lucky Bay is about 30 minutes south and attracts campers amongst its pristine sand dunes. The cooler season from April to October ensures hiking is enjoyable, particularly while surrounded by blooming wildflowers.

The self-contained two and three-bedroom units at the homey Pelican Shore Villas are directly across the road from the shore where the Murchison River meets the Indian Ocean. Juanita Illingworth and her husband Thierry took over the management in October 2020 and Juanita shares: "Kalbarri has such a lovelv feel and it's not uncommon

to see kangaroos roaming

freely around the complex. There are plenty of camping and caravan sites, but if you want to splurge then the Kalbarri Edge Resort has a variety of studios apartments - one and twobedroom suites with kitchenettes, some with spas, balconies and barbecues, a swimming pool and the fully licenced Edge Restaurant. Exuding a tropical feel, both laid-back resorts are perfect to base yourself while exploring the region and they cater well to longer-term stays.

Pretty much everything within the Kalbarri township is walkable. There are many cosmopolitan eateries including the upmarket Upstairs Restaurant and Buddhas Bites, while both pubs serve wholesome food with live music. The buzzing Finlay's Kalbarri is renowned for its Sunday session with live music, micro-brewery and fresh and

local seafood.

For casual dining, Pelly's Café has views over the estuary where the pelican feeding takes place at 8.45am every day as dozens of these magnificent birds emerge from the river. The locals have been feeding pelicans for more than 20 years and are joined by tourists for the spectacle - but I'm warned there's a couple of characters within the flock including one named Greedy who is partial to people's bottoms.

The mighty Murchison River flows for 820 kilometres from WA's mid-west region to the Indian Ocean, carving a gorge through Kalbarri National Park. For breathtaking views of the park, the Kalbarri Skywalk opened in June 2020 suspended 100 metres above Murchison Gorge across two platforms. The path to the skywalk is flat and an easy stroll bordered by interpretative signage and artworks of local fau-

Also in Kalbarri's National Park, is Nature's Window, which is an easy one kilometre walk (return) and also marks the beginning and the end of the challenging Loop and Z Bend treks. We soon discover the truth in the locals' advice about it being 10 degrees hotter in Kalbarri National Park and that all treks should be tackled early in the morning during the height of summer.

Another way to experience the Murchison is by boat with Kalbarri Wilder-

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ness Cruises, where you'll float past the red Tumblagooda Sandstone cliffs aged at 400 million years. Owner Grant Ward shares insightful commentary

along the way.
"What really sets Kalbarri apart from other WA destinations is the Murchison River," he said.

You could try your hand at catching your dinner from the riverbanks beneath the river gums and sheoak trees, accompanied by kangaroos if you're lucky. Bream, whiting, mulloway, taylor and crabs could be on the menu and to give you an idea of how bountiful the river is, on the way back from our cruise the fish were jumping out of the water.

Sometimes, travel is all about perspective and joining Kalbarri Scenic Flights promises enviable red ochre, earthy greens and turquoise views galore. They have a range of tours covering Pink Lake, Red Bluff, the Murchison River, the Abrolhos Islands

and Monkey Mia. As I enjoyed my first flight since the pandemic, dolphins, seals and whales frolicked below, I thought how blessed I was to be Western Australian and able to visit one of the most captivating destinations in the country.

Carmen Jenner was a guest of Tourism Western Australia and the operators mentioned in this article. For more information go to www.australiascoralcoast.

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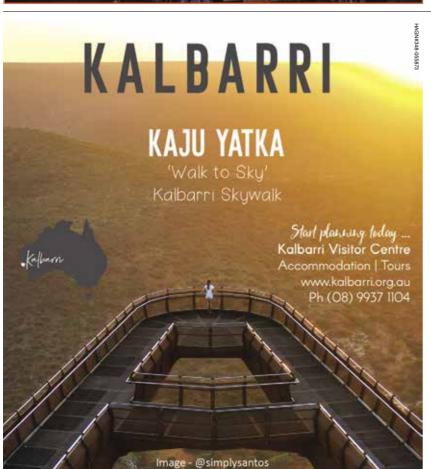
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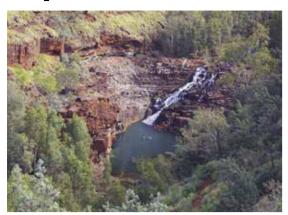








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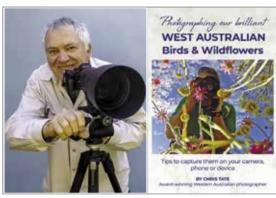
Beginning in Merredin and ending near Yalgoo, the tour will visit such rustic towns as Coolgardie, Ora Banda, Boulder, Leonora and Sandstone - each with its own fascinating stories to tell. Highlights will include an indigenous cultural experience; camping in the picturesque Helena Aurora Ranges; railway and military museums; Antony Gormley's unique sculptures in Lake Ballard; Hoover House and museum; Niagara Dam; welcome dinner; and a

gata Station designed more than 100 years ago by the famous priest and architect, Monsignor John Hawes.

The package costs \$1,575 per vehicle and includes camping/caravan sites, entry fees, welcome and farewell dinners, the services of a professional tour guide/ qualified mechanic and a pre-departure kit. For more information, contact Global Gypsies on 9341 6727

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

The book costs \$25 and contains a collection of superb photographs taken by Chris along with a wealth of tips and tricks.

See page 22 to order or buy direct from the Have a Go News office at 137 Edward Street, Perth during business hours. Call 9227 8283.





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health options for the mature west australian





Scientists find a way for adult stem cells to repair damaged muscles



UNSW haematologist Professor John Pimanda and Dr Vashe Chandrakanthan

by Frank Smith

EACH cell in your body has a complete set of your genes. But they are not all active. The genes to produce liver enzymes, for example, are not a lot of use to bone cells, so the genes that are not needed

by each type of tissue are silenced, a process known as epigenetics.

However, if you could undo the silencing you could use tissues taken from one part of the body to replace or repair tissues damaged in another part.

That is just what a team

of scientists at the University of New South Wales (UNSW) have done. They have found a way to reprogram fat cells to become multi-potent stem cells (iMS) that can be used to repair damaged muscle, cartilage, bone,

and blood vessels

The scientists, led by UNSW haematologist Professor John Pimanda joint senior author of the study, created the iMS cells in a lab by exposing human fat cells to a chemical mixture that erased the silencing marks.

They then injected the human iMS cells into mice where they stayed dor-mant - at first. But, when the mice had an injury, the stem cells adapted to their surroundings and transformed into the tissue that needed repairing.

The stem cells followed local cues to blend into the tissue that required heal-

The results are encouraging in mice, but more research and tests are needed before any potential translation to human

Existing technologies to transform cells into stem cells have key limitations: they are limited in the range of tissues they can create, and they cannot be directly injected because they carry a risk of developing tumours.

The iMS cells, which are made from adult tissue, showed no sign of developing into tumours. They also adapted to a range of different tissue types in mice. And as they are made from a patient's own cells, there is less risk of rejection.

If the iMS cells are shown to be safe for human use, they could one day help mend anything from traumatic injuries to heart damage.

The researchers reprogramed fat cells using two compounds: azacitidine, a drug used in blood cancer therapy; and a naturally occurring growth factor that stimulates cell growth and tissue repair.

The cells released their fat and lost their identity as a fat cell around three and a half weeks after treat-

"This is a very sim-ple technology," says Dr Vashe Chandrakanthan, who led the mouse study with Prof. Pimanda.

He says a potential clinical application is to take the patient's fat cells, incubate them with chemicals. When ready, these reprogrammed cells could be injected into the patient.

While the results are encouraging, the researchers are mindful that potential translation to human therapies is still a long way

"Safety is our first and primary concern," says Prof. Pimanda. "Preclinical studies and clinical trials still need to be done, and we need to be sure we can generate these cells safely."

medical "Successful research that achieves its final goal - that is, translating to routine clinical applicants and treatment - can often take many years," says Dr Chandrakanthan. "There can be barriers, setbacks and failed experiments. It's the nature of research.

"While these findings are very exciting, I will keep a lid on my excitement until we get this through to patients.'

The results of the study were published online in Science Advances in late



Professor Anthony Akkari and PhD candidate Julia Pytte

Genetics research recognised by international experts

THE WORK of Perron Institute and Murdoch University researchers has recently received international attention. They are uncovering mechanisms that are leading towards future gene therapies for motor neurone disease

Two peer reviewed scientific papers on this theme have been referenced in a year-in-review article recently published by *Neurology Genetics*, the official journal of the American Academy of Neurology. The papers cited were among 11 chosen as deserving to be highlighted for readers.

The senior author of the two papers is Professor Anthony Akkari, a neurodegenerative disease geneticist who heads the Motor Neurone Disease Genetics and Therapeutics Research team at the Perron Institute and Centre for Molecular Medicine and Innovative Therapeutics at Murdoch University.

The lead author is Julia Pytte, a PhD candidate with Professor Akkari. This work forms the basis of her PhD thesis due for completion

The research focus of Professor Akkari's team is on developing new approaches to identify genetic mechanisms in neurological disorders with the aim of developing new, personalised treatments, particularly for motor neurone disease.

"Western Australia and the Perron Institute have historical connections with the mapping of MND, and other neuromuscular disease, genes," Professor Akkari said.

"In the early 1990s, researchers at the Perron Institute (then the Australian Neuromuscular Research Institute) played a significant part in discovering the first gene (SOD1) for MND, in collaboration with other researchers in the "We hope that the SOD1 genetic work will prove to be as big as the Duchenne muscular dystrophy research breakthroughs by Professors Sue Fletcher and Steve Wilton of the Centre for Molecular Medicine and Innovative Therapeutics - a Perron Institute-Murdoch University joint venture. Their work led to the development of the first treatment for Duchenne.'

Motor neurone disease, also known as amyotrophic lateral sclerosis, is a relentless disease that causes muscle wasting. Ultimately, it robs people of the ability to walk, talk, swallow and breathe.

The Perron Institute's collaborative research seeks to identify and fill in some gaps in knowledge of key genetic drivers of complex diseases such as MND to help identify who is at risk. The aim also is to enable people suffering from such diseases to access better treatment.



Hearing can contribute to well-being

AS PEOPLE age, they become aware of a decline in the functioning of various parts of the body. Developing healthy habits enables people to maintain a healthy body and mind. A healthy diet, regular exercise, and good sleep patterns can contribute to increased health and fitness and improved muscle strength, which can reduce the inci-dence of falls, and improve coordination and balance.

The ageing process can often result in a decrease in hearing ability, which can impact negatively on brain function. The parts of the brain that are usually in control of translating sounds into meaningful speech may not be receiving the messages clearly and therefore many sounds heard will be misinterpreted, resulting in difficulties communicating in everyday life.

Hearing loss can often contribute to

an individual withdrawing from social interaction.

The benefits of managing a hearing loss with hearing aids can include an increase in an individual's ability to take part in family and other group activities. This can also result in an increase in self-confidence and self-esteem and overall improvement in psychological

wellbeing.
Perth Hearing and Tinnitus Clinic is an independent audiology clinic owned and operated by respected audiologists Bev Eintracht and Tennille Crooks. Bev and Tennille aim to empower people with hearing concerns, tinnitus distress and/or sound tolerance issues, to improve their quality of life, and connect them to what they value most.

further information contact Perth Hearing and Tinnitus Clinic on 9242 2208.



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ACTIVE ACCIONATIONS FEATURE









Silver Salties welcomed at life saving club...



Silver Salties at Trigg Island Surf Life Saving Club

SILVER Salties at Trigg Island Surf Life Saving Club has launched and hit the

ground running - or walking, at this stage. Silver Salties is a social and physical health initiative developed by Surf Life Saving Australia aimed at Australians over the age of 65.

On the 28 January Trigg Surf Club welcomed more than 30 participants with a fun morning of beach games, morning tea and an information session to introduce the program to members of the community.

Following the launch event, Silver Salties have been making their way down to the club to participate in the walk and talk activity - a coastal or bush walk starting and ending at the surf club - and Tech Savvy classes - a workshop designed to teach the group about topics such as safe internet use, online shopping and the use of smart devices.

A cup of tea or coffee with a chat is always encouraged after the program, with the courtyard at the club providing an excellent spot to socialise and cool down after a warm walk.

Going forward, Silver Salties will be participating in beach fitness and yoga classes. To get involved or learn more about the program, expressions of interest can be emailed to Jessie jbarker@triggisland.

Do you know your rights in Aged Care?

ALL people receiving aged care services, either in their home, or in residential care have the right to be properly looked after, treated well and given high quality care and services.

In 2019 an Australia-wide Charter of Aged Care Rights came into effect. This Charter ensures that all consumers have the same rights, regardless of the type of care or services they receive. Many people are unsure of their rights, or where to turn when they feel their rights are not being met.

Advocare is an independent, not-for-profit organisation that supports and protects the rights of older people in Western Australia. They support older people to make informed choices that best suit them and assist older West Australians to understand their rights and resolve any issues they may have with aged and home care service provision.

Advocare provides advocacy and support (walking alongside you); information (about your rights and access to aged care services); education (raising awareness and understanding of the rights of older community members) and also runs the WA Elder Abuse Helpline (open to anyone at risk of, or experiencing elder abuse).

