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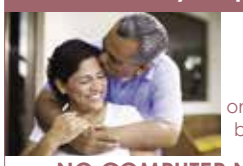

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WA's favourite comedian razzle dazzles

Peter Rowsthorn takes to the stage in Priscilla Queen of the Desert

by Josephine Allison

LIFE can take many unexpected turns, which happened to much-loved Australian comedian Peter Rowsthorn when he was confronted with the enormity of Covid-19 while flying from Melbourne to Perth last year.

"I estimate that when Covid hit, I lost $40,000 in a week," says Peter who is about to take to the stage at Crown as Bernadette in the adaption of the classic Australian film *The Adventures of Priscilla Queen of the Desert* directed by Trevor Patient with Cougar Morrison as Tick (Mitzi) and Nick Mayer as Adam (Felicia).

"I panicked a bit and got my truck driving licence in case I needed to go truck driving. I was pretty lucky, I was working for Channel 7 – and still am – in a show called *Flashpoint* on Monday nights. That kept on going and they did a news story on *Flashpoint* about me getting a truck driver's licence and that became a national news piece.

"From that, I got calls from mining companies really worried about their employees' mental health so we devised an interview program. People were stuck in their dongas after 12-hour shifts and couldn't go to the gym or tavern. They were doing these shifts and coming home for 12 hours and not mixing with anyone.

"We devised an interview program with the likes of Glenn Robbins, Magda Szubanski and Dave Hughes, all my comedy friends; Danny Green, sporting people, footy players I knew. Miners and their families would be sent a link so they could watch the same program together. It was also interactive so they could ask questions.

"I hosted it and because I knew the other people involved it was all rather light and funny. Then *Kath & Kim* was sold to Channel 9 so I got some money from that. Before I knew it was July and because we live in the greatest state on earth and I was starting to work again.

"I was very lucky I got through the worst of it."

Peter went on to appear in the Fringe Festival with daughter Frankie, 18.

"She started doing comedy when she was 16 and said she wanted to try it," says Peter. "Instead of driving her to netball, I drive her to comedy festivals; she has done really well in a short space of time and is starting to get work around town.

"We did a show together which was lovely. She did her 10 to 15 minutes and I did the rest and voilà! we had a show which was sold out. Now it's a few corporate jobs until *Priscilla* which I'm really looking forward to a lot."

Priscilla tells the story of two Sydney drag artists, Tick and Adam and transgender woman Bernadette, who are contracted to perform a drag show at a resort in Alice Springs, at the behest of Tick's ex-wife Marion.

continued on page 14

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From the editor's desk

Jen Merigan

CONGRATULATIONS to Don Punch, the new Minister for Seniors and Ageing and the MLA for Bunbury. Following my email congratulating Don on his appointment he took the time to contact me and we are going to meet and chat about his new role. We will share his aspirations for the portfolio in our May issue. Don kicked off by attending the Rockingham *Have a Go Day* late last month.

★★★

I had the opportunity to visit Government House to celebrate International Women's Day which is held each year on 8 March. The WA Women's Hall of Fame paid homage to women who made a contribution to Western Australia prior to 1921 with 14 women being inducted in the Roll of Honour including May Gibbs, Fanny Balbuk Yooreel and Margaret Forrest. A full list of the women can be obtained from the website www.wawomenshalloffame.com.au which makes for fascinating reading.

★★★

If you didn't know that May Gibbs spent much of her childhood in WA then take a visit to the South Perth Historical Society which is holding an exhibition of the May and Herbert Gibbs Art Collection at Heritage House on the corner of Mill Point Road and Mends Street in South Perth. It is open from 10 am to 4pm every Friday and 1pm to 4pm every Saturday and Sunday.

★★★

Due to Covid, the State Library of Western Australia is changing the way they run their *Disrupted Festival* this year. It will now be delivered through a series of monthly events. The theme is *The times they are a changin'*. The next event will be *Going with the Flow* to be held on 27 April and features Lucy Peach and the ABC's Andrea Gibbs. This event explores the power of female hormones, the issue of period poverty, and Lucy will possibly sing a song or two. Then on 25 May they hold a discussion about *The Right to Die – A Conversation about voluntary assisted dying in Western Australia.* This event takes a look at the recent changes to legislation, which is due to be implemented by mid-2021.

