





LIFESTYLE OPTIONS FOR THE MATURE WESTERN AUSTRALIAN

PRINT POST 100022543

VOLUME 29 NO. 09 ISSUE NO. 337 APRIL 2020



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Meet artist and teacher Willemina Foeken



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HIS ISSUE An Australian role model



Ita Buttrose

by Lee Tate

ITA Buttrose, champion of so many causes, believes older people's resilience will play a big part in getting us through and beyond the coronavirus.

"Older Australians are resilient and have been through health crises and

recessions before. We go through them and come out again," she told me from Sydney.

"It might be a big lesson for lots of people. I'll be very interested to see how we regroup when we get through this", the 78-yearold said.

"You might suddenly

realise that in the very fastpaced world we've all been living in, maybe that's not the best way to live.

"Maybe when you've got a bit of time you can just go out on your veranda and think 'I don't really have to do anything. I can just look at a trée'.

Ita, with her latest posi-

tion as ABC chair taking her into her eighties, falls naturally into a role model for older Australians.

"There's an assumption that things will continue the way they always have, but life has a habit of taking us by surprise - illness, loss of a friend or death of a partner. One day there you are,

faced with all these things.

"This virus will change many things, the way we work. People will see it is possible to get good pro-ductivity out of people who work from home.

"Perhaps we don't need so many offices in big buildings in our cities. I think as we see things cancelled and we have more time in our 'busy, busy lives', people might suddenly realise 'I'm not busy'.

"So what are you going to do? You might read a book, you might ring up someone and have a long chat on the phone.

Ita said older Australians needed to take precautions, not put themselves at risk and "follow the experts' advice: Hygiene, hygiene, hygiene".

Ita says she is "fairly-well home-based" in Sydney, communicating with the ABC board by video.

"The dog is delighted. She can't believe her good fortune.

"I drive somewhere desolate. I don't see anybody and I'm going to continue to do that. I think it's important that we continue to do something and I'm fit and well enough to be able to do that.

"I've had to say to my grandchildren: 'I'm sorry I can't see you' and they say 'why not?' My son in Canberra is home-schooling his three children. They've asked me if I'll be patron of the home school.

"I decided I can do some grammar, English lessons and poetry and whatever else by Zoom (video communications) and take classes in composition. Oh, and spelling. I tell them 'I taught your father'.

'We shouldn't underestimate ways of staying in touch. If kids are at home grandparents need to stay in touch; tell them stories, help with the schooling.

"It's a question of using vour imagination. We didn't have television till I was 15. Everything we did we used our imaginations.

"At Easter, we used to hard-boil eggs and spend hours painting them. Mum and dad would hide them in the garden and we would go out and find them. We might revive some of these things we did in our childhood."

continued on page 6



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From the editor's desk



NEVER has it been more important for you, dear reader, to look after yourself. During this time make sure you stay connected with friends and family and implement daily routines to ensure good mental health.

We have amended our content to keep you entertained and informed including extra puzzles, recipes, lots of competitions, advice on dealing with being alone and some home exercises. We have added a couple of extra items to keep people connected, including an opportunity to share your favourite recipe, see page 30 and a pen pal opportunity for people to write to each other on page 18. A few of our regular features will not be appearing until life returns to normal.

This edition is full of information to help you through this most unusual time and I hope it provides you with some normalcy

My friend Ted Bull put on Facebook that he was sick of being re-ferred to as elderly, he said he may be older but he's not elderly. He also mentioned to me that when he was watching a news report recently, they showed footage of frail aged people on gophers and walkers when referencing the over 70s demographic. I also had a recent discussion with Rhonda Parker and she expressed her concern about ageism ramping up in society at the moment.

I hope that this pandemic doesn't reverse much of the good that has been done regarding ageism and that we continue to see older people being able to live in a fair and equitable society. I would really like to see governments and other media rephrase their 'speak' and refer to people as older Australians rather than elderly. This word defines people as frail and as we know the majority of older Western Australians are active people who add much to our community.

Let me know your thoughts or if you feel you have experienced ing this crisis.

*** Services Australia have advised us that provide our usual question and answer service to Hank Jongen. They are inundated at the moment and unable to covtime being.

vive by making a small gift to the paper to allow us to continue publishing. See page 3 for further details.

they will be unable to to visit. er these requests for the

A month ago, none of us could imagine the changes that have taken place in society due to the COVID-19 pandemic. You will notice that we have fewer pages due to so many of our businesses which support us with advertising suspending their operation or closing and we have had to cope with more than a 60 per cent drop in revenue. Thank you to the businesses which have stayed committed to advertising with us this month. We know that this will diminish in the coming months and I am asking readers to help us sur-

The Have a Go News website offers further information. We can keep

important issues and provide extra content including videos. The digital version of this paper along with back issues are available there too, so take a moment

*** Being a part of social media is going to provide extra contact for people during the pandemic. On the Have a Go News page we offer some relief and entertainment. Head to our page at www.facebook. com/Haveagonews/ to

like or follow us. *** For those who may be self-isolating and cannot pick up a hard copy we provide a service which delivers the newspaper to your inbox on the day of publication, it's a replica of the hard copy version. Email readers@ haveagonews.com.au

*** We are here to support our readers, so don't hesitate to contact us through email, letter or social media.

I hope you enjoy this month's edition and you stav safe and well.

> Jennifer Merigan **Editor**

jen@haveagonews.com.au www.haveagonews.com.au

Ageing research snippet

Secrets to keeping your brain healthy - variety is the key...

THEY say variety is spice of life and this theory has been tested when it comes to keeping your brain active and sharp.

People across the world are living increasingly longer lives, making understanding how to preserve and nurture the brain's function important.

Researchers from the University of South Florida studied a group of more than 700 people between the ages of 34 and 84 over 10 years.

In this study rather than just assessing

the overall level of activity they also took into account the variety of activities.

The results from the study concluded that individuals across all ages who increased the diversity of activities the most during the study period had better cognitive scores than those who maintained low levels of diversity or whose activities decreased.

So, it seems to keep your brain happy and healthy it's time to take up a new hobby or two...

Word of the month

Rectitudinous

Adjective

CHARACTERISED by the quality of being honest and morally correct or piously self-righteous.

Although rectitude may express moral integrity, rectitudinous has a less flattering side suggesting moral uprightness or a holier-than-thou attitude.

Rectitudinous comes from the Latin rectitudin, rectitudo (English added the -ous ending), which derives from the Latin word rectus, meaning both "straight" and "right." Its earliest appearance in print was in 1897.

Urban slang

THROWING SHADE:

is to insult someone they were throwing shade on that guy because of his clothes.

Quote of the month

LIFE is far too important a thing to ever talk seriously about.

Oscar Wilde

Great West Aussies - Did you know?

IN 1953. Clive Wilderspin became the first West Aussie in a Davis Cup Squad. WA's top tennis player from 1946-53, he was Australian junior singles and doubles champion in 1949, won the Dutch Open doubles in 1953 and was runner-up in the French doubles.

Have a Go News Quick Quiz

- 1. Which two oceans meet at Cape Leeuwin?
- 2. Which West Aussie wrote hit song The Real Thing?
- 3. Name Fremantle's three municipalities.
- 4. Which group of Indigenous dwellers occupy the south west?
- 5. Who was WA Premier Albert Hawke (1953-59) to Bob Hawke?
- 6. Which WA Governor was Sir Winston Churchill's rep?
- Sir Charles Gairdner Hospital opened in? (1938, 1948, 1958). 8. Halls Creek is in which WA region?
- 9. Which elite military group is based in Swanbourne? 10. WA's Sara Macliver is a famous performer in what?
- See page 22 for answers.

Funny historical fact

HIPPOCRATES (460 - 357BC) was a great doctor for his time but it's questionable whether he would pass his medical exams today. To help him work out what was wrong with his patients he would taste whatever excretion came out of their body...

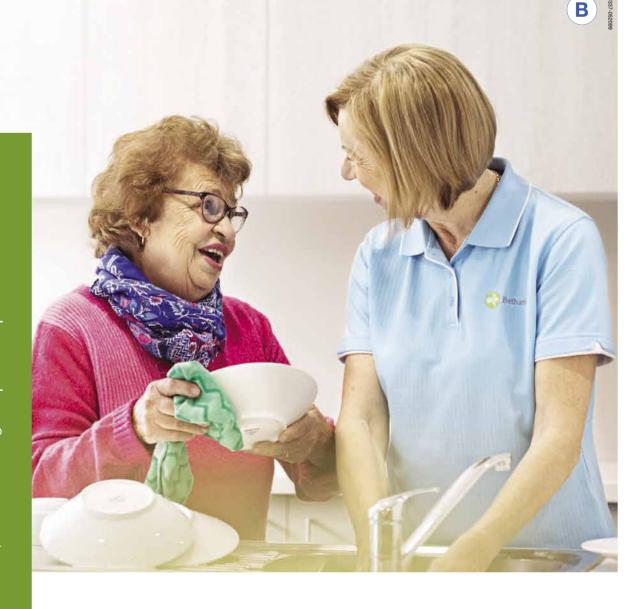
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An open appeal to Have a Go News' readers - we need your help!



L-R; Have a Go News' Josephine Allison, Lee Tate, editor Jennifer Merigan and Frank Smith

the newspaper and are

making personal sacri-

fices during this turbu-

tinuation of this paper

I am appealing to you,

our loyal readers, to

support us through this

ing you all to make a

small gift to this paper,

a personal contribution

to ensure we can con-

tinue to operate, keep

EDS

To that end I am ask-

uncertain time.

To allow for the con-

lent time.

I'M sure there is no need to expand on the fact that we are in unprecedented times. As you already know many Australians have lost their iobs and businesses.

At Have a Go News we have had to make some difficult decisions so we can maintain our presence in the market and keep providing you with the great content you need and expect while we all work through this global pandemic.

Approaching 30 years of publishing as an in-dependent, free news-paper for the mature demographic of Western Australia, Have a Go News, your newspaper, is in unchartered waters.

my daughter Tahlia have been committed to providing you with Have a Go News free of charge, thanks to our many advertisers who have supported us over the

The global coronavirus pandemic has crippled many of these businesses and some may not survive.

Many that have long promoted their goods and services in this newspaper have reluctantly and understandably had to cease advertising and temporarily close their doors.

Never before have we seen what is happening to the Australian economy right now, while we our loyal staff, journalists and distributors employed and be able to print the paper.

This will enable us to continue to provide important, essential articles and content during these trying times through the hard copy, digital copy, website and Facebook page.

As our trusted loyal readers, many of you are being asked to isolate yourselves more than any other demographic in the community so we have included two options available for those who would like to have Have a Go News posted directly to your home.

We appeal to you to help your newspaper survive; not only will we be eternally grateful, but this small gesture will ensure we do our bit to support the Australian economy

To that end we ask you to do the following: To gift us \$20; for a \$50 gift you will have the paper posted directly to your home for four months and for a \$100 gift, every edition will be posted to your

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home until December 2020. See coupon below on how to contribute.

Readers, I have heard from so many of you over the years saying how much you love this newspaper. I want to continue the legacy of my parents and with your help allow Have a Go News to survive and continue into the future.

Our team of journalists have written the following messages of support...

My retirement plans went awry when I lost my mobility due to arthritis. Working for Have a Go News has allowed me to indulge my passion for the English language, science communication and to meet and interview extraordinary people. Have a Go News is vital to the welfare of older people. We need your support in this time of crisis.

> **Frank Smith** Journalist

For our stories to be truly meaningful, responsible journalists need an objec-

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tive, respected media.

Have a Go News seeks from its journalists and contributors reports that are informative, truthful, helpful, relevant and entertaining. Have a Go News falls into the category of essential community media providing the mature demographic with news and information as well as a strong voice, moral support and encouragement.

Editor Jen Merigan is relentless in seeking exhaustive coverage of community information, public services, quizzes, travel, health, life experiences, gardening, hobbies, competitions and giveaways.

The real test of any publication is reader feedback, something I can attest to after 50 years of reporting for newspapers across Aus-

Have a Go News consistently attracts positive responses from readers, government officials, companies and comorganisations. munity Clearly they value the newspaper and its reach.

We journalists contributors know the value that the community places on this WA family founded newspaper. We can't afford to lose this independent community forum.

Lee Tate Journalist

For the past seven vears I have worked as a iournalist for Have a Go News delighting in writing about things I love and know people appreciate - the arts, show business people in Australia and overseas, unsung heroes doing their bit for the WA community, authors and local charities quietly achieving big things...

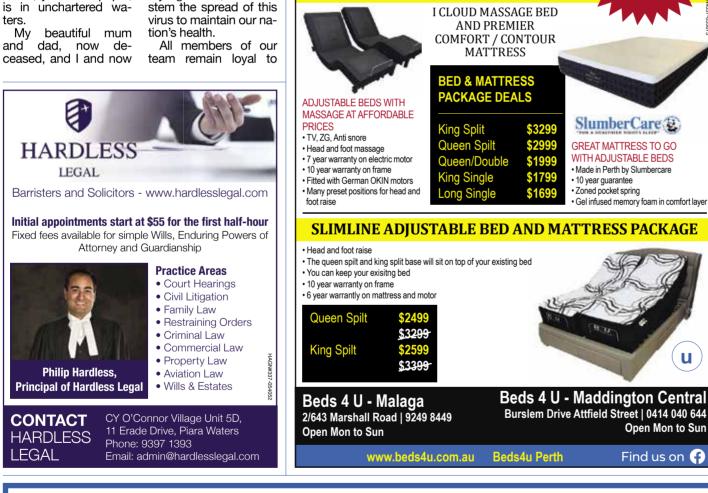
It has been a privilege, and I hope through your support we can continue to bring this much-loved newspaper into your

Josephine Allison Journalist

I thank you in advance for any support you may be able to give us.

Yours sincerely

Jennifer[´] Merigan







Phone:

Have a Go News Appeal

For 30 years we have been printing this newspaper free paid for by advertisers. But in this corona virus crisis many advertisers have had to pull out as their business dives due to government restrictions aimed at managing the pandemic. We cannot survive without the help of our readers and we are asking you to make a small contribution to ensure we can continue to operate and provide you with quality information and some normalcy during these trying times.

Please help keep Have a Go News publishing by making a small gift to the paper. Be assured that all necessary hygiene practices are being executed to ensure that there is no human contact with the newspapers. All delivery drivers are using gloves and masks as well as our in-house postal service

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



Have a Go News' open appeal to readers - See page 3 for details



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

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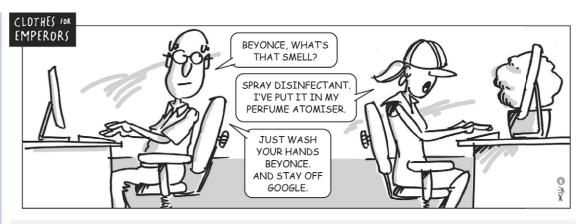
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The editorial views expressed in this publication are not necessarily those of the p



Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor,

IN response to one or two of your readers who try to persuade people in general that Australia should become a republic.

We have to stop and think. Australia has experienced a successful existence ever since the British founded us many years ago.

We have been governed by our own parliament since when our nation established itself. Our laws are based in the world.

on the British constitution which has seen Great Britain rule itself in peace for hundreds of years. It created the title of this country 'The Great South Land of the

Holy Spirit'. Our first Parliament established our name as the Commonwealth of Australia and ever since then this country has grown into one of the most peaceful countries

Still being attached to Britain is only a formality as we govern ourselves.

Unfortunately, a percentage of our citizens who do not understand the importance of how this country is governed and want us to become a republic. They do not understand that if that happened we could like many other republics and in time become

a dictatorship.

We then would have no say in how this country is governed.

No matter what rules a Christian nation is governed by, there are always misguided people who do not have clue as to what would happen in the future of this great country the Commonwealth of Australia.

> Mike Hilton **Thornlie**

Dear Editor,

WE are all aware of climate change. It is something we have to accept, while ever the sun keeps rotating, the climate will change, It is no big deal.

You say the vast majority of evidence shows the climate is warming, parallel to rising CO2 levels, of course we all know that, if we believe the scientists who say it.

The problem is opinions, and many experts disagree, I have volumes of data about the subject and 70 per cent tell me no problem. The other 30 per cent tell me to go out and buy toilet rolls, be prepared for big taxes and we must act now statements.

The minority receives all the media coverage, bad news sells. Write a letter like this one and you have committed a massive sin for not going along with the believers.

Misinformation and fake news,

Joe Lunn

Ed: It is no sin to disagree but the vast majority of scientific evidence points to rapid climate change caused by human actiiv-

Dear Editor,

WHY not 100 per cent Australian-made foods?

I wonder are the captains of industry and politics to blame for the spread of Covid-19 and previous epidemics?

They have allowed us to become dependent on food imports.

You see, I have on my desk a local Perth dairy's creamy vanilla drink container, whose label says it is made in Australia from at least 91 per cent Australian ingredients. Why not 100 per cent?

A plastic bottle of a fruit drink, orange, is made in Australia from at least 69 per cent Australian ingredients.

Did manufacturers of 70 years ago make their products completely from Australian-grown ingredients?

Globalism just adds to atmospheric polclimate and change, wasting carbon-based fuels carting foods from continent to continent

> John C. Massam Greenwood

Dear Editor,

I MOVED to WA eight months ago from Canberra because I had a fall last year in which I hurt the nerves in my leg. The cold weather was torturing me and I needed a warmer climate.

My daughter came with me as my carer and we bought a house in a Bethanie Over 55 retire-

I have managed to fit in nicely by playing cards with the ladies (it doesn't worry me that I am the only man). I also sing in the choir and exercise my leg walking around the village a couple of times

On the weekend my daughter takes me to different attractions and I get to know so much about this lovely state. Last month we were going to Mandurah to attend the Crabfest but due to the coronavirus it was cancelled. We decided to go anyway and we finished up at Dolphin Quay walking around the foreshore.

We ended up visiting a small market that had the most beautiful souvenirs too with all the happy things in life. I went round twice and finished up buying a card depicting my daughter's star sign. As I paid at the counter I told the lady she had a lovely shop and I just had to buy something to say thanks to my daughter for all she does for me.

There was a lady standing next to me waiting to buy something and she said to me to put my money away as she was going to pay for it for

I was gobsmacked and thanked her very much and walked out thinking with all the pandemonium going on in the world there are still nice people. I think WA stands for Wistfully Amazi Yours sincerely

> Ian Russell Port Kennedy

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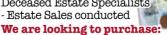


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Leading the team in the Channel Nine newsroom



Michael Thomson at the news desk

by Jennifer Merigan

IN February we celebrated Michael Thomson's 40vear career as a journalist featuring him on the front cover of that edition.

Since that interview the world has changed dramatically throwing all our lives into upheaval.

Have a Go News spoke to him about leading the team on Nine News and reporting on this unprecedented event.

"This newsroom has seen anything never like this, and no journalist in my generation has seen anything like this," said Thomson.

"I don't think we have seen life as we normally know it change so much since World War II.'

Reporting on the crisis on a daily basis Thomson said it's been difficult covering the devastation particularly for small business and people losing their jobs every day.

Everyone is affected in one way or another, Thomson and his wife have three sons, one who with his fiancé is in the epicenter in New York another in Darwin and a son and daughter-in-law living in Perth who are expecting a baby in August.

"So, we are like most

people's families and have concerns and issues to work through, but all things considered my family is doing ok," he

Channel Nine have also had to implement measures to ensure that the essential news service continues through the COVID-19 crisis.

"We have changed the whole way we set up our newsroom from a practical point of view.

"İ am downstairs in a room by myself and we are isolating all our presenters including our Today show presenter Michael Genovese, our weekend presenter Louise Momber and Tracy Vo who reports on the 4pm bulletin.

"We have two teams of reporters and producers on the road, one team comes in for four days and the other follows, and they don't cross over to ensure no transmission of the vi-

"Our news coverage is an essential service for the community as I believe is Have a Go News," said Thomson.

"People want to know what the prime minister is doing, what the premier is saying, so pretty much every day I am at the desk and we are breaking into normal program to go to a newsflash from the prime minister, the federal health minister, the Premier Mark McGowan or the WA Health Minister Roger

And that's been a daily thing pretty much since the crisis escalated in mid March.

Have a Go News has questioned the use of the word elderly in the COVID-19 reporting and I asked Thomson his thoughts on its usage in mainstream media.

"As I get towards 60 this year, I look at people who are friends of mine who are 73, 74, 75 who haven't slowed down, who are still working, still living life as they always have.

"So you can hardly call that elderly.

"I really think it's a state of mind and it's a term we don't tend to use too much in our news I might say vulnerable or seniors.

"As we know people 70 and over are still very active age and I have a brother-in-law and sister in their 70s and my brotherin-law is still working, and still working hard, so I certainly wouldn't dream of referring to him as elderly.

"I think we are changing how we identify older people."

As we are in the early stages of this community changing crisis, I asked Thomson whether he has inside information about when life could go back to normal.

"I don't think there is a rule book to this one, no one has the exact plan or can give an exact answer and six months seems to be the term most referenced.

"Here in West Australia we are quite an isolated state, we have a very good health system and everyone has reacted extremely well and I think we are in a very good place to beat it quicker than most other places can," he said.

Thomson shares some tips to keep away the boredom during this time of social distancing.

"Learn something different, if you have heard about a television show, now is the time to watch it.

"If you love getting into crosswords and puzzles, I know you have plenty inside Have a Go News, do them daily.

"I think exercise is so important particularly for our seasoned citizens. I think we appreciate exercise more than younger people do.

"Whether it's a walk or gardening, to me gardening is exercise, doing things around the house is exercise.

"Cooking is important; cooking and enjoying a

meal and trying different things in the kitchen and staying in touch with fam-

ily and friends. "Using Facebook and Facetime makes it really easy to interact with people especially with the regional travel bans.

I asked Michael what he thought was a good thing to come from this crisis.

'We have slowed things down; kids are doing jigsaw puzzles and people are working from home and spending time with their families.

"We have no choice to slow things right down and we've almost gone back in time and I think there will be some positives in that.'

Michael Thomson leads Channel Nine News weekdays at 6pm.



Self-Funded Retirees - cancellation of meetings

OWING to the present public health emergency, the Western Australian Self Funded Retirees Association advises that their general meeting for members and visitors scheduled for Friday 8 May at the Cambridge Bowling Club has been cancelled.

The date meetings will resume is undecided at this stage. When decided, the date will appear here or on the Association's website or direct from Ron de Gruchy on 9447 1313 or Margaret Harris on 9381 5303.

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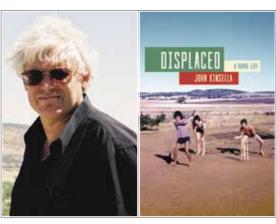
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L-R; John Kinsella - Displaced: A Rural Life

by Josephine Allison

POET and author John Kinsella had an unhappy childhood in many ways as the victim of bullying by some of his peers, but he refused to let it define him. He went on to have an illustrious career in his own country and over-

seas, which he outlines in his just-released book Displaced: A Rural Life.

This deepy personal story explores the author's family, rural life in WA and his increasingly shared values of environmentalism, veganism and justice for First Nation people.

Kinsella has had a mo-

mentous life, full of good times and bad. "I've spent my life observing unusual things around the world but nothing like the current pandemic COVID-19," he told *Have a Go News*.