The Covid-19 pandemic has had a significant impact on the delivery of services in the aged care sector. If you feel you or a loved one are being disadvantaged as a result of Covid-19 or would like specific information about your rights and choices, in relation to the Covid-19 vaccine

rollout, Advocare can provide you with the appropriate information to make an informed decision.

All of Advocare's services are free and confidential. Advocare can be contacted on freecall 1800 655 566 or email rights@advocare.org.au or visit www.advocare.

If you, or anyone you know is at risk of, or experiencing, elder abuse, contact Advocare's free and confidential WA Elder Abuse Helpline on 1300 724 679.

Coronavirus (Covid-19) information For the most up to date information about the global pandemic visit the Western Australian Department of Health website at healthywa.wa.gov.au/coronavirus or contact them on the Coronavirus Health Information Line on 1800 020 080 at any time.

Modified netball comes to Perth and is looking for players



WALKING Netball is a modified version of netball that's without running or jumping - just walking. It's a slow-

er and safer version of regular net-

Erica Brock who started Walking Netball in Perth after a visit to the UK when they realised that no one had started the game here.

Welcome Back Netball also plays on a weekly, drop-in basis at three locations - Tuesday nights at Jolimont, Thursday nights at Melville and Friday mornings at Craigie.

If you're looking for a new, fun way to get fit, Welcome Back Netball is looking for new players for a six week competition being held in April-May.

New players - experienced, beginners, individuals and mixed teams are all welcome.

Contact Erica Brock on 0401 403 385 or by email info@welcomeback netball.com.au for more details.



choose from either Linedancing or Zumba Gold classes Low Impact, suitable for **Beginners and Seniors**

Southern Suburbs: see website for locations

Contact: TINA 0402 314 114 www.step2it.iinet.net.au



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For free, confidential information and support call Advocare on 1800 655 566.

If you, or someone you know, may be experiencing elder abuse please call our free and confidential WA Elder Abuse Helpline on 1300 724 679.





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For more information call 9383 8200 or visit royallifesavingwa.com.au







ADVERTISING FEATURE











55 Walking Club (OFFWA) have just completed their fortnightly, Tuesday twilight walks

Walking club recommence morning walks in March

at Burswood.

Details of the next four morning walks are listed below. People can join the club at any of the walks as the membership officer will be present.

Anyone is very wel-

come to come along for a walk before joining.

The annual cost of membership is \$10; for this people are issued with a name badge and a card showing all the walks and activities for

the year.

We suggest attendees bring along a chair and a picnic lunch to enjoy socialising after every walk. The group meets at 10am.

The dates and loca-

tions of the next four walks are as follows: 16 March Shelley Fore-

shore Park: River end of Beatrice Avenue, Shelley. 23 March Trigg Island: Clarko Reserve, sea end of Karrinyup Road.

30 March Burswood: Resort Drive, by the outdoor movie theatre. 6 April Woodbridge: end

of First Avenue, Woodbridge.

For further information visit the Over 55 Walking

Club website at - www. over55walkingassocia tion.org.au

Or phone club president on 040 057 7738.

They look forward to welcoming more people to the club.

A rare variety of Swiss orchid apples could be just what the dermatologist ordered



AS the old adage goes, 'an apple a day keeps the doctor away' or as science would have it, the dermatologist.

Stem cell extraction may sound like the stuff of science fiction, but Australian biotechnology skincare brand, Enbacci, says it is the future of cosmeceuticals.

"Plant stem cells contain a concentration of antioxidants 1,000 greater than any other botanical extract," says Yong-Li Zhou, the founder of Enbacci.

"Human skin cells are under constant assault from free radicals, UV rays, environmental toxins, age, and poor nutrition. Every time our skin cells turn over, they run the risk of damage and lethal DNA mutation," she said.

Capable of stimulating new stem cell activity in prematurely aged skin and reversing the effects of UV-induced cellular damage, stem cells harvested from a rare variety of swiss orchid apples, the Uttwiler Spätlauber, is reported to have the strongest anti-ageing efficacy when used topically.

Formulated in Enbacci's pioneering Age Revitalising Eye Defence cream, this variety of apple supplies the skin with phytonutrients, such as quercetin and pectin, and provides cosmetic relief from dryness, sallowness, wrinkles, and fatigue.

Rich in vitamins A, B, C and E and including a nourishing cocktail of amino acids, peptides, antioxidants and essential fatty acids, the stem cell-infused eye cream improves skin cell communication and regeneration, boosts collagen production, and protects skin from future free radical assault.

An article in the International Journal of Applied Science, reports that a mere 0.1 per cent concentration of stem cells from the Uttwiler Spätlauber can increase the number of human stem cells by an astounding 80 per cent and reduce the appearance of wrinkle depth by eight per cent, in as little as two weeks.

As one of the few Australian brands pioneering the use of apple stem cells, Age Revitalising Eye Defence cream is

lightweight and fragrance-free, and performs exceptionally well when paired with other active compounds, including retinol, ascorbic acid, and AHAs.

Manufactured in Australia, the Age Revitalising Eye Defence cream is available globally at www.enbacci.com

WIN WIN WIN

We have some Age Revitalising Eye Defence creams for some lucky readers to win which are valued at \$88 each. To be in the draw simply email win@haveagonews.com.au with Enbacci in the subject line or write to Enbacci C/- Have a Go News PO Box 1042, West Leederville 6901. Closes

Mobility issues should never prevent people from living life...

A MOBILITY scooter can help those who find it increasingly difficult to get around to regain independence and stay connected with the

Modern mobile scooters are sleek and agile, fitted with a range of advanced technology to increase comfort and usability. Automatic folding controlled via remote, USB charging ports for devices such as smartphones and iPads and digital dashboards for increased visibility, are just some of the convenient features offered by the latest state-of-the-art mobility scooters.

Having worked in the mines his entire life, Motobility customer Andrew Marshall's back and knees eventually began to deteriorate. It reached the point where he wasn't able to join his wife on outings to the shopping centre and

Andrew's wife decided to enter the Moto-

bility Christmas Scooter Giveaway on behalf of her husband, and he was selected as the

"First time I've won anything," he said. With his new mobile aid, Andrew has re-

gained his freedom. "Having this mobility scooter means my wife and I can get out and have fun together again,'

he said. Fellow customer Alison Robinson felt the same about her mobility scooter.

"I've been active all my life and loved the outdoors," Alison said. "Unfortunately, my mobility started to become impaired. But now my scooter has helped me regain my independence."

You can browse the latest Motobility range of mobility scooters on their website at www. motobility.com.au or give them a call on 9242



scooter means my wife and I can get out and have fun together again"

ANDREW MARSHALL

Motobility Customer





Downsizing



Looking at granny flat downsizing options for nannas and poppas

by Frank Smith

GRANNY FLATS are an attractive option, costing around \$100,000 each, especially for older people who find themselves single and whose adult children have a house of their own.

The theory is great. You move in close to a family member while still retaining your independence. But it's not as simple as that.

If you don't get it right your pension can be affected, the home owner may face a hefty unexpected capital gains tax bill, it can affect the inheritance of other family members, and your living arrangements may not be as secure as you think.

Let's look at the simplest case. You sell your house and use the proceeds to build a granny flat on the property owned and lived in by your daughter (or son).

Centrelink

Centrelink will reduce your pension under the assets test if proceeds from the sale of your house exceed the cost of the granny flat because you now have more assessable assets.

However, you can move up to \$300,000 (per person) into your superfund, which protects it from income tax but not from Centrelink's asset

Centrelink does not count the money you pay towards the granny flat as an assessable asset if you are able to establish a granny flat interest. That is you pay money for the right to live in someone else's property for as long as you live.

Your granny flat interest cannot be revoked if the owner wishes to sell the property. However they may sell the property with your arrangement as a condition of sale, transfer your life tenancy or interest to another property, or compensate you financially for losing your granny flat life interest

Centrelink will still consider you to be a home owner for assessment purposes even though you do not own the property in which you have your granny flat interest. However, if your offspring pays for the granny flat Centrelink will not consider you a home owner. You may be will attract capital gains tax when the property entitled to rent assistance provided your rent is high enough.

If the amount you paid is more than the cost of the granny flat interest, the excess amount is considered to be a gift. This could affect your pension under the assets test

Centrelink's gifting rules will also apply if you permanently leave within five years, although you may be temporarily absent for up to 12

Capital gains tax

If you build a granny flat in the backyard for occupation by your elderly parents and do not charge them any rent. You will not lose your capital gains exemption for the family home on subsequent sale of the whole property, even if you (living in the granny flat) were paying outgoings such as electricity, rates and repairs.

However if you are paying rent, for example if your daughter paid for the granny flat, then the part of the property consisting of the granny flat

Inheritance

The intergenerational pooling of assets by family members of disparate ages make the best intentioned of granny flat arrangements fragile.

A granny flat interest only exists during your lifetime and is not part of your estate. When you die or leave the granny flat you are effectively giving the added value of the flat to your son or daughter. The siblings may not consider this a fair distribution of their inheritance.

Other problems arise if your child splits from her partner and wants to sell the family home as part of a divorce settlement or if you and your partner split and want to share assets.

This is only a brief summary of the situation. There can be complications. Consult a Centrelink financial information service officer or a solicitor specialising in elder law before you invest in a granny flat however close you feel you are to your son or daughter.

Enjoy tea with the team from CPE Group and learn about home care



ANNIE Carvell and her team from CPE Group,

have booked the Dôme Café in Kingsley and they'd like to invite people to be their guests for tea and scones or maybe coffee and cake at an information session on My Aged Care Home Care Packages.

The session will cover who is eligible, what the package can provide. how to apply, what questions will be asked when you apply, how to find a provider, what to expect from a provider and whether people can transition to

another provider.

It's for anyone thinking of applying for a package, has a friend or family member who could benefit from a package or anyone who already has one and would like more information. This is the opportunity to ask all the questions in an open session or have a one-on-one chat.

Home Care Packages aren't just for high level personal care. They are available to provide

the person you need to mow the lawn, weed the garden, do the laundry, remove the flyscreens and clean all those windows for you if you are finding it a little more difficult to do everything at home yourself. And a little support can make all the difference.

Home Care Packages range from \$9,000 per year up to \$52,000 so it's well worth considering whether this is something you could be missing out on.

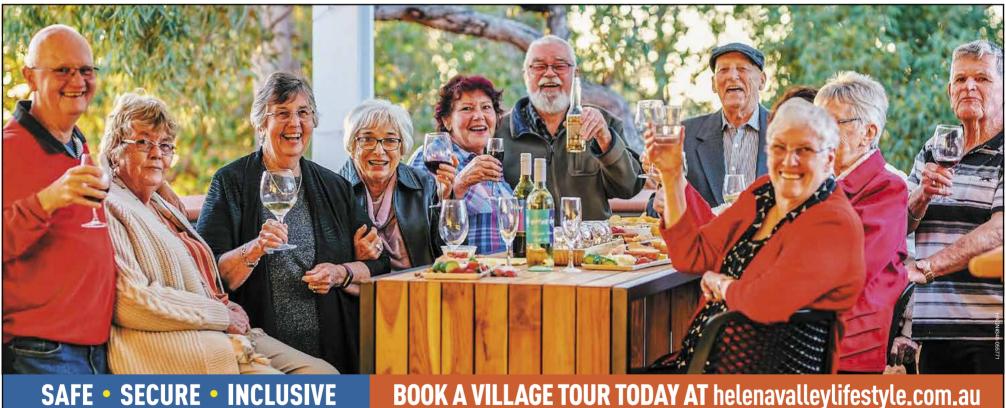
CPE Group would love to see people there, so please call or text Linda on 0448 110 922 for more information or to reserve your table.

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With loneliness and feeling unsafe becoming so common for over 50s, and limited options available to afford a great lifestyle, Helena Valley Lifestyle Village provides an affordable, gated community with fabulous resort facilities where people feel safe and enjoy wonderful activities, bringing a sense of joy and purpose to life again.

FOR MORE INFORMATION PLEASE CALL



Call Richard Nowland 0400 219 691



Call Mark Emberson 0404 852 272



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Downsizing FEATURE



Decluttering after the loss of a loved one brings a new look



New looks can rejuvenate a home



by Zofia St James

I WOULD like to broach

a sad subject – the loss of a partner or family member. The reason that I am bringing this up is that my step-father has just passed away and so my mother now has to go through her house to gather clothes, shoes and a plethora of tools, cables, electrical bits and bobs to give away or sell. It's a massive job, we

my step-father has but necessary part of the process of moving on.

Through her house ther clothes, shoes day and it's a very hard but necessary part of the process of moving on.

My mother said she was looking forward to

having the house a bit more 'girly' and being able to reduce the number of household items that were required to service two people and generally streamline cupboards, wardrobes and the garage.

just have to do a bit at a

time. It occurred to me

that obviously this is hap-

pening to someone every

I'm looking forward to helping her change the furniture around, finally finish some renovation work and making the house a bit more suited to her new lifestyle.

Becoming an empty nester this year and having to downsize my own home required me to reduce a lot and make my new place about me.

These steps certainly helped me through that initial experience of grief when my daughter moved to Sydney. It's also been exciting to see her expressing her gorgeous young self in her Sydney apartment with some tips and tricks she learnt from me.