★★★

Thanks to the many readers who have contributed their thoughts about *Have a Go News*. We put the call out to readers to help us celebrate our 30th anniversary edition which will be in July 2021. I thank people for taking the time to write to us and I have been overjoyed with so many of the comments and look forward to receiving more – see details on page 7.

★★★

If you are on Facebook we welcome you to join us on that platform, where we have the opportunity to keep in touch between issues of the newspaper. Like or follow our page at www.facebook.com/Haveagonews/

★★★

We are excited this month to increase our print run to 80,000 hard copies to keep up with demand at outlets. For those who are tech savvy we also offer people the opportunity to receive the newspaper digitally via email on the day of publication just email readers@haveagonews.com.au to sign up.

★★★

I hope you enjoy this month's issue. We have some amazing stories from our team including a special interview with WWII veteran, 103-year-old Arthur Leggett on page 9.

Stay healthy and happy.

Jennifer Merigan
Editor
jen@haveagonews.com.au
www.haveagonews.com.au
Phone 08 9227 8283

Ageing research snippet - Rethink your diet

LANDMARK research at the University of Sydney by Dr Samantha Solon-Biet from the Charles Perkins Centre suggests there could be a cost to staying lean your whole life and that a diet low in protein and high in healthy carbohydrates may be best for healthy ageing.

"How we age is highly influenced by diet, and it's not just the number of calories that we eat but the types of food that we get them from," said Dr Solon-Biet.

While long term high protein intake promotes lean mass and can help with weight loss, it has been found to turn on pro-growth and pro-ageing pathways that lead to accelerated ageing.

"A lot of popular diets promote high protein, but we have found that a diet low in protein and high in carbohydrates turns on systems that promote longevity," explained Dr Solon-Biet.

Don't take this as an excuse to gorge on cakes and processed foods though, the carbohydrates in this diet should come from healthy sources such as vegetables, fruit and wholegrains to reap these benefits.

Word of the month

Nostrum
Pronounced Nasstrum
Noun
Definition
A usually questionable remedy or scheme.

The word nostrum is linked to false hopes or miracle cures.

It has been part of the English language since the early 17th century and comes from the Latin noster meaning 'our' or 'ours'.

It is thought that specially prepared medicinal concoctions came to be called nostrums because their makers marketed them as their 'own' remedy, emphasising that such a potion was unique or exclusive to the person peddling it.

Have a Go News Quick Quiz

1. Which Wheatbelt town straddles the Great Northern Highway?
2. In the tech world what does A.I. stand for?
3. Who from WA starred in the original Boy from Oz at Crown?
4. Winthrop Hall can be found where?
5. What does HarperCollins do?
6. What is the name of ABC TV's gardening program?
7. Purnululu National Park is known for its beehive shapes, called…?
8. Closest town to Lake Argyle is?
9. Fitzgerald Coast is near which town?
10. Margaret River region has about 200, 500 or 800 wineries?

See answers on page 24

Urban slang

Mamil
Middle-age man in Lycra.

Quote of the month

LET everything happen to you, beauty and terror. Just keep going, no feeling is final.

Rainer Maria Rilke

WIN a $200 shopping voucher

See page 18

Funny historical fact

FRENCH engineer Louis Reard showed the bikini at a Paris fashion show on 5 July 1946 and was named after Bikini Atoll which was the site of atomic weapon tests.

Great West Aussies - Did you know?

RICHARD Longley, played basketball for Australia and was the first starting centre for the Perth Wildcats, in 1982. Father of basketball legend Luc Longley, he was also an award-winning architect and champion yachtsman.

From international fashion designer to mental health campaigner

Aurelio Costarella

by Allen Newton

AURELIO Costarella is a WA style icon, with a 34-year career, earning him international acclaim.

He's designed gowns for local and international celebrities including Rihanna, Dita Von Teese, Tyra Banks, Nicole Scherzinger, Melissa George, Geri Halliwell, Tina Arena, Dannii Minogue, Jennifer Hawkins, Emma Booth and Naya Rivera.

He's also been in the depths of despair, battling prescribed drug dependency for depression and anxiety which forced him to walk away from the fashion industry.