"It's a moment in time we don't want but if we all behave responsibly, care about others and have empathy, we will get through. Unfortunately, some people find it difficult to have space for others."

"The name of my book is Displaced and I think I will always feel that way. Like many others I come from a colonial background and I feel a constant need to recognise that I am on traditional owners' land and respect it, but that is not enough. I have always felt strongly to be part of an ongoing conversation about healing.

"I take pride in being part of that conversation

but it is not just about being displaced because I have always been a bit different in the way I live. I have been a vegan for 35 years, so it's not just a trendy thing.

"I am not particularly interested in trying to force my way of life on anyone else. I want to live a life where acts serve as examples or not. The ultimate thing is that people have their own journey in life and my job is to respect their journey and, hopefully, people might also respect mine."

Kinsella says he was encouraged to write a book about his life by his American poetry editor. "I lived with my family for many years in rural Ohio and my publisher has published many of my poems about the Australian bush, the wheatbelt and rural Australia. She said a few years

ago it would be great for me to write a book about my Australian life, rural Ohio, rural Ireland and rural Britain where we lived for many years.

"I sat down and wrote a big chunk and sent it to her which she found very interesting. I ended up over a couple of years writing a full book about where I lived and how they compared with each other, about having different views in different countries."

Kinsella reminisces about keeping a brief Atlas journal as a child, graduating to longer journals growing up. He has kept one all his life which helped him research his new book. His meticulous attention to detail and love of words and statistics is reflected in his passion for keeping daily rainfall records.

"It's a remarkable document, going back decades which shows climate has significantly changed and rainfall has dropped."

The violence and intolerance he endured as a child growing up in Geraldton has not made him bitter. "Part of my adult life has been campaigning against bullying. My nickname as a child was Dictionary because I loved books.

"I was often severely bullied, on some occasions violently and I was hospitalised. It did not make me dislike people but feel sorry for them. Someone who bullied me contacted me through my publisher 25 years later and apologised, saying it had bothered him his whole life."

Kinsella has received many awards for his poetry, including the WA Premier's Book Award and the John Bray Award for Poetry from the Adelaide Festival. He has won fellowships from the Literature Board of the Australia Council and has taught at universities in Australia and at Kenyon College in the US.

Currently Professor of Literature and Environment at Curtin University, he says he currently is busy writing from home in a full-time research position, writing several books on land rehabilitation

"I care deeply for all those teaching at the moment. My main concern is that everyone is safe. I am writing a lot on that and working on a new book of poetry."

Displaced: A Rural Life by John Kinsella (Transit Lounge Publishing), \$29.99 is available from good bookshops.

An Australian role model by Lee Tate

continued from front cover

Ita said panic-buying was senseless and Australia, a plentiful nation, could perhaps produce more things.

"Some companies have gone back to manufacturing. If we've learnt one thing out of this it is that we should not put all our eggs in one basket. And we did put all our eggs in one basket."

During normal times, Ita says: "We have to be saying to ourselves: 'I want to be out and about'. Go to a library where, as well as books, there are so many activities: Authors' talks and socialising with likeminded people.

"We can be sociallyactive. We can perhaps do a course if we can afford it - challenge the brain, make it learn something."

The 2013 Australian of the Year said: "I think people underestimate the power of older people. And older people

don't recognise the power they've got. If we really wanted to stop something we could stop it because there are so many of us.

"To properly harness this power would be enormous, very significant. We lead by example. I am an example to older people - you can still have a terrific career. Age should not be a deterrent to anyone.

"Many human resource areas are staffed by people who are very young and they think anyone over 50 is past it when we know perfectly well that being over-60 or even over-70 isn't past it.

"We can still do more work about changing perceptions about older people. I often say to young people 'have a look around you, have a look at what older people are doing what your grandparents are doing.

"They are out and about, they go travelling - they might be grey nomads going around Australia or travelling overseas.

overseas.

"They are carers, too.
They do lots of voluntary work. A very large percentage of volunteers in Australia are over 50s and if you took them away, the economy would be in a

disastrous way."

Asked about recognition for older Australians as a buying force, Ita said: "Retailers don't see us at all, they don't talk to us. Yet older people play a big part in helping our children, buying things, furnishing their homes and shopping for the grandchildren.

"The cost of living is so high, mortgages are high, education is expensive and grandparents are helping out in a big way.

"I'm in a shop's children's section looking for a bed or a cupboard. It would be nice if there was someone who would talk to us but they don't. Older people are a nice potential moneymaking market for them but it doesn't occur to

them. We are active, busy people but they don't cater for us at all."

Ita says people today have "better health options, are much more independent than in the past and a large percentage say they are very happy with their lives."

This came to light in the ABC's Australia Talks National Survey asking people about issues important to us as a nation.

"I think as you get older you worry less, you've been through so much. You don't have to do things immediately. You can sit and think things for a bit and do your own thing. Older Australians have more confidence, I think."

Ita, acknowledging her children and grandchildren as being at the top of her life's enjoyments and rewards, said her ABC appointment took her by surprise.

"Ive been appointed for five years. Somebody wrote to me and said, 'I think you'll be there for two terms – 10 years'. Well, I am an optimist but think that might be slightly optimistic. I appreciate the vote of confidence.

"But when I look out and see a mountain, I think that looks interesting. I might go and climb that one. And that always happens to me. I'm travelling along and something comes in, an offer or someone suggests this or that.

"I leave my options open for whatever comes along," says Ita, AC, OBE.

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by Jon Lewis

CAREFULLY guide your fingers around a thumb; as you do the other thumb has caught your attention. It needs cleaning too. The soap can now respectfully surround the awaiting waving friend. Now

Engage in the hand washing dance

one hand helpfully washes the back of the other as a tango plays in your mind of minds. In good turn the kindness is reciprocated to the first by invitation. Each finger hopes kindly to be included and is merrily cleaned by the foxtrotting fingers of one hand across to its friend.

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quired to wrap around a wrist as it is lovingly rotated all the way and then in reverse. Re-enact this to the other hand in a manner to make a stranger healthy and well.

By way of being far from insufficient, a careful cleaning of nails is best done with the handy nails of the other hand.

It's wonderful how complete this can be... breath deeply and breath calmly... some water, some soap, some half a minute and a towel de papa is bien.

Begin with a dance

of your hands under the water, rumbaing cool and clear over your hard working hands... a squirt, a pump, a cake of soap into the palm of one... as the dance continues.

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Willemina's love of her adopted homeland comes to life in her paintings



Willemina Foeken Photo: Peter Allison

by Josephine Allison

WILLEMINA Foeken's artistic life began as a small child growing up in the Netherlands, drawing pictures of favourite

things she saw while walking in the park or experiencing everyday life. Her love of art continued down the years, despite a childhood illness and a move to Australia with

her family.

Today, at 76, Willemina is a fully-fledged and well recognised artist and teacher who says: "art is the most important thing in my life."

The walls in her home studio are filled with a striking range of her work, many in pastels, from nudes to still lifes, a portrait of her daughter seated in a chair, a woman in costume and scenes of her much-loved Western Australian bush.

Reflecting on her life, Willemina says her father returned home from prison camp after World War II when she was two.

"I was drawing people at two, I still have pictures I did when I was four. When people asked me what I had done that day, I would say: "I will draw it for you.

"In Holland, bedtimes as a child were strict so I would go to bed with a torch to draw beneath the blanket, I couldn't stop.

"When I was five, I contracted rheumatic fever and, a few months later, I went to stand and my right leg collapsed beneath me. I was bedridden and in plaster from armpits to toes for two years, a hard thing for a small child. It wasn't until I was 59 that I had surgery including bone grafts and my leg lengthened. So the first eight years of my life weren't so good.

Willemina's parents decided to move to Western Australia with Willemina and her

younger brother to get away from the deprivations of post-war Eu-

"The first thing I noticed was the bush, honky nuts, kangaroo paws, gum trees oozing red gum, I loved wildflowers and birds. My mother joined the CWA and we embraced Australian life."

The family first lived in Darlington, then Ashfield and Cloverdale. Willemina decided to become a teacher, went to teachers college and was the top art student in WA in 1960. She married, had three children (two sons and a daughter) and worked as an illustrator for the Education Department. She taught at John Curtin Senior High School, taking her baby son with her to school.

She did relief teaching and illustrated and wrote books for distance education, something she loved.

"But then I decided I wanted to do more art and enrolled for a bachelor of arts (fine arts) at Curtin University. I had been doing art all my life but had forgotten what it was about."

Life changed when the family moved to Sydney and Willemina enrolled with the University of NSW, doing a post graduate diploma in fine arts. "I wanted to draw nudes

but lack of money meant we could not use models so I drew taps instead. But I was rejuvenated and returned to WA with a new purpose.

"I wanted a studio of my own and found one in Fremantle which meant I could drive from my home in Riverton. I had a commitment. Once I saw a flowerpot filled with English daisies, I bought it and drew it over and over again. Plants can be a metaphor for life."

Willemina became involved in life drawing art groups in Midland and later Bassendean but now works mainly from home, using life models with groups of six to 10 artists putting up their easels.

She recently held an exhibition in Willet-

ton to raise money for bushfire relief and another in North Beach, both exhibitions representing more than 20 years' work. In 2018 she formed a group of five women who exhibited paintings at the Zig Zag Gallery in Kalamunda. She will show her lino cuts at Fitzroy's Red Gallery in Melbourne.

After all these years, Willemina Foeken's passion for art is undimmed. She paints, she teaches and visits two of her children and five grand-children in Melbourne. Another son and grand-daughter live in Perth.

Her affinity for her adopted homeland and its nature is on show in many of her beautiful works, a tribute to her talent and commitment.

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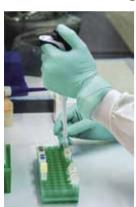
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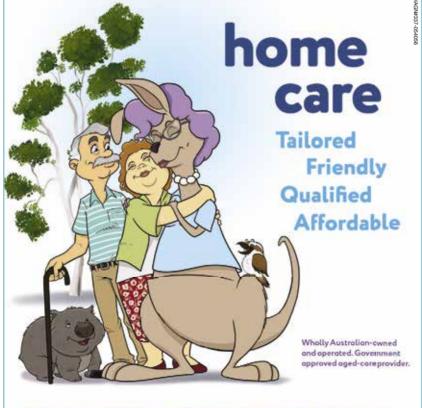
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Anyone working within a high-risk setting that presents with EITHER a fever (≥38°C) OR an acute respiratory infection will be also tested. This includes healthcare workers (including aged care and disability workers) and Western Australian police officers.

These changes follow the advice given by the WA Chief Health Officer will help find new individual cases and if there is community transmission of CO-VID-19.

There are now seven COVID clinics open across the metropolitan area and one regional clinic operating at Bun-



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Where opinions matter - Is it time older people expressed their opinions?



by Lee Tate

OLDER people, by and large, have learned to keep their opinions to themselves.

"It's no good complaining – no-one's listening," is a common, half-joking quip.

Older people's views are often bypassed, simply because they come from older people.

But what about the three candidates for the

top leadership role in the world's richest and most powerful country? Joe Biden at 77, Bernie Sanders, 78, and Michael Bloomberg at 77. Not to mention Donald Trump, turning 74 in June.

And who would dare say the opinions of the Queen, 94 on 21 April, don't count?

There are plenty of other septuagenarians, and octogenarians too, in decision-making, opinionated roles, not least of all – for generations – Australia's most senior judges and politicians.

Older people in Australia are under-valued, and after all, are in a unique position, admired in other nations for their

wealth of accumulated knowledge and experience. Older people are able to look back, review, ponder and consider.

In important decision-making, history isn't bunk.

Older people are in a unique position to be able to question things, offer opinions and contribute to society's conclusions.

Lots of questions, not all life-changing issues, ferment in the people's brain, especially in a changing world.

Why are survivors of disasters and illness referred to as 'heroes'? Sports champions are

Why do retailers still refer to non-existent currency amounts, for example 99¢ or \$1.78.

When did supermarkets, theatres, eateries and some public buildings start setting their airconditioning at seemingly freezing levels?

Why don't we arrange for performers to entertain the thousands of men, women and children kept in detention centres? Prison inmates have been entertained for generations – even with live recordings being made.

Why aren't all house numbers painted on the kerb outside?

When will paid, cleaned and manned public toilets be introduced for our beach and tourist areas around the State?

When will someone

introduce half-size, halfprice café meals and cakes – ideal for older people, budget-conscious travellers and the weight-conscious?

When will restaurant and café staff be trained to properly wipe tables with regularly-clean cloths instead of just moving the germs around on the table? Waiters in many Third World countries do better.

Why do we say "waitperson" and not just waiter? Why are men and women now called 'guys'.

How high will excessive salaries, bonuses and retirement payouts go for politicians, including our many retired prime ministers, and company executives?

When will public places and eateries install soft furnishings and window coverings to reduce noise levels?

When will Perth establish a showpiece, central seafood market, serving locals and tourists?

Why doesn't Perth have a state-of-the art, high-tech sports muse-um to highlight the huge number of sports played here and highlight our many world, national and State champions?

Why aren't there more cops on the beat? Why aren't police, nurses and teachers given more respect and more pay? Why can't we create more places for the homeless?

Of course, there's the age-old argument: 'we

can't afford everything'. But with Australia's real wealth, public and private, it is a matter of priorities.

Australian governments manage to find billions of dollars for inquiries and royal commissions when they are confronted with embarrassing issues they can't decide on. We can still hold inquiries, but a single judge or lawyer or a small, specialist team can be engaged for a fraction of the cost of long royal commissions.

I reckon there are lots of things worthy of debate in the minds of the older population.

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

Beware of virus scams and cons during these unprecedented times

by Lee Tate

WA State Government is warning the public about coronavirus cures and cons.

"Consumers can best protect their health by relying on known facts not falsehoods or conspiracy theories designed to prey upon fear and anxieties," says Commissioner for Consumer Protection, Penny Lipscombe.

Misinformation has been circulating in the community, primarily via social media.

"Consumer Protection is warning Western Australians to get

health information and advice about the spread of COVID-19 from official and reliable sources," Ms Lipscombe said.

Some of the fake cures and prevention tips include gargling with salt water, drinking extraordinary amounts of water or certain juices and 'vibrational healing'.

This 'advice' was undermining efforts by authorities to properly educate the community.

"The promoters of these miracle cures and fake prevention tips are exploiting people's fears and, in some cases, seeking to profit from them," Ms Lipscombe said.

"I would urge people to ignore this misinformation and certainly don't share it on social media. Only rely on the information that is being provided by government health officials or well-known and established health and medical professionals."

One of the best sources to get the facts is the dedicated State Government website (www. wa.gov.au/government/corona virus-covid-19) which is regularly updated.

Or phone the Coronavirus Health Information Line on 1800 020 080. Astonishing as it seems, scammers are also taking advantage of the pandemic with some people receiving text messages impersonating Government advice on testing for coronavirus.

These are attempts to trick people into installing software that steals banking details.

And there are phishing scams over the Federal Government's \$750 stimulus payment.

Victims receive unsolicited calls from scammers claiming to be from the Tax Office, falsely advising they need to give credit card details to process the \$750 stimulus payment.

"Scammers are very opportunistic and will attempt to capitalise on fear in the community created by the virus, so don't give them a win by responding to phone calls, emails or texts," the Commissioner said.

"The general advice is to independently verify that the person you are dealing with is genuine and never send money or give financial or personal details to anyone you don't know or trust.

"If you have provided your financial information, contact your financial provider immediately," she said.

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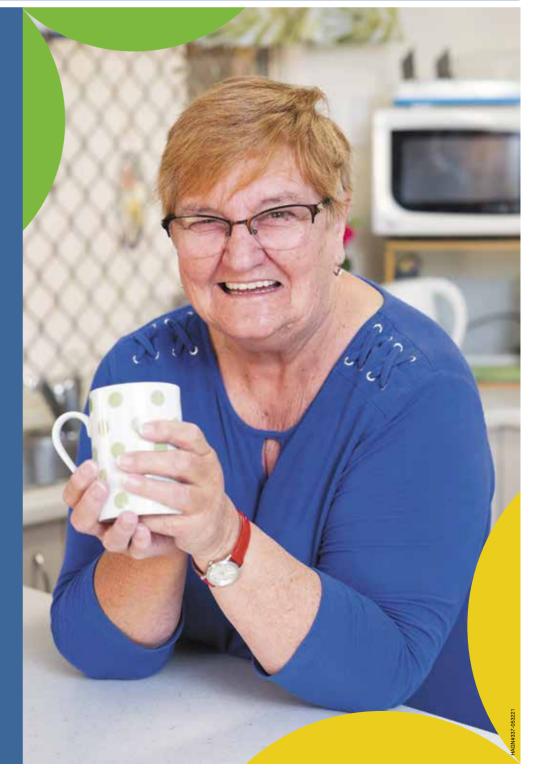
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How to be a recycling 'pro' - what you can and can't put in your bin



tic containers, drink bot-

tles, glass, paper, card-

board and metal cans.

But there are always the

"do I, don't I?" moments

about plastics and other

recycling can be confus-

ing because it changes

so fast. The recycled

items go to a materials

recovery facility, there

they are separated and

sorted and the different

materials are sold to cus-

tomers who process the

resource into a usable

product. Most of our recycling is exported to

south-east Asia but there

are moves afoot to ban

or restrict plastic, paper

and glass exports and

process the products in

"Recycling facilities

are a business," Jackie

told me. "What you can

recycle depends on the

market for the products

and that can change.

Australia.

Jackie explained that



Above; Become a recycling pro with the right bin

by Karen Majer

IN MARCH I answered some of your questions about where does my recycling end up? These answers were sourced from someone well versed in the subject, Jackie Dickson, waste education and project officer at the Shire of Augusta Margaret River.

This month I'm looking at the vexing question of what to put in the recycling bin. Most of us have a pretty good idea of the basics - rigid plasto-date." So what can't go in the

It's important to keep up-

recycling bin?

"Aerosols are a definite no because they can be a fire hazard," Jackie said. "Batteries are dangerous too, whether they are in the recycling or any other bin. They can cause fires in trucks and sorting facilities. These items and electronic waste can be dropped off at collection points, so ask your council or check their website.'

"Small plastic bottle caps can't go in the recycling bin. As a rule of thumb, any smaller than a credit card falls through the sorting filters. But metal wine bottle caps are OK."

Most Tetra paks for soup, soy milk, milk etc are made of paper, plastic and foil. In WA they can't be recycled in your kerbside recycling bin.

"This type of packaging should be placed in your general waste bin," Jackie advised. "However some long-life packs don't have the silver lining and these are acceptable. Open up the pack and, if it isn't silver inside, rinse and flatten it before putting in the recycling bin."

Other no-no items include meat trays, polystyrene, coffee cups. coffee pods, soft plastics and anything contaminated with food.

"The countries who currently take our recycled material have a threshold for contamination, for example with foodstuffs or non-recyclable soft plastics. If it's more than 1.5 per cent of the load, it is rejected and returned to Australia."

Plastic bags, wrappings and chip packets can be confusing. Jackie advises that if you can screw it up in a ball in your hand, it's a soft plastic and doesn't go in your recycling. However before you chuck it in the rubbish, check if there is a REDcycle collection point near you. REDcycle is a recovery initiative for the soft plastics that cause problems with the machines in traditional recycling plants. The Melbourne-based organisation has partnered with Coles and Woolworths to provide collection bins. The plastic goes to the REDcycle facility for initial processing then it is delivered to Australian manufacturer Replas where it is used to produce a range of recycled-plastic products, for example outdoor fur-

Another item that causes a lot of confusion is 'bio' juice and coffee cups. Recyclable, right? No! However they will break down in compost. So if you have a green FOGO bin, you can put them in there. Make sure to look out for the compostable symbol or check that it is certified to AS4736.

If an item isn't able to recycled, it's worth checking in your community for specific recycling initiatives such as bottle caps, coffee pods and dental waste.

If all this seems a bit complicated, you will be glad to know that by 2025, all food packaging will have to be recyclable or compostable.

More good news is that a Container Deposit Scheme will operate in Western Australia at a date to be announced. It has been postponed due to the corona virus. This means we'll be able to return eligible beverage containers to refund points to receive a refund of 10 cents per container. This will reduce the amount of plastic and glass bottles going into your recycling bin.

Of course the best

way to avoid filling up the rubbish and recycling bins is to avoid buying food in wrappings whenever you can. There is no good reason for fruit to be presented on a tray covered in plastic wrap and you can probably think of numerous other examples of packaging waste. It's up to us to educate retailers by choosing 'loose' items wherever possible, and telling them why. We've got used to taking a reusable bag to the shops and the next step is little netting bags for fruit and veggies. Many butchers

and other stores are happy to fill your own takeaway container. Another tip: if you are crafty or a gardener, you can find lots of uses for containers. It's only limited by your imagination.

It takes a bit of thought, and getting into new habits, but it's amazing how much waste you can avoid.

"Every little bit counts and even a small amount of effort makes a difference," Jackie said. "If you are daily coffee drinker and start bringing your own cup, that's 365 cups a year not being made to be sent to landfill and over your lifetime that's more than 20,000 cups - one small change can make a pretty big difference."

Find out more:

What can be recycled www.recycleright. wa.gov.au/





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Mama told me there would be days like this... cancelled



by Rick Steele

THERE are only a few occasions when a cancellation could be considered a win.

The dentist comes to mind: "You have to cancel ripping my tooth out. Oh. what a shame."

Aunty Betty's birthday party with her dysfunc-

tional family was a good one to miss and I would have gladly spent my pocket money to avoid Aunty Audrey's lambs fry Boxing Day breakfast.

However, at boarding school inclement weather cancelled our Saturday morning rugby, and we were forced to go on a six mile run. I was very not happy. Measles, mumps and various other 'flus, colds, broken limbs and body malfunctions have obviously affected everyone at some stage. But, not everyone at the same time. Lord have mercy.

I realise I am a small fish in a big pond, but I

had just finished dotting the 't's and crossing the 'i's on the inaugural Perth International Blues Festival when the word to cancel it was given. Only nine months work and I learnt a lot. It may well be a postponement.

I really feel for the Tokyo Olympic organising gang.

Over 28 years with the Perth Blues Club, I have met many capable people from all walks of life, collected and shared their stories, songs, wins, losses pain and laughter.

We at the club have always honoured ANZAC day each year and a few, including myself have written songs to try and express our gratitude to our servicemen and women.

In 2020 it seems inconceivable that ANZAC day has been cancelled!

Here are some lyrics given to me a while ago. I intend to add some chords and release next year on an album of local ANZAC songs.

The eight-hour day, One day every year, I'm

But alas, for it is, but one day.

They say what a great bloke I am.

I march, they cheer, they slap me on the back. Why some even buy me a beer.

But the very next day, everything changes.

Now that I need my country, why it seems.
Like it's gone AWOL

Oh, how I wish April 25 was more than 24 hours

was more than 24 hours ong. One day every year.

This is just an excerpt used with kind permis-

In these strange, unfathomable, uncharted and dangerous times we trust in each other, and hope that all will do unto others as you would have them do unto you.

Ironically, as my employers were concerned about cancelling my performances, my arthritis has taken a dramatic turn, and I was going to ring them and inform them that after 54 years,

I can play no longer.