I love my little apartment and living on my own now, it's so liberating. Reducing, decluttering and freshening up your home is rewarding. If you are staying in the marital home, it is a fantastic way to enjoy it for however long you want to. When you are ready to move and downsize, the massive job of cleaning out and streamlining your furniture and household items has already been done, making a move far

Following your heart and expressing yourself and your taste within your four walls is not only a source of joy but creatively satisfying, as is the lifestyle derived from it.

Don't procrastinate when thinking about having a good clean out and remember that I'm a phone call away for any advice or to help steer you in the right direction or suggest good quality and reliable trades.

Never underestimate how small changes can make a big difference. Try repositioning the furniture in a room, painting a feature wall a colour that compliments it or take a piece of artwork that would look amazing with that new wall.

It never ceases to amaze me what people

have but do not make the most of.

I do get a lot of "wow I never thought to do that" comments. But it's also about having the fresh eyes to take on my client's homes that always seems to work well.

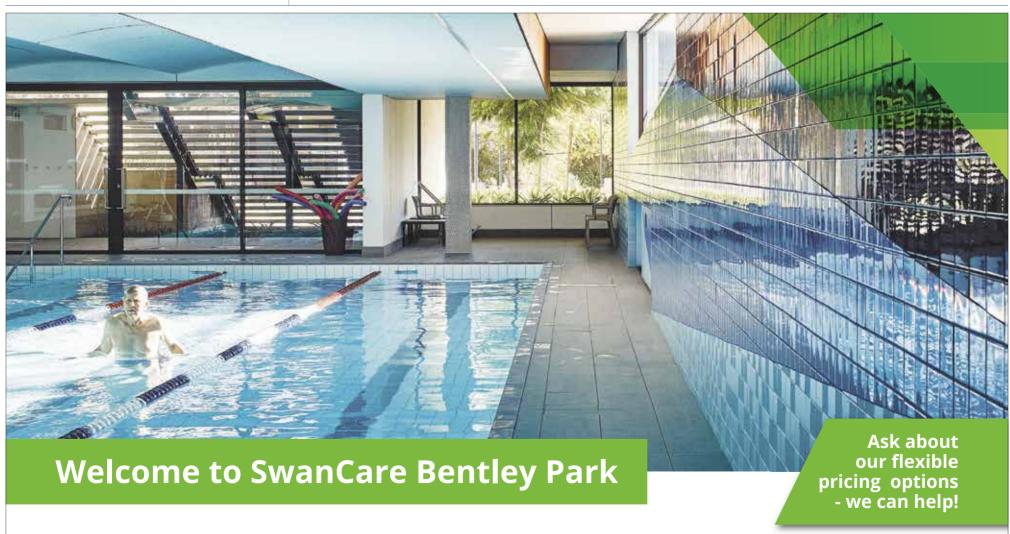
I like to encourage people not be afraid to make a bold statement when decorating nor of doing something which stands out for that wow factor.

I'm not talking about garishness but just a styled look that is about who you are and what you love.

Colour and even feature wallpaper can be something to think about this month and how just a small change like that can make a nice impact to your home beautiful.

Zofia offers an interior style consultation for readers. She offers readers a free over the phone or video call consult. She can assist with de-cluttering, restyling, choosing furniture and personal styling. For those interested in a free styling opportunity please contact Zofia on 0406 336 607 or email intshg@gmail.com

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Downsizing ADVERTISING FEATURE



Virtual reality brings new experiences to people in residential aged care



Virtual reality provides a simulated experience

by Frank Smith

PEOPLE in aged care have little chance to get out and see the wider world, but with virtual reality (VR) they can experience the pleasures of travel, exploring and enjoying nature and the built environment all over the world.

Virtual reality provides a simulated experience that can be similar to or completely different from the real world. Participants wear a lightweight helmet which provides the wearer with 360° views of ever changing scenes. Wearers become immersed in the experience and can easily believe they are in the place or situation where the program was made

Increasingly people only enter residential aged care at the later stages of their lives when they are frail or suffering from dementia. Providing entertainment, socialisation and appropriate therapy can be a major problem.

Technology for Ageing & Disability (TADWA) is a Bassendean-based not-for-profit enterprise working to improve the lives of disabled and elderly people of Western Australian since 1984. It has signed up a partnership with MyndVR, the premier provider of virtual reality (VR) solutions for senior living communities in the United States to provide a similar service to aged care homes all around Australia.

TADWA will be implementing MyndVR's state-of-the-art VR platform in their mission to help older people, people with disabilities, and their carers do what is important to them.

VR allows occupational therapists and technicians to utilise customised headsets, care tablets, and MyndVR's expansive content library powered by Littlstar, a global content network dedicated to virtual reality.

Mike Hamilton, TADWA manager sales and partnerships, said VR is a game changer. Modern hardware with lightweight helmets are easy for people to use in residential aged care.

Modern virtual reality doesn't need a large computer and wiring. Just a tablet computer and headset controlled by WiFi and Bluetooth. Each tablet controls up to five masks simultaneously

Steve Pretzel, CEO of TADWA, said VR would be used for recreation by people who can no longer get out and experience things.

"At TADWA, our focus is on significantly improving the quality of life of our clients, their caregivers, and families through compassion, technological excellence, and innovation.

"Age and disability should not define a person's future or detract from leading a meaningful life. When physical mobility is limited, virtual reality can provide a sense of exploration, adventure, and fun.

"The MyndVR system provides great content as well as great control functionality. With the benefits of VR becoming better understood, we see a huge opportunity for families and particularly residential care facilities to reduce the impacts of isolation and improve the quality of life for residents."

"It might be something on seniors' bucket list that they will never be realistically able to do. VR gives the next best possible experience to actually being there.'

But VR is not just for entertainment.

"VR also provides a more realistic aid to so-cialising with friends and family members than applications such as Facetime and Zoom. It makes users feel part of the family. It is almost

as good as being there. There are exercise modules that help participants retain their mobility and strength.

'VR can also provide distraction to help alleviate anxiety and confusion for people with dementia."

It will take users back to family events, seashore, forest or wilderness environments and help them escape the noise and activity of aged care homes.

"We plan to start with easy modules and move on to harder applications," he said.

Mr Hamilton said we want to continue maximise interaction between residents themselves and their families, to revitalise them through remembered family connections and filter out any inappropriate content which might be disturbing to them.

MyndVR initially produced content for Americans but now meets the content needs of a world-wide audience. It produces five or six new programs every month with content depending the feedback they receive.

TADWA also plans to produce local content, for example visits to Fremantle markets or Perth beaches.



in his home workshop

Ronald Morrison gives vintage motorcycles new life

HE may be a year shy of his 100th birthday, but Ronald Morrison's favourite place to be is still in his home workshop restoring vintage motorcycles.

It's why living independently at home has been so important to the spry nonagenarian.

"The best thing for me about living at home is all my life's here, including my workshop where I like to spend time," said Mr Mor-rison, whose weeks are busy with walks, singing groups and restoring the vintage motorbikes, a lifelong passion.

Mr Morrison says it's thanks to a helping hand from Baptistcare Home Care that he's able to continue to live in the home he and his late wife Emma built in 1953.

Like many older Western Australians, Mr Morrison takes advantage of a Government-funded tailored home care package through Baptistcare.

Baptistcare began lending the former air force engineer and his late wife a hand around the house almost 20 years ago.

While Mr Morrison's relationship with Baptistcare has remained constant over the years, the help he receives has always been personalised to suit his needs

"It all happens very smoothly. I only have to mention something and quickly Baptistcare is on the

For a limited time, Baptistcare is offering a FREE \$250 EFTPOS card when you join or switch to a Baptistcare Home Care package. To find out more visit www.bap tistcare.com.au/tac.

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Lifestyle villages are a great choice for over 50s to downsize but not everyone wants to, or can afford to tie up the capital to buy into one. Apartment blocks only offer short term leases and retirement villages are known for high entry and exit fees. Providence Lifestyle offers boutique living where you can rent rather than buy and live in a friendly safe gated community with great facilities to enjoy life.



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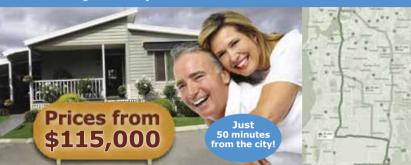
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Resort style living for the over 50s



Janine Thomas, sales manager, Providence Piara Waters Lifestyle Resort

PROPERTY professional Janine Thomas has been involved in marketing and selling off-the-plan highrise apartments in Perth for more than 20 years. Now, she has set her sights and skills on an exciting new lifestyle project that has been seven years in the making.

Conveniently situated on a 10-hectare site in Piara Waters, the Piara Waters Lifestyle Resort is the first land lease community to be approved in the metropolitan area for more than a decade and as Janine says: "Rarely will you find a better location in an urban residential growth corridor. 25 minutes from the city, and so close to all major conveniences and services."

Janine took the opportunity to join the project in its early stages of development after meeting and working with John Wood, one of Australia's most experienced developers and operators of lifestyle communities and founder of National Lifestyle Villages (NLV).

Discussing her excitement about the project, Janine said: "John just

wants to continue to innovate and is passionate about enriching people's lives. Having been involved early in the project, I understand that he intends to make this one of the best developments he has sponsored.

"I became even more interested, when I understood that he had looked at what worked in the apartment industry. As the sales manager, I know potential homeowners want a level of certainty with lots of visual imagery describing exactly what the finished community and homes will look and feel like.

"Piara Waters Lifestyle Resort will be the first Lifestyle Resort in WA where all homes for each stage are being pre-designed by their architect, then sold off the plan, making the 247-home communi-

ty truly master-planned. There are also some other cool points of difference, one of which is that the community homes are being priced with no exit fees so that homeowners enjoy future capital gains. This makes it a lot easier for me to sell compared to Retirement Villages that are designed for an older group of people and are renowned for high entry and exit fees."

Janine is taking registrations of interest for the first 31 home and landscaping packages scheduled to be ready before Christmas.

"Another bonus, which I love, is that early bird buyers in stage one will not have any weekly fees to pay until the clubhouse is available for them," says Janice.

People can call Janine on 0407 048 505.

Advance care workshops help people plan ahead

SOUTHCARE will host Palliative Care WA's community workshops to help people plan ahead and let their families and health care providers know what they would want if they could no longer speak for themselves.

This highly interactive workshop will be held on Wednesday 17 March from 1 – 3pm and explains Advance Care Planning and includes the Dying to Talk card game. The session introduces the concept and importance of making wills,

enduring powers of attorney and guardianship and advance health directives.

Who will make decisions when you can't? What treatments do you or don't you want at the end of life? Do you have a Care Plan in place?

If you do not have an answer for these questions then you should attend this free interactive workshop. The workshop is designed to help people plan ahead and provide a plan that lets family and health care providers know what they want as

they age.

More than 80 per cent of Australians think it is important to put our end-of-life care treatment preferences into writing, but less than five per cent have completed an advance care plan. The free workshop runs for two hours with printed resources and light afternoon tea provided. Places are limited and registrations are essential.

Please register at www.south care.org.au/resources/events/ or by calling Southcare on 9450 6233.









Friend to Friend

Instructions - Please read carefully

Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:

Friend to Friend PO Box 1042 West Leederville WA 6901

Each person may submit one entry every month.

Abbreviations used in Friend to Friend

ALA: All letters answered GSOH: Good sense of humour SD: Social drinker

NS: Non smoker SOR: South of River WLTM: Would like to meet

When replying to an Friend to Friend entry...

11B size envelope template

Simply measure your Friend to Friend reply envelope against this template...

14cm (width)

DTF: Down to earth ND: Non drinker NG: Non gambler NOR: North of River TLC: Tender loving care

Please nominate a category for your Name						

advertisement.

Tick one box only.

☐ Travel companion

Seeking a friend

Seeking a partner

☐ Wishing to contact

.....

Phone Email

Reply Box entry:

Please include two stamped (\$2.20) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized

Seeking a Friend

ACTIVE gent, 62, slim to med build, fin sec, WLTM a happy and healthy lady. Reply Box 8766

A HAPPY mature, easygoing, slim lady, WLTM gent approx late 70s, similar interests, dancing, travel, cooking, gardening, GSOH, fin sec, genuine, long term if compatible, metro area.

Reply Box 8769

ATTRACTIVE Australian senior lady seeking "some old bloke" to go out with occasionally. Must be well groomed, presentable, gentleman to share in friendship, ballet, opera, restaurants, fun, laughter, humour, conversation, excludes any other relationship. SOR.

Reply Box 8762

AUSSIE bloke, postcode 6304, 73, widower, bit rough around the edges, decided life is too short to spend it alone. WLTM girl 60-68 to spend time with. Are you that girl? Meet for coffee, chat and laugh. Reply Box 8776

AUSTRALIAN lady, well presented, attractive, youthful appearance, WLTM Aussie guy, 68-70, pleasant persona, NOR for friendship, like sports, outdoors, movies, theatre. eating out, music, barbecues, NS, SD, DTE, very GSOH, decent, honest, genuine, NOR please.

DTE lady, postcode 6052, fit, 72, WLTM gent similar age for friendship and outings. I enjoy travel, walking, movies, 60s music, gardening, country drives. Reply Box 8774

Reply Box 8768

GENT 73, 178cms tall, slim build, fit and active, still surfing. WLTM slim to medium lady to 72 who likes to keep active and enjoys all the good things of life.