Aurelio spent 51 weeks in Perth Clinic, was prescribed 23 different medications and has spent three years trying to shake off dependency on them, but now he's found purpose in helping others overcome prescribed drug dependency and depression.

Medication is a trap too many fall into, he says, and it's not an issue restricted to younger people.

Aurelio has joined the Mental Health Association of WA to lobby for more investment to provide preventative and community support for mental health patients.

He has been an ambassador for Lifeline for the past six years and has also joined the board of Disability and Diversity in the Arts (DADAA) which provide services to people with mental health issues, mostly around creative services and the performing arts.

In a bid to raise awareness around informed consent and patient safety in the mental health/prescribing space, Aurelio is establishing an incorporated association to counter the harm that he and thousands of other have experienced in the system.

"As people get older, they can experience higher levels of psychological distress," Aurelio says.

"A great number of things contribute to mental health issues of people who may not have had a lived experience earlier in life.

"Midlife is often associated with unhappy events: the empty nest syndrome, menopause, infidelity, financial concerns, a growing sense of mortality, and general unhappiness with the daily grind."

Key contributors to emotional distress later in life can include the death of a partner or child; end of a marriage or relationship; financial issues – loss of a job, drop in income due to retirement; loss of self-esteem, often based on the loss of work, a business or the inability to find meaningful work; chronic illness; or an inability to live independently.

"These factors may lead to social isolation and/or loneliness, loss of independence and increased psychological distress."

Aurelio says it's also important to note the prevalence of high and very high levels of psychological distress in women aged 45 – 54.

Suicide rates are highest amongst men in the 45 to 49 age group and for women in the 50 to 54 age group. Suicide rates for both men and women peak again at age 80 to 84.

Aurelio says self-nurturing and having tools in place to get through those difficult periods is very important.

"Mindfulness is a useful tool, although it is much maligned now because it comes from that Buddhist tradition of mediating.

"A lot of people aren't able to quieten their mind and struggle to meditate, but it is actually a powerful tool for anyone dealing with any form of mental health issue."

He says it is important that young people are introduced to these tools because otherwise later in life, when they might be in their fifties they don't know how to deal with these situations.

"In my family, nothing was ever talked about, everything was brushed under the carpet.

"And that goes to the issue of people getting older – and that was something I saw a lot of at the Perth Clinic, people who I met in their 70s or 80s – and were dealing with the reality of getting to that – which in itself is something they really struggle with, which is completely understandable.

"But how do we deal with it?

"A lot of people don't know how to ask for help. If you've never been good at it, you get to a certain point in your life where you just don't ask for help because it's not something you've been conditioned to do.

"I know that's been true for me because I'm the world's worst person when it comes to asking for support from people around me.

"I know that they are there and that if I reach out people will step up and want to be there for me, but I'm still not good at it."

Aurelio says human connection is really important. This is where community support centres are great.

"You have people who are community oriented, who need their connections, whether that's going to quiz nights or to the bingo, it's all about connection.

"I saw that with my mum after my dad passed away. She was still living in the family home on her own and she was struggling.

"Between my brother and sister and I, we were there every day supporting her, but it was very clear to us that she needed to move into care. But it was not something she was open to until she actually raised it and said: "'look, you're all working so hard to keep me here, and I think it's time now."

"I'd go to visit her every day, go in the morning before work and get her breakfast and then straight after work and get her dinner on and we'd be sitting there in the same chair every day – and she'd be just looking completely miserable.

"As hard as it was getting her into care, once she was there she flourished. She became a completely different person connecting with other residents or the staff.

"Reach out to Lifeline if you are feeling they need crisis support, but there is also a real need for peer support groups with people who have lived experience, whether that's through mental health issues or issues around suicidal ideation – people who have experienced grief.

"There's nothing more powerful than speaking to people who have been where you are now and I'm sure there are support groups out there – and if there aren't there should be, because you're not getting that level of support in aged care.

"That was an interesting piece for me with my parents. Social works, counsellors, there was nothing, certainly nothing visible and they were never offered any services and surely that's a really important part of that process.

"So if it's not happening in aged care, where are these facilities to provide wrap around services?

"If you are living at home and you are in the community there are community-based programs that you can reach out to. Or just meet with people once a week for morning tea or a lamington and a cup of coffee.