Back in the late sixties, my brother and I would break into a little vaude-ville comedy during our act. He would say, "My young brother is so weak, he sprained his wrist peeling-a banana!"

I would reply. "Ha ha, he thinks he's the mature one in the group, 'cause he's been shaving for two years. He cut his legs to pieces both times!" Boom, Boom!

Truth is now I can't

peel a banana.

Once upon a time in land far, far away we had a grand uncle who joined a monastery with a vow of silence. Each year they were allowed two words.

After one year his two words were... "more food".

After two years... "more blankets".

After three years..."I'm leaving".

The abbott replied. "Yeah, well bugger off. You've done nothing but complain the whole time you been here!"

Take care y'all and try and be safe.

Cheers dears.

Now is a good time to sort out your British Pension entitlements



by Mike Goodall

UK Government departments Her Majesty's Revenue and Customs (HMRC) and the Department of Work and Pensions (DWP) are saying that business is as usual. However, responses to

letters from Australia are taking six to seven months.

For many of you, the letters from HMRC will be about your next payment of National Insurance contribution for those of you who are paying for additional years and your new tax codes if you are still paying UK tax.

Only temporary residents should be UK taxpayers. Temporary residents risk paying too much tax to the UK because even though you are living in Australia and don't receive the

annual pension increase, HMRC still includes a code in your tax that includes an increase in your State Pension. If this happens you could be paying too much UK tax. You can reclaim this by contacting the HMRC and explaining that this increase should not be included in your tax code. However, the repayment can only be made to you in Pounds not in Australian Dollars.

Permanent residents and Australian citizens should all be paying their tax in Australia.

Many of you moved to

Australia following a spell of employment in the National Health Service (NHS). Most people who worked in the NHS were automatically enrolled into the NHS pension scheme and contracted out of the State Second Pension Scheme. However, NHS pension service often claim that they have no record of you and that you therefore have no entitlement. This is probably because when you were working in the NHS, your records were kept by the hospital or health district in which were employed.

Many of these records were not updated when the administration became centralised.

The problem is that you may not have the necessary paperwork to show that you were employed by the NHS. Even proving that you worked for the NHS would not be sufficient to demonstrate that you were entitled to a pension.

The first place to check is your pensions claim letter from the DWP as this will list how your pension has been calculated. That, togther with your work history will show

whether you might have an entitlement. HMRC has records back to the 60s and 70s which could provide vital evidence that you were a member of the NHS pension scheme. Provided that when you left the UK, you didn't 'cash out' your NHS pension.

It is your pension entitlement; you contributed for it so if you are having a few weeks in isolation get stuck in and sort out your NHS pension entitlemen

Am I UK State Pension Age'?

UK Expats born be-

fore 6 August 1954 reach State Pension Age on or before 6 May 2020.

UK Expats born between 6 August 1954 and 5 September 1954 will be eligible to claim their UK State Pensions from 6 July 2020.

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

A new way to live with purpose

St Vincent's in Guildford now open

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

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

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

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



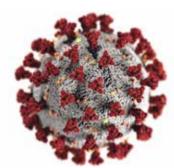
Our dedicated team look forward to welcoming you to St Vincent's.



catholichomes.com



Advice to reduce your risk of Covid-19 infection



This illustration, created at the Centers for Disease Control and Prevention (CDC), reveals ultrastructural morphology exhibited by coronaviruses

Barristers and Solicitors

to be more cost effective.

Do you need your Will updated? Now is the time.

Enduring Power of Guardianship for you.

We also can prepare an Enduring Power of Attorney or

by Frank Smith

HAVE a Go News has

compiled advice from government, science and medical sources to help

you reduce your risks, but be aware that advice may change quickly as scientists learn more about this threat.

Older people are most vulnerable especially those with chronic diseases including asthma, diabetes and those taking immune-suppressive drugs used to treat cancer or autoimmune diseases such as rheumatoid arthritis. Men appear to be more at risk than women and younger people less

This virus is spread in large droplets by coughing and sneezing. This virus only has cell receptors for lung cells (it only infects vour lungs). The only way it can infect you is through your nose or mouth via your hands or an infected aerosol from a cough or sneeze.

Be vigilant with hygiene, including sanitising your hands wherever possible, regularly cleaning and disinfecting surfaces that are touched a lot, using 'tap and pay' to make purchases rather than cash, limit your public transport use and try to avoid crowds. Ask family or friends not to visit you when they're ill.

To have the best chance of recovering from a Covid-19 infection, eat a variety of foods including vegetables, fruit, grain, dairy and fish and meat to provide you with enough vitamins and minerals.

Not smoking will im-

prove your lung's ability to fight infection. Take moderate exercise like brisk walking or gardening; get enough sleep and stay at least 1.5m away from other people - social dis-

There is no vaccine for Covid-19. However, it is important that you get the 2020 flu vaccination as soon as it is available from your GP or pharmacy to boost our overall immune system.

tancina.

Cover your coughs and sneezes with a tissue or your elbow, put the tissues into a dedicated waste bin and wash your hands. Avoid all contact with others if you feel sick.

Most cases of Covid-19 have presented with a dry cough, fever and shortness of breath but may include a sore throat and/or sneezing. Symptoms can occur anywhere between two to 14 days after exposure to the virus. Loss of a sense of smell and digestive problems have also been reported.

If you have these symptoms call your GP or the Coronavirus Health Information Line 1800 020 080

Covid-19 is not just a health or economic concern, but also a mental health and wellbeing crisis. Simple strategies we can all follow if we are quarantined or working from home include:

Keep in touch with family and friends via phone and video calls, social media, postcards, photos or artwork, or short vid-

Partners may need to take time out from each other when you're stuck in the home for long periods.

Adopt relaxation strategies such as meditation, mindfulness, yoga, breathing and muscular exercises, dancing, yoga and playing musical instruments. These are effective to manage anxiety

and 'cabin fever'. Catch up on reading, streaming services, digital or board games and hob-

bies.

The present crisis is a short-term situation that we can all get through if we work together, so check on any vulnerable friends and neighbours.

Covid-19 is an emerging, rapidly evolving situation. Get the latest public health information from:

National Coronavirus Helpline. The line operates 24 hours a day, seven days a week, call 1800 020 080.

www.health.gov.au/ news/health-alerts/ novel-coronavirus-2019-ncov-health-alert/ what-you-need-to-knowabout-coronavirus-cov

Over 55 Walking club suspends walks



OVER 55 Walking Association of WA (OFFWA) has suspended its weekly walks.

The club will review recommencement as soon as pos-

All updates will be posted on their website - www.over 55walkingassociation.org.au. If you do not have access to a computer, phone 0400 577 738.

Have you been considering a Will but have never done anything about it?

We can assist you with your Will whether it be simple or more complex.

We offer fixed prices for simple Wills and can package the documents

22 Fourth Rd, Armadale PO Box 670, Armadale WA 6992

Phone: 08 6196 0401 Facsimile: 08 6196 2413

Our solicitors are happy to discuss and determine what you may need for added

peace of mind. We are currently offering video and telephone appointments to comply with the government social distancing guidelines.

Important updates from Services Australia



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

IT'S been a busy start to the year and no doubt we still have some very challenging times ahead of us. To help low income Australians and households manage the impacts of coronavirus, the Australian Government has recently announced changes to a number of payments and introduced a range of support to help pensioners and workers.

Assistance for jobseekers

We've temporarily expanded the eligibility for . JobSeeker Payment (formerly Newstart Allowance). If you're not yet of Age Pension age (66 years), you may be eligible for JobSeeker Payment if you're unable to work, have been stood down, you are in isolation or have been hospitalised. This includes permanent employees, sole traders. self-employed. casual or contract work-

We've also temporarily waived asset tests, the ordinary waiting period. liquid asset test waiting period, newly arrived residents waiting period, seasonal work preclusion period, and mutual obligation or participation requirements. We won't need an employment separation certificate or proof of your rental ar-However. rangements. income testing will still apply.

From 27 April, a temporary \$550 Coronavirus Supplement will be paid fortnightly to people receiving Jobs ment, Youth Allowance Parenting (JobSeeker), Payment, Farm Household Allowance, or Special Benefit. We'll pay this each fortnight in addition to your normal payment for a period of up to six months, so there's nothing you need to do to get

You can register your intention to claim a Centrelink payment, such as JobSeeker Payment, online through myGov, and we'll backdate the payment. This means you don't need to come into a service centre to do this. Once you've registered your intention to make a claim, we'll contact you to

outline the next steps. To find out more about how to lodge an intention to claim, and to keep on top of the latest information about these payments, visit www. servicesaustralia.gov.au/ covid-19

\$750 Economic **Support Payment**

People receiving certain Centrelink and Department of Veterans' Affairs payments, such as Age Pension or concession cards including Commonwealth Seniors Health Card, will receive a one-off \$750 payment if they are living in Australia and receiving a payment between 12 March and 13 April 2020.

These payments started going out from 31 March and most people will receive their payments by 17 April.

A second \$750 payment will be paid to people who are receiving one of the eligible payme or concession cards and living in Australia on 10 July 2020. This payment will go out from 13 July 2020. You won't receive this second Economic

Support Payment if you are already receiving one of the other eligible payments that provides the \$550 fortnightly Coronavirus Supplement.

There's nothing you need to do to get these payments. If you're eligible, we'll pay these automatically in addition to your regular payments. You can check if you've received your payment through your Centrelink online account on myGov or in the Express Plus Centrelink app.

Deeming

The Government recently announced change to the deeming rates, which we apply to work out the income you receive from your financial assets. Deeming assumes that your financial assets earn a set rate of income, no matter what they actually earn.

From 1 May, the lower deeming rate will drop from 1 per cent to 0.25 per cent for financial investments up to \$51,800 for single pensioners and \$86,200 for pensioner couples. The upper rate will also drop from 3 per cent to 2.25 per cent for any assets over these amounts.

There's nothing you need to do. If you have deemed income, we'll automatically apply the new deeming rates from May. The best way to check if you've received a change in your payment rate is through your Centrelink online account on myGov or the Express Plus Centrelink

Until next time.

Have a Go News Appeal

For 30 years we have been printing this newspaper free paid for by advertisers. But in this corona virus crisis many advertisers have had to pull out as their business dives due to government restrictions aimed at managing the pandemic. We cannot survive without the help of our readers and we are asking you to make a small contribution to ensure we can continue to operate and provide you with quality information and some normalcy during these trying times.

Please help keep Have a Go News publishing by making a small gift to the paper. Be assured that all necessary hygiene practices are being executed to ensure that there is no human contact with the newspapers. All delivery drivers are using gloves and masks as well as our in-house postal service.



□ \$50 (includes 4 months of postage to your home)

\$100 (includes 8 months of postage to your home)

Name:		distribution of the state of th
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METHOD OF PAYMENT:

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☐ Cheque

☐ EFT

EFT – your donation **Concept Media** NAB BSB 086 136 Account No - 476617452 Ref: Your name

____/__/___/ Expiry: _ _ / _







Have a Go News was founded in 1991 by Judith Treby (Dec) and Quentin Smythe (Dec) - editor Jennifer Merigan and assistant editor Tahlia Merigan - Three generations of a family business

Please tick the box if you are happy to have your name published so we can say thank you to the people who support us.

Temporary licensing changes

DEPARTMENT of Transport is introducing several changes to its services to manage disruption arising from the COVID-19 pan-

Practical Driving Assessments (PDAs) will continue but they will be limited and prioritised according to need. C Class (car) PDAs will only be available to learners who require a driver's licence for employment or emergency services.

Customers who have a PDA booked, which they do not require urgently are being asked to cancel online. The Department of Transport is contacting all booked candidates to ascertain if they fall into the priority categories of freight task, medical reasons or carers, employment (essential services) and emergency services.

Priority candidates will be booked in at the earliest possible date for a test at an available site.

The Department is also working with older drivers who would ordinarily be required to undertake a medical assessment or Practical Driving Assessment to prove their fitness to drive

The Department of Transport is looking to introduce a manual process that can be offered to older clients who are unable to undertake their medical assessment for their driver's licence.

Furthermore, drivers that require a new photograph when renewing their licence will be temporarily excused from this requirement to minimise the need to visit licensing centres.

Maintaining connections and self care in these uncertain times



by Maria Davison, **Chief Executive Officer,** Alzheimer's WA

IN these uncertain and unprecedented times and with so much attention on our physical health, it is easy to overlook our emotional and mental health.

Right now, many people are experiencing increasingly high levels of stress and anxiety over current world events. Two things that can help are a little self-care, and maintaining connections with others, albeit from a dis-

When it comes to selfcare there are a number of things you can do. Even if

home. You need to look after yourself too and arrange for some time out, in order to keep looking after the person you care

Meditation and practis-ing mindfulness are associated with improving sleep and cognition as well as reducing anxiety and stress. There are a number of websites and apps dedicated to meditation and mindfulness. Headspace and Smiling Mind are just two that come to mind.

Exercise is another way to practise self-care; there are strong links between exercise and positive mood. By getting your blood flowing and moving your body, you release endorphins which combat stress and help you to feel good. A brisk walk, cleaning the house, washing the car or logging into an online exercise class such as yoga, pilates or tai chi, are all activities that can be done at home.

Connecting with nature has more of a positive benefit on our emotional health than many people realise. Try setting aside 30 minutes in the morning and again in the afternoon to go into the garden, prune the plants, read the newspaper or enjoy a cup of tea in the sun. If you enjoy reading, most public libraries have much of their catalogue available to read, or even listen to, online. You can call your local council for more information.

Keeping up social connections is vital for maintaining wellbeing, now more than ever before. However in the current climate it can seem too hard. Maintaining connections can improve our physical and mental health, and even help to reduce the risk of developing dementia. As we are increasingly asked to practise social distancing and stay at home, it is easy to feel disconnected and alone. Thanks to the ber of options available to stav connected.

At a time when we are unable to see many of our loved ones face-toface, video calling using Skype or FaceTime is a great alternative. It will also help children to understand that their friends and families, in particular their grandparents, are ok. Try setting up a regular time each week to stay in contact. Email is also a great way to share photos and videos. Who knows. perhaps the humble telephone will make a comeback? Another great activity you could start with the grandkids is letter writing.

If you are caring for a person living with dementia, you may be at home with your loved one more than usual. This may be stressful for you both. At this time finding activities your loved one enjoys can be very helpful and support you to keep them engaged and reduce their

Putting together an activity area or box in the home with things that brings them some joy and meaning, is a great way to stimulate and divert their anxiety. One activity is to list favourite holidays, then jump online and share a journey visiting websites of that area, looking at photos and talking about why the holiday was so good for them. This can lead to digging out the old photo box which is always a great way to spend a few

Now could be a great time to put together a meaninaful music playlist and share some singing and dancing together. Research has shown music that has meaning to us affects the brain and makes us feel better. Life stories can often bring people joy and reminiscing has proven to stimulate positive chemical releases in the brain. It is an activity the whole family can get involved in; we have tips on creating life stories on our website.

Lastly, and I really do want to stress this point, if you are caring for someone at home consider having a few hours off in home respite regularly to give yourself a break and have some 'me time'. In response to the ongoing COVID-19 situation, we have introduced a number of new respite and other service offerings to support you and your loved one at home. Keeping yourself healthy and managing your stress and anxiety is critical, now more than ever before. Please call and speak to one of our friendly staff, who will be more than happy to talk through the various options for you.

For more information on our response to CO-VID-19 visit our website alzheimerswa.org.au/ covid-19. If you have any questions or concerns about services please call 1300 66 77 88.

St Patrick's **Anglican Church Mt Lawley**



If you need pastoral care contact Father Stephen 0478 514 516

Find the secret word to win a \$200 Coles 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 is-

sue 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. Bethanie
- Beds4U
- 3. Guide Dogs WA 4. Catholic Homes
- 5. Channel 9
- 6. Karingal Green
- 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. Clos-

7. Choice Living Solutions

8. Queen of the Murchison

9. Jacaranda Guest House

10. RCM Plumbing & Gas

11. Edge Visionary Living

Congratulations to Mrs Mladineo, of Middle Swan, our February 2020 winner.



If you need assistance during the COVID-19 pandemic email St Patrick's helpline care@stpatricksmtlawley.com

St Patrick's website offers live streamed church services and a host of online resources Visit www.stpatricksmtlawley.com

Friends are an infinite resource.



Share in a warm and welcoming community.

Whether you prefer to live north or south of the river, you can become part of a safe and secure community at Springfields Village or Kingsley Lakeside Village. You'll be surrounded by instant friends with everything you need for a fun and active life, and the choice of location means you can still stay close to loved ones.

There's always something to do, and plenty of shops and amenities nearby. Enjoy socialising in the cosy lounge, join in on group activities, take a dip in the pool or simply relax with a cup of tea and book.

Call 08 9592 8188 and join in the fun.



17-21 Hefron St, Rockingham springfieldsvillage.com.au



50 Woodlake Retreat, Kingsley kingsleylakesidevillage.com.au



IN these times of uncertainty, SRCWA would like everyone to keep physically and mentally active. Where possible eat fresh fruit and vegetables daily and remember to use a combination of coloured vegetables to make your meals interesting and nutritious. It's important to eat well for good immunity and exercise at home for continued good health.

Keep in touch with each other via the many electronic avenues that are available, either by phone, a face time call or social media. This will provide essential contact to family and friends while observing the social and physical distancing that has been instructed by the Government.

Some easy activities that can be done around the home include sitting and standing using a sturdy chair. If balance is a problem, use poles to help yourself stay stable. For those who are able, walk up and down steps to keep your joints active. Canned goods are ideal to use as light weights, use one in each hand and repeat actions. Try to get up and move around every 30 minutes to improve circulation. While we are restricted to our homes except for essential outings we all must make the effort to remain active.

I also ask you to support the fund to ensure the continuation of Have a Go News. This much loved newspaper and our major media partner needs your assistance at this time. SRCWA and Have a Go News began together and your help will ensure they continue to provide the magnificent services and essential medium to our demographic.

SRCWA will do its best to assist people with advice and solve problems if we are able. During this time SRCWA will continue to operate and serve WA's older adults. There may be delays in responding to your queries but if you call the office on 9492 9773 and leave a message, we will return your call as quickly as possible.

LiveLighter Aged Care Games – Avon Valley

THE LiveLighter Aged Care Games were held on 5 March at the Northam Recreation and Aquatic Centre. There were 12 teams of seniors in care, dressed in their themed team colours along with carers and volunteers who came together for an exciting event. The games played included seated hockey, seated passball, bean bag toss and skittles. All were played with great enthusiasm and lots of laughter. The teams practice these games throughout the year and on games day everyone enjoys the atmosphere of competition.

President of the Shire of Northam, councillor Chris Antonio opened the games followed by a student from Northam Senior High School, Caitlin Morris, singing the National Anthem. SRCWA vice president Phil Paddon was the emcee and explained the rules of the games and ensured the games ran smoothly.

Entertainment was provided by Jim and Jenny's Country. They delighted the audience who sang and danced along.

Speed skater 78-year-old Alan Eades amazed everyone with his inline skating demonstration. A healthy lunch was provided by the SRC

Avon branch and Earth Solutions.

The perpetual trophy and gold medal winners with 353 points were Cunderdin Health Centre, WAGS team. Silver medal winners with 333 points were All Stars York team 2 and the bronze medal winners with 313 points was the Goomalling Twilight Club. All participants were present-

ed with a participation medal which we know was very appreciated. The winner of the best dressed team plaque was York All Stars Combined teams dressed as blue or gold Minions. The oldest competitor in these games was 97-years-young Roma Leers from the Moora Frail Aged Lodge

Congratulations to everyone for making the day so memorable and filled with so much fun. Our thanks to the staff at the Northam Recreation Centre, all the volunteers from SRCWA Avon branch, SRCWA Perth and from Fresh Start who assisted with the event. Without their support the LiveLighter Aged Care Games would not be possible.

We would also like to thank our partner LiveLighter Healthway, the Shire of Northam and Department of Local Government, Sport and Cultural Industry.

Postponed SRCWA programs and services

IN response to COVID-19 pandemic and recommendations from the Australian Government the following events and programs have been postponed until further notice.

Peel Double Dip Saltwater Aerobic and Exercise program
Peel Move and Groove program
Peel Strong on Your Feet Program
Peel ChiBall classes
Peel Fit and Flexi program
iveLighter Seniors Activity/Information Day, Leederville, 25 M

LiveLighter Seniors Activity/Information Day, Leederville, 25 May Annual Seniors High Society Ball, 3 June Crown Perth LiveLighter Seniors Activity/Information Day, Peel, 18 June LiveLighter Seniors Activity/Information Day, Mundaring, 24 June

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



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The Masters Swimming volunteering powerhouse



Masters Swimming WA's Tarquin Bateman and Sue Pow

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

SUE Pow has been a key member of Masters Swimming WA for more than 20 years, serving in a variety of coaching and officiating roles.

She has been swimming since the age of five and became involved with Masters Swimming in 1987 at the age of 32 after her brother encouraged her to join.

She loves swimming because of the freedom and sensation of the water.

"I used to be quite a good swimmer," she joked.

Sue enjoyed club coaching for a few years before becoming a state coach; a role in which she was able to travel around the country, meeting and working alongside swimmers from other Masters Swimming clubs.

"Back in 1999, there were only four qualified officials and they were asking for more – it just seemed a natural progression from coaching," said Sue.

"I like the nitty gritty, it feels good to enable swimmers to compete on a level playing field."

In her professional life, Sue was a senior medical scientist specialising in Virology for 38 years. She achieved a honours degree in microbiology from UWA.

Having been retired just over six years now, she focusses on volunteering in her community.

"I've spent a lot of time with my now five-year-old Golden Retriever, Kenzie, and we belong to Animal Companions which enables us to visit local mental health facilities," Sue said.

"The patients say she is their best therapy!"

She also volunteers at the Lions Eye Institute and loves gardening and photographing wildflow-

ers in her spare time.
Sue continues to provide quiet support behind the scenes for Masters Swimming WA through her roles as a pool meet coordinator, and a member of both the pool competition committee and technical official committee.

In 2018 Sue won Technical Official of the Year for both Masters Swimming WA and Masters Swimming Australia. In 2019 she won the Annual Service to Masters Swimming WA Award.

Her contribution to Masters Swimming WA in these roles has been of vital support, she is a quiet achiever and deserves recognition for her work.

Thank you and congratulations Sue.

Masters Swimming COVID-19 update

by Sophie Row, Masters Swimming WA Executive Officer

WE are continuing to see the spread of COVID-19 and increasing measures implemented at both state and federal level to limit the spread of the disease. Following on from the latest directive from the federal government regarding the closure of indoor sporting facilities, many of you will find your clubs have suspended operations due to the closure of pools.

This directive includes outdoor pools at indoor facilities. While some of our members may be very keen to continue to swim at outdoor venues, we strongly discourage members from participating in ongoing group training.

Public health advice is changing

continuously and based on measures taken overseas, it may only be a matter of time before even further restrictions are placed on going outdoors.

We recognise that many of our members feel that swimming is currently an essential part of their day for overall health and fitness, including their mental health at these very difficult times. However, it is paramount you respect and follow government, council and public health advice.

Our primary focus is to protect the health and safety of our members, coaches, technical officials, volunteers and staff. With the ongoing closure of pools across Australia to prevent the spread of the virus, it is becoming increasingly more difficult for our people to manage social distancing and maintain good hygiene while in group training.