Reply Box 8777

GENT 73, fit, NS, SD, WLTM lady slim and fit, south west area, postcode 6215, must be NS, fishing, camping, beach, walks, cooking, gardening. Friends first, see what develops.

Reply Box 8773

GENT UK/Aussie, 70, 180cm tall, presentable, educated, very GSOH, sociable, NS, SD, enjoys travel, gym, family, beach, coastal walks, usual social activities, seeks intelligent, attractive, compatible, easy going lady to mid 60s, all travel modes, destinations considered. Northern suburbs, coffee?

Reply Box 8779

HEALTHY active widower, 80, NOR, nature lover, Christian values. WLTM shortish, buxom, attractive, outdoors widow, early 70s, 1-2 days per week. Nature walks, picnics, self supporting, smart dresser, for dining out, future WA

getaways if compatible.

Reply Box 8765

I AM retired fireman, would like to spend time with you. Love walks. drives, would love to meet you for cuppa and chat.

Reply Box 8753

LADY 86, well presented, GSOH, NS, SOR, 6153, not very active, I enjoy casino, cards and watching AFL and cricket on TV but I get lonely. WLTM a friend for coffee and a chat.

Reply Box 8764

LADY NOR, 77+, WLTM DTE guy who would like to have some company to share life with. I find life too lonely not to have some company. Let's meet and see what happens. It could be okay.

Reply Box 8759

LADY WLTM positive, warm, reliable, male friend to share life's good times, sharing everything together, have a GSOH, NS, SD, DTE, lots of TLC, healthy, small build, reasonably fit, 61, SOR, ALA.

Reply Box 8763

LIKEABLE loveable lonley senior gent WLTM lady same for sincere ongoing friendship, companion any nationality, meet up for chat anytime. ALA. Reply Box 8760

PEEL region lady, 79, active, easygoing, happy with the simple things in life, quiet, warm hearted, enjoy reading, road travel, fond of gardening, WLTM gent, similar age, NS, SD,

Reply Box 8757

NEWS UPDATED DAILY www.haveagonews.com.au

WIDOWER 80, postcode 6210, NS, NG, SD, fin sec, GSOH, lonely, WLTM caring lady to spend time together, walks, drives, dining out, for long term relationship, SOR, 6210. **Reply Box 8754**

WITTY guy 68 WLTM lady, 50s-60s. I'm 5'6", med build, NS, SD, light tan, into movies, reading etc. Great fun to be with. Come ladies, meet a good loving man. Start new

happy life. ALA. Reply Box 8770

WLTM lady for friendship/ company. I am 72, DTE, SD, NS, love usual social activities including local travel, dining out, coffee, stops, movies, love company, life is an adventure

we can share. ALA.

Reply Box 8771

Seeking a Partner

71 YEARS young, man looking to meet young lady, 68-73. Me; NŚ, SD, NOR, fit, active, own home, learning to dance jive. You; slim, average lady who has some life left and wants to travel.

Reply Box 8756

ATTRACTIVE English lady, 72, fin sec, SOR, 6107, ND, DTE, GSOH, many interests including reading, walking, music, good conversation, country drives, WLTM fin sec, well presented, loyal, genuine, intelligent, gentleman, 66-73, not separated, from the city or country areas for long term permanent relationship, ALA.

Reply Box 8767

AUSSIE gent 64, clean, tidy, homelife, cooking, nature, animals, walks, comedies, documentaries, non religious, quiet, NS. ND. NG. music. cats. WLTM lady similar to 50, must be hygienically clean, no baggage, nationality not important but hygiene is very important. Reply Box 8755

CHRISTIAN lady, 60s, hope to meet like-minded gent, GSOH, SD, NS, DTE, NG, widow, fit, golf, walking, slim, tall, 5'7", intelligent, loves life, people, easygoing, positive attitude, fin sec, cooks, genuine replies only please.

Reply Box 8758

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

9cm (height)

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,

To reply to the advertisements in Friend to Friend

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

Replies must be in response to reply boxes no older than three months.

CHRISTIAN woman, widow, 67, reasonably fit, medium build, GSOH, likes walking, cycling, beach, travel, dining in/ out, gardening, reading, creation, plus. Seeks Christian man, widower, similar age for friendship, companionship leading to possible permanent relationship/love.

Reply Box 8775

NEWS UPDATED DAILY www.haveagonews.com.au

GENT 75 seeks lady of intrigue with things to do. Must be positive, happy and be romantic please. I want to miss you when you are not there.

Reply Box 8772

GENT mid 70s, widower, WLTM lady, NOR. Me; med build, own home, no medical problems, fin sec. NS. SD, genuine replies appreciated. Phone contact if possible.

Reply Box 8752

LADY 69, hoping there's a compatible, loving, sincere gentleman out there looking for the same dreams as me, important to have chemistry. Interests: drives, camping, country music, beach, active, spontaneous, to long a list, NS, SD, NOR. Reply Box 8761

Seeking a **Travel Companion**

GENT 70s WLTM a DTE lady that is into 60s music, country drives, gardening and would like to travel WA at the moment, have a caravan. Let's have a coffee and a chat.

Reply Box 8778

Have you met your match?



We at Have a Go News are interested to hear if any of our users of Friend to Friend have found a life partner. Is this you? If you would like to share your story please email helen@haveagonews. com.au or write to; Friend to Friend PO Box 1042, West Leederville WA 6901

Your privacy will be

respected.

SOLUTIONS MATCHMAKING "The safest way to meet a genuine and suitable companion"

SPEARWOOD LADY 74 slim, petite, attr, widow, very well grmd, happy, light-hearted, lovely smile, sociable. Enj caravan travel, sks fit, widower 70-76.

9371 0380

SUBICAO LADY 69 slim, elegant brunette, refined, well spoken, sociable, well travelled, play golf and tennis, sk gent 65-78.

MOUNT LAWLEY LADY 70 slim, petite blonde, retired, fin secure, fun, loyal, honest and d.t.earth, sk gent 68-76 w/ young o/look.

MERRIWA LADY 80 funloving brown-eyed blonde, full of life, active, well presented, kind, caring, positive. Wants to move forward with decent, honest clean living gent 77+.

BULLCREEK GENT 76 dedicated, caring, generous widower, country boy at heart, cheerful, sk lady w/ old values and loving nature 70-78.

SCARBOROUGH GENT 72 fit, active, handsome, healthy o/look, easy to talk to, enj walks, golf, dining out, can dance. Sk lady similar 65-73.

YOKINE GENT 75 tall, fit, solid, blue eyes, confident, intelligent, widower, businessman, well travelled, sociable, "old school", sk intell, open minded woman 65+.

FREMANTLE GENT 70s handsome, 178cm, trim, charming, intell, well spoken, GSOH, modern o/ look, love theatre, travel, sk attr, refined lady 68+.



SOLUTIONSMATCHMAKING.COM.AU Matching mature singles since 1995



Easy recipes for simple suppers kick off autumn menus this month

by Noelene Swain

MANY a night you're arriving home late, desperate for some nourishment but hardly inclined to cook anything requiring anything that resembles effort.

You're craving something comforting that hits the spot, but the

thought of chopping and assembling a medley of pans make you shudder. You've filled your takeaway quota for the week, so that option's out. Hmmm, bribing another family member to cook perhaps? Always a nice possibility, but unless your bribes are rather good, an unlikely

It's time to bite the bullet, fling open that fridge door and create a stylish supper out of, well, next to nothing. Despite the fridge looking a little on the sparse side, you've still got plenty of options.

Omelettes and frittatas are always your friend – eggs, milk and potatoes are generally omnipresent in any kitchen and then it's just a matter of bunging in whatever other ingredients are at hand.

Old-fashioned toasted sandwiches get given a revamp with the addition of delicious white cheeses and any number of marinated vegies it's really just a matter of slicing some bread and opening a jar. Add a little rocket or baby spinach and you've got a meal to make any chic café proud

With these few basics you can whip up a veritable feast in no time flat and give that Nigella a real run for her money!

Recipes supplied by www.freshf.

Mushroom and spring onion fritters



Preparation: 15 minutes; cooking: 25 minutes; makes 22

- 2 tablespoon olive oil 400g Swiss brown mushrooms, sliced 2 cloves garlic, crushed 11/₃ cups SR flour
- 11/2 teaspoon ground coriander Salt and freshly ground black pepper, to taste 3/3 cup milk
- 2 eggs, lightly beaten 10 spring onions, thinly sliced Olive oil, for frying Mango chutney, to serve

HEAT oil in a frying pan over high heat. Add mushrooms and garlic and cook, stirring often, for three minutes or until just tender. Set aside to cool. Combine flour, coriander, salt and pepper in a large bowl. Lightly whisk milk and eggs together. Gradually pour egg mixture into flour mixture, mixing constantly until smooth. Add mushrooms and spring onions. Stir gently to combine.

Pour oil into a frying pan and heat over medium heat until hot. Using one heaped tablespoon mushroom mixture per fritter, spoon mixture into the hot oil. Cook fritters, in batches, for three minutes on each side or until golden and cooked through. Remove and set aside to drain on paper towel. Serve fritters immediately with a favourite relish or chutney.

Bubble and squeak

Preparation: 5 minutes; cooking: 15 minutes; serves: 4

- ½ cabbage, sliced
- 4 potatoes, peeled and diced
- 1 onion, chopped 1 tablespoon butter
- 4 rashers bacon, chopped
- ½ teaspoon paprika

MICROWAVE cabbage until just tender. Drain. Microwave potatoes until tender. Heat butter in saucepan. Add onion and bacon. Sauté until onion is soft. Add cabbage, potatoes and paprika. Cook on medium to high heat until a crust starts to form. Keep mixing, scraping the bottom of the pan with a spatula until cooked. Serve topped with poached eggs.

omelette

Preparation: 10 minutes:

- 3 potatoes, sliced and cooked
- 1 cup finely diced red capsicum
- 1 cup finely diced mushrooms
- 6 eggs
- 1 tablespoon chopped chives
- ½ cup grated cheese

Oven baked potato

cooking: 25 minutes; serves: 4

- 1 tablespoon olive oil
- 1 onion, chopped

with a green salad and crusty bread roll.

1/4 cup milk Freshly ground black pepper

BRUSH a round ovenproof dish with oil. Add potatoes, onion and vegetables. Beat eggs with milk, pepper and chives. Pour over the potato and vegetables. Top with grated cheese. Bake for 10 – 15 minutes or until just set and golden on top. Serve

What's fresh in the markets for March

Gala Apples: for the lovers of freshly harvested fruit, the new season Royal Gala is a welcome arrival on the fruit scene. They are as sweet, crisp and juicy as you would expect from a freshly picked apple, with a beautiful peach coloured skin and an ex-

terior of red stripes over a pale cream background. Choose carefully, keep your purchases in the fridge until you are ready to eat them and you'll be rewarded with a perfect eating experience. Gala apples make wonderfully moist cakes and muffins and are fantastic in a

ARRIVED!

DELICIOUS

MEALS

SERVED FOR

LUNCH ON

hearty crumble. Bartlett Pears: anoth-

er lovely new-seasoner, Bartlett Pears are a light green to yellow pear, or a red-green in the case of 'Red Sensation' Bart-They're medium sized and are sweet and aromatic with the Red Sensation being slightly tarter. These pears are a good all-rounder being suitable for both cooking and eating fresh. To test for ripeness, the flesh near the stem should give when gently pressed. It's often best to buy them quite firm and let them ripen at room temperature for a couple of days, however remember that pears ripen from the inside out, so don't leave them too long. Pears and a strong cheese such as a blue or a goat's cheese are a gorgeous combination.

Cucumbers: a very 'cool' addition to salads and dips. Picking up a cucumber to feel its weight is a good indication of freshness; they should feel heavy and have firm, bright-looking skin. Lebanese and Burpless (Continental) cucumbers are very similar in texture and flavour but they differ in size, the Lebanese being

the smaller of the two. One of the most commonly asked questions about cucumbers is whether to peel and de-seed? The best way to decide this is to slice a small round off the cucumber. If the skin is tough and the seeds are large and bitter, it's best to peel and deseed it. A fantastic way to eat cucumbers is in a homemade Tzatsiki, a Greek voghurt-based dip. Simply peel and seed one cucumber and combine with natural yoghurt and minced garlic to taste.

nothing Sweetcorn: beats piping hot sweetcorn eaten straight from the cob, and thankfully luscious juicy cobs are now plentiful. Use as soon as possible after purchase and cook for a short time only. Steaming for about seven minutes allows corn to maintain all its lovely succulence and flavour. Sweet corn works well on the barbecue, either whole wrapped in foil or back in its original husk, or in chunky slices threaded on skewers and brushed with good olive oil. Sweet corn is wonderful with crab or prawns and works particularly well with butter, garlic and cumin.

An easy Sunday night dinner... barbecued mushroom BLT

Preparation: 5 minutes; cooking: 6 minutes; serves: 4



2 tablespoon olive oil 4 large (140g each) flat mushrooms.