"It is important just to have that connection with other people who have gone through or are going through similar experiences," he says.

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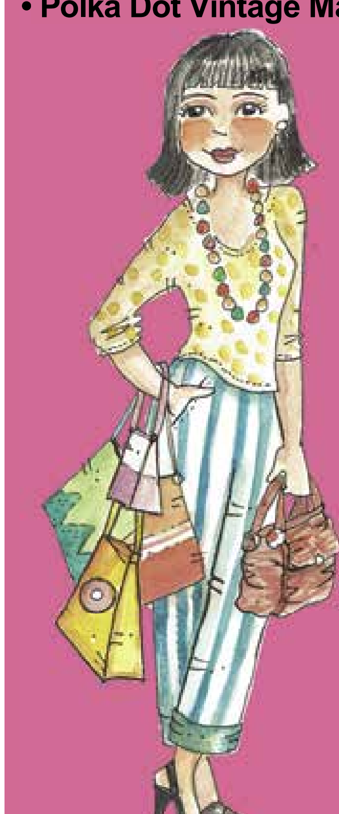
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West Leederville WA 6901
Website: **www.haveagonews.com.au**
Tel: **(08) 9227 8283**
Fax: **(08) 9227 8293**
Editor /Travel Editor **Jennifer Merigan**
Please address all correspondence to the Editor
Email the editor/travel editor: **jen@haveagonews.com.au**
Email to production: **production@haveagonews.com.au**
Printers **IVE Group WA**
Assistant Editor **Tahlia Merigan**
Journalists **Josephine Allison** **Frank Smith** **Allen Newton** **Lee Tate**
Columnists **Colin Barlow** **Jon Lewis** **Karen Majer** **Tahlia Merigan** **Mike Roennfeldt**
Contributors **Noelene Swain** **Vince Garreffa**
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Advertising sales:
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Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor,
THE well-researched article of January 2021 by Lee Tate called for older generations to be well cared for.

Following the Royal Commission into Aged Care, which heard sad tales of neglect, malnutrition, chemical and physical restrictive practices, let us make 'Ageing with Dignity and in Community' our number one priority.

New federal funding, reporting standards and staffing ratios will only mask an issue which state and local governments must also help address, namely funding for primary health networks and GP's for early detection of dementia.

The entire retirement living, residential care and nursing home industry must adopt a 'value care' mindset as more care is delivered in the community.

One of the important values is for Australians living with dementia to remain connected to their community. The new planning guidelines of the WA Government calls for aged care accommodation to be integrated within local communities, serviced by adequate transport networks and located close to health and community services.

To this should be added memory cafés or dementia friendly communities as the number of older Australians doubles over the next 40 years and more than 6.4 million Australians are predicted to be diagnosed with dementia.

Assistive technology in the home, digital health and wearables can support safer and more independent living by detecting frailty, predicting falls and monitoring nutrition, movement and exercise. These will provide quality of life enabling older Australians to age well and live close to where their children work and their grand children attend school, university and play sports.

Warren Harding
Chair Alzheimer's WA

Dear Editor,
I'D like to comment on the protesting nannas in the February edition of *Have a Go News*.

What an inspiration – in this age of so-called climate awareness, whatever your views, whether denier, believer or fence-sitter, what is the point in destroying a large number of forests? Total waste and it's obviously down to money.

Do we really want to end up like the Amazon, which at some stage had a 17 per cent annual deforestation rate?

We are prepared to bang on about climate change, which has been happening for millennia, but still drive gas guzzling cars, use air-con on the mildest of days, light up rooms that don't need lighting and chop down trees at an earth-shattering rate.

We mention the climate change effect on bushfires, but conveniently forget the many smoking motorists, who carelessly discard their butts in the road.

David Attenborough's documentaries tell us that humans have had a huge influence on global warming since the 1970s, so one assumes that before this what we did was minimal.

Poor old carbon dioxide, just like cholesterol is getting a really bad press at the moment, but any press that is prepared to highlight the nanna's cause is OK with me.

Yours sincerely,

David Rudman
Port Kennedy

Dear Editor,
CONGRATULATIONS to the Lunns on celebrating their 65 years of marriage and to Joe for not losing his Yorkshire accent.