Masters Swimming WA can't stress strongly enough that every person has the responsibility to assess all risks for themselves, consider consequences of their actions on others and act in the best interest of the wider population.

Please take all precautions as much as possible to avoid spreading this virus and seek medical advice if you are concerned about your health and wellbeing.

Masters Swimming WA will be continuing to work to provide our members with the latest updates as well as support you while you are not swimming.

All enquiries should be directed to masters.admin@mswa.asn.au.

Canoe Club season starts then stops



Over 55 Canoe Club members supporting an 'unconscious paddler' during safety day

by Jeremy Haslam

FOLLOWING the Walpole campout, and after a couple of weeks' rest, it was time for the annual Safety Day at Hillarys. This event is one of two safety days early in the year, the second focusing on newbies after their month of induction paddles.

It was a warm and calm day for the 30 or so paddlers turning up for annual get-very-wet morning. The only difference between one year and the next is how one gets wet, not if. Nonetheless some of the more enterprising members

manage to avoid getting wet by judicious choice of roles. This year four teams were presented with a scenario each: unconscious paddler in the water (two get wet), unconscious paddler in a kavak (thev get wet), paddler suffering heart attack (no need to get wet), and paddler bitten by a snake (snake gets wet). Everyone entered into the spirit of things, running through the scenarios twice without any pressure.

There was much to learn in each activity. The idea was to test the responses to each scenario and to learn how to oper-

ate the club's brand new communications equipment (thanks to the grant from Lotterywest) in an emergency. The paddlers with the toughest roles were the unconscious ones who were unceremoniously dragged up the beach by their flotation devices (twice). After it was over, and as a reward, members paddled out to the ocean to look at the waves and turn back. Lots of fun.

The following week saw two simultaneous outings: one to Shelley Beach for those interested in a short paddle, and the other to the Murray River for a longer one. Éleven turned up at Shelley Beach to paddle downstream to Deep Water Point, have morning tea there, then back upstream to the starting point. The leader threw in a couple of sprints to keep everyone awake (not that anyone was in danger of falling asleep).

Those on the Murray paddled downstream the nine kilometres to Coopers Mill from Murray Bend, had morning tea there, then paddled back. It was a long way, but for

some flagging spirits were raised by the thought of celebrating a birthday at the Ravenswood Hotel. For those not going to the pub it was time for a relaxed lunch by the river.

The next event on the calendar was the annual breakfast in Como, much anticipated. However in the light of the COVID-19 turmoil which we all now face, it was thought wise to cancel.

The club recognises that these are unprecedented times. Bearing that in mind, it has now decided to suspend all paddles until further notice. This means that the proposed intake of new members due in April will not go ahead.

The Over 55 Canoe Club can be contacted via the president, Iris, on 0438 926 978 or the secretary, Dale, on 0420 733 024.



TV Talk with Lee Tate - keeping up to date and avoiding saturation



WITH television, like everything else, we can have too much of a good thing.

TV's instant pictures and information are welcome during natural disasters – and haven't we had our fair share of those? It's been relentless.

Drought, bushfires, floods, epidemics and climate-change debate

have all served the networks well while distributing vital material to a news-thirsty public.

But then comes the danger of saturation: more of the same material, excessive repetition of limited footage, junior journalists stretching out the little information they have been given as a handout.

News coverage is a big deal for the networks, of course. Seeking credibility and ratings, they are required to think and spend big. Few other workplaces are as competitive or have the 24/7 deadlines as TV networks.

Around-the-clock staff have to be mustered, ex-

pensive camera equipment transported into hot-spots and presenters polished.

News and pictures are collated from every corner around the world, every minute of the day.

When it all comes together, we the viewing public, are bombarded. For viewers of the traditional networks, this news blitz is impossible to avoid.

We know huge num-

bers of viewers have turned to alternative TV, watching selected movies and programs and avoiding routine and regimented news programming of channels 2, 7, 9, 10 and SBS – and all their self-promotion.

However, older people, especially, are content to stay with what they know and not have to fork out more for their nightly viewing.

Now, it makes you wonder: do TV executives of the traditional networks ever sit through an entire night's viewing of their own networks? The constant repetition, self-promotion and back-patting is appalling.

Take the tragic bushfires: worrying first pictures were beamed from across the nation with scary images and reports. Information was scarce but the photographers and reporters battled on. Viewers were glued to their sets. With so much death and destruction, television images brought home to viewers everywhere the need for moral and physical support, donations and action to reduce risks in the fu-

ture.

But day-after-day, when the images are repeated and used relent-lessly to promote networks' news services, we are in danger of being emotionally-drained and numbed to it – mentally switching-off.

For some viewers, glued to the box, this can be akin to coping with grief and loss and even invoking depression. Serious stuff.

During reports on coronavirus, some reporters took it upon themselves to mount hard-line questioning of medical experts and senior politicians. In serious times of uncertainty, we have to accept that experts and politicians can't know all the answers. Let's keep it civil, please.

TV's perpetual rush to camera to beat the opposition makes it difficult for reporters to get enough accurate material in time. Early reports are bound to be lacking, misleading or incorrect.

Who can blame viewers for being confused as the news is updated and changed. It could

be tempered if TV reporters worried less about their competition – you heard it first here – and spelt out their reports more modestly. Clever, honest reporting is called-for.

Much of the hype, though, comes from the studios with overinflated headlines, news flashes and announcements. Everything has to be bigger and better.

Seriously, this flood of blaring, quick-grab, disaster-promoted television on our commercial networks is not good for society. The division between television entertainment and news has long been blurred. Now, it's almost non-existent.

Coronavirus - how it has changed the world



by Raymond Tan, Community lawyer and Public Notary

WE are all seeing a changing landscape every day. If you ask anyone what they think will happen in six months or how the world will be in six months, nobody can

tell vou

But we all need to be prepared for the future.

That means making sure that you have prepared your will, your enduring power of attorney and your enduring power of guardianship.

If we do not prepare them now, it could lead to bigger problems. It could lead to family fights over inheritance and there could be fights over who manages your financial and personal affairs when you are not able to.

Some of you may still be in business or employed. Again, the changing landscape requires you to consider how you are going to adapt to the threats that coronavirus brings. If you need advice on how to manage your business during these challenging times, do speak to your accountant and your lawyer.

If you are employed and need advice on your legal rights regarding your job termination, what to do with your mortgages and rental, speak to a lawyer and accountant.

As a lawyer managing in these uncertain times, I have had to adapt my

practice. Staff have been asked to work from home to reduce the chances of infection and I have started the first Perth drive-through public notary service to reduce any chances of cross-infection.

The instructions from the government is to self-isolate as much as possible. We have seen the worst where customers fight over toilet paper.

However, there is also a growing list of groups stepping in to help many people. I will be volunteering my time with Meals on Wheels.

It should be a good experience and not much different to my volunteer work to help the homeless. If you have the time to help the less fortunate during this difficult time, please do step up.

please do step up.
Please stay safe and take care.

Readers can contact Mr Tan through Have a Go News via email info@ haveagonews.com.au with Legal Advice in the subject line or direct at ray@tanandtanlawyers. com where he offers free legal advice for general queries. Visit his website at www.tanandtanlaw

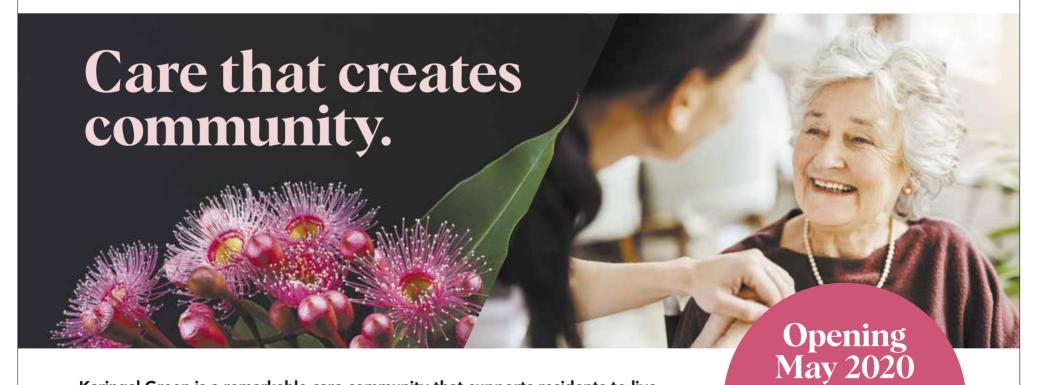
Coronavirus (COVID-19) information

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

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

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Karingal Green is a remarkable care community that supports residents to live a vibrant and connected life.

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Centrelink questions answered direct from the general manager of Services Australia



Hank Jongen

THIS month many readers took up the opportunity to utilise our service of having questions answered directly about Centrelink from general manager of Services Australia (formerly Deof Human partment Services) Hank Jongen. Due to the COVID-19 outbreak Services Australia have asked us to pause this service until they are back on track.

Letter #1 Hello Hank

I have a query re earnings. I am on the aged pension; 82 years of age, I still do some work as a real estate

agent commission only.

How will that work if get a commission of (say) \$5700, does the Work Bonus average the \$300 over the year? with thanks

Jocelyn

Response:

Dear Jocelyn, It's great to hear you're still working through retirement!

For the purpose of the Age Pension income test, if you're only receiving commission, we could class this as ordinary income. We take your gross income earned from commission as your assessable income, and assess this for a period that the commission income was earned.

If you receive a lump sum from the selling of real estate on a commission base only, this amount would be assessed as income for up to 52 weeks from the

date you were entitled to receive that amount (not from the date when the commission was earned). For example, if you receive a commission payment on 25 March and this payment is for six weeks work, the commission payment will be assessed as income for six weeks from 25 March.

you're Providing not currently getting a transitional rate of Age Pension, you should be entitled to Work Bonus. We'll look at your commission income and apply the \$300 Work Bonus to each fortnight for the period over which the commission income is assessed. If your Work Bonus eligible income is below the \$300 a fortnight, any remaining available Work Bonus will accrue to your Work Bonus balance, which can reach a maximum of \$7,800. If your Work Bonus eligible income is

greater than \$300 a fortnight, we will then draw from your available Work Bonus balance to offset your extra earnings.

You can check your Work Bonus balance any time using your Centrelink online account on myGov or through the Express Plus app by selecting 'Manage Payments' in the menu options. The easiest and quickest way to report your commission income will be through your Centrelink online account. You can also call us on 132 300.

Sincerely, Hank Jongen General Manager,

Services Australia

Letter #2

I am a self funded retiree. My husband is now in a dementia ward (respite) as he has got Alzheimer's.

At the moment we are still have cash in the bank \$900,000 plus we get a pension from Germany which comes to \$525 per fortnight. When he goes into permanent care it will cost me \$500.000 which will be refunded when he leaves the aged care fa-

On top of that it will cost me about up to \$36,000 per year. Our bank accounts are in both names. My car is worth \$10,000 and my furniture \$5000 as most of my furniture is over 40 years old and brought out from Germany.

Do I qualify for a pen-Thanking you for your

kind assistance. Sincerely

Ursel Beiwinkel

Response:

Dear Ursel, It sounds like you're going through a very challenging time.

The Age Pension is subject to an income and asset test. We calculate your Age Pension payment rate under both the income and assets test, and we'll apply the test that results in the lowest payment rate (or a nil rate).

The value of your assets is what you'd get if you sold them at market value. We apply an asset test free area to determine if you're eligible to receive a part or full pension. In your case, we would consider you to be a couple separated by illness.

To give you an idea - if you're a homeowner, you could receive the full pension if you have assets worth up to \$394,500, or if you're a non-homeowner, you can have assets up to \$605,000. Your payment rate will start to reduce and you will receive a part pension if your assets go above these amounts. If that's the case, you can have up to \$1,024,500 in assets

as a homeowner or up to \$1,235,000 in assets as a non-homeowner before your payment cancels.

There's a handy tool on our website called the Payment and Service Finder. By entering some details about your circumstances, including your accommodation arrangements, your combined income and assets, and your residence status, the tool will list the payments you may be eligible for.

I would also recommend making an appointment to speak to one of our Financial Information Service officers so they can go into more detail about your husband's aged care. You can call them on 132 300 or visit www.ser vicesaustralia.gov.au/fis for more information.

Sincerely,

Hank Jongen General Manager, **Services Australia**

Ensuring supply of prescribed medicines during COVID-19 epidemic



COVID-19 is going to put an incredible strain on every part of our health system, so it's essential to streamline matters.

The Chief Health Officer has exercised powers under the Public Health Act, to allow pharmacists to supply ongoing prescription medicines when patients have already been prescribed with a medicine and their prescriptions have run out, and it is not possible for them to see a doctor in time to obtain a new prescription for ongoing supply.

In these circumstances, if the pharmacist is satisfied that treatment is urgently needed, they may dispense a standard onemonth quantity of the medicine.

This is effectively immediately and applies to all prescription medicines that require long-term, ongoing treatment, with the exception of controlled drugs.

The changes are not an opportunity for patients to stockpile medications. Pharmacists must ensure patients' health is not compromised as a result of disruptions caused by the present situation and there will be strict limits on the additional amount of medicine available.

Patients requiring additional supplies should endeavour to attend their regular pharmacy and take along some proof of prior use of the medication - such as a recent empty packet. They should also be able to produce a valid ID and a Medicare







Move Your Body

Strengthen Your Legs

Simple steps to

STAY ON YOUR FEET

Please see your Doctor if you have concerns before starting. Before beginning each exercise make sure the chair or support you are using is suitable Move slowly and stop if you feel faint or have any pain or discomfort.

Knee Extension

- Sit with your back well supported.
- Straighten your right leg by lifting your lower leg from the knee and keeping your thigh flat against the chair.
- Lower slowly and place foot on the ground.
- Repeat 7 times.
- Repeat from the start using your left leg.

Make it harder

- start light with a 1kg weight



Mini Squat

- Face forwards holding on to sturdy support such as the kitchen bench or heavy table.
- Place your feet shoulder width apart.
- Slowly bend at your knees and squat down.
- Slowly stand back up.
- Repeat 7 times.

Make it harder



Heel Raise

- Face forwards holding on to sturdy support with your feet shoulder width apart.
- · Come up onto your toes lifting heels from the ground.
- Keep your heels raised and
- Repeat 7 times.

- Make it harder
- Repeat again
 Remove your hands





Toe Raise

- Face forwards holding on to sturdy support with your feet shoulder width apart.
- Come back on your heels lifting toes from the ground.
- Keep your toes raised and
- Repeat 7 times.
- Make it harder





Sit To Stand

- Use a sturdy chair that is not too low and lean it against a wall.
- Sit on the chair and place your arms across your chest.
- Place feet flat on the floor, behind the line of your knees.
- Lean forward and stand up slowly without using your hands.
- Sit down slowly.
- Repeat 7 times.

- 2. Progress to single arm support when able



*Please see a health professional if you have any concerns before starting these activities

To order this and other free Stay On Your Feet® resources visit www.injurymattersquickmail.com.au

www.stayonyourfeet.com.au Email: info@stayonyourfeet.com.au / Phone: 1300 30 35 40

Here are some tips if you're stuck at home and wondering what to do...

by Lee Tate

SIMPLE planning and flexibility are among key ingredients to prevent boredom when anchored at home.

Organised shopping and cooking, regular fresh air, a variety of activities and mental challenges are others.

Of course, you are not really 'stuck' inside your home. You can get outside - and should, often. It's an obvious part of staying active and healthy. Clearing the head and having a break - even from your partner - is acceptable, even desirable.

For the first few days, being based at home may not be a worrying issue. But that can soon wear thin. There is only a certain amount of screentime: daytime television, Facebook, Netflix, mobile phone fun and computer usage that is healthy for you.

Being stationed in the home creates opportunities. With so much time on your hands you might tackle things you'd never contemplate or get around to. Breaking routines is good for mind and body.

Stretching yourself from familiar habits can even put a smile on your face - or your partner's face.

Some blokes never foreshadowed planting some seeds in the backyard or trimming a tree. Ladies maybe had never thought of tinkering under a car's bonnet or learning how a car engine works. This is not being sexist. It could be the reverse.

In these changed circumstances, think outside the square. There has never been a better and freer time to open the mind. As you go, many uncertainties and questions can be answered online

Other queries become clearer through tinkering. Making a mistake doesn't matter. It becomes a different approach when you have buckets of time to spare.

When was the last time you sat down and handwrote a letter or caught up with a long-distance

mate or family member on the phone? Have you tried face-to-face phoning with Skype?

Learning dance steps (online or from TV), making a playlist of favorite songs and rethinking your home's furniture setup are all worthy candidates for idle hands and free minds.

Blokes, or women, could use the time to tackle their fishing and tool boxes or sewing baskets.

Mixing up your activities during the day keeps you interested. It helps to wake-up each day with a purpose. Then enjoy getting some air: walks in the garden or park or up the road. Wash and maybe polish or detail the car. organise your road maps and service logs and check tyre pressure and treads.

Making the commitment provides your daily spark.

Find a good book. Use the computer but with plenty of breaks to avoid aches, pains and eye

Communicate your partner. Communication is crucial for older people. It's easy, too easy, for two people who have been living together to just get on with their own activities and not react, respond or take interest in their partner's activities and interests.

Remember, there's no rush. Being together is a recipe for improved personal contact with time to listen. Talk to each other about what you are tack-

Perhaps your partner would like to join you in an activity or a walk. Do something for each other: perhaps prepare a meal or snack when it's not your normal duty.

It's all about habitbreaking, diversions and staying occupied and connected.

Your partner might just want to take a relaxing soak in the tub. Someone suggested: "Make their bath even better. Light candles for them and play their favorite soft tunes.

Personally, I'd rather Bohemian Rhapsody! Have you ever tackled writing a poem or doing an adults colouring-in book? While crosswords and puzzles may not have been your thing, there's no better time to try. You might find they become part of your life.

Of course there's always the option of fitness and stretching-type activities, starting lightly and slowly but regularly. Stretching promotes circulation, helps relax muscles and gives you a boost of energy - just the shot between computer activities and reading. You'll find stretching directions online.

Among other activities: envision where or what you want to be a year from now and write it down, write out the names of people who inspired you in your life and who has most influenced you. Discuss them.

Travel may not be an

option for a while – apart from car rides – but you have the time to seriously consider and discuss new, future travel options. Get all the background online.

How many photos do you have around the place, in your camera, in albums and elsewhere? Are they in any order? Do they need captions? Do you have photos suitable to make a little album to give to a family member?

With photos, you can learn to edit, crop and lighten dark images. Go out to photograph birds and trees. Experiment. Trial and error. Take a photo in the rain. No selfies, please.

Listen to the radio, sing and dance along - noone's watching. Dig out and play old records. Tune into radio current affairs programs you haven't heard before.

Resist watching daytime television except for those rare exceptional programs. Then switch it off.

Study up on your hobby or sport or a new activity you've had in the back of your mind: "I've never tried sailing. How would I go about it?'

There's also no better time to trace your heritage - make notes and probe. Write down any questions for family members. Prepare a family chart to show them.

Might be a good time to check your bank accounts and investments. insurance (perhaps get new quotes) and clean out old office files.

You don't have to have a musical ear to learn to play the piano, practice on a harmonica, strum a cheap guitar or the relatively easy (apparently) ukulele. Saxophone

anyone? People advocate drawing - many beginners surprise themselves. There are plenty of howto art books online and in shops. Pen or brush in hand, you have choices: freehand, pen and ink, painting, oil, watercolours, caricatures or perhaps sculpture.

If you have a dog, you can spend quality time with him/her, chasing ticks, more walks or a thorough wash.

Learning a new language is challenging because it can't be done in five minutes. There's plenty of guidance online. Just commit to work on a few vocabulary words every day to make progress. Bonne chance!

It's always rewarding to do a random act of kindness, perhaps for a neighbor, without necessarily having any direct contact with them.

Doing something for yourself, something as simple as flying a kite (perhaps making one) or getting back on a bicycle can be good for the blood

flow and the grey matter. Have you ever cleaned your laptop with soap and water and vacuumed the kevboard?

Because you have the time, you - perhaps the two of you together could draw up your meal plan for each week and cook enough food to refrigerate for a couple of meals.

West Australians can also enjoy a free show virtually every night with sensational sunsets - picnic or fish'n'chips at your side. And when was the last time you lay on your back and watched the stars?

This is the time for new beginnings.



To help we've created this simple guide

Visit your GP to ask for an ACAT referral

Or call us and we can request the referral for you. (ACAT - Aged Care Assessment Team)

Have your ACAT assessment at home Step 2.

You will be contacted by the ACAT to arrange to visit you and work out the amount of help you may need.

Step 3. Complete an Income Assessment with DHS

Call us on 1300 26 26 26 and we will mail the form to you.

Step 4. Wait for three letters

- 1. ACAT letter approving your care level.
- 2. DHS letter with your income assessment.
- 3. Home Care Package Assignment letter this may take 6 to 36 months.

Got all the letters? Get moving! Step 5.

You have 56 days to organise your services.

Step 6. Compare service providers

With your letters in hand - call your preferred providers to compare services and costs, and hopefully we're one of them.

Select a service provider and sign up Step 7.

Your services can start immediately.

If you find yourself stuck, call the team at Amana Living. Leonie and Andrea have helped hundreds of people get their entitlements.

It's an obligation-free service.

Call us anytime during office hours.

Amana Living is the aged care agency for the Anglican diocese of Perth, and has been providing quality care in WA for over 50 years.

1300 26 26 26

amanaliving.com.au



part of the Anglican community

packs to give away to some lucky people. **WIN WIN WIN** To be in the draw, simply email win@ haveagonews.com.au with Scratchie in the subject line or write to Scratchies c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 1/5/20.

TO keep our readers spirits up and because we

have no movie ticket competitions for the coming months we are running a few extra competitions.

Thanks to the generosity of Have a Go News owners we have five, \$20 Lotterywest Scratchie

Scratch and win

	No. 337 APRIL 2020 					
		Please nominate a cat Tick one box only.	egory for your advertisemen		s used in <i>Friend to Fri</i>	
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		☐ Pen friend		SD: Social dr		NG: Non gambler
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	bury area, petite, neatly dressed, NS, SD, fin sec,	western suburbs, semi- retired professional, tall,	70, 180cm tall, present- able, educated, VGSOH,		good talker and list Plenty of stories, h	Stellel.
	WLTM Aussie gent, well	slim, fit and active, GSOH,	sociable, NS, SD, enjoys	Seeking a Partner	for a permanent	fixture
Seeking a Friend	groomed, to 75, NS, SD, active, for friendship, out-	fin secure, caring, very DTE. Interests after fam-	travel, gym, family, beach, coastal walks, usual so-		with lady same erabe happy, positive	
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CTIVE gent 61, no bag-		slim, active lady of similar	destinations considered.	cated, med build, GSOH,	tive, enjoys normal	social contained, single be
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ortable, looking for a lady iend/partner.	NS, SD, WLTM lady for	coffee and see what develops.	fee? Reply Box 8525	well groomed gentle-	etc, fin sec. WLTN	Mac- Reply Box 85
Reply Box 8531	friendship and outings, not too far from Perth city.	Reply Box 8528	LADY postcode 6065	man 67-72 for long term, permanent relationship	tive, healthy, fin sec 68-76, NS, share a	above
USSIE guy 72, NS, SD,	Reply Box 8533		WLTM gent 80s, com-	(not separated). I enjoy	enjoy new experie	ences, Wishing to Contac
SOH, SOR who loves		GENT mid 70s, NOR, NS,	pany, friend, spend winter	reading, walking, music,	explore future if co ible. I'm open, p	
lining out, coffees, coun-	GENT 68, born Croatia,	SD, NG, 175cm tall, 83kg,	days dining in/out, trips, walks, cinema, TV, NOR,	country drives, good conversation, genuine replies,	friend ALA.	lady from Spearwo
ry drives, watching footy,	WLTM lady Aussie Euro-	likes sequence danc-	NS NG SD TLC Please	SOD ALA	Reply Box	x 8535 who wrote a letter to m

all sports, enjoys doing anything active, loves companionship, meeting new friends. WLTM similar easy going lady Reply Box 8536

pean. Live NOR, NS, SD, love dancing, movies, dinners, music, travel, WLTM for coffee. Life is too short. ALA.