6 rashers bacon, rind removed, halved

8 slices, multigrain bread, toasted

1/4 cup whole egg mayonnaise 2 teaspoon Dijon mustard 3 iceberg lettuce leaves, shredded ½ cup semi-dried tomatoes, chopped

French fries to serve

PREHEAT barbecue plate on high. Drizzle both sides of the mushrooms with oil and season with salt and pepper. Place on the hot barbecue plate and cook for three minutes each side or until just tender. Remove to a tray.

Add bacon and barbecue on to one and half minutes each side until golden. Remove to the tray.

Place four slices toasted bread onto a board. Combine mayonnaise and Dijon mustard together and spread over one side of the toast. Top with lettuce, mushroom, bacon and tomatoes. Season with salt and pepper. Top with remaining bread.

TIP: To reduce the amount of saturated fat replace the mayonnaise with Greek-style yoghurt.

Support Carnaryon growers and buy sweeter bananas



MANY businesses in Western Australia have been affected by the ongoing Covid-19 pandemic or weather issues - but few have been as impacted by both as the Sweeter Banana plantation owners in Car-

During the plantations' peak period, production volumes have doubled since December, says Sweeter Bananas business manager Doriana

"We've gone from producing around 3,000 cartons a week in December to over 6,000 currently," says Doriana. "To put that in perspective, that's an increase of 45,000 packs to over 90,000 packs with about five bananas in each bag.

"That means we're sending an incredible 450,000 bananas a week to Perth, but thanks to the recent monsoonal rains and floods we experienced coupled with the short, sharp lockdown for five days, many of our growers have been faced with mountains of bananas to sell."

Bananas grow all year round, but

in summer, the small, sweeter Carnarvon bananas grow incredibly quickly in the warm weather.

"The tropical rains we experienced a few weeks ago gave the bananas a turbo-injection - the warm, humid conditions made them grow even faster, producing a bumper crop." savs Doriana.

"We are having trouble keeping up with packing them in our shed; we've got so many bunches coming

Sweeter Bananas are cultivated naturally, with no pesticides, insecticides, or fungicides during the growing cycle. They are proudly WA, grown on family-run farms under the Sweeter Banana Co-operative. owned by grower members.

They take twice as long to grow as tropical bananas, and as a result, their flesh is extra sweet and

Therefore we ask people to support our local WA farms and buy Carnarvon bananas when they



Come and join the South Perth Senior **Citizens Centre for some activities**

SERVICES AVAILABLE

(bookings essential - members only*): Hairdresser - by appointment only Podiatry - by appointment only Meals on Wheels \$10

*conditions apply, advertised prices are for members

LIFESTYLE ACTIVITIES: Bridge, scrabble, mahjong and chess.

TUESDAYS Monday & Wednesday; Pilates Tuesday; Rumiki, Canasta and Zumba Thursday; tea dance 1-4pm, *Book Club (*1st Thursday each month), Friday; Sound Healing & Meditation, Bingo and Zumba.



Find us on 🚯

53 Coode Street, South Perth Phone 9367 9880 Email spsc@bigpond.com

Vince Garreffa's delicious and easy chicken, basil and coconut curry



by Vince Garreffa

I LOVE quick easy fresh curries. Making the paste vourself from fresh ingredients creates a lot of anticipation so your saliva is flowing throughout the preparation time. The kitchen smells great and dinner quests are impatient and line up waiting.

Please choose chillies to suit your guests (mild to very hot).

Ingredients for 4 750g free range chicken thigh fillets 50ml Western Australian Extra Virgin Olive Oil (EVOO) 2 cans coconut milk (400 ml each) 2 tablespoons fish sauce

½ cup fresh basil roughly chopped Green curry paste Ingredients 3 large green chilli's (mild or hot) 4 cloves garlic 2 sticks lemon grass (white part only)

4 fresh coriander (stems and roots) 2 teaspoons grated lime rind

1 teaspoon of caraway seeds 1 teaspoon of turmeric

powder 1 teaspoon of shrimp

paste Method:

Cut the chicken into 1cm strips. Next chop all your vegetables and blitz all green curry ingredients in the blender to a fine paste. If need be, add 100ml of water to help make a slightly liquid paste. Now add the oil and two tablespoons of green curry

paste to a non-stick frypan followed by the chicken. Cook on high heat for two to three minutes, stirring well. Now add the coconut milk, rest of green cur-ry paste and fish sauce, stir well and lower the heat to a simmer. Cook till sauce is not so runny

(about 20-30 minutes). Àt same time cook your rice. Now mix the basil into the chicken and remove from the heat. Serve hot chicken curry and sauce with hot rice. Yum! Yum! Yum!

Ed's note - this is an absolutely delicious and easy curry to enjoy at home.

Vince is the proprietor of Mondos Butchers located at 824 Beaufort Street, Inglewood. They are open Tuesday to Friday 9am - 5.30pm Saturday 9am to 2pm. Phone 9371 6350 or visit www.mondo. net.au

Letters to...Vince Garreffa

IF you want a particular recipe of Vince's, don't hesitate to drop a line to *Have a Go News*.

Address your enquiry to Vince Garreffa c/- *Have a* Go News PO Box 1042, West Leederville 6901, or email your question to vince@haveagonews.com. au. Please include your phone number.



WEEK DAY LUNCH SPECIALS

Information correct at going to press

CHEF AND CO RESTAURANT

\$20 senior lunch special Wed-Fri 12-3pm 1000 Beaufort Street **Bedford** 9271 2288

HEALTHY THAI VEGAN AND VEGETARIAN CUISINE

A great selection under

7 days 11am-9pm 867A Albany Highway Victoria Park 0487 915 416

IRON BARK TAVERN AND CIDERY \$15 seniors lunch &

drink special Thu-Fri 11.30am-2.30pm The Valencia Complex 55 Benara Road Caversham 9377 4400

THE GATE BAR AND BISTRO \$18 seniors lunch and

drink special Mon-Fri 11.30am-2.30pm 816 Beeliar Drive Success 9499 3399

THE LITTLE BANKSIA Under \$20 all day menu

(except Banksia Breakfast \$22.50) 78 Banksia Terrace Kensington 6468 6514

MT HENRY TAVERN \$14.90 seniors menu

Mon-Fri 11.30am-2.30pm 27 Manning Road 9450 7709

NORTHAM TAVERN

\$17 senior menu (except Scotch Fillet Seven days

11.45am-2pm 75 Fitzgerald Street Northam 9622 1041

RAVENSWOOD HOTEL

\$14.50 Seniors menu Mon- Fri

11.30am onwards. Lot 65 Lloyd Avenue Ravenswood 9537 6054

Sweeter Banana, Austra-

lian Bee Company, Bee Industry Council, Antons

Bratwurst, CWA and the

Champions

Champions

York CRC to name a few.

want to engage with the

community about the im-

portance of family farms

and the high quality of Australian food. The event

aims to celebrate the im-

portance of agriculture to

is an organisation which

wants to bring agricultural

issues to the attention of

everyday Western Austra-

better with inner

Farming

Australia.

Farming

Dining divas hit Kensington for their knife and fork talk





L-R; Little Banksia is nestled in Kensington - super salad Inset; Little Banksia's buttermilk fried chicken burger



by Judith Cohen and Pat Paleeya

A LOVELY lady tipped us off about the Little Banksia, nestling in the leafy tree lined Banksia Terrace in Kensington.

This welcoming cafe is open from 7am - 2.30pm and offers an all-day menu under \$20 except for the Banksia Breakfast which is \$22.50. There is plenty of seating indoors and outdoors but with Covid restrictions this was reduced so we had a short wait for

The interior was utilitarian in style, unpretentious, with a profusion of greenery growing from pots which contrasted with the old dark floorboards (perhaps original).

We were given a menu, shown to a table and advised to order and pay at the front counter. There is a cold cabinet with goodies, from which you can also order.

We ordered buttermilk fried chicken burger and a super salad.

The burger came with spicy jalapeno slaw, chipotle aioli on a milk bun with sweet potato crisps. The two softly cooked chicken pieces had a crispy crunchy coating that worked well together. The sweet

potato crisps were morish and the slaw's jalapeno bite was just right, all in all a very tasty meal. The super salad was up this Di-

va's street: broccolini, kale, avocado, black quinoa, buckwheat and toasted nuts and seeds - just right for an ageing hippie.

At first the thought of a poached egg that comes with it felt a bit alien but it was a combination that really enhanced the dish. The salsa verde dressing wasn't overpowering and a lovely minty taste lingered on the taste buds. This Diva was sated and satisfied.

Well worth a visit. Three forks Little Banksia, 78 Banksia Terrace, Kensington

www.thelittlebanksia.com.au 6468 6514

The country comes to the city...



WA Food Ambassador. Don Hancey

COME down too Forrest Place in the Perth CBD, to celebrate farming in WA.

Farming Champions supported by the City of Perth, Buy West Eat Best, RSM Australia, Loose Leaf Lettuce Co, Country Wide Insurance and the Royal Agricultural Society - is hosting Farmer on Your Plate in Perth City for the public to experience for the eighth year.

The event celebrates the high-quality produce from 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, 25 March from 10am-5.30pm.

Farmer on Your Plate will be officially opened at 11.30am by The Honourable Kim Beazley AC,

Governor of Western Aus-This year sees the imple-

mentation of a new theme to 'Walk, Talk and Taste the regions" will see the stalls divided into regions and people are encouraged to pick up an activity booklet from the Farming Champions tent with a Buy West Eat Best bag and collect information from the stallholders as they journey around the event space.

Bring along \$5 to go in the draw to win a two night stay at Marys Cottages in Kukerin. Don't forget your gold coins too for tastings and a chance to win a hamper of selected produce.

The event will feature a variety of free attractions including Nigel's Incredible Creatures of York, solo artist Kim Wainwright who will perform on the day, as well as the talented duo Nick and Lucy and the Moorditi Mob dance group from Wesley College.

Well-known Perth chefs including Don Hancey will provide cooking demonstrations of Western Aus-

tralian produce. WA producers will be showcasing their produce including Nicola and Shane Kelliher (Wandering Clover Fed Beef), ex-chair, Mary Nenke (Cambinata Yabbies), Coral Coast Beef, Brookwood Estate, Cailo Chocolate, Nannup Lavender Farm, ren Grange Horticulture,

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

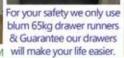




Make your kitchen BUILT IN CORNER PANTRY PANTRY-MICROWAVE











CAROUSEL UNIT

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DEEP DRAWERS NARROW PANTRY

Northern Territory law reduces harmful drinking without affecting responsible drinkers



by Frank Smith

IN 2018 the Territory government introduced a minimum price of \$1.30 per standard drink (10g alcohol) in a bid to tackle problem drinking. This reduced the consumption of cask wine by

half, without significantly impacting sales of other types of alcohol, says Deakin University's professor Peter Miller in research published in Australia and New Zealand Journal of Public Health last month.

In Australia three quar-

ters of all alcohol is consumed by 20 per cent of drinkers, who also cause and suffer the greatest harm. Cheap cask wines that have historically been an issue throughout the NT.

Most other proposals to reduce excessive

drinking have involved raising the taxes on all drinks, a policy which also disadvantages more modest consumers.

Here are some wines to eniov:

Tamburlaine organic wines 'On the Grapevine' Shiraz 2019 from Orange in the central ranges of NSW. This is made from grape ripened slowly on the vines. Deep red in colour it has aromas of sweet violets and a palate of dark berries with a hint of liquorice. The finish is long and clean. RRP \$19.95

Clairault Margaret River Chardonnay 2018 is pale green in colour with aromas of white pear, freshly cut peaches, braised nuts and lime zest. The palate displays white fruits, jasmine flower, brioche with natural acidity and dense stone fruit flavours. Pure white fruit tannin and subtle tones of creamy French oak add to a taut palate. A long persistent finish. RRP \$28.

Crossing Juniper Original White 2020 is pale green in colour with a hint of straw. It has aromas of gooseberry, spiced citrus, green apple and passionfruit with a touch of smoked cashews and fresh herbs. The palate is smooth with fruit salad flavours complemented by hints of herbs and spices. Refreshing, long finish. RRP \$18.

Taltarni Blanc de Blanc sparkling 2016 from Victoria is pale straw colour with a soft green hue, this wine has a fine mousse and persistent bead. Aromas of green apple and a hint of cinnamon are complimented by a perfectly balanced palate of brioche and mineral flavours, with crisp apple-like acidity. RRP \$26.

Forester Estate Cabernet Merlot 2018 is medium-deep red with red-purple hue. The aromas are concentrated with a ripe core of blackberry, boysenberry, cassis and complex aromas of damp earth, cocoa, bay leaf and integrated cedar oak along with fragrant lavender. The palate is full with a firm texture and fine grain tannins along with

balanced acidity and ripe fruit characters of bovsenberry and blackberry. RRP \$24.

Flametree Frankland River Shiraz 2018 The winemaker calls it Flametree's northern Rhône look-alike. It displays aromas of blueberry, plums, liquorice and spice combined. The palate is resplendent with dark fruits, beef stock, vegemite notes and spicy oak flavours and a savoury edge. RRP \$30.

Clandestine Vineyard Tempranillo Rosé 2020 is pale salmon pink in colour with subtle aromas of flowers, rose petals, red fruits and cherries. The palate is savoury, light, dry and textural. Fresh and lingering taste. Vegan friendly. RRP \$28.