As a one-year-old, 70 years ago, we went to Yorkshire to show me off to my mother's family, she being a war bride. Dad was convinced to open up a butcher's shop in the Yorkshire seaside town of Scarborough where we stayed for six years.

There I learned to speak Yorkshire and on our return to Australia I was forced to take elocution lessons at school as no one understood what I was saying like "put bung in ole lad" which is Yorkshire for, "close the door".

So keep going Joe – "ee by gum its lovely"!

Bruce J Crane
Canning Vale

Dear Editor,
THE article on page 6 of the March *Have a Go News* quotes Bruce Pascoe's book *Dark Emu* as factual. Many commentators claim it is a work of fiction.

In particular, a very well researched book *Bitter Harvest* by Peter O'Brien who has thoroughly read the journals of explorers such as Charles Sturt, Thomas Mitchell found that Bruce Pascoe's claims are false.

His claim of Aboriginality is also refuted by many in the Aboriginal community.

As a matter of balance, I believe Lee Tate should do some research by reading *Bitter Harvest*.

Robert Linfoot

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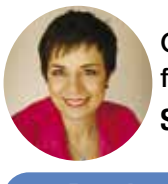

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Sensational Sigrid Thornton shares her story

Sigrid Thornton

by Lee Tate

SIGRID Thornton says she is very happy walking Bodhi, her labradoodle, every day.

"She is our cherished family member," Sigrid insists over the phone from Sydney where she's working.

But the multi-gonged actor is again away from the Melbourne home she shares with producer husband Tom Burstall. And Bodhi.

During the pandemic, Sigrid, 62, has emerged triumphant, starring in Channel 9's showpiece drama, *Amazing Grace*, as well as being signed for a string of new ventures.

When biz people were battling to find work, Sigrid, star of screen and stage for four decades, travelled from her Melbourne home to Sydney, went into quarantine and starred on set for the eight episode, one-hour series.

Amazing Grace, says the Nine blurb, is: "about life's most surprising and precious moments – midwifery and mayhem."

While the pandemic put restrictions on the TV production, including access to birthing centres, a veteran consultant midwife was on set daily to give the actors expert guidance of birthing's finer points.

Sigrid told me: "I'm terrifically fortunate to be working in a field I find so exhilarating. It's not easy to have longevity in this business. But this is what I have always done."

"I'm never doing nothing. I'm somebody who enjoys going for long walks; very simple things. Going out with Bodhi focuses the walk.

"When I'm not working on a project, I'm usually working on a program of my own. And I've been in a relationship with Tom for a very long time. It is my rock."

"Our two kids have left home. That's the way of the world. They're doing well and I'm very proud of them.

"We have our heads above water during this, well siege, I suppose you could call it," she said.

Sigrid said the TV series ran smoothly and spotlights crucial birthing issues.

"There's been a growing push towards encouraging and empowering expectant mothers to participate in all important decisions around the birth of their babies."

Sigrid said times were changing from the era when birthing was male-dominated.

The preciousness of life and uniqueness of every birth is being acknowledged.

"The birthing of every child is very unpredictable and unique. No expert knows how it is going to go. Every woman, every baby and every birth is different," she said.

Sigrid, the actor's actor, explains that domestic drama on television is as important now as ever before.

"We have to be vigilant in telling our own stories that are very different from American or English or Scandinavian stories. They have their place but our local stories are great and need to be told.

"They are critical for the enhancement and development of our own culture and society."

Sigrid said that with so many media outlets, there was room for enormous diversity of storytelling – a resurgence in a kind of golden age for television.

"I'm a story-teller so obviously I think it's important."

Sigrid said WA's sense of isolation had created a unique environment for story-telling that needs to be valued. Indigenous influence was also slowly being recognised.

"Aboriginal history just wasn't in the school syllabus. That's changing, which is a very good thing but it has a fair way to go. The change is very encouraging.

"Indigenous history is critical to who we are as a country. We are just starting, as story-tellers, to acknowledge, thank God – the increasing access to Aboriginal stories.

"It's a long way to go but it's very encouraging."

Sigrid attended a one-teacher primary school in Queensland and then several different schools in other countries.