Reply Box 8541

ing, cooking, gardening. WLTM lady for dancing or she would like to learn with a good sense of hu-

Reply Box 8538

reply. Evenings in.

Reply Box 8539

senior. **UNIQUE** lady, healthy, active, vegan, NS. ND. SOR, intelligent, varied interests, reading, swimming, dancing, med build, well presented. WLTM sincere gent about 80 who is caring, understanding and compassionate to spend time together.

Reply Box 8534

WIDOW 82, 64kg, 5'6", erect, healthy, attractive, educated, loves painting, piano, gardening, gentle classical music, opera, true politics. WLTM poetic, nature loving, spiritual gentleman. Mandurah. Reply Box 8527

Reply Box 8524

FILIPINA lady 59, widow, financially secure, sincere, well presented, intelligent, business minded, NS, DTE, GSOH, enjoy country music, loves cooking, WLTM genuine gentleman 60-65 with similar interest, view to friendship/ relationship. I am a caring lady.

Reply Box 8523

GENT 65 fit and active, well groomed, young outlook, sociable, fun to be with, GSOH, enjoys TLC, movies, dining out, music, NS, SD. WLTM lady similar interests, age not an issue.

Reply Box 8529

UNCOMPLICATED 71, girl seeking a good man for love and support in good times and bad. Share fun, laughter and adventures together. Young at heart, looking to share fun and romance, NS, GSOH

Reply Box 8540

NEWS UPDATED DAILY www.haveagonews.com.au

Seeking a el Companion

GENT 81, SD, NS, TE. widower, going in caravan on 26 or six weeks if poswould welcome lady anion. Caravan self ned, single beds, shower, mostly free

Reply Box 8532

ing to Contact

D like to contact from Spearwood rote a letter to me. gent wishing to meet you. Please contact me as I have lost your de-

Reply Box 8526



WIN a \$200 shopping voucher with Have a Go News' Ad Words. See page 13 for details.

When replying to an Friend to Friend entry...

To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to: eg. Reply Box 4100 c/- Friend to Friend,

PO Box 1042. West Leederville, WA 6901.

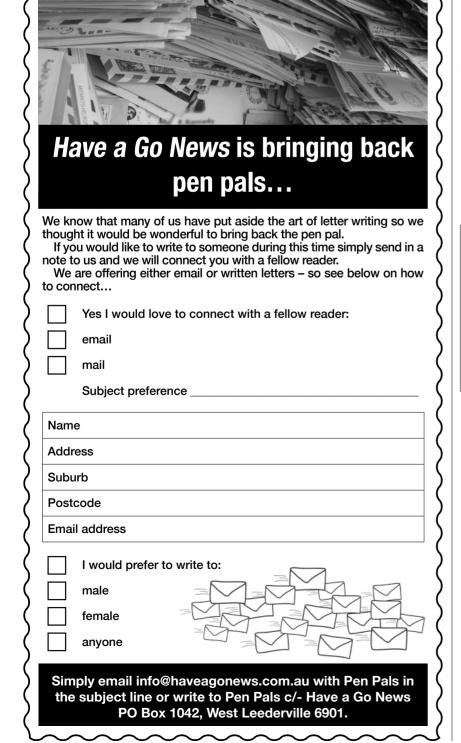
Write your reply on a single sheet of paper and place inside an 11B size envelope (measures approx. 14cm x 9cm). Please note, due to the popularity of the service, it is essential that all Friend to Friend replies are sent in a 11B size

No greeting cards, bulky items and photos.

All replies will be forwarded early in the next month. All replies are strictly confi-

dential and are not opened. Replies must be in response to reply boxes no older than

(example only)	envelope see diagram below. Timee months.	
Simply measure you	11B size envelope template ur Friend to Friend reply envelope against this template	
9cm (height)		
	14cm (width)	



Start your day the Perth way!



5.00am to 9.00am

Breakfast

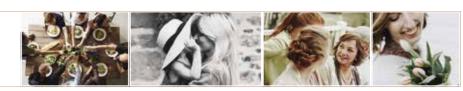
with Steve & Baz

9.00am to 12.00pm

Mornings

with Gareth Parker

Mother's Day SUNDAY 10 MAY



Make the most of Mother's Day during social distancing and isolation



Mother's Day hampers

IT'S going to be very difficult to celebrate Mother's Day as we would normally with social distancing in place.

As we have been advised to restrict socialising, many people may find that they may be alone on this day.

We know how horrible this is for everyone and we have a few tips to make the most of the sit-

Send some flowers or a hamper – it's a great way to brighten the receiver's day and it will go a long way to helping local busi-

Leave a hamper, flowers or a gift – perhaps books or crafts on a loved one's doorstep.

Make sure you cook a lovely meal to enjoy for your house-

Keep connected to people by using Facebook - if you haven't used this platform before, it is an ideal time to start now and to keep connected with the world.

Make sure you call your family and friends as much as possible and utilise video calls.

To ease the pain of these unprecedented times, our friends at Morish Nuts are offering readers the opportunity to win two fabulous Mother's Day hampers.

The iconic brand featuring black and white stripes and they turn premium Australian produce into delicious hand-crafted confectionery.

Based on traditional family recipes, the Morish Nuts range has been prepared in their modern Swan Valley kitchen by artisans for more than 20 years, using only the finest Australian nuts and ingredients.

The range includes produce that is gluten free, lactose free, contains no additives, preservatives, no artificial colours and suitable for vegetarians.

Due to coronavirus their stores are closed but Morish Nuts products are available from their Online Store, through which they offer home delivery. Visit www.morishnuts.com.au

WIN WIN WIN

To be in the draw to win one of two Mother's Day hampers. simply email win@haveagone ws.com.au with Morish in the subject line or write to Morish Nuts c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 30/4/20.

The new technology cleaning system for floors



NEW technology has updated the chore of mopping floors by means of an innovative cleaning system which suits modern living.

Mothers Day alterations • Hens/ball dresses

Mens suits, sleeves, waist, pants

No job too small

The world leader in mop design Euroflex has patented a new cleaning system utilising exothermic technology which moves away from the steam function and provides a mop which controls the temperature and amount of water, without steam, to achieve optimum cleaning results.

By attaching the cord and using the smallest amount of water the Monster Mop glides across all hard floor surfaces cleaning and sanitising along the way.

It's the only floor cleaning system that provides the perfect balance of heat and moisture, ensuring there are no wet floors.

For people who like to use a cleaning additive there is the choice of adding disinfectant or a cleaning solution

The Monster Mop will clean and sanitize up to 90m² with less than 100ml of liquid.

It's light and easy to use and the swivel handle gets it into those hard to clean areas which older designed steam mops cannot reach.

It can also be used as a dry cordless sweeper. It collects the most microscopic particles of dust, pet hair and dirt from any hard surface floor in the home, using special dust wipes.

It will save you time, energy and money - no other mop cleans the way the Monster Mop does.

Priced at \$149, don't think steam, think Italian designed exothermic technology and bring in a new era to your cleaning. Once you try it, you'll never buy another mop again.

Available from www.monsterappliances.com.au

WIN WIN WIN

We have four Monster Mops to give away to some lucky readers. To be in the draw simply email win@ haveagonews.com.au with Monster in the subject line or write to Monster Mop C/- Have a Go News PO Box 1042, West Leederville 6901. Closes 7/5/20.

Improve your look with colours



YOUR Colours opened its doors to the people of Perth in 1980 and has grown from strength to strength, enjoying a 30 year residence in Bon Marche Arcade, Perth City and a short stint in West Perth before finding their new home in Mount Hawthorn.

They are a group of personal stylists who each bring unique qualities to the salon experience enjoyed by their many clients.

They are passionate

about helping people to look and feel beautiful and discover a new confidence to go out and achieve their goals.

They do this through the colour analysis and styles assessment techniques developed by Your Colours based on a person's unique skin tone, hair/eye colour combination and specific body proportions.

They have created a beautiful range of custom-made make-up to complement their colour analysis. This is available to purchase from the salon or online store and a complimentary make-up application is included in the Colours Consultations.

Reaching out into the community and enlightening people on the value of knowing their colours is part of creating a new 21st century colours movement and is a strong goal of Your Colours.

"I had always wanted to have a consultation to learn what colours suit me and now wish I had done so years earlier. It was a wonderful experience and I have learnt a great deal about colours, styles and makeup that suit me best.

"I have greater confidence when shopping and can quickly peruse a shop to locate my colours then styles that suit me. The Your Colours staff are welcoming and supportive with exemplary follow up service when needed,' said Janine

Find them at www. yourcolours.com.au

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Preserve your film memories before they degrade

BEFORE the days of smart phones and social media, the act of recording footage was reserved for life's most precious moments. While today's video of the family cat can be easily viewed and shared over and over again, your most treasured memories are probably tucked away in storage somewhere.

You may think v old film reels are safe drome, a decomposition

and sound in that shoebox at the back of the cupboard, but as time passes, it is slowly degrading. In the early twentieth century, film reels were not designed with longevity in mind, often using unstable chemicals to improve the quality of the picture. Many films shot during the 1930s/40s will eventually succumb to what's known as vinegar syn-

process that releases a vinegar-like odour.

As your film ages, it will continue to deteriorate until it's damaged beyond repair. Older recordings are at greater risk, but even 8 and 16mm footage shot five years ago has already begun to break down and lose quality. Now is the time to take action and ensure your priceless recordings lost forever.

One of the best ways to preserve your footage is to take it to Disk-Bank. Proudly based in WA for more than 20 years, DiskBank uses innovative technology to convert historic films. videos, images and audio recordings into modern, digital formats. If your film has already begun to decay or develop mould growth, DiskBank can revive your footage if the damage has not spread too

DiskBank can transfer your recordings to DVD, Blu-Ray, USB or digital files, with the latter being the recommended format. Digital files are the most versatile, offering the highest quality results in 2K. a level of resolution that is superior to High Definition (HD).

DiskBank is currently offering 2K transfers at the price of HD, a saving of about 15 per cent. Plus, as a Have a Go News reader, people are entitled to an additional 20 per cent off.

Simply mention the Have a Go name to claim your bonus discount. Visit DiskBank at 94 Jersey Street, Jolimont or call 9388 0800.





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let's go travelling was travelling





Jennifer Merigan

WOW - I have never seen anything like what is happening at the moment and my heart goes out to all our travel businesses who are in shutdown and to our intrepid readers whose plans have changed and are home for the foreseeable future.

Last month Princess Cruises provided us with a cruise to give away and we are hoping to be able to honour

this in the future, but we will keep you posted.

Our great supporters such as Kings Tours and Travel, Grand Pacific Tours, Villa, Bicton Travel, Gate One Travel, our coach operators Aussie Red Back Tours, Wannadoo Tours, Club 55, Royal Gala and many more are in recess and we wish them the best and look forward to supporting them once this pandemic is over.

businesses These have been the life blood of our travel pages and as you can see from our usual 20 pages, we have only two. The few businesses which are in these pages wanted to continue to support us financially so if you are thinking of forward plans please consider booking with them.

I have had many people contact me to tell me about the disasters of trying to navigate internet bookings in this world-wide shutdown.

I also have had many people who did book with an agent tell me that their travel agents have gone above and beyond the call of duty.

One thing I have learned from the chaos of the last few weeks is that when life does return to normal, booking with a travel agent is the only way to organise your travel.

With travel within WA now in lockdown too, Tourism Council WA is asking people to postpone, rather than cancel. any planned holidays in WA that can't currently take place due to the COVID-19 pandemic.

Tourism Council WA CEO Evan Hall said tourism businesses were relaxing their cancellation policies to allow credits so visitors could return at a later date.

"On behalf of tourism businesses across the State, we ask that you do not cancel your holiday - just postpone it. Get in touch with tourism businesses and postpone your booking for a better time." Mr Hall said.

"Cancelling booking now will be devastating to tourism businesses, but if you can postpone your booking, they will be extremely grateful knowing that you do want to visit in the future when it is safe to do so.

"During these unprecedented times, the tourism industry understands that public health should be everyone's top priority.'

Mr Hall said many tourism businesses had already gone into hibernation but intended to resume providing a great service to Western Ăustralians as soon as possible.

"Right now, thousands of tourism business across Western

Australia are assessing when to suspend operations and how they are going to support staff, put food on the table, and recover in the

future," he said.

Don't hesitate to contact me if you require anything, our office is still operating, and we look forward to bringing you a selection of great travel stories when the time is right.

then, about the places you want to visit and stay safe and well.

> Jennifer Merigan **Travel Editor**





For more information contact the Leeman Administration Shire Office 20 Morcombe Road, Leeman Phone 9953 1388 or

Take the Rainbow Road to the urquoise (Gast

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A message from Kings Tours and Travel.



Jenny Page

A MONTH ago, when COVID-19 started affecting the Australian way of life, we knew the travel industry was going to be hit hard however we didn't foresee what was about to happen.

Things escalated quickly and daily updates turned into hourly updates as cruise and travel companies, countries and then airlines temporarily shut down.

As an owner of a travel business and part of the travel industry for my entire career, it has been an extremely emotional time.

Every time we heard that our partners in the industry were being hugely affected, hearing that our colleagues in the industry were losing their jobs, hearing of people being stuck overseas or on cruise ships and hearing the devastating affect this was having on other countries sent chills through our bodies and brought us to tears.

Even writing this message brings tears to my eyes.

We have had many clients affected by this, some worse than

We had tours away that made it back to Australia before our borders were closed and we had other clients whose holidays were soon to depart.

Our clients have been amazing, and I would personally like to thank them for their kindness and support.

Everyone has been very understanding and obliging and we have all worked through our tours and individual client bookings to-

Our clients have been given the option to transfer to a later departure (if refunds were not possible). cancel altogether and receive a refund less supplier cancellation fees or in some cases, receive a full refund.

In challenging times, strength in relationships is apparent.

The amount of support I have

received from colleagues in the industry and businesses I work with has been heart-warming.

We have been working with Jen Merigan and her amazing team at Have a Go News for nearly 30 years and while it was business that brought us together, it's not what keeps us together.

So, what now for Kings? For now, we like all travel businesses must wait until it's safe for people to travel again.

We are still working behind the scenes processing future bookings and planning for 2021.

I'm looking at this as my forced long service leave that I would never have taken under normal circumstances and I get to spend quality time with my family.

For my staff, I am pleased that via government schemes, that they are being supported because in a good business like mine, it's your staff that represent you and your brand and they are an asset.

If you call us, on 9380 6656, I will answer.

We all look forward to returning to work when the time is right and as one of our clients said to me, "....so you can continue vour business in the magnificent manner that we all know and love."

Stay safe and thank you for your support.

Jenny Page Managing Director Kings Tours and Travel

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Join Have a Go News on Facebook

The Princess Cruises competition to win a cruise to Albany promoted in the March edition is currently postponed. We will update readers when we have more information and all entries will be held.

Bicton Travel update

BICTON Travel have been making a world of difference since 1998 and while the world today is clouded in uncertainty, they believe in the allure of travel.

Whether you have an upcoming trip, you've postponed your plans, or you're thinking about a future journey, it's still okay to dream and still okay to plan.

Bicton have a 'Book With Confidence' policy offered by many of their travel partners. After all, travel enriches life every step of the

way, no matter where you are. When things return to normal, Bicton are there, when you are ready.

Visit www.bictontravel.com.au or call 9339 0277.



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et's go travel options for the mature west australian





Keeping fishing during these challenging times of social distancing



The late Brim Smiley enjoying herring fishing at North Beach Jetty

by Mike Roennfeldt

AT the time of writing, fishing, when done in accordance with social guidelines, distancing is still acceptable practice under the ghastly shadow of the COVID-19 struggle.

With that in mind, it's probably appropriate to take a look at how and where we can fish in these challenging times.

While I still can, I walk along local beaches in the early morning. There I am finding a growing number of people getting back to the almost lost pastime of casting for a feed of herring, whiting or tailor from shore

The weather has been

pretty good recently and the fishing pleasant and reasonably consistent. Herring and small whiting are swimming around in most of the obligatory white buckets that I quickly and surreptitiously check out as I stroll by, carefully avoiding anything approaching human contact.

Unless you can launch and handle a boat singlehanded, small boat fishing probably falls outside the COVID-19 guidelines, so shore fishing it is, as long as at all times you maintain at least a couple of metres distance from anyone else who doesn't live with you.

we are Fortunately, right in herring season and that means that virtually the whole coast between here and the South Australian border is worth trying. The couple of hours after first light are the best time but you can catch them right through the day at some of the more remote spots.

Unless you are fish-

ing reasonably near others using berley, you will have to berley up yourself. The easiest way is to simply buy it in a premixed pack from your local tackle shop. Because there's reef around here, almost everyone fishes with a blob (float) with a hole that can be stuffed with berley as required. Most use a leader around 1200mm long to a hook around size 6. Berley cages or even berley sinkers will do the trick in sandy areas.

Wogs (maggots) are still the No.1 bait but not evervone can be bothered with the smelly process of growing and refrigerating them. Other baits that are used regularly include shelled prawn or squid, with chicken flesh attracting a new and growing fan base.

When the fish go off the bite, as they do more often than we'd like, you can often get an extra one or two by changing over to a short length of luminous tubing on the hook and retrieving it behind a blob or cage at a medium to brisk pace.

Even if regulations closing beaches come in before this goes to print, there should still be opportunities to catch a herring or two from rocky headlands, rock groynes, jetties and the like.

There is a daily bag limit of 12 herring. Cook them up any way you like, my preference is to head, scale and gut the fish and slowly pan fry in oil and butter before serving with a squeeze of lemon and seasoning. Most other species I fillet, but herring somehow tastes better when whole and fresh.

Remember though. if we go into total lockdown, it's likely even shore fishing won't be allowed.



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Email: jacarandaguesthouse1@westnet.com.au

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

contact them on the Coronavirus Health Information Line on 1800 020 080 at any time.

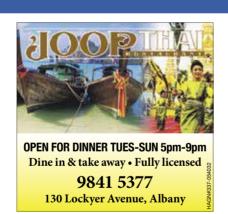
Department of Health website at healthywa.wa.gov.au/coronavirus or

Coronavirus (COVID-19) information

For the most up to date information about the global pandemic visit the Western Australian

Buy local and support the Albany community

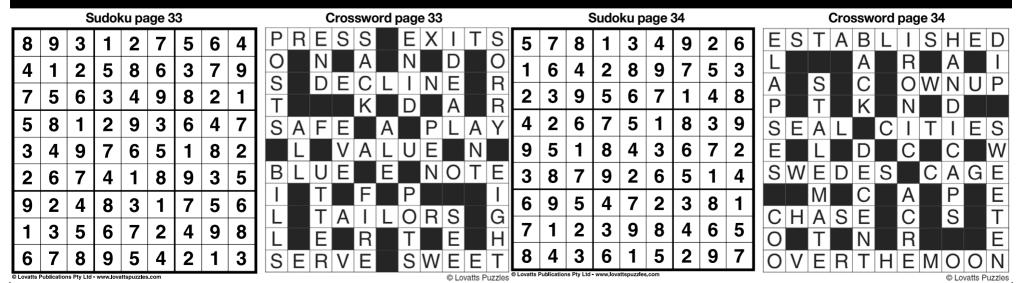








#337 April edition PUZZLES Solutions



Have a Go News Quiz Page 2: 1. Southern and Indian. 2. Johnny Young. 3. East, North and Fremantle. 4. Noongars. 5. Uncle. 6. Sir Charles Gairdner. 7. 1958. 8. Kimberley. 9. SAS. Opera, soprano.

Square Shuffle page 33: File, Adze, Fork, Jack.

Square Shuffle page 34: Jade, Rose, Navy, Plum. Wheel Words page 33: Solution: Dark, Kame, Kart, Make. Mark, Rake, Taka, Take, Teak, Trek, Drake, Karat, Karma, Maker, Raked, Taker, Darker, Karate, Marked, Marker, Market, Remark, Earmark. 9-letter word: TRADEMARK.

Wheel Words page 34: Solution: Amyl, Limy, Many, Tiny, Yeti, Ylem, Amity, Inlay, Laity, Linty, Malty, Manly, Mealy, Meaty, Minty, Natty, Nitty, Enmity, Entity, Lenity, Litany, Mainly, Meanly, Myelin, Namely, Neatly, Tamely, Tetany, Timely, Amenity, Nattily. 9-letter word: MENTALITY.





health options for the mature west australian





Visiting family and friends in aged care during the pandemic...



Washing your hands often with soap and water is a way of reducing the risk of infection or passing on coronavirus

by Frank Smith

IT can get very lonely in aged care. Even when there are a lot of people

around; they are seldom people you have known for a long time. Consequently most residents welcome frequent visits

from family and friends and this helps to prevent depression which can be quite common amongst elderly people in care.

But visiting may be putting residents at risk during the Covid-19 pandemic.

Covid-19 hits old people hard. The mortality rate amongst people over 80 is around 15 per cent. Most older people have an existing health condition which reduces their ability to recover from illnesses. Particularly at risk are those with compromised immune systems, asthma, diabetes, high blood pressure and sepsis.

So it is best to keep in

touch with your oldies by postcards, telephone, photos or video such as Facetime, Skype and Zoom, where possible.

As part of its response to coronavirus the Australian Government has put restrictions in place to protect residents and workers in residential aged care facilities.

People who have returned from overseas in the last 14 days or who have been in contact with a confirmed case of COVID-19 in the last 14 days will not be allowed to visit them.

Others banned include people with fever or symptoms of acute respiratory infection such as a cough, sore throat, runny nose or shortness of breath, people who have not been vaccinated against influenza (after 1 May 2020) and children aged 16 years and under.

To reduce the risk of getting an infection or passing it on to others cover your coughs and sneezes with your elbow or a tissue and dispose of tissues immediately they are used into a dedicated waste bin.

Wash your hands often with soap and water, including before and after eating, after going to the toilet, and when you have been out to shops or other places. Alternatively make use of alcohol-based hand sanitisers.

Also try to stay at least 1.5 metres away from others as part of physical distancing because the virus can be carried in aerosols when you breath out and these tend to fall to the ground within a metre or so.