Drinking a cup or two of coffee may help for a longer life...



by Frank Smith

PEOPLE who drink one cup of coffee a day are 12 per cent less likely to die prematurely than those who didn't drink coffee at all. That is the conclusion from a joint study by the University of Hawaii and the Keck School of Medicine at the University of Southern California.

Those who drank two to three cups a day had an 18 per cent reduced risk of death.

It made no difference whether people drank regular or decaffeinated coffee, suggesting the association is not due to

caffeine, said lead author Professor Veronica Setiawan. Drinking coffee led to a lower risk of death due to heart disease, cancer, stroke, diabetes, and kidnev disease.

"We cannot say drinking coffee will prolong your life, but we see an association," she said. "If you like to drink coffee, drink up. If you're not a coffee drinker, then you need to consider if you should start."

Professor Setiawan, who herself drinks one to two cups of coffee daily, said any positive effects from drinking coffee are far-reaching because of the number of people who enjoy a cuppa every

"Coffee contains a lot of antioxidants and phenolic compounds that play an important role in cancer prevention," she said. "Although this study does not show causation or point to what chemicals in coffee may have this elixir effect, it is clear that coffee can be incorporated into a healthy diet and lifestyle."

Professor David Kao of the Colorado Center for Personalised Medicine and colleagues used the American Heart Association's Precision Medicine Platform to examine data from three long term studies of heart health.

In all three studies, people who reported drinking one or more cups of caffeinated coffee had a 12 percent lower risk of heart failure risk for each daily cup of coffee they drank. Caffeine consumption from any source was associated with decreased heart failure risk, and caffeine was at least part of the reason for the apparent benefit from drinking coffee.

A review of research into coffee by Professor Jane Higdon of Oregon State University found that the caffeine content of coffee averages 100mg per cup, but varies widely. Caffeine stimulates the central nervous system, raises blood pressure, increases metabolic rate and increases urination.

She wrote that coffees vary widely in their caffeine content and the brewing method is critical. Filter coffee has no effect of blood cholesterol but boiled coffee increases both total cholesterol and low density lipoproteins (bad cholesterol).

Coffee consumption reduces the risk of developing type 2 diabetes, depending of the brewing method. In one study men who drank boiled coffee were three times as likely to develop diabetes as filter coffee drinkers.

Coffee, tea and other caffeinated drinks intake also reduced the risk of developing and dying from Parkinson's disease in men, but not in women.

Coffee has been suggested as an aid to weight control, however while drinking a cup of coffee increased metabolic rate for 24 hours it has no significant effect on weight gain.

Coffee also appears to protect the liver from injury including cirrhosis resulting from excess alcohol or hepatitis.

Higdon Professor warned that coffee can cause a small increase in blood pressure. While there was no association between coffee consumption and sudden cardiac death or stroke. she said this may be significant in older people with hypertension.

Coffee may also reduce calcium absorption which may be important in people with osteoporosis and may contribute to the risk of hip fractures in older people.

Coffee drinkers should limit themselves to three cups per day and ensure they have adequate calcium and vitamin D in their diet, she said.

Coffee also interferes with absorption of dietary iron so it is also better to drink coffee after a meal rather than during it. And let your coffee cool a little before you drink it. The World Health Organization warns that drinking piping hot coffee or other beverages can cause cancer of the oesopha-

PART TO SALES



Explore and enjoy some free treats at Raine Square

RAINE Square will keep the sun shining and the sorbet icy, despite the official end of summer.

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cream art installations, pastel DJ decks spinning relaxed, summery tunes and delicious dessert giveaways for all to enjoy over lunch in the newly

> "Perth is known for its iconic summers and given Western Australia's recent lifting of a COVID-19 lockdown, we're extending summer for an extra month with a surprise and delight approach for Perth city goers," said Megan Biddle, marketing manag-

renovated space.

er at Raine Square. Local artist Jessica Swan has developed the creative design for this activation which will see life size, multi coloured icy poles pop up in Raine Laine making the perfect summer city Instagram photo opp.

Jessica Swan said: "It's been an absolute pleasure working with Raine Square on this fun, sum-

raine" mer lovin' campaign! I

have thoroughly enjoyed the creative process of this project which has been designed to inject a bright burst of joy into our CBD. I'm a Perth girl through and through and I think it's wonderful Raine Square is giving a local artist like myself the opportunity to showcase my designs for the Social Sorbet activation".

Enjoy summer tunes and sweet treats in Raine Lane, as well as supporting your local eateries by redeeming the \$10 vouch-

Feeling curious? Indulge in thoughtful colour and culture at Sorbet Social on the following dates:

Sorbet Social Squad Roaming: 11.30am – 1.30pm Tuesdays and Wednesdays, bet Social live at Raine Square: 11am - 2pm Thursdays and Fridays, until 26 March.





GREAT HOME and GARDENING



As autumn arrives it's time to get cracking in the garden with this handy list









L-R; Refresh shrubs and hedges with a good trim - sow broccoli, cabbage and other brassicas now - time to plant tulips and other bulbs - fill a pot or hanging basket with vibrant blooms for cooler weather

by Colin Barlow

AFTER summer, the cooler days of autumn beckon us to get back outside in the garden and tackle those jobs that we put off due to the oppressive heat and sizzling summer sun. The early morning moist dew of autumn provides welcome relief for our gardens to rejuvenate from the stresses of heat and drought. So, autumn is the perfect time to give your garden a revamp or refresh, ready for the cooler weather.

My To-Do List of autumn garden tasks are: Lawns

- · Aerate compacted dry patches or worn-out areas of lawn with a garden fork or lawn aerator.
- · Rake over worn or dead patches of grass to remove any dead material or thatch. Use a lawn or spring-tine rake for the best results.
- · Mow your lawn at least every one to two weeks to encourage it to spread and cover up any bare patches before winter.
- Apply a wetting agent to allow deeper water penetration, reduce the runoff of water and improve water repellent soils or 'dry patch' in lawns.
- Feed your lawn now with a slow or controlled release lawn food to help thicken up your lawn and encourage it to spread, so it is less susceptible to weed infestation.
- Rake up and compost any fallen leaves that cover the grass and may cause diseased or dead

• If winter grass has been a problem in previous years, use a pre-emergent herbicide from late April onwards until the end of May, for the most effective control. A follow-up spray for severe cases may be required before the end of June. Amgrow, David Grays and Munns all produce effective winter grass killers. Always wash it into the soil thoroughly after application to produce an effective barrier to seed germination.

Vegetable Patch

 Early autumn is the time to sow brassicas including broccoli, Brussels sprouts, cabbage, cauliflower, kale and Asian greens such as pak choi, bok choi, tatsoi, mizuna, Chinese cabbage and mustard greens. Asian greens are best sown in the garden bed where they are to grow. Sow slower growing brassicas in seed trays or punnets before planting out in the garden later.

· Autumn is caterpillar season so keep an eye out for cabbage white butterfly, cabbage moth and looper caterpillars your vegies. They will attack both young plants or mature brassica plants, so use an organic based spray such as Dipel, Success Ultra, or the Beat A Bug Naturally Based Insect Spray.

- The cooler weather makes it much easier to grow your fresh leafy greens for salads. Use any spare space in the garden or reasonably sized pots or containers will provide sufficient produce for a family. Some of the best 'cut and come again' varieties of lettuce include: Baby Butterhead, Cos. Frizmo. Green Mignonette, Iceberg, Oakleaf, Revolution and Salad Bowl.
- · Snails and slugs become more prevalent with the cooler and moister weather. Patrol

with a torch patrol during the early evening to catch any chomping on your tasty vegies. Iron chelate pellets and beer traps work well in my veggie patch. A copper-based spray used around and under the edges of raised planters also works.

Fruit

- If your fruit trees were reluctant to flower and fruit this year, try using a high potash fertiliser to encourage flower and fruit formation for next spring. I use potassium sulphate in a watering can every two weeks until the end of May.
- · Citrus leaf miner will affect the soft new growth on citrus, so spray with Eco Oil and bait with the eco-CLM trap to catch the male adults.
- · Continue feeding your watermelons, rockmelons, zucchinis, cucumber and pumpkins with a high potash fertiliser. Avoid watering over the leaves to deter mildew,

which can affect their overall vigour. Garden

- · Check out your local garden centre for some of the latest new plant varieties. You may find the perfect plant to fill that bare space in the garden.
- Lightly trim shrubs and hedges to encourage dense growth before applying a wetting agent and an organic fertiliser.
- Trim and deadhead your roses in mid-March, then apply a liquid fertiliser to promote a final flush of blooms in May. Mulch your garden
- beds and soil with manure, compost. mushroom compost, lupin mulch or pea straw before winter to improve the soil. Remember to weed the garden first.

Flower Garden

From St Patrick's Day March) onwards it is the time to sow your sweet peas. I use 130mm pots filled up to

Zinc \$185

three quarters full, with potting mix, then water them well. After allowing them to drain, I place six to eight seeds evenly around the pot. Next, cover the seeds with seed raising mix and do not water until the seeds germinate in 14-21 days. · Sow poppy and foxglove seeds directly in the garden where they are to grow. Add some compost or soil improver first and rake to a firm fine tilth. Moisten the surface before scattering the seed finely over the surface and gently water

seed. · Autumn is bulb planting time, so try filling any bare spots in your garden with easy-to-grow naturalising bulbs such as freesia, jonquils, Dutch iris, ixia, sparaxis and snowflakes. You can also plant up some colourful pots or containers with tulips, anemone, hyacinths, ranunculus and

them in. Do not cover the

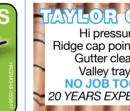
jonquils or daffodils. Vibrant autumn and winter flowers will now be in your local nursery and garden centres, so look out for alyssum, calendula, cineraria, dianthus, English daisies, forget-me-nots, lobelia, pansies, poppies, primulas and violas. They are perfect for pots, containers, hanging baskets or as fillers in the garden. You can mix, interweave and contrast them with bulbs for a sensational effect.

Garden Festival back in Perth

Western Australian premier gardening event has been expanded and is now the Perth Garden and Outdoor Living Festival. The revamped event takes place next month from Thursday 29 April to Sunday 2 May at the new location of Langley Park in Perth. Go to www. perthgardenfestival.com for more information and updates.



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Seven trends that will better integrate ageing Australians into communities

"While this will result



L-R; Craig Christensen © www.robertsday.com.au - One in five Australians live in a multigenerational household

RECENT slower growth in Australia's population will boost the size of our ageing communities, but there are emerging housing and planning solutions that will better integrate older Australians into our cities, helping to solve the population pyramid problem.

Christensen, Craia Queensland principal at award-winning urban planning and design practice Hatch RobertsDay

ardens

eators of Paradise

(robertsday.com. au), says: "Australia's immigration shutdown over the last few months will result in 1.1 million fewer people by 2031 than previously forecastin a larger proportion of older Australians, it's encouraging to see over-55s living changing to enable them to live in smaller dwellings while enjoying more integrated and independent lives through accessible and inclusive housing, amenities, infrastructure and support. "Över 55s living has

evolved to the point that it has become an attractive model for Australia's population overall. There is a nexus between the housing needs of an individual working from home and those looking to scale back their careers. Emerging trends help people downsize successfully while still living a full life.

"This is as much about housing as to how we design our neighbourhoods - maintaining a house is expensive and demanding.

RobertsDay Hatch outlines trends that will help our ageing population integrate independently into their communities:

Mixed-use developments and apartment buildings. Integrating over-55s housing with the rest of the community helps older Australians avoid isolation and loneliness, and maintain their independence Ionger. An emerging trend is the incorporation of

over-55s and aged-care living in major mixed-use masterplanned communities. For instance, a land parcel in the mixeduse Murdoch Health and Knowledge Precinct in Perth is being developed into aged care facilities, a Medihotel, residential, commercial, medical and office facilities.

"Expect to also see the development of new buildings where a few floors are dedicated to over-55s living," Craig

Multigenerational housing. One in five Australians live in a multigenerational household. Nearly 600,000 properties in Sydney, Melbourne and Brisbane alone could build an additional self-contained unit of at least 60m². Expect to see a growing trend whereby grandparents move into a granny flat or tiny house on their property – or a self-contained floor of the main house – while kids move into the main house with their families.

Universal housing design. Most Australians over 60 want to live and age in their own homes. Building more 'livable' housing - with the inclusion of accessible doorways and stairs, grab rails and step-free entrances – can promote greater independence in older Australians. If 20 per cent of new homes in Australia included universal housing design, it would save the Australian health system up to \$54 million per annum.

Craig predicts that we will see better residential designs that meet the needs of people during all life stages, but which particularly helps the older population 'age in place

Older people living above shopping centres or in CBDs. Mobility is an important part of over-55s living, as it helps them live independently while integrating with the

local community. Craig says: "We expect to see an emerging trend whereby retirement units are built above shopping centres, enabling residents to mingle with the community and have much of their needs met without help, while ensuring the shops remain busy during offpeak times.

We will also see over-55s living in CBD and central areas, within easy walking distance to theatres, major shopping precincts, high-quality restaurants, and a plethora of health facilities.