The aspiring actor worked in Sydney and then Melbourne, following her husband-to-be as well as the community's big attraction, Aussie Rules.

"You can't live in Melbourne, or it would be very difficult, with no interest in football at all. It's more than just a sport, it's a means of gathering, connecting of a community.

"There's a code of camaraderie that's celebrated and acknowledged. It's very healthy," said Sigrid who became North Melbourne's number one ticket-holder.

Proving her brains and beauty, the thinking person's actor was voted to have 'Australia's Most Beautiful Face' by Woman's Day readers in 1989 and 'Australia's Most Beautiful Eyes' in 1990. In 1999 she received the 'Peoples' Choice Award' for favourite actress and favourite TV star, followed by almost every major actors' gong and credit.

TV's *Seachange* series reinforced Sigrid's credentials as did the reboot of *Seachange* with Sigrid also as executive producer.

She seems to never pick unsuitable roles among her many appearances including *The Man from Snowy River* and the mini-series, *All the Rivers Run*. Remember TV's *Homicide*, *Division 4* and *The Sullivans* (as Elizabeth 'Buffy' Turnbull).

Sigrid became the first Australian to be offered a lead role in a US network prime time drama series – *Paradise* for CBS with a western heritage Cowboy Hall of Fame award in 1999.

She was on Netflix's ratings winner *Wentworth* and in its forerunner, *Prisoner*.

She won the AACTA Best Supporting Actor award for her portrayal of Judy Garland in the 2016 mini-series, *Peter Allen – Not the Boy Next Door*. Then there was *Little Oberon*, *Underbelly – the Golden Mile*, the *Far Country* opposite Michael York and *The Boy in the Bush* opposite Kenneth Branagh.

These performances are merely tip of the Sigrid iceberg. In 2018 she appeared in *Anh's Brush with Fame*.

Sigrid was Ambassador for Melbourne Zoo and the National Gallery of Victoria and on the board of the Australian Film Institute.

This year, there are plans to perform for the Sydney Theatre Company and another venture involving an eight-hour reading. And there's more waiting in the wings.

"Work is an extension of my life," says Sigrid.

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The ancient art of bush medicine can help with many ailments

L-R; Vivienne 'Binyarn' Hansen making her remedies - Husband Mort doing a smoking ceremony in the bush - Viv out bush

by Lee Tate

BUSH medicine business is booming for Vivienne 'Binyarn' Hansen, but profit isn't in the equation.

"It's not about making money. It's about helping people, making them well or making them feel better," said the Balladong Wadjuk Yorga woman from the Bibbulmun Nation, or Noongar people.

Vivienne confirms that prominent people including child health expert Fiona Stanley and footballers Gary Ablett, Liam Ryan, Josh Kennedy and Nic Naitanui have had success with Vivienne's bush medicine.

"Some has been passed to people from my rellies. I have a granddaughter, Imahra Cameron, playing AFLW for the Eagles, a nephew who played AFL for Gold Coast and some playing for the Dockers," Vivienne said from her Kelmscott home.

"Fiona Stanley ended up getting a tub for a granddaughter whose eczema apparently cleared up beautifully," said Vivienne, an authority on bush medicine.

James Blundell is also a fan. Vivienne said she met the singer at a country and western event at Boyup Brook.

"We were chatting away and he mentioned problems with his fingers due to arthritis so I gave him some rub as a gift. Next time we met he said it was really good," she said.

The 71-year-old said ointments and body rubs worked well for 'teenagers my age' with aches and pains.

"I looked after my mother-in-law for quite a few years suffering from cancer, helping her with bush medicine, helping alleviate pain and making her feel better," she said.

The cheerful mother-of-six first produced an ointment about 13 years ago, followed by a cream body lotion and business took off with Vivienne and husband Mort – 'my partner in crime' – operating out of their home.

"I kicked my old man (Mort) out of his work shed but we ended up using a room inside the house. If people ring up and ask for something, I just whip it up and have it ready to collect," she said.

Vivienne received an email from France requesting a tub of herbal medicine for a customer who says he's just run out. A Queenslander is another regular and a UWA staffer sends bush medicine to London.

Every few weeks, the couple sets off in their ute with "just a pair of cutters to cut enough leaves for what we need now."

Vivienne follows bush medicine tradition dating back for generations.