Other restrictions on aged care visits include limiting visits to a short duration and a maximum of two immediate social supports (family members, close friends) or professional service or advocacy at one

Visits may be conducted in a resident's room, outdoors, or in a specific area designated by the aged care

facility, rather than com-munal areas where the risk of transmission to residents is greater.

Aged care facilities are likely to carry out a health screening ahead of a visit such as taking your temperature.

In addition to this, visitors will be encouraged to practise social distancing, including maintaining a distance of 1.5 metres apart.

The situations changes rapidly. For the latest advice, information and resources, go to www. health.gov.au or call the National Coronavirus Health Information Line on 1800 020 080. It operates 24 hours a day, seven days a week.

A magic table provides a sense of wonder for residents in aged care

BRINGING a sense of wonder to residents living with dementia, WA's first Tovertafel 'magic table' has been set up at Baptistcare's Graceford Residential Care in Byford.

The impact of the Tovertafel - a game-changing innovation that projects playful interactive games onto a table - has already far exceeded expectations, with staff at Baptistcare Graceford calling it 'magical'.

Prompting memories and conversation about everything from gardening to trips to the beach, the games have been developed to need only those cognitive processes and perceptions that remain intact even in the late stages of dementia, stimulating increased movement and social interaction.

What we witnessed on the day

the Tovertafel was installed was magical," said Zoey Madzongo, lifestyle coordinator Baptistcare Grace-

"We saw residents who are usually very passive coming to life. Residents who had not spoken in a while were responding verbally when using the table and residents who normally don't participate in activities were coming to sit at, or close to, the table to watch.

"Residents were really engaging and taking ownership of the program, inviting others to have a go. There's been a bit of competitiveness as well, which has been fun," said Mrs Madzongo.

It is the first time a Tovertafel, developed in the Netherlands, has been installed in Western Australia.

"It's been so beautiful to watch; to see what a difference the table has made to our residents living with dementia," said Mrs Madzongo, who started researching the Tovertafel last year, before it was available in Australia.

Mounted on the ceiling, the Tovertafel box consists of high-quality projector, infrared sensors, speaker and processor that work together to project games onto a table. The interactive games are designed in collaboration with people living with dementia and those who care for them, offering an environment where they can feel invited and safe

The games feature colourful objects such as flowers, leaves, playing cards, beach balls and bubbles. Thanks to the infrared sensors, the objects respond to even the smallest of hand and arm movements, so that residents can play with the light

The magic of the Tovertafel has been brought to Baptistcare Graceford by the family of Margaret Clark, who has been living in the memory support unit at Baptistcare Graceford for the past five years.

Mrs Clark's daughter, Bronwyn Clark, had been visiting her mum from the US, when she happened to see BBC News coverage of the Tovertafel featured in Britain.

After hearing that Mrs Madzongo and the Baptistcare Graceford team were already aware of the \$15,000 Tovertafel and excited about its potential, Mrs Clark and her brothers, Norman and Andrew Clark, generously donated the funds to make it

"The family knew their mum might not have long to benefit from it, but other people living with dementia at Graceford, now and in the years to come, would," Mrs Madzongo said. "This was generosity from the heart, not just an action.'

Mrs Madzongo said the Tovertafel was proving invaluable in providing residents at Baptistcare Graceford with both cognitive and physical stimulation, social interaction, purposeful engagement and a sense of achievement.

"It's helping our residents living with dementia to be interactive; it's helping them reminisce and it's keeping them engaged," she said.







Move Your Body

Build Your Balance

Simple steps to

STAY ON YOUR FEET

Please see your Doctor if you have concerns before starting. Before beginning each exercise make sure you are holding onto a sturdy support such as the kitchen bench or heavy table. Move slowly and stop if you feel faint or have any pain or discomfort.

Feet Together

- Hold onto a support and stand up tall with feet together
- Hold for 10 seconds.
- Repeat twice.

Make it harder

- 1. Remove hand from support
- 2. Close your eyes
- 3. Increase to 15 seconds



Step Forward

- Hold onto a support and stand up tall with feet together.
- Take a step forward with your left leg.
- Hold for 10 seconds.
- Swap legs so your right leg is in front and begin again.
- Repeat twice on each leg.

Make it harder

- 1. Remove hand from support
- 2. Close your eyes
- 3. Increase to 15 seconds



Foot in Front

- Hold onto a support and stand up tall with feet together.
- Take a step forward with your right leg placing it directly in front of your left foot so the heel and big toe are
- Hold for 10 seconds making sure your foot doesn't rest against your other leg whilst balancing.
- Swap legs so your left leg is in front and begin again.
- Repeat twice.

Make it harder

- 1. Remove hand from support
- 2. Close your eyes
- 3. Increase to 15 seconds



Single Leg Standing

- Hold onto a support with both hands and stand up tall with feet together.
- Bend your right knee so your foot comes up off the ground.
- Hold for 10 seconds.
- Swap legs so your left foot is off the ground. Begin from the start.
- Repeat twice.

Make it harder

- 1. Remove hand from support 2. Close vour eves
- 3. Increase to 15 seconds



*Please see a health professional if you have any concerns before starting these activities.

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www.stayonyourfeet.com.au
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health options for the mature west australian





Providing 'virtual' help to people with diabetes without the need for travel

DUE to the impacts of COVID-19, Diabetes WA is ramping up its Helpline and Telehealth services to help meet the growing needs of the 130,000 Western Australians who are living with dia-

People with diabetes are at greater risk of serious complications if they contract COVID-19 as a result of their compromised immune systems, with viruses known to have an impact on their blood glucose levels.

Diabetes WA wants to ensure that, with the extensive travel bans and social distancing measures in place during the COVID-19 outbreak, Western Australians with diabetes continue to have access to vital health services.

A pivotal service offered by Diabetes WA is the Helpline, which is manned from Monday to Friday by diabetes educators who are ready to answer any questions or concerns callers may have about their diabetes and the subsequent impacts of COVID-19.

Last year, the Helpline received more than 25,000 calls, which is a testament to the valuable service it has

already provided for Western Australians living with diabe-

Deb Schofield, general manager of Health Services at Diabetes WA said there has already been an increase in calls to the Helpline as people grow more concerned about the impact of COVID-19 on their health.

"People are understandably worried, so we are happy to be able to answer their questions over the phone so that they don't need to leave home," she said.

The Diabetes Telehealth Service is a free clinical diabetes education service which offers a solution for those who are affected by the travel ban by providing the opportunity for a one-on-one appointment with a credentialled diabetes educator via video conferenc-

Previously available only to people in regional WA, the service has now been temporarily extended to people living in the Perth metro area who have decided, or have been advised, to self-isolate.

"The Diabetes Telehealth service has provided over 4000 consultations to Western Australians living in regional areas since it started in 2015," Mrs Schofield said.

"By enabling people to have an appointment with a credentialled diabetes educator from the comfort of their home, GP clinic or local hospital, it has saved over one million kilometres of travel the equivalent of roughly three trips to the moon.'

Katie Ewan lives in the small WA town of Dampier, about 21km north-west of Karratha and has used the Diabetes Telehealth Service numerous times since its conception.

Diagnosed with type 1 diabetes a few years ago, Katie turned to telehealth due to the lack of diabetes educators available in Dampier.

"The telehealth service taught me all the diabetes basics including priming needles, insulin to carb ratios... just everything," Ms Ewan

"I'm just so relieved that I use Diabetes Telehealth because that means any travel restrictions won't impact me."

For more information, people can visit the website www.diabeteswa.com. au or call their helpline, on 1300 001 880, Monday to Friday, 8.30am - 4.30pm.

Using stem cell therapy for arthritis



Evolution of Osteoarthritis Diagram; 1. Bone, 2. Cartilage, 3. Thinning of cartilage 4. Cartilage remnants 5. Destruction of cartilage © doctorramev.com

ARTHRITIS is painful inflammation and stiffness of the joints. Inflammation is part of the body's natural response to protect joints from damaged cells; to remove irritants and infection, but also to start the healing process. The most common form of arthritis is osteoarthritis. This is a degenerative disease and often leads to the need for joint replacement

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

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

Call Sandra 0412 479 156 for more information.

Perth Radiology Clinic keeping people safe

PERTH Radiological Clinic take the health and safety of their patients, doctors, and staff very seriously. The Covid-19 outbreak is evolving rapidly, and they are committed to keeping up to date with all of the federal and state Health Department guidelines and recommendations.

They have introduced several measures to help keep patients and staff safe. While many of these are normal infection precautions, some have been specifically introduced in response to Covid-19.

Perth Radiological Clinic understands that this is a worrying time for everyone. They apologise for the inconvenience these necessary changes cause and thank people for understanding why these measures have been introduced.

Essentially all the changes made are designed to limit the potential for cross infection; that is limiting the potential for the virus to be passed between individuals.

Strict hand hygiene is in place for anyone entering or leaving the clinic.

They have implemented a strict: 'don't come to work if you are unwell' policy and have reviewed all their infection control procedures and made changes as recommended specifically for this Covid-19 outbreak.

Also, they have reduced the number of patients allowed in the waiting room at any one time to maintain social distancing as recommended.

They have contacted all their referring doctors and other practitioners informing them about the changes they have put in place for everyone's

So, rest assured they are doing everything they can to make Perth Radiological Clinic a safe place to come for your medical imaging investiga-







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Important to get your 'flu shot early this year as a safeguard

by Frank Smith

INFLUENZA vaccine won't prevent Covid-19 infection, but it will give you a better chance of surviving it if you do get infected.

WA Health Minister Roger Cook says immunisation is even more critical this year as WA hospitals prepare to deal with the impact of coronavirus.

"Widespread 'flu vaccination can help reduce the number of patients needing tests and care - relieving the pressure on our health system and hospitals.

"These vaccinations are really important right now as we expect to see seasonal influenza overlap with the COVID-19 virus.

'It's never been more important to protect our families," he said.

Seasonal influenza is a common. highly contagious, viral respiratory illness that last year saw 3,224 hospital admissions and 80 deaths in WA. More than 1050 cases of influenza have been reported from WA already this year.

Free vaccinations for the over 65s are now available from GPs, immunisation clinics and some community pharmacies.

People aged 65 years and over are at higher risk of serious complications from 'flu. The vaccine increases the immune system's response in the over 65s, who are

known to have a weaker response to influenza. When you skip vaccines, you leave yourself vulnerable to illnesses

The not-for-profit Immunisation Coalition says Australians tend to be diligent with children's vaccinations as we recognise they are vulnerable to infection, however at the other end of the age spectrum we seem to be a little more relaxed.

An online survey among 1,000 Australians aged 60 years and over from cities and regional areas around Australia, was conducted by Galaxy Research in 2016.

Over 20 per cent of those aged between 65-69 years had not been vaccinated against flu and the vaccination rate for other disease recommended for seniors - pneumococcal pneumonia and shingles - was even lower.

Despite being at higher risk of many illnesses as we age, only 17 per cent believed they are at high risk of getting the 'flu.

The WA Government will also roll out a new free influenza immunisation program for all primary school children with vaccines available after

Research has shown if 20 per cent of school aged children are vaccinated, it can reduce hospital admissions related to influenza in all age groups by over 30 per cent.

Not enough older people are being

vaccinated against 'flu to achieve a good level of herd immunity.

The greater the proportion of vaccinated people in a community, the smaller the probability that non-immune individuals will come into contact with a person carrying an infection. This 'herd immunity' helps shield people who cannot be vaccinated for any reason from infection.

The Immunisation Coalition says seasonal influenza is the leading cause of annual vaccine-preventable disease, associated hospitalisation and death in Australia.

Ageing makes us vulnerable to infection so keeping up to date with recommended vaccinations as we get older is critical.

Tips to keep you on your feet and healthy in the comfort of home

IN these self isolating times when most people are confined to their home, it is important for everyone to stay fit and healthy

"Staying physically active during this time of social distancing is essential for older people," savs Rachel Meade, iniury prevention manager of Stay On Your Feet program İnjury Matters.

"While it might be a little different to what you usually do, there are plenty of ways you can stay physically active while in the safety of your own

"Good balance and strength are essential for healthy ageing and remaining healthy for everyday activities.

Injury Matters encourages adults to do strength and balance exercises for 30 minutes most days, challenge balance daily and do strength exercises that people can adapt as they get stronger.

People should choose activities they enjoy to build balance and strengthen legs. Speak to a health or fitness professional about strength and balance exercises that are right for you.

Exercises that improve leg strength include knee extensions, mini squats, heel and toe raises, sit to stand exercises, weight bearing activities such as tennis, dancing and lawn bowls (you can try these at home), progressive resistance training such as lifting weights or using gym equipment at home.

Exercises that improve balance include standing with one foot in front of the other, standing still, stepping over an obstacle, side steps, single leg standing, toe and heel walking and tai chi.

"Start exercises slowly

and adapt them to get harder as you get stronger," says Rachel.

Stay On Your Feet is WA's leading falls prevention program for older adults living in the Western Australian community. It aims to reduce falls and fall-related injuries while encouraging confidence and independent living.

Injury Matters provides free resources, information and support for older adults through the Stay On Your Feet program.

To find out more ways to move your body or improve your health while at home, contact 1300 30 35 40 or visit www. stayonyourfeet.com.au

See page 16 and 23 for detailed exercises to keep you fit and active at home.

Strengthen Your Legs with Julie promotes some of the different ways people can strengthen their legs to prevent falls, with a light hearted twist through the characters Julie and her cat Tiddles.

The Build Your Balance exercise video focuses on simple ways to build balance to keep people on their feet. The video can be used by people as their balance imin their own home and proves. allows them to progress from basic exercises to

more advanced options

See online at www.

stayonyourfeet.com.au/ over60/videos/

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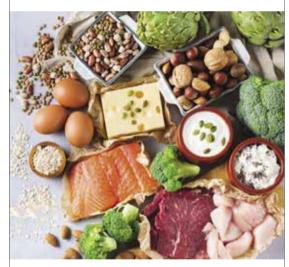
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CELLF is a new and innovative company based around information and delivery of the latest research in complementary medicine for cell rejuve-

These therapies are new and innovative and there are many that believe it to be: 'tomorrows vitamins being delivered today'

Cellf pride themselves on looking at the individual in a whole body scenario or holistically particulary for those who may feel that their medical needs are not being fully addressed. Holistic medicine looks at the body through a scientific, natural and integrative perspective and combines the alternatives for the best possible outcomes.

They offer a range of services including mi-cro-nutrients to help boost the immune system and re-balancing mal-absorption deficiencies, low level laser therapy for help with pain management and inflammation and platelet rich plasma to aid in wound healing, sporting injuries and joint pain cell regeneration through both pharmaceuticals. botanicals and medical intervention.

Cellf was born from a need to combine and introduce natural alternatives to conventional medicine, and in these trying times of Covid-19 there is anecdotal evidence that intravenous micro-nutrients have a beneficial outcome for improved immune function and healing.

They are staffed by medical professionals trained in the latest techniques to combine what is best for you. For anyone who would like to talk to one of their specialists or make a booking for a treatment call 9474 2276 or email reception@cell fsolutions.com



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Downsizing GEATURE



Independent review of retirement income due to report this year

by Frank Smith

LAST year the Treasury set up an independent review of the retirement income system. This is due to report by June this vear.

The review's terms of reference states Australia's current retirement income system is based on three pillars: a means tested Age Pension; compulsory superannuation; and voluntary savings, including home ownership.

The review panel issued a consultation paper in November 2019 in which they set out to examine the adequacy, equity, sustainability and cohesion of the retirement system. Several seniors' organisations have responded to this.

Adequacy

National Seniors (NS) say adequacy should be defined as the capacity of retirees to meet reasonable living expenses.

present some pensioners with mortgage-free homes, superannuation and a part pension are relatively comfortable. Others with little superannuation and renting houses on the open market are struggling. As a consequence Australia has one of the highest poverty rates amongst pensioners of all

OECD countries. Equity

National Seniors said compulsory superannuation does little for low income earners, especially for women who had interrupted work histories and the self-employed who are excluded from compulsory superannuation.

Australian Pensioners' Voice (APV), sent a submission to the Review calling for pensions to be given as a right without a means test.

"It is our view that a Universal Age Pension would be both simpler and fairer than the current complicated superannuation arrangements, which benefit high wealth Australians rather than the nation," said APV president Vic Guarino.

APV also says the Government should abolish the deeming rules on pensioner bank and other investments.

"It was never fair to pensioners to calculate their pension on their imaginary income rather than their actual income, and the current climate of very low interest rates has made this policy even less fair," he said.

National Seniors also believes that employment income should be recognised as a fourth pillar in the system, especially for those who have not accumulated adequate savings. At present pensions are reduced by 50 per cent for all earnings over \$7800 per year. They point out that in New Zealand earnings do not impact on pensions, but are subject to tax.

Sustainability

National Seniors believes the system should encourage self-sufficiency as much as practical, for example by removing the disincentive in the assets test taper rate which encourages home owners to reduce their assets to obtain a small pension and a range of concessions.

Unlike most developed countries Australia's population is aging slowly due to the migration of young adults. Consequently the proportion of the GDP spent on pensions is expect to decrease from 4 per cent now to 3.7 per cent in 2050.

Cohesion

National Seniors believe confidence in the retirement system is being undermined by complexity; instability; and unfairness. Both NS and Australian Pensioners' Voice (APV) say the system needs to be simpler, so it is easier to understand and navigate. They says the panel should look at alternatives to means testing, as operates in other countries such as Canada and New Zealand where pensions are not means tested but

are taxed. Certainty

National Seniors added a fourth criteria,

certainty. They say that changes to the system to improve equity should not undermine the plans made by existing re-Grandfathering tirees. should be applied where appropriate.

Pension rates have become a political football. National Seniors say pension rates should be set by a body independent of government, taking need into account not the budgetary whims of the current treasurer.

History of the Australian Age Pension

PRIME Minister Ben Chifley established the National Welfare Fund in 1946, including a 7.5 per cent surcharge on all taxpayers to fund Age Pensions. Up until 1950 it had generated £100 million.

Menzies' Robert government amended the legislation to pay the tax surcharge directly into Consolidated Revenue and in 1985 the Labor

Government repealed the National Welfare Fund legislation.

The 7.5 per cent tax surcharge was not altered by these changes. It is still collected, meaning Australian taxpayers have been contributing to their own retirement for over 70

In 1974. Prime Minister Gough Whitlam abolished the Income Test for everyone aged 70 years and over. The Fraser Government repealed this and the Hawke Government add-

ed an Assets Test to the Income Test. "Neither of these changes have benefited pensioners, and they have failed to take into account the contributions made by pensioners during their working lives," a spokesman for

Luxury retirement living is looking up... Myvista opening in Mirrabooka



IF you're considering retirement options and you want a modern, bright apartment in a community that has your current and future needs accounted for, then you should consider Myvista retirement apartments in Mirrabooka. The seven-storey development, comprising two and three bedroom apartments, is due for completion this month. Each apartment features two bathrooms, spacious living and outdoor entertaining areas with high-end finishes throughout as well as secure parking and storage.

These apartments are pet-friendly and community-centric, with access to ground floor medical and wellness centres, a café, pharmacy, pool and salon so you'll have everything you need to settle right into the Myvista life while enjoying Perth's spectacular sunsets from your

This is Myvista's second retirement development with the first being a single level village located in Balcatta. This well-established community comprises 43 villas with private courtyard gardens, a clubhouse and indoor pool, beautifully landscaped streets and grounds and is close to all the amenities you could want. Villas are currently available so now is a perfect opportunity to join this vibrant community.

Consumers are protected by the Retirement

Villages Act WA 1992, and no stamp duty is payable.

Retirement living is an enviable lifestyle, and whether you choose an apartment or villa, Myvista has the best of both worlds on offer. along with strong community connections and the confidence of a solid reputation.

To register your interest for updates or to find out more about Myvista retirement options, contact Carvl from Seniors Own Real Estate, Myvista's trusted real estate partner on 1300 064 717 or visit the website www.myvista.com.au

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Downsizing ADVERTISING FEATURE



Embracing projects within your home space during this crisis







Left to right; Time to get the paint brushes out - I finally get time to make some amendments to my book - This is my homemade pasta

to morning birdsong or to star gaze.

On the other side of this crisis I believe I will be a better person for it. For we will realise there is more to be grateful for than we could imagine.

Within the walls in which we live, we are surrounded by all that is who we are and tells our story. The choices we have made in furnishings, the colour palette, the treasures we have collected, the plants we have nurtured and the pets we love and love us back.

We now have the time and opportunity to make it a beautiful one. One worth living in and enjoying every moment.

And if improvements can be made, we can make them.

If you decide to embark upon any DIY projects, decluttering or even just changing a room around, please feel free to contact me via a phone call or email, to arrange a Face-Time call and virtual consultation, a chat for advice or another opinion. Reach out, I would love to hear from you and there is no charge.

Stay safe and most importantly stay happy and positive. Hope to hear from you soon!

Zofia offers an interior style consultation for readers and would like to offer reader's during this time a free 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 zo fiastjames@hotmail.com



by Zofia St James

WHEN I wrote last month's column, I can't believe

that I was completely naive to what we would be facing right now. I try to inspire passion for one's home and lifestyle, but this month I am almost lost for words.

Since the beginning of the year, without realising why, I have written about changes that we might have to face and the importance of embracing them.

By the time you read this I have no doubt more

change will have taken effect and huge adjustments will be necessary, if not mandatory.

Many of us, including myself, have lost jobs, are isolated, stuck within walls and living alone. The one thing we have in common is that we are all in the same boat; we are definitely not alone. Never has there been a more perfect opportunity to look inward, out, above and beyond.

I talked up embracing

change, let's put that to the

We know what we have to do right now. That's a given, but now with time on our hands at home, what is it that you would like to do? It's a bit like asking a child what they would like to be when they grow up.

I must admit that before, when I was busy with work, I found no time to just be still, relax, read a book or watch a movie. I was constantly was on the move. For the first time in years I have had to slow down and have patience. I can put my mind to completing projects that I now have the time for.

Time to voice-call people and check in instead of text. Time to paint the canvas I have made every excuse not to. Time to thoroughly attend to a task instead of it being a rush job. In other words to smell the flowers: to listen

Coronavirus (COVID-19) information

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

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



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Downsizing FEATURE

These beautiful apartments in Subiaco are perfect for retirees



ON one of Perth's most beautiful landscaped parks, boasting premium finishes and amenities to rival the best hotel, it's no wonder more retirees are calling Botanical Apartments in Subiaco, home.

Developed by Perth's premium apartment developer, Edge Visionary Living, Botanical recently won the prestigious 2019 Urban Development Institure of Australia WA Award for Excellence in the Medium Density Category. The opportunity exists to secure one of the very few remaining apartments.

To further add to the opportunity, Edge are for a short time offering to match the Government's 75 per cent stamp duty rebate. With potential supply shortages of quality accommodation expected in 2021, this is a great incentive for those looking to invest in their dream future today.

Edge Visionary Living managing director Gavin Hawkins said it was important to provide buyers with a superior home that they own and control, with no fees and which can benefit from long term capital appreciation.

"Edge seeks out the best locations. Botanical residents have connectivity to community amenities, green space, public transport, and entertainment," he said.

The first-class rooftop amenities include a 25-metre pool, gymnasium, sauna and steam room, and yoga retreat. A spectacular dining area and outdoor cinema can be booked by residents to enjoy with family and friends.