The rise of urban gardens. Expect to see further growth in the number of urban community gardens. These are good for the mental and physical health of older residents who live in garden-free housing. It also

40 Years Experience

enables them to teach gardening and horticulture to younger generations. Nearly 60 per cent of people experience an improvement in their

mood when gardening. Studies have found that spending time in natural surroundings can decrease anxiety and

stress.

Age-friendly cincts. Craig predicts a growth in age-agnostic infrastructure in local communities. Some examples are public transport that is more accessible, widespread street furniture for pausing and resting and public facilities (especially toilets), parklets and piazzas, and levelled, shaded and wider footpaths. These can encourage older people to leave their homes and feel safe mingling in their community.

Age-friendly businesses. While many town and neighbourhood centres are seeing revitalisation, retail and entertainment tends to be youth-focussed missing the opportunity to serve one of our biggest markets, older Australians. For example, food and beverage venues could to undertake fit-outs that reduce reflected noise and provide comfortable seating, or entertainment venues that are accessible, themed and programmed for older



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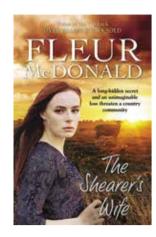
Mandurah to Alkimos







A long hidden secret and an unimaginable loss threaten a country town



The Shearer's Wife by Fleur McDonald Reviewed by Pat Paleeya

THE year is 1980. Ian Kelly is a shearer and travels around Australia for work. He is married to Rose who is expecting twins. They stop for supplies in a country town called Barker on the way to Jackonsville Station to begin work. The twins arrive earlier than expected and Rose stays in Barker.

She refuses to accompany her husband when he leaves for Jacksonville. She wants to settle in one place and not having any relatives to support her and her babies, she decides that the community in Barker will be there for her even if her drifter husband is not.

The story then shifts to 2020 where there is shock and disbelief among the people of Barker when the Australian Federal Police arrest Essie, a quiet grandmother on the suspicion of possession of narcotice.

The town's detective Dave Burroughs smells a rat and suspects there is much more to this than meets the eye. With the help of the very tenacious journalist Zara Ellison and her policeman boyfriend

digging away at different aspects of this case, the three of them uncover a mystery that links these two events that are 40 years apart.

This novel has two timelines and the readers shunt between the two which sometimes plays havoc with the reader's concentration (in my case perhaps?). Nevertheless, this is a good story with very strong and believable characters that take equal billing the whole way through.

A very good weekend reader - armchair, feet up - tea or SSB.

Published by Allen & Unwin. BRP \$29.99

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We can't travel to France but we can go there on film



ALLIANCE Française French Film Festival returns to Perth from 10 March to 7 April.

It is awash with high-octane drama, seductive romance, nail-biting suspense and historical tales that will enthral. A great selection of comedies is guaranteed to elevate our recently locked-down spirits.

The 2021 Festival showcases a stunning selection of French cinema at Palace Cinemas and Luna Palace Cinemas.

Highlights include the

world premiere of Eiffel – a sumptuous, romantic, costume drama which explores the passionate love affair between celebrated engineer Gustave Eiffel whose company designed and built France's iconic Eiffel Tower, and Adrienne, a mysterious woman from his past; and #lamhere – an enduring culture-clash comedy starring Alain Chabat as an eminent French chef

who travels to the other

side of the world after he

falls in love via Instagram.

See www.affrenchfilm festival.org for more information.

WIN WIN WIN

Thanks to the Alliance Française de Perth we are giving away 10 double festival passes, valid for any film excluding special events. To be in the draw simply email win@ haveagonews.com.au with French in the subject line or call the office during business hours on 9227 8283. Closes 15/3/21.

Escape reality with Mystique - you won't believe what you will see



Enjoy Michael Boyd's Mystique at Crown Theatre

the country.

Mystique features some of the world's most impressive illusions and his latest contraption from Las Vegas 'the scorpion' which was designed and built by the same team that worked alongside the famous David Copperfield.

Among jaw-dropping escapes, levitations, transformations, special effects and mind blowing disappearances, Boyd's incredible production includes 'double levitation' in which a lady flies more than six metres high in the air and the death chamber which features a death-defying escape from the blades of doom.

Mystique will play two shows on Saturday, 3 April with a special Easter/school holiday matinee at 1pm and an evening show at 7.30pm.

Book now at www. ticketmaster.com.au





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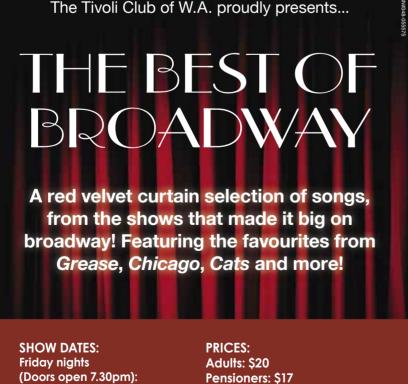
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Y Arts Centre

INTERNATIONALLY acclaimed illusionist and Australia's Got Talent finalist Michael Boyd unveils his spectacular production, *Mystique*, at Crown Theatre, Perth on Saturday, 3 April at

1pm and 7.30pm. Born in Melbourne, Michael Boyd's magician grandfather taught him all about the world of magic and by the age of 13, Boyd joined the Young Magicians Magic School to hone his craft. Following high school he hit the road performing three shows a day until he eventually got his big break on the TV show Pot Luck. Since then his career has skyrocketed and he is now one of the most acclaimed illusionists in







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The Holly Wood Tuesday Morning Show is back at the Perth Town Hall

THIS free community service from the City of Perth looks forward to welcoming people to the Perth Town Hall every Tuesday morning from 10.30am.

March is multicultural month with a variety of entertainment compered by local entertainer Bernard Carney

March 16: special St Patrick's Day show features Irish entertainer Patrick O'Hooligan who will entertain people with jokes, songs, and stories from the 'Old Country'. The show will warm the cockles of your heart so wear something green and join in the fun!

March 23: beautiful singer Kavisha

Mazzella (AM), founder of the Italian Women's Choir, will present some wonderful Italian songs and stories from her rich family tradition.

March 30: much loved media personality and host Verity James will chat about her interesting career in broadcasting, journalism, celibrancy and the dramas of backyard bird spot-

ting.
Perth International Dance will take people on a trip from Eastern Europe to Armenia to Israel, demonstrating dance culture and costumes from those regions. For nearly 50 years they have performed around Australia at festivals and community events and are delighted to come to the show.

After the show head to the Citiplace Community Centre situated on the upper level of the Perth City Railway Station which offers seniors a range of low cost refreshments in a warm and friendly environment.

Michelle Pfeiffer stars in new comedy set in Paris



"MY plan was to die before the money ran out." says 60-year-old penniless Manhattan socialite Frances Price (Michelle Pfeiffer), but things didn't go as planned.

Her husband Franklin has been dead for 12 years and with his vast inheritance gone, she cashes in the last of her possessions and resolves to live out her twilight days anonymously in a borrowed apartment in Paris, accompanied by her directionless son Malcolm (Lucas Hedges) and a cat named Small Frank - who may or may not embody the spirit of Frances's dead husband. French Exit is a quirky and dark comedy set in France.

In cinemas 18 March.

WIN WIN WIN

Thanks to Sony Pictures we have 10 double passes to give away to French Exit. To be in the draw simply email win@haveagonews. com.au with French in the subject line or call the office on 9227 8283 during business hours. Closes 16/3/21.

Get ready to go pink at Crown...



Elaina O'Connor (Elle Woods)

THE stage of Crown Theatre Perth will trans-

form into a fabulous sea of pink energy when this fun-filled production of Legally Blonde, present-

ed by Hama Productions, sweeps into Perth from 16 - 25 April.

Based on the muchloved movie of the same name, this life-affirming musical follows the transformation of fashion and style devotee, Elle Woods, after her life is turned upside down when her bovfriend. Warner Huntington III, dumps her before leaving California to attend the prestigious Harvard Law School.

Determined to get him back, Elle follows Warner to Massachusetts and ingeniously charms her way into Harvard; but, from there, things don't quite go according to plan.

Introducing Elaina O'Connor as Elle together with Annie Aitkin as her beautician friend, Paulette, and Lloyd Hopkins as law lecturing assistant, Emmett Forrest.

Also appearing on stage will be Greg Jarema as Warner and Charlotte Louise as his new love-interest, Vivienne. Well-known Perth performers Vincent Hooper and John O'Hara, who returned to Perth as a result of the Covid crisis, will join the superb cast of home-grown WA talent.

Action-packed exploding with memorable songs and dynamic dances, Legally Blonde is so much fun, it should be illegal.

Tickets on sale from Ticketmaster: www.tick etmaster.com.au.

WIN WIN WIN

We have three double passes to giveaway to Legally Blonde The Musical on 16 April for the matinee at 1pm. To be in the draw simply email win@haveagone ws.com.au or write to Legally Blonde c/-Have a Go News PO Box 1042 West Leederville 6901. Closes 31/3/21.

Third series of *Tin Star* out on DVD

THE third and final series of Tin Star is the most thrilling, shocking and darkly comic rollercoaster ride yet.

It tells the story of Jack (Tim Roth, Pulp Fiction), Angela (Genevieve O'Reilly, Star Wars: Rogue One) and Anna (Abigail Lawrie, The Casual Vacancy) returning to Liverpool, where their story began 20 years ago, to face their deadliest enemies in a battle with the past to win freedom in the present.

RENCE O'KEEFE & NELL BENJAMIN HEATHER HACH

Releasing on 17 March, **WIN WIN WIN**

But instead, our he-

roes are forced to face

up to the devastating

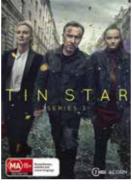
and inescapable truth

about who they really

are. The DVD features

the final six episodes.

We have 10 copies of Tin Star to give away to some lucky readers. To be in the draw simply email win@haveagone ws.com.au with Tin in the subject line or write



to Tin DVD c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 31/3/21.

GET READY TO "BEND & SNAP" **INTO** CROWN THEATRE 11-25 APRIL | CROWN THEATRE Book now at ticketmaster.com.au





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A delicious family celebration recipe - surprise Easter lamb



by Vince Garreffa

TO prepare yourself for Easter ask your favourite meat supplier to save you a double short loin of lamb boneless and intact (not split longways) and bask in the glory of this

Memories are made of meals which look and taste like this

Enjoy your Easter celebrations with your friends and family.

Ingredients for 6 or 8

1 x boneless double short loin of lamb, flap on about 2kg 4 x boiled eggs peeled and cold Extra Virgin Olive Oil (EVOO) Western Australian salt Cooking string to tie roast

Meat thermometer to check internal

temperature Filling ingredients

350g minced lamb ½ small onion finely diced 1/3 cup finely diced carrot 1 x raw egg beaten

1 x cup stale bread ½ tablespoon mild mustard 1/3 cup Italian parsley chopped roughly 1/2 tablespoon finely chopped rosemary leaves

1 x pinch nutmea

WA salt Cracked black pepper Extra Virgin Olive Oil (EVOO)

Method

Salt and pepper the inside of the meat and remove about three finger lengths of lamb flap on each flap - cut in a straight line and set aside. (You will use these to hold the stuff-

Now make the filling by first frying the on-ion in 100ml of EVOO until it is soft, then add the carrot and cook together for two minutes, then take off the heat and allow to cool.

Next add the egg, milk and bread and really mix. Follow this by adding the mustard, parsley, rosemary, nutmeg and lamb mince and mix really well again and season with salt and pepper before mixing again.

Then put half your filling onto the middle of the seasoned lamb loin, add your whole boiled eggs on the filling in pairs, side by side

Cover the eggs with the second half of the filling, wrapping the eggs so they can't be seen and are cocooned inside.

Now wrap the lamb flaps around the filling to create a tubular roll like an oval log with all the filling trapped inside and tie with string vertically. Don't tie the string too tight.

Then use the two pieces of lamb flaps you have cut as ends to the roll to ensure the stuffing doesn't come out during the cooking process.

Tie the ends horizontally and use lots of cotton string to hold it together.

Bake immediately or the following day after storing in the fridge overnight.

Roast at 150°C for two to two and half hours, longer if you like it very well done, check with your meat thermometer that the internal temperature is 60°C at the centre where the eggs are for a perfect result.

Rest for 20 minutes covered in alfoil before carving, serve hot or cold.

Buona Pasqua /Happy Easter

Vince is the proprietor of Mondos Butchers located at 824 Beaufort Street, Inglewood. They are open Tuesday to Friday 9am - 5.30pm Saturday 9am to 2pm. Phone 9371 6350 or visit www.mondo.net.au



Enjoy Easter celebrations at the city churches...

IT'S ONE of the most important celebrations of the year and a time to celebrate with family and friends. Easter will be one to enjoy this year as we won't be in lockdown! The main churches around town offer a variety of services across the weekend and look forward to welcoming people. Joining a service is a nice way to mark the season of resurrection and new life.

See below for services available at our city churches...

Buy and support local this Easter



MARGARET River Chocolate Company have a great range of delicious products available for Easter.

The range includes the famous Chokka the Quokka, large eggs in a mug, and a delicious selection of chocolate eggs and bunnies.