"Out in the bush we will grab a shopping bag full of leaves and bring them home. I put in bees wax and olive oil, heat the leaves, strain them, let them cool until they solidify and I've got an ointment or a muscle balm.

"If I want a cream form, emulsifying wax binds the soil and water together."

For arthritis, eucalyptus leaves and emu oil – when available – is used, blended with Vivienne's secret ingredient.

She talks of using olive oil, straining, steaming fresh herbs, adding bees wax, melting and pouring into containers.

Native species like sandalwood, soap bush, eucalyptus and wattle are among her key ingredients.

Vivienne, raised by her grandparents near Brookton, grew up learning about traditional medicine. She then trained at Marr Mooditj Foundation, completing Certificate IV in Bush and Western Herbal Medicine.

She was also the first Indigenous member of the National Herbalist Association and was a delegate to the 7th International Conference on Herbal Medicine in 2010.

At school in Brookton, Vivienne became a prefect.

"Ha ha! I was a bit naughty at school but students voted for who they wanted and I was a popular, especially among Aboriginal students. We were all related, cousins," she laughed.

"But we all got on well at school, non-Indigenous and Aboriginal kids were all friends. If we had a bust-up, we just sided with whoever were the friends we were with."

Getting to third year at high school, she was the first Aboriginal girl to go past age 14 at school. She was first Aboriginal captain of both the hockey and softball teams.

"After that, a lot of Aboriginal kids went on further in school and became sports captains," she adds.

Vivienne's connection with country and Indigenous tradition is palpable.

"We like going out in the forest with family and make a fire, billy the tea and sit around having a yarn. The family all like doing that.

"We might go out the Brookton Highway, anywhere out in the forest, maybe just a day drive to get out in the bush. The kids like to swim at the dam and we have a look at the water levels," says Vivienne.

Mort and Vivienne are among a committed group called Activate the Wheatbelt.

"All these young people plant 20,000 to 30,000 trees over one weekend – acacia and eucalyptus and other native trees. It's absolutely amazing, they are all volunteers out to rehabilitate the land," Vivienne said.

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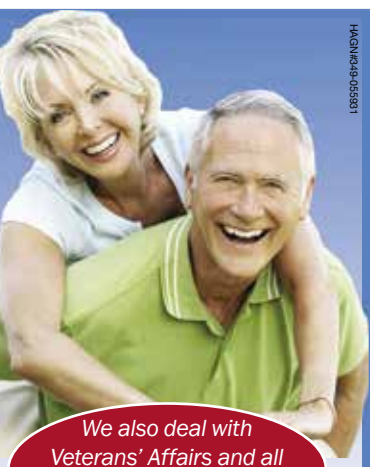

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Sunflower Sisters: a gripping saga of three different women

Martha Hall Kelly © Jeffrey Mosier Photography
Inset; Sunflower Sisters is available from bookshops

by Josephine Allison

TOPSELLING American author Martha Hall Kelly has just launched her new book *Sunflower Sisters*, hailed by New York Times bestselling author Lisa Wingate as: "weaving an exquisite tapestry of women determined to defy the moulds the world has made for them."

In early 1861 Georgeanna Woolsey knows she's not cut out for the demure life, and finds her passion for nursing just as the US Civil War breaks out. In the South, Jemma is enslaved on the Peeler Plantation while her beloved sister Patience, is enslaved on the property next door. Following a tragedy that shakes Jemma to the core, she is sold by the cruel Anne-May just as the Union Army comes through.

Disgruntled and unhappy in her marriage, Anne-May is forced to run the Peeler Plantation when her husband joins the Union Army and her brother enlists with the Confederates. Now in charge, she follows her own ambitions and desires.

Sunflowers were used as a sign of danger on the American underground railroad and placed on fences and various places.

Martha Hall Kelly answered some questions.

Have a Go News: Sunflower Sisters is a sweeping historical story of three very different women set during the American Civil War. How relevant is their story today, especially with events in the US in recent years?

Martha: I had no idea *Sunflower Sisters* would be so relevant today. With the rise of White Nationalism, it's more important than ever to revisit why we fought the American Civil War, to end slavery. There has been a resurgence of interest about our bloodiest war, since we seem to be replaying the same issues that we had in 1861.