Residents Diane and Richard lived in Subiaco for many years before downsizing to Bo-

"We wanted to stay in the area where we have parkland on our doorstep and only a short walk to the shops.

"Botanical feels like a holiday resort with a great community, without living in each other's pockets. We love the privacy and security of knowing that only people living on our floor can access it. This is our final home and our grandchildren love to visit us. We are very happy living here and have everything we need," she said.

It's not only the shopping centres, theatres and restaurants drawing residents to Botanical. For many downsizers who have tended to home gardens, the appeal of the botanical theme embedded throughout the building's design is irresistible

As Perth's largest and most trusted premium apartment developer, Edge is continuing to lead the sector in creating wonderfully liveable and caring communities.

Downsizing in Applecross does not have to mean downgrading

RETIREMENT wasn't meant to be this hard. gardens, large water bills, high council rates and ageing homes in need of major repairs are seeing many of WA's older generation wondering if there's a better way to live.

"It was simply getting too difficult to keep up with the maintenance especially the garden," says Denise, a longtime Applecross resident.

"But I'm not ready for a retirement village.

Finbar, WA's largest and most trusted apartment developer has come up with the perfect solution.

Finbar's Sabina Apartments in Applecross, which will be completed this autumn, have been specifically designed with downsizers in mind.

Featuring 164 stylish residences and resort style amenities over 30 levels, Sabina Apartments join an evolving precinct brimming with modern amenities and convenience while paying homage to the suburb's rich heritage.

It's the perfect opportunity for people wanting to downsize but stay in their community.

"I love the area and many of my friends are nearby, so Finbar's Ap-

plecross Apartments let me have the best of both worlds," said De-

"Sabina is the perfect solution."

"I can take a short walk to the train station and travel down to see the grandkids in Mandurah and there's so many cafés and parks nearby to meet my friends and family.

For those not quite ready to move, Finbar will commence construction of Aurora apartments in May this year. This will be Stage 2 following Sabina and also feature stunning views of the Canning and Swan Rivers and

Due to be completed in late 2021, Aurora represents the perfect opportunity for those who are looking to downsize in the near future.

For more information www.sabinaap plecross.com.au www.auroraapplecross.







said Ms Nash. Ms Nash's luck changed when she

discovered The Bidet Shop ad in this newspaper a few months ago, offering Coway Bidet Toilet seat that just replaces her existing toilet seat. It can be installed in just a few minutes and for much less.

She contacted The Bidet Shop and spoke to one of the very helpful staff who explained how the bidet worked and its other features such as a heated seat and because it just replaces my existing toilet seat and automatically cleans without

How it works is quite simple. With just the push of a button the bidet toilet seat automatically sprays a jet of warm water and then dries you off with a gentle stream of warm air.

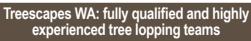
Ms Nash ordered one and her new bidet arrived in the mail a few days later.

Have a Go News' readers may qualify to have their Bidet fully funded, please to ask how. For more information, call 08 6315 4252.











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GREAT HOME and GARDENING



Inspiration to keep gardening on together through these troubled times









Left to right; Yarra Valley Bulbs - the coronavirus has affected annual garden shows, events and tours abroad

by Colin Barlow

HOW the world has changed from the time of my last column. We thought our island isolation in Australia meant that we were quite sheltered from the crisis unfolding in Europe, but the last-minute cancellation of the Melbourne Grand Prix made it start to hit home with many Aussies and our 'no worries' mentality was set to be tested.

The Melbourne International Flower and Garden Show, the biggest horticultural event in the southern hemisphere has been cancelled as has the AGM for the Australian Garden Council, the Perth Outdoor Living and Garden Festival in late April along with my garden tours to the United Kingdom and Europe in May and June.

Whole industries have been decimated and will take a long time to recover. unless you are a supermarket selling toilet rolls!

In Australia the coronavirus has caused a surge in the sales of vegetable seedlings and seeds with many garden centres and nurseries selling out. At some stores stock has replenished three been or four times per week instead of the usual Monday refill. As a community in these harsh times, we need to harness this desire to be self-sufficient to bring us all together for the power of good. This is a once in a hundred years crisis but together we can beat it and look after our loved ones

So, my mottos for this are Growing on Together and Gardening on Togeth-

Growing on Together

Preparation is the key to success, so your plants can get off to a great start in life. Here are a few tips and easy steps to help you to grow your own vegetables at home.

1. Always pick a spot in the garden in either full sun or partial shade to grow vegetables during the winter months. During the warmer months a partially shade spot is best.

2. Clear the area of any weeds, dig up the lawn.

3. Add compost, soil improver and conditioner, manures and dig them in. If the soil is sandy add some clay to permanently improve the water and nutrient holding capacity.

4. Add a handful of organic fertiliser per square metre and lightly mix it in.

5. Rake the soil level and walk over the soil to gently firm it down.

6. If you don't have any space in the garden or you only have a courtyard or paved area then you can easily grow vegies in pots, containers or raised beds. .lust remember to always use a premium potting mix.

Seeds or Seedlings?

Many people are unsure whether to grow vegies from seeds or seedlings. From my experience it is best to use a combination of both. When using seedlings, you will tend to get a quicker crop in most cases and it is a good way to start off your vegetable patch. To avoid a glut of produce all at once it is best to stagger your planting and sowing to every two-four weeks so that vou will get a regular supply. When planting, always check the label for information and spacings as large plants like cabbages and cauliflower require more space than smaller vegetables.

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Most plants grown from seed will take between seven to 21 days to germinate, so these will take longer to get going. Always try to grow root crops like carrots, parsnips, swede, turnips and radish from

seed wherever possible. Water all plants in with a seaweed based solution to avoid transplant shock. and fertiliser with a liquid

fertiliser every two weeks. Remember to rotate your crops every season to avoid the build-up of pests and diseases and a shortage of nutrients in the soil. Group vegetables from the same plant families together, for example leafy greens, brassicas, legumes (peas and beans) and root crops.

What to plant now

The best vegetables to plant now in autumn and

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Lettuce: Try the varieties such as Baby Butterhead, Cos, Frizmo. Green Mignonette, Iceberg, Oakleaf, Revolution and Salad Bowl.

Brassicas: These incabbage, caulibroccoli, Brussel flower. sprouts, kale, kohlrabi and the root crops turnip and swede.

Asian greens: These are also brassicas and include the quick growing Chinese cabbage, Chinese mustard, Chinese broccoli, pak choi, bok choi, tat soi, mizuna and

Peas: Try the easy to grow and eat sugar snap and snow peas.

Beans: These include climbing and bushy types such as broad beans. Try the varieties Blue Lake, Purple King and Borlotti.

Spinach: This is ideal for the cooler months and include the familiar English spinach (varieties Matador, Viking and Lazio), as well as New Zealand spinach (Warrigal greens) and Chinese spinach.

Carrot: Always grow from seed and ensure that the soil is free from stones and fresh manures. Some of the best varieties to grow include Early Nantes. Manchester Table. Harlequin and Navarre.

Beetroot: These take a little longer to grow but are worth the wait. Great varieties include Detroit, Cylindra, Chioggia, Burpee's Golden and Bull's Blood.

Swiss chard or silver beet: These are a leafy form of beet. Many varieties have coloured stems and leaves and include Rainbow chard, Bright Lights, Rhubarb Chard and Fordhook Giant.

Onions: These also take a while longer to grow but are worth a try. These include brown, white and red onions as well as shallots.

So, go on have a go, grow your own vegetable garden and let's get Growing on Together

I have been proud to be part of the Have a Go News family for more than 14 years, providing gardening advice to its loyal readers. In these troubled times, where it is harder to get out and about due to social distancing and travel restrictions, this paper needs to survive and keep you informed, engaged and entertained.

So, I ask you to support the initiative on page 3, make a small donation to keep us going or take up the home delivery service of the paper. So, go on and Have a Go at keeping up the good news

WIN WIN WIN

We have five Yarra Valley Bulbs which are guaranteed to grow. To be in the draw simply email win@haveagone ws.com.au with bulbs in the subject line or write to Bulbs C/- Have a Go News PO Box 1042, West Leederville 6901.

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Kitchen staples - take stock of what is in your pantry

by Noelene Swain

YOU'D have to had been living on another planet or really not paying much attention to have escaped the fact that the world is facing a period of great turmoil and uncertainty. Times are indeed unpredictable and we're all looking for ways to safely feed the family or just ourselves.

Before dashing out to the supermarket, now is a perfect time to take a major stock of your kitchen supplies rather than buying up big. There's much to be said for giving the pantry and cupboards a jolly good cleanout and re-acquainting yourself with a gag-gle of products that you'd long forgot you owned. You may well be surprised what you find. I discovered, amongst

many other interesting bits and pieces, a packet of dried porcini mushrooms (sensational in a risotto), a tin of real saffron and an un-opened jar of gorgeous preserved lemons (wonderful thinly sliced and tossed through couscous).

Determined to continue my

measured approach I trotted off to the supermarket to apply my new found sensibility to the food shop. Acknowledging my pre-disposition for spontaneous (unnecessary) purchases, I was aiming to fill my trolley with a pile of classic meal basics; building blocks for creating delicious, staple meals without needing to hit the shops on a daily basis.

Tinned chickpeas are the first in the trolley; they're an absolute must for tossing through salads, curries and

crushing into an aromatic, garlicky hummus. They're low in GI and wonderful for adding a bit of bulk (minus the heaviness) to a meal. Tinned tomatoes are another fab staple; use as the base for homemade pasta sauces, in casseroles and simmered with garlic, onion and stock for the easiest soup possible.

Tins of tuna get the nod; perfect for whipping something up on those nights where there is quite literally nothing fresh in the fridge. Try a classic tuna mornay, pop in a salad utilising all those half used veggies, or toast in bread rolls with lashings of good-quality mayo. Sometimes the best dinners are the absolute sim-

Chuck in a loaf of great bread, be it sourdough, dense and packed with wholegrain or a chewy pane di casa; a good bit of crumb goes a long way. Keep in the freezer to have with a simple bowl of soup or alongside a basic braise - a tasty slice will enliven the whole meal. Grab a plainer loaf for toasting into breadcrumbs and croutons that can be scattered through salads and pasta for wonderful textural contrast. This is also a great technique for bulking up a dish that might otherwise be

a bit on the light side. Capers, black olives and anchovies go into my trusty trolley; a trinity that allows you to create umpteen Mediterranean classics. Good extra virgin olive oil and vinegar (balsamic for drizzling red, white and rice for cooking), jars of minced chilli and ginger, soy sauce and sweet soy sauce (kecap manis) are good flavour bases for stir-fries and Asian inspired sauces. Tins of coconut milk are blessings for curries, sweets and to glam up a basic soup.

For the staples that require a cooler environment, you can't go past a stick of chorizo as very versatile inhabit-ant of your fridge or freezer. Gently fry until fragrant and add to stews, couscous and pasta for a spicy, flavour deep touch. Frozen peas are a freezer essential; risottos, fried rice, minted puree to go with a lamb chop... these beauties prove their worth time and time again.

Fetta cheese is another chilled goodie; buy in brine (it keeps really well) and pop it into filo pastry parcels,

quiches and atop bruschetta. A hunk of good grating cheese such as pecorino or grana padano is excellent for cleaving slivers into warm salads and dressing a simple pasta.

Arm yourself with an arsenal of useful, versatile, classic ingredients and you'll be truly surprised how many meals you can create from next to nothing. Chuck in some seasonal veggies and some judi-ciously chosen meat, seafood and poultry and your food budget and menu suddenly seems far more inspired and manageable. Just don't go shopping on an empty stomach. Five packets of Lindt dark chocolate and orange? It was on special, I swear!

Brought to you by Fresh Finesse Food Promotions www. freshf.com.au

Mushroom, tomato and cheese pasta bake

Preparation: 20 mins; cooking: 30 mins; serves: 4



400g dried penne pasta 21/2 tablespoon olive oil 500g large cup mushrooms, sliced 2 garlic cloves, crushed 500g jar tomato pasta sauce Salt and ground black pepper 180g tub bocconcini cheese, drained, quartered

1/4 cup flat-leaf parsley, chopped

½ cup breadcrumbs
PREHEAT oven to 180°C. Cook penne in a large saucepan of salted boiling water, following packet directions, until al dente. Meanwhile, heat two tablespoons of oil in a large frying pan over high heat. Add mushrooms and garlic and cook, stirring often, for four to five minutes or until mushrooms are golden. Set aside. Drain pasta and return to the saucepan. Add mushroom mixture, tomato pasta sauce, bocconcini and parsley. Season with salt and pepper. Stir well to combine. Spoon penne mixture into a 10-cup capacity deep baking dish. Combine breadcrumbs, parmesan and remaining oil in a bowl. Sprinkle over penne. Bake for 15-20 minutes or until hot and breadcrumbs are golden.

Baked potatoes with chilli con carne

Preparation: 10 mins; cooking: 35 mins; serves: 4



- 4 large potatoes
- 1 tablespoon olive oil 1 red onion, chopped
- 1 clove garlic, crushed
- 1 red chilli, finely chopped
- 500g mince ½ teaspoon paprika
- 3/4 cup tomato paste
- 1 cup beef stock
- 1 tin red kidney beans, drained 4 ripe tomatoes, chopped

1 cup sour cream

PREHEAT oven to 180°C. Pierce potatoes with a fork. Microwave for 4 minutes. Bake in the oven for 15 minutes. Cool. Meanwhile, heat oil in a nonstick frying pan. Fry onion, garlic and chilli for two minutes. Add mince and paprika to the pan. Cook, stirring until meat is browned. Add tomato paste and stir for two minutes. Add stock, kidney beans and tomatoes. Bring to boil. Simmer for five minutes. Place one potato on each serving dish. Cut into quarters so that the middle section is open for chilli con carne. Spoon chilli con carne over potato and serve with sour cream.

vegetable stew

Lamb shank and

Preparation: 15 mins; cooking: 2 hours; serves: 4

2 tablespoon oil 1 onion, diced 2 lamb shanks

2 tablespoon flour 1 cup 'soup-mix' lentils 800g tin chopped tomatoes 2 carrots, peeled, diced

2 potatoes, peeled, diced 2 celery sticks, sliced 2 teaspoon chicken salt

HEAT oil in a large soup pot. Saute

onion for three minutes. Dust each shank with flour. Add to pan. Allow to cook for five minutes to seal. Add soup mix, tomatoes, four cups of water, carrot, potato, celery and salt. Bring to a simmer. Stir well. Reduce heat and cover. Allow to simmer for two hours, stirring occasionally. Remove shanks. Take all meat from bones and slice. Return to stew. Serve hot with fresh crusty bread.

Australian whisky is celebrating 24 years



lowing de-regulation of Australia's milk Industry in the early 1990s. Access to some of the

world's purest drinking water, delivered on the winds of the Roaring Forties, was a strong catalyst to commence crafting premium single malt whisky.

It's now 24 years on and the vision of these dairy-farming men has proven to be inspirational with Tasmanian single malts becoming a major force domestically and overseas.

At the prestigious Whisky Live Paris in 2013 the distillery's Pinot Noir 'Best New World Whisky' in a series of blind tast-

It backed that accolade up in 2015 by being anointed World Whisky Master in the Super Premium category of the World Whisky Masters conducted by Spirits Business magazine in the United Kingdom.

It was also anointed as one of the World's Ten Best Value Whiskies. In 2016 the distillery took out a gold and silver medals at the World Whisky Master Awards followed by silver in 2017. In 2017, its Visitor Centre and visitor centre manager were announced as Icons of Australian Whisky at the inaugural Icons of Whisky awards held in

Sharon

Deane went on to be recognised as a World Whisky Icon at the World Whiskies Awards held in London in March 2018.

The company has established a strong foothold in Europe through a partnership with major French distributors, La Maison du Whisky. This relationship has resulted in Hellyers Road varieties becoming available in over 21 countries throughout Europe.

The distillery has also become a tourist attraction with more than 40,000 visitors annually. Western Australians can now enjoy the flavour of Australian whisky with its single malts available nationally through Dan Murphy outlets, First Choice. Vintage Cellars, selected BWS outlets and independent chains.

Find out more at www. hellyersroaddistillery. com.au

WIN WIN WIN

To celebrate this Tasmanian icon of whisky we have two bottles of Hellyers Road Single Malt 12-year-old whisky to give away to two lucky readers. To be in the draw simply tell us where the distillery is located. Then either email win@haveagone ws.com.au with Whisky in the subject or write to Win Hellyers Road Whisky c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 30/4/20.

Share your favourite recipe



WE know many of us have more time on our hands than normal so we thought it would be a great idea for people to share their favourite recipes.

We have some great cooks in our readership and as most of us will be cooking a lot more, this

is the perfect time for Reader Recipes to debut in our pages.

Send us in your favourite sweet or savoury recipe and if you can add a brief paragraph about where you found this recipe or if it was handed down from a family member, all the better.

They don't have to be complex recipes just good hearty home cooking.

For those who are able please send in a photograph - mobile phones are fine to use, please just make sure the photo is in focus.

Email jen@haveagonews.com.au with Reader Recipe in the subject line or write to Reader Recipes c/- Have a Go News PO Box 1042, West

HELLYERS Road Distillery is the country's largest boutique distillery and is completely Australian owned and operated. The first flow of spirits took place in 1999 and the first product sales happened in 2006.

Located in pristine dairy farming country on the outskirts of Burnie in north west Tasmania the business came about fol-

Adelaide.

Manager



or Jane 0424 723 664

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There is more to wine flavours than grape variety...



by Frank Smith

MANY flavours found in wine come from the oak used to make the barrels in which wine is matured. For example the creamy notes of butterscotch and toasted cashew in Chardonnay or the wafts of pencil shavings and cigar box in Cabernet as well as other flavours such as sweet coconut, nougat, nutmeg, caramel, coffee and cloves all come from oak.

Oak does two things to wine. It allows a small amount of oxygen into the wine, which softens the palate and it imbues the wine with flavour compounds.

Basic oak flavours are earthy – leathery, woody and spicy. But when barrels have been 'toasted' (charred on the inside), you also get complex flavours of honey, toffee, hazelnut, nougat, cinnamon, nutmeg, coffee, mocha.

See if you can pick which of these wines owes its flavours to oak.

Castle Rock Estate Porongurup Pinot Noir 2019 is a medium red in colour with aromas of strawberry and cherries with a background of creamy gaminess with hints of spice. The palate shows the cherry and strawberry fruit characters with a silky texture. Oak adds subtle charry

characters. The wine has a long, lingering finish. RRP \$34.

Angullong 'Fossil Hill' Vermentino (Orange Region) 2019. Vermentino is an Italian variety that is becoming popular because it withstands hot seasons better than most white grapes. The wine is pale straw in colour with a lime green hue. It displays aromas of stone fruit, citrus/lime, dried herbs and nettle. The palate is full flavoured with fleshy fruits and a long finish. RRP

Jacob's Creek Reserve Prosecco is a pale green sparkling wine with aromas of fresh pear with lemon and orange blossom. The palate is crisp with bright acid and flavours of fresh apple and pear.

It is best served as an aperitif or to accompany seafood. RRP \$15.

'I am George' Cabernet Sauvignon 2017 the Limestone Coast is dark red in colour, with aromas of blackcurrant fruit for which this grape is well known. Blueberry, vanilla, and spice add complexity. The palate shows dark berry fruits complemented by nutmeg spice as well as cedar and a leafy character. Soft tannins round off a lingering finish. RRP \$19.99

Rosily Preservative free Semillon Sauvignon Blanc 2018. This SSB is pale straw in colour with a slight lemon hue. It has aromas of fresh cut grass and ripe tropical fruits. The palate is smooth and buttery with a refreshing tangy

acidity that brings life to the finish. RRP \$25.

Hastwell and Lightfoot Tempranillo (McLaren Vale) 2017. This wine is dark reddish-purple with aromas of milk chocolate and raspberry and a dash of spiciness. The palate is medium bodied with flavours of plums and dark ripe cherries with savoury flavours lingering in the finish. RRP \$25.

2018 La La Land Pinot Gris 2018 is a pale straw coloured wine from Victoria. It displays aromas of fresh pear, summery tropical fruit and zesty citrus. The palate is light and fresh, tasting of crunchy nashi pear, white nectarine and hints of zingy, refreshing lemon and lime. The finish is dry and lasting. RRP \$18.

Vince Garreffa's Carluccio Easter lamb



Carluccio Easter lamb



by Vincenzo Garreffa

THIS is an idea that I stole from the late and great Antonio Carluccio, god rest his soul. Being

friends in the 1990s he let me have it. The fresh ingredients give amazing flavour to the lamb and the three different cooking times it give you fabulous flexibility with amazing time benefits. Twelve hours, six hours or two hours cooking, you choose which one of the three. Every one tastes delicious. Make this yourself with a boneless shoulder of lamb or get your butcher to bone

Ingredients for six to eight

- 1 boneless lamb shoulder, trimmed ready for rolling (no shank)
- 100g rocket leaves
- 100g mushroom slices
 100g shaved pecorino cheese
- 5 cloves of thinly sliced garlic
- Handful of fresh rosemary
- Western Australian lake salt
- Freshly cracked black pepper
 Fytra virgin alive ail
- Extra virgin olive oil (EVOO)Method

Lay your lamb skinside down and season with a little salt and pepper. Now lay the rocket, garlic, rosemary and mushrooms all over the lamb and between the splits in the meat, followed by the shaved pecorino. Now carefully roll up the shoulder, taking care that nothing falls out and tie it up with cotton string

to make a nice parcel shaped shoulder roast.

Drizzle the outside with EVOO and season with a little salt and pepper then it is ready to roast immediately or the next day. First cooking method of 12 hours at 75°C for example midnight to noon the next day. Second cooking method is six hours cooking at 125°C, the third cooking method is two hours at 180°C with a cup of white wine in bottom of tray to make juices. Serve with captured juices, salad and vegetables.

RIP Antonio – your food legacy lives on and is being eaten.

is being eaten.
Vince is the proprietor
of Mondos Butchers located at 824 Beaufort
Street, Inglewood. They
are open Tuesday to Friday 8am – 6pm Saturday
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6350 or visit www.mon
do.net.au

What's Fresh in the markets







Pear and ginger ricotta cheesecake © Sugar Et AI - corn - parsnip

Fuji Apples: look out for this popular apple right now and you'll be rewarded with that lovely straight-from-the-orchard taste. Available in a variety of sizes, the Fuji has a cream toned flesh and a delicious sweet and spicy flavour-perfect for eating and cooking. The smaller apples are great for snacks, being the ideal size for little hands, and you can serve the larger ones sliced with cheese and good bread to make a very satisfying lunch. Fuji apples also store very well – grab a bag, pop them in the fridge and have them on hand to munch in the weeks ahead.

Autumn giant plums: the name says it all, as these lovely large fruit are the last of this season's stone fruit to arrive on the scene. They ripen slowly, keep well, and have very juicy, sweet flesh, even though they remain firm when ripe. Simply divine and leaves a wonderful lingering memory of the stonefruit season.

Packham pears: buy when they are firm and green and keep at room temperature. They usually take about a

week to ripen to their sweet, juicy best – you'll find they are ready to eat when the skin is tinged yellow. For a simple autumn dessert, melt a little butter, cinnamon and caramel syrup together and pour over pear slices in a heatproof serving dish. Grill until browned and tender. Yum!