The Margaret River Chocolate Company offer people a range of hampers and hundreds of other gift ideas which are available at both factories in Margaret River, the Swan Valley and at the city store at 317 Murray

Both factories are open every day of the year except Christmas Day from 9am-5pm and the city store is open usual CBD shopping hours. **WIN WIN WIN**

Thanks to the Margaret River Chocolate Company we have six bunny packs to give away to some lucky readers. To be in the draw simply email win@haveagonews.com.au with Margaret River in the subject line or write to Margaret River Chocolate Competition, PO Box 1042, West Leederville 6901. Closes 31/3/21.



Left above; Margaret River Chocolate Company offer a delicious range of eggs and bunnies Above; Enter for the opportunity to win one of six bunny packs

St Patrick's Anglican Church Mt Lawley 6pm Maundy Thursday **Evensong** 10.15am Good Friday Solemn Liturgy 6pm Holy Saturday Lighting of the Easter Bonfire 7pm Holy Saturday **Easter Vigil** 10.15am Easter Sunday Baptism & Confirmation in Holy Communion,

Easter Services







Good Friday - 3rd April 2.30pm

Seven Last Words of Jesus Christ sung by Cathedral Choir followed by 3pm Solemn Celebration

Easter Sunday - 4th April 10.45am

Mozart's masterpiece Exultate Jubilate follwed by 11am Mass Includes the Cathedral Choir singing Handel's Hallelujah Chorus and Vierne's magnificent organ masterpiece Finale of Symphony No 1 in d minor

St Mary's Cathedral Victoria Square, Perth

Sunday 28 March (Palm Sunday) 10am: Blessing of Palms and Choral Eucharist 5pm: Choral Evensong

Thursday 1 April (Maudy Thursday) 6.30pm: Eucharist of the Lord's Supper with Washing of the Feet and Silent Watch

Friday 2 April (Good Friday) 10am: Solemn Liturgy of Good Friday with the Singing of the Passion 12 noon: The Three Hour Devotion

Sunday 4 April (Easter Day) 6am: Vigil and First Eucharist of Easter 8am: Holy Eucharist with hymns 10am: Choral Eucharist with hymns 5pm: Festal Evensong

For a full list of services and events during Lent please visit our website or like our Facebook page

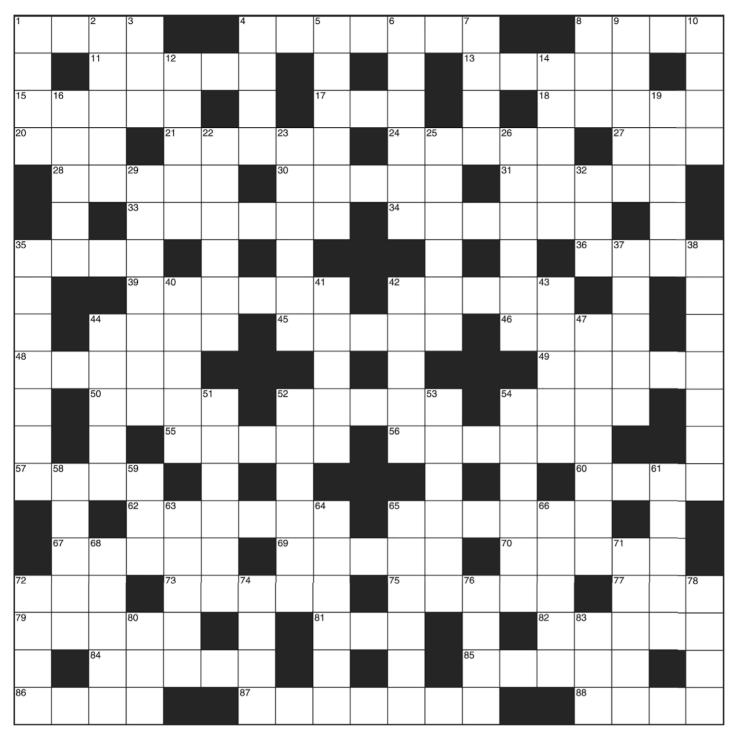
38 St Georges Terrace | Perth WA 6000 | (08) 9325 5766 | info@perthcathedral.org www.perthcathedral.org | www.facebook.com/StGeorgesCathedral



Have a Go News PUZZLES PAGE Have a Go



BIG CROSSWORD - SEE PAGE 18 FOR SOLUTIONS



ACROSS

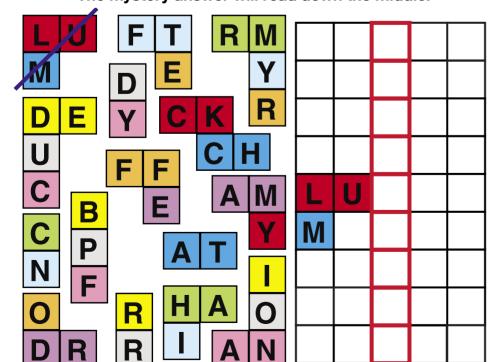
- 1. Dog restraint
- 4. Enfeebles
- 8. Actress, ... Winslet
- 11. No-hoper 13. Sticker
- 15. Sparkle
- 17. Football arbiter
- 18. Gapes at
- 20. Bladder 21. Extent
- 24. Repeatedly
- 27. Unprocessed mineral
- 28. Director, ... B DeMille
- 30. Greeting word 31. River-mouth flats
- 33. Orchard crop
- 34. Split up 35. Invitation footnote
- (1.1.1.1)
- 36. Urges on, ... up
- 39. Mental health
- 42. Entertained
- 44. Cruel wisecrack 45. Greased
- 46 Fathers
- 48. Bonfire
- 49. Steers off course
- 50. Dole (out) 52. Primitive water plants
- 54. Fish lung
- 55. Rescued
- 56. Communicate 57. Laceration
- 60. Frog-like animal
- 62. Sharp-tasting
- 65. Select 67. Stately
- 69. Certify (accounts)
- 70. Soup-serving spoon
- 72. Outlaw
- 73. Travel by bike 75. Stockings fibre
- 77. Cereal grass
- 79. Vigilant
- 81. Chill 82. The ones there
- 84. Slightly wet
- 85. Disarray
- 86. Eyelid swelling
- 87. Carve (initials) 88. Congers or morays

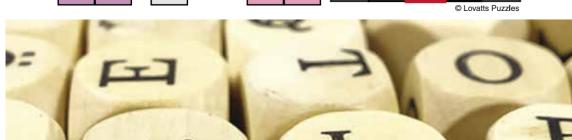
DOWN

- 1. Fallen trees
- 2. Lewis Carroll heroine
- 3. Mafia godfather
- 4. Tiny bird 5. Says yes
- 6. Wrap 7. Narrow aperture
- 8. Barrel
- 9. Apportion
- 10. Different 12. Remove paint
- 14. Filleted
- 16. Shoestrings 19. Eradicate
- 22. Snowy (region)
- 23. Racial enclave
- 25. Frustrated 26. Revised
- 29. Overturn
- 32. Table part
- 35. Abrading
- 37. Blackboard stand 38. Shattered
- 40. Helps (criminal)
- 41. Submit 42. Savage
- 43. Tennis trophy, ... Cup
- 44. Sports activities
- 47. Crossed out
- 51. Simply
- 52. Taken from plane (of photo)
- 53. Roman LXXX
- 54. Paid male escort
- 58. Of hearing 59 Witch
- 61. Sectors
- 63. Spiny succulents
- 64. Prompting (actor)
- 65. Picture house
- 66. Saint Nick, ... Claus
- 68. Hostile opponent 71. Slack
- 72. Tempo guitar
- 74. Quote
- 76. Hair parasites
- 78. Golf mounds
- 80. Crustacean's eggs 83. Garden implement

COLOUR BLOCK

THIS is like a jigsaw puzzle. All the blocks fit together to make nine five-letter words reading across. Each word is a different colour. The mystery answer will read down the middle.





OOPS!

IN the February 2021 edition of Have a Go News on page 47 we printed the incorrect instructions for the PRISM puzzle. The correct instructions should have read "Track down the six gems hidden in our prism." instead of "Track down the six trees hidden in our prism." Thank you to the reader who phoned the Have a Go News office to bring the error to our attention. We apologise for any inconvenience caused.

Purify your home with bamboo



Advertorial

ACTIVATED bamboo charcoal soaks up smells and damp and continues to amaze users. Now people can discover for themselves the use of its already proven purifying power.

Bamboo Charcoal Eco Packs from Australian importer Kingpin are a simple and safe meth-

od to remove unpleasant smells and moisture inside the home, caravan, car or boat.

Imagine never having to spray chemicals, use messy sachets or dispose of waste elements again?

Fragrance free, these decorative linen covered Eco Packs are refreshed monthly by

simply placing them in the sun for an hour. The ultraviolet rays disperse the absorbed residues and allergens, ready for continual re-use for up to two years.

Each Eco Pack (20cm or 15cm) can be moved from room to room, cupboard to storeroom, or anywhere in between.

Why bamboo? Because bamboo is one of the most eco-friendly plants out there. It is fast growing, requires no pesticide, gets all the water it needs from natural rainfall and absorbs carbon from the atmosphere.

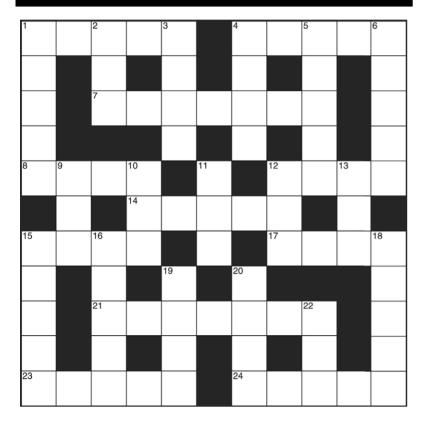
For more information visit www.kingpin team.com, www.king pinpegs.com.au or call 0417 913 869.



Have a Go News PUZZLES PAGE



CROSSWORD



CRYPTIC CLUES

Across

- 1. Climb to musical heights? (5)
- 4. Strange that members of parliament stand for them! (5)
- 7. Part of electric jug that won't break down? (7)
- 8. Sound reflected in male choir (4)
- 12. Cockney harms weapons (4)
- 14. Made a record and celebrated (5)
- 15. Part of Mr Hackman's DNA? (4)
- 17. Study Middle Eastern depression (4)
- 21. Writing that finishes with a rip (7)
- 23. Kathy mentioned some herb (5)
- 24. Vote in the lecturer (5)

- 1. Spoke of source for gravy (5)
- 2. Stage of life portrayed in tragedy (3)
- 3. Looks at potato buds (4)
- 4. Originate from small talk? Excuse me! (4)
- 5. He pretends to work (5)
- 6. Ranked players are the pits! (5)
- 9. Prompt learner left clue (3)
- 10. It begins odd sequence (3)
- 11. Devoured eight, apparently (3)
- 12. Make extra inclusion involving Dad (3)
- 13. Dog's best friend is in demand (3)
- 15. Huge American soldier with picnic pest (5)
- 16. Sneeze idly even when requiring assistance (5)
- 18. Tendency to take directions from transit (5)
- 19. Light meal, sometimes after frost? (4)
- 20. What Superman wore to South Africa's town (4)
- 22. Tool kept hidden in shoes (3)

STRAIGHT CLUES

Across

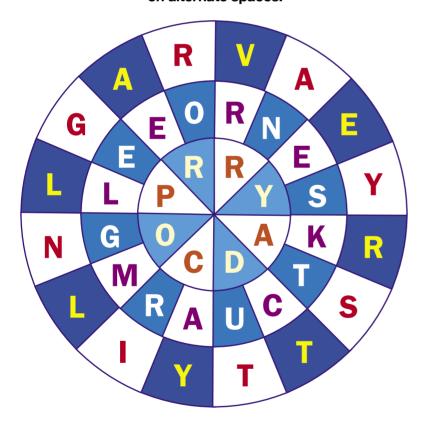
- 1. Clean (fish) (5) 4. Stools or benches (5)
- 7. Heating coil (7)
- 8. Radio code for E (4)
- 12. Upper limbs (4)
- 14. Noticed (5)
- 15. Dancer, ... Kelly (4)
- 17. Car bump mark (4)
- 21. Tombstone inscription (7)
- 23. Aromatic leaf seasoning (5)
- 24. Choose (5)

Down

- 1. Flavoured topping (5)
- 2. Grow older (3)
- 3. Sight organs (4)
- 4. Plant stalk (4)
- 5. Stage performer (5)
- 6. Fruit stones (5)
- 9. Snooker stick (3)
- 10. ... & only (3)
- 11. Had food (3) 12. Count up (3)
- 13. ... the barricades! (3) 15. Jack & The Beanstalk ogre (5)
- 16. Poor (5)
- 18. Distinguishing feature (5)
- 19. Insect sting (4)
- 20. Promontory (4)
- 22. Weeding implement (3)

PRISM

Track down the six fish hidden in our prism. The words appear either clockwise or anti-clockwise and are on alternate spaces.



SUDUKO

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

RATING: ★★☆☆☆

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

Have a Go News Subscriptions

For 30 years we have been supplying this newspaper free to readers thanks to our advertisers. Thank you to the many readers who have contributed to our appeal last year, which helped us to continue publishing. In these Covid-19 times we cannot continue to subsidise subscriptions as we have done for many years. Anyone who would like to receive the newspaper posted to their home is welcome to subscribe. Be assured that all necessary hygiene practices are being executed.

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