Have a Go News: When did you start your research, how extensive was it and where did it take you?

Martha: I started researching Caroline Ferriday and her family back in 2000, which led to my first novel *Lilac Girls*. The research for this book, about her Woolsey ancestors during the Civil War took about four years to research. I read one hundred of the family's letters, which took quite a while. I also visited former plantations, now museums, researched at Gettysburg where the battle took place and places like the former slave market in Charleston, South Carolina.

Have a Go News: Georgeanna, Jemma and Anne-May are very different women. What qualities do you consider they have in common?

Martha: All three are determined to get what they think will make them happy. Georgy wants to be a nurse, which at times is a bit of a disaster. Anne-May, the plantation mistress, has her cap set on a wealthy local merchant who is not her husband and Jemma wants to reunite her enslaved family. They are also all very capable women – not victims – and go about enacting change. They also have all these issues with men, which I think keeps it interesting.

Have a Go News: What can we learn from their lives today?

Martha: I think we can learn that though our lives are difficult we can always do something about our problems, and to not take adversity lying down. And that matter not how bad something is, you've done you can always be redeemed if you admit your failings.

Have a Go News: How long did it take to write *Sunflower Sisters*? America has a colourful history.

Martha: Very colourful. It took me four years or so. I didn't know much about the Civil War, so I had to start at square one. I read a lot of books written in the 1860s, including an illustrated Civil War sex manual, which was truly bizarre.

Have a Go News: Tell us a little about what you were doing when the book was launched in late March. What was your schedule?

Martha: Sadly, we could not do an in person book tour but Random House set up the next best thing, a virtual tour. People can find it on my web site: marthahallkelly.com. The nice thing is, until I can safely come to Australia, we can all be together online despite the distance.

Have a Go News: Are you planning another book? How do you relax when not writing?

Martha: Yes, I have two more books in the works with Random House, a Cold War novel and a contemporary thriller. Both have been so much fun to write. I don't relax as much as I probably should, but I like to walk my dog Ollie and ride my bike and read (right now thrillers) and get lost in a great cable series like *Ozark*. My husband and I are still reeling after bingeing that one.

Sunflower Sisters (Bantam Australia), $29.99.is available from good bookshops.

Ed's note: I have read both Lilac Girls and Lost Roses, two exceptionally good reads particularly if you like historical fiction as I do.

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Where Opinions Matter - the bug bear of the dreaded parking meter

A modern parking meter

by Lee Tate

WHAT is to be done about the greatest of humankind's bugbears, that steely sentinel, the parking meter?

Parking meters are a deterrent to shopping and dining and hurdles to studying and attending hospitals.

Retailers and councils spend big on promoting their shops, their wares and their attractions but much of their investment is wasted because of parking problems, or the perception of them.

So much for shopping being a pleasant experience.

Given the enormous switch in shopping habits to online ordering, parking issues are a bigger threat to the retail bottom line.

There's no end to tales of woe with parking.

A newspaper photographer parked in Fremantle and wandered to the nearest meter, which was some way up the road. By the time he got back to his car with paid ticket set for his dashboard, the inspector had pounced.

The photographer then was required to take the ticket to council chambers and make a claim for a refund, which he did. Welcome to the shops.

I once parked for just 20 minutes on a three-hour meter and copped a ticket. The recovery process was so demanding I grudgingly forfeited the $50.

Nurses arriving at hospitals for work have to battle with policed, paid parking. As do arriving patients and carers. Don't even mention airport parking.

Curtin University is among those learning places patrolled by parking police in golf carts. First-time visitors and students would do well to consult passing regulars to learn how to master the modern meters.

Students have to factor into the cost of their education, substantial daily parking fees and the odd fine (as when their parking receipt has fallen from the dashboard and can't be seen by the inspector).

There are big profits for the private companies with rights to police parking. A Melbourne council spent $817,000 on a five-year parking system contract.

Council have myriad ways of tackling parking.

Cottesloe parking bays may be the way to go on policing. Some bays are imbedded with hidden glass tubes and others have a sensor beam that detects when cars arrive and leave. Parking inspectors are on-the-ball for expiring cars but parking is free and there are no ugly grey meters.

Over generations, billions of dollars have