Parsnips: mashed, chipped, or roasted, this sweet peppery flavoured root vegetable has had a resurgence of popularity and it's no wonder. Parsnip keeps well and there's very little waste. Dress with a little fresh orange juice or rind, olive oil and freshly ground black pepper.

Sweet corn: luscious juicy cobs are now plentiful and well priced and they are a perfect solution for snack attacks. Use as soon as possible after purchase and cook for a short time only — two minutes in the microwave is plenty. You may prefer them cooked on the barbecue, either whole or in chunky slices threaded on skewers and brushed with good olive oil. Cook only until the kernels take on a lightly charred look.

_etters to...Vince Garreffa

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Flexible shopping adventures to keep you well stocked

by Noelene Swain

WHAT you think is a fairly basic shop ends up becoming an adventure, the savvy shopper is turning to a few clever tricks to make the weekly shopping stretch that bit longer.

Buy fruit and vegetables in season – they're cheaper, taste a million miles better and are more likely to be from WA. This will have the important advantage of supporting our local food industry at this important time. When purchasing, look for WA origins, either on a sticker directly on the produce or on the display sign. If in doubt, discuss the seasonality and provenance

with your fresh produce retailer.

Be flexible - now is a great time to be adventurous and flexible with ingredients. If you can't buy your usual brand or style of produce, there will be something you can sub-stitute. Fruit and vegetable prices can fluctuate for a variety of reasons so be prepared to tweak your menu when you've had a look at what's on offer. Well-priced new season apples might mean making up a big batch of apple sauce that'll keep you going through winter, or some inexpensive mushrooms might be combined with cream and herbs and frozen to be used as a quick

pie filling. Herbs chopped and mixed with a bit of olive oil and frozen; economical and magical for adding lift to a dish when you've no fresh stuff to hand.

Store your produce correctly - say goodbye to finding mouldy veggies lurking in the back of the crisper. By storing your produce correctly, you eliminate wastage every week. Ensure your produce is well-wrapped in separate plastic bags (or cloth and paper in the cases of potatoes and mushrooms) and make sure you use the quicker deteriorating produce first. If you wash your vegetables before storing, make sure they're really dry before wrapping them up. Don't store all your fruit in the fruit bowl – the warmer climes of Australia make this European practice impossible without spoilage. Pop a few pieces that you'll eat within a day or two in the bowl and stick the rest in the fridge. The only exception is tropical fruit and tomatoes; buy as needed and store at room temperature

Cut down on carnivorous leanings – meat, as delicious as it can be, is by no means the be all and end all of interesting and delectable family feasts. Lots of dollars can be saved by missing the meat a couple of nights a week, instead opt for

a juicy grilled field mushroom, or a substantial salad or curry. Vegetable based frittatas, quiches and pies are all your wallet-sparing friends – add a green salad and some crusty bread and you've got a veritable feast.

Send in the spuds on the satiety index, the measure of how much a certain food fills you up, potatoes scored the highest, making a potato or two go a very long way. Low fat and very high in Vitamin C, a bag of versatile WA-grown Royal Blue or Ruby Lou spuds as part of your weekly shop stands up as a very economical and healthy way to feed the family. In roasts, curries, salads,

braises, soups; be sure to take full advantage of the chameleon-like qualities of these top-notch tubers.

One pot wonders chickpeas, beans, lentils, pasta, potatoes, couscous, pearl barley and polenta are great bases for some fantastic meals that are kind on the hip pocket too. A big pulse or legume based stew or a pot of spaghetti is just what we feel like in the cooler weather and costs next to nothing to create. The judicious use of spices, fresh herbs, toasted nuts, breadcrumbs and cheese will ensure your tribe's taste buds are not neglected.

Lovely leftovers - in-

vest in a collection of sturdy tubs in a variety of sizes that can house your leftovers. Significant amounts can be frozen and bits and bobs are fantastic for adding to lunches. A brilliant idea is to have a 'bubble and squeak' night at the end of each week - do a big fridge clean-out and use up any lingering produce or things nearing their use-by date. Omelettes, stir-fries and one pan sautés are perfect for making sure you're using everything you've paid for. They can be gobbled up for dinner or taken to work or school the next day for lunch: a nice departure from the standard sambo.

Apple and plum coconut crumble

Preparation: 20 mins; cooking: 30 mins;



- 5 apples peeled, cored and chopped
- 5 plums, halved and seed removed
- Juice from 1 lemon
- 3 tablespoon water 3 tablespoon sugar
- Coconut Crumble
- 1 cup oats
- ½ cup coconut
- ½ cup plain flour ½ cup sugar
- 2 tablespoon soft butter

Chop the cored apples and place them with the water, lemon and sugar into a saucepan and cook for five to eight minutes until apples and plums have softened. Allow to cool.

Spoon cooked fruit into four individual dishes or alternatively one large dish.

Meanwhile measure all the crumble ingredients into a large bowl, rub though and combine.

Sprinkle the crumble topping over the apple and plums and bake in a moderate oven 180°C for 20 - 30 minutes until golden and heated though. Serve hot or warm.

Mushroom, leek and cheese tarts



2 tablespoon olive oil 2 leeks, onions or spring onions trimmed and finely chopped 3 cloves garlic, crushed

3 cloves garlic, crushed 200g button mushrooms, sliced

200g Swiss brown mushrooms, sliced
Salt and ground black pepper
3 frozen sheets puff pastry, partially thawed
100g goat's cheese, feta, haloumi or cheddar cut

Preheat oven to 200°C, line a baking tray with baking paper. Heat oil in a frying pan over medium heat. Add leek and garlic and cook for five minutes or until soft. Add mushrooms and cook, stirring often, for 10 minutes or until all liquid has evaporated. Remove from heat, season with salt and pepper and set aside to cool.

Cut 4 x 10cm rounds from each pasty sheet. Evenly place goat's cheese slices onto the baking tray. Pile ½ cup mushroom mixture over each cheese slice. Place a pastry round on top of each mushroom mound and pinch pastry around the edges to seal mixture. Bake for 15 to 20 minutes or until golden and puffed. Turn upside down and serve immediately.

Add chopped semi-dried tomatoes, olives or char-grilled eggplant for variation.

Vince's beef mince with potato and peas





by Vince Garreffa

COMFORT food is like a hug from mum. When she is not there, enjoy this dish anytime you need a proxy for mum's love. No matter how much we love mums they always love us more. And in these strange times we will need to ensure we stay well fed and loved. This is an easy recipe for anyone to have a go at cooking.

Ingredients for two

big eaters...
500g minced beef steak
1 big Spanish onion
diced small
2 big royal blue potatoes diced small
(washed not peeled)
1½ cups frozen or
canned peas
bouguet garni (consist-

ing of 2 bay leaves, cinnamon stick, 6 cloves and 1 sprig of rosemary tied in a gauze cloth) 250ml veal or chicken stock (and a little more on standby) West Australian extra

virgin olive oil (EVOO)
West Australian organic
lake salt
Freshly ground black

pepper

Method:

Method:

Fry the onion in some oil until a little caramelised. Now add the mince and cook until brown (no lumps please) add potato and peas and season with salt and pepper to taste, add the bouquet garni and stock and simmer everything together with the lid on, stirring often. If the mix becomes too dry add more stock as you want the mince mix to be moist but not runny. When the potatoes and peas are tender and the mix is not too dry or too wet then remove the bouquet garni and serve on toast. We love you.

Buon appetito

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.

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Have a Go News is published by Concept Media – ABN 97 425 866 519 ACN 069904221 Website www.haveagonews.com.au 137 Edward Street, Perth WA 6000 Postal address: PO Box 1042, West Leederville WA 6901



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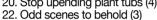
CRYPTIC CLUES

Across

- 1. Crush newspapers (5)
- 4. ET has eleven final means of escape (5)
- 7. Say no to dip (7)
- 8. Out of danger in bank vault (4)
 12. Easy after child's drama (4)
 14. Cost of veal you prepared (5)

- 15. Rare colour for moon when it's low (4)
- 17. Eton returned brief letter (4)
- 21. They have fitting occupations (7)
- 23. Wait at table in reserved section (5) 24. Charming sort of tooth (5)

- **Down**1. Spots crooked stakes (5)
- 2. Cease den renovations (3)
- 3. Destroy mailbag (4) 4. Does she dine sitting backwards? (4)
- 5. Best if I lead off (5)
- 6. Apologetic for having some oats or rye (5)
- 9. Every bit alluring (3)
- 10. First Lady is even nervier (3)
- 11. It takes a little talent to drink it! (3)
- 12. Write a novel in US jail? (3)
 13. Social worker seen in shantytown (3)
- 15. Clinton's statements of what's owed (5)
- 16. Express without qualification (5)
- 18. Rowing team ate loudly (5)
- 19. Sheriff contained wild blaze (4)
- 20. Stop upending plant tubs (4)





10 12 14 15 16 17 18 19 20 21 22 23 24

STRAIGHT CLUES

Across

- 1. Cupboard, linen ... (5)
- 4. Goes out (5)
- 7. Downturn (7)
- 8. Risk-free (4)
- 12. Participatè in game (4)
- 14. Hold dear (5)
- 15. Depressed (4)
- 17. Crotchet or minim (4) 21. Suit-makers (7)
- 23. Tennis delivery (5)
- 24. Sugary (5)

All solutions on page 22

Down

- 1. Assignments (5)
- 2. Objective (3)

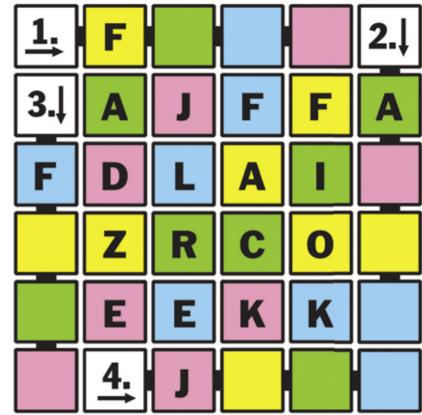
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- 3. Lay off (employee) (4) 4. Writer, ... Blyton (4) 5. Perfect (5)

- 6. Contrite (5) 9. Warts & ... (3) 10. Preceding day (3) 11. Alcoholic brew (3)
- 12. The ... is mightier than the
- sword (3) 13. Tiny insect (3)
- 15. Duck beaks (5)
- 16. Articulate (5)
- 18. Roman VIIÌ (5)
- 19. Ready, aim, ...! (4) 20. Cooking vessels (4)
- 22. Diocese (3)

SQUARE SHUFFL

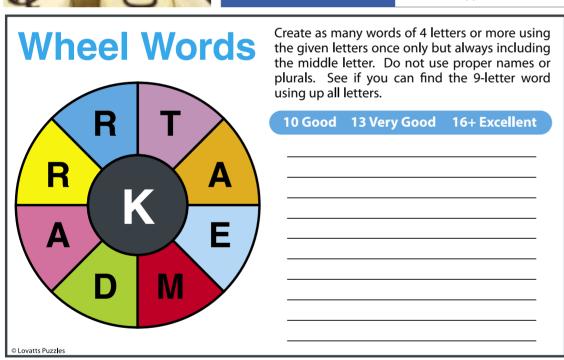
Take one letter from each colour to make up 4 four-letter words that are all tools. We have given you the first letter to get you started. Every letter must be used once only.



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

Παιιτίζ	J. 🗮	* 1	<u>۷ ۷</u>	oxdown				
			1	2			6	
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9		4	8					6
	3	5					9	
© Lovette	7			5	4			

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NEWS		
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Have a Go News PUZZLES PAGE

10

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CROSSWORD

CRYPTIC CLUES

- **Across**
- 1. Set up one shed behind ruined stable
- 7. Come clean about being involved in sideshow nuptials (3,2)
- 8. Stamp included in all-purpose album (4) 9. One hundred and one connections in
- major towns (6) 12. Small weeds turned out to be vegetables (6)
- 13. Animal enclosure found outside cottage
- 15. Run after Chevy (5)
- 16. Delighted to be where the cow jumped (4,3,4)

Down

- 1. Slips away to see Alps (7)
- 2. Provide funding for team defender (4) 3. Press in charge? How unexpectedly
- appropriate! (6) 4. Disadvantages of discussing useful
- headwear (9) 5. Go down for short swim (3)
- 6. Standoff with buddy who's no longer interesting? (9)
- 10. We teens processed sugar (7)
- 11. Decentralise half of what's respectable
- 14. Race around area of land (4)
- 15. Coup announced by carrier pigeon? (3)



STRAIGHT CLUES

Across 1. Installed (11)

12

15

16

- 7. Confess (3,2)
- 8. Marine mammal (4) 9. A Tale Of Two ... (6)
- 12. Stockholm natives (6)
- 13. Actor, Nicolas ... (4)
- 15. Pursuit (5)
- 16. Ecstatic (4,3,4)

Down

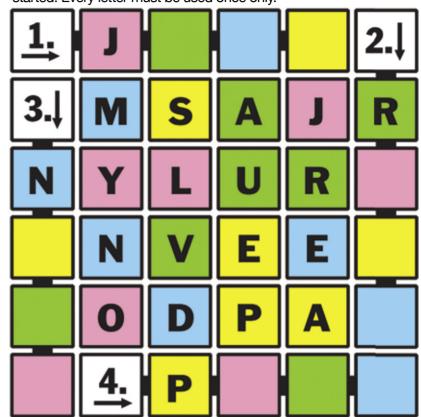
1. Passes (of time) (7)

13

- 2. Lumbar region (4)
- 3. Wryly amusing (6) 4. Golf ratings (9)
- 5. Salsa or guacamole (3)
- 6. Chess impasse (9)
- 10. Add honey to (7)
- 11. Proper (6)
- 14. 0.4047 hectares (4)
- 15. Talk of love, bill & ... (3)

SQUARE SHUFFLE

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



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

ηαιιιί	y. 🔼	λ	7 M	W				
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9	5			4			7	2
9 3		7	9	2			1	
	9		4					1
7		2	3					5
	4				5			

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#337 April edition puzzle solutions on page 22

T	TA
NM	E

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

8 Good	14 Very Good	19+ Excellent		

PALM BE

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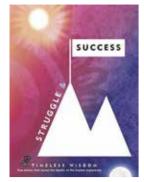


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Struggle and Success, **Edited by Renee Hollis Reviewed by Pat Paleeya**

A collection of stories dedicated to the unrelenting spirit of the human race

FROM an international short story competition comes this collection of true stories written by or about people over the age of 60 who have overcome great struggles and adversity to achieve victories.

Challenging situations demand attention. so how do we cope? These wonderful tales are uplifting and inspirational and they show us, no matter how dire life can seem at times, we all have within us the capability to overcome adversity by believing in our own strength and resilience.

Mirrors a Memoir by Gayle Malloy tells of her waking up in hospital when she was 18 after a car accident which left her disfigured and not recognising the 'creature in the mirror'. Today at the age of 64 she writes that her scarring gave her a depth of understanding that allowed her to work with the downtrodden and dispossessed and rewarded her with the gift of compassion and understanding of others.

Lloyd Spencer Davies writes about his friend John Darby who by the age of fourteen had lived in seven different orphanages. At 17 he went to New Zealand to work as a farm hand but after 18 months contracted polio and spent a year in hospital. After recovery he studied zoology and assisted a top biologist whose interest was penguins. This saw John become instrumental in establishing protected areas where the habitat of penguins was not under threat.

There are 25 stories in

this collection, some funny, some dramatic and some thought provoking.

Renee Hollis writes that their criteria for selection were that the stories reflect a diversity of writing, blend humour with pathos and balance drama with those of quiet contemplation. And this is exactly what the book

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We have one copy of this book to give away to a reader. To be in the draw simply email win@ haveagonews.com. au with Struggle in the subject line or write to Struggle C/- Have a Go News PO Box 1042 West Leederville 6901. Closes 30/4/20.

West Australian Opera hosts Ghost Light Opera arias online

WEST Australian Opera is committed to engaging with audiences during this challenging time and have found a way to bring the magic of opera to people.

Carolyn Chard AM, executive director, West Australian Opera said: "Ghost Light Opera will enable the experience of beautiful music to transcend from the stage of His Majesty's Theatre and into your home wherever

"A light – a ghost light – is left on the stage when the theatre is unoccupied and would otherwise be completely

"In a difficult environment with limited social gathering and isolation measures in place, West Australian Opera's Ghost Light Opera will provide a platform for everyone to engage with the state opera company despite empty seats and closed venues. We can still connect with each other, we can still share the power of music and try to help heal the soul in challenging times," she said.

Ghost Light Opera will celebrate Western Australian singers performing gorgeous arias spot lit on a darkened stage

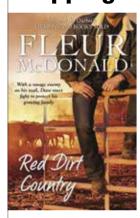
WA Opera is proud to enable performing opportunities for soprano Emma Matthews, mezzo soprano Fiona Campbell, tenor Paul O'Neill and baritone James Clayton. Accompanied by Tommaso Pollio, these singers will take to the stage to share the arias people know and love.

They are grateful to their partners, donors and government who continue to support them in this time of crisis.

They extend thanks to the Department of Local Government, Sport and Cultural Industries, Australia Council Perth Theatre Trust, His Majesty's Theatre, Wesfarmers Arts, Lotterywest, City of Perth, Minderoo Foundation and Healthway for their ongoing support of West Australian Opera.

A Ghost Light Opera aria will be released every Saturday at 7.30pm on WAO's social media platforms. Follow the company's pages to stay up to

Gripping crime thriller



Red Dirt Country by Fleur McDonald published by Allen & Unwin Reviewed by **Lezly Herbert**

McDonald **FLEUR** has lived and worked on farms for much of her life. She has used her experiences from childhood, as a jillaroo and now running

a 8000 acre farm east of Esperance to become one of Australia's bestselling rural authors.

In north Western Australia, Spinifex Downs is leased by an Aboriginal community. It has had cattle going missing for years and the elders are afraid to report it because people have gone missing as well. But new generation manager Kevin isn't afraid.

Detective Dave Burrows joins the stock squad to investigate, even though he still has persistent nightmares of being shot - a flashback to when he was actually shot while capturing stock thieves as an undercover agent in rural Queensland in a previous book Without a Doubt.

With the job requiring him to be away from his pregnant wife and young daughter, Dave is pulled in two directions. McDonald's gripping crime thriller brings together personal issues affecting mental health and the historical residue tainting rural communities and affecting livelihoods. RRP \$29.95 available at all good bookstores.

Find us on social media www.haveagonews.com.au







DUE to recent developments relating to COVID-19 the following changes have been made to the Marloo Theatre effective immediately.

Our 2020 seasons have been postponed until further notice. Tickets that have already been purchased for the upcoming seasons will be automatically rescheduled to the new season dates when they are announced. If you wish to receive a refund for your ticket please contact out bookings manager: bookings@marlootheatre.com.au or 0490 098 552.

Annual General Meeting

The AGM of the Darlington Theatre Players Inc which was scheduled for Tuesday 17 March has been postponed with the new date to be, advised in due

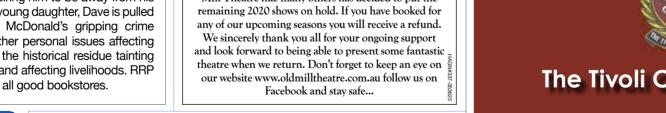
During this time we have decided to take the opportunity to perform some maintenance and renovations on the theatre including the installation of a brand new motorised stage curtain!

To keep up to date on what we are doing go online to our website at www.marlootheatre.com.au or follow us on Facebook and Instagram.

We wish everyone health and safety during this time.



Our ghost light is on but we will return! The Old Mill Theatre like many others has decided to put the remaining 2020 shows on hold. If you have booked for any of our upcoming seasons you will receive a refund. We sincerely thank you all for your ongoing support and look forward to being able to present some fantastic theatre when we return. Don't forget to keep an eye on our website www.oldmilltheatre.com.au follow us on Facebook and stay safe...









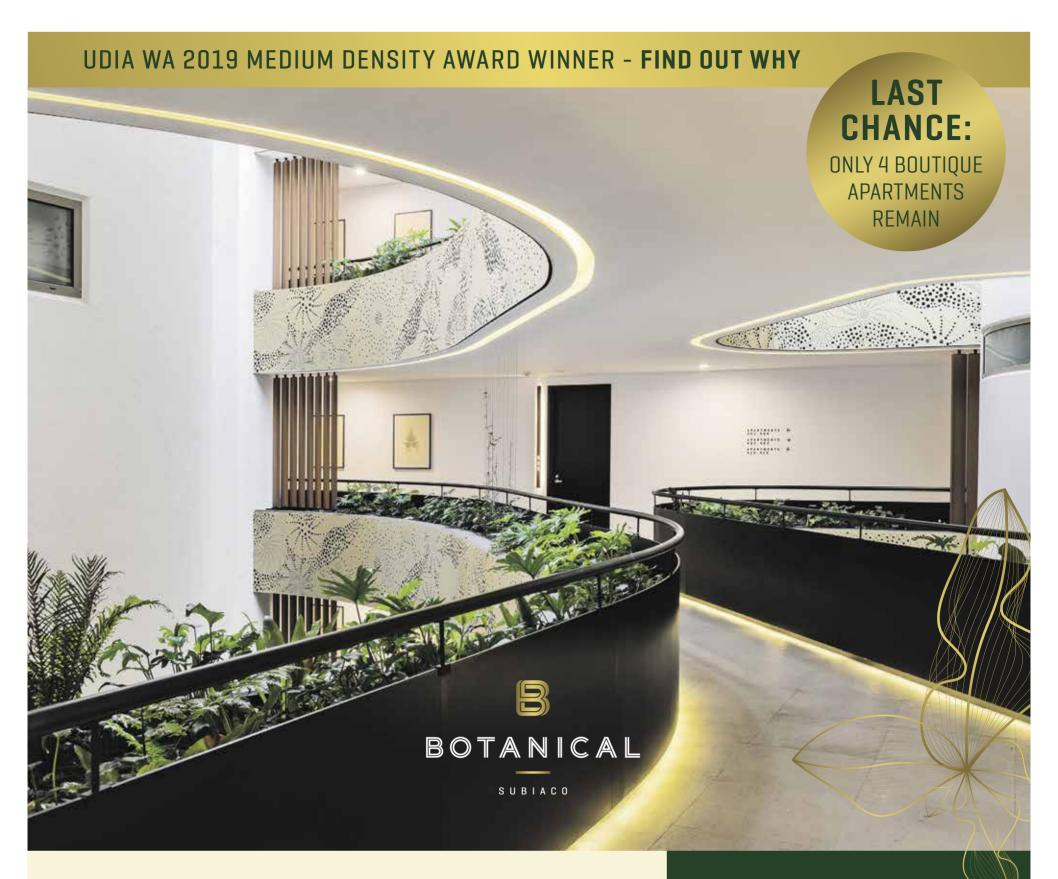
The Tivoli Club of WA Inc

The Tivoli Club will be closing in line with the COVID 19 restrictions. We wish all our cast, crew and patrons well, and hope they stay safe during these difficult times.

We would like to assure you the Club will open as soon as restrictions are lifted.

The Club is currently working through refunds to patrons who have paid or paid a deposit, please be patient we will refund everybody.

Take Care **Tivoli Executive Committee**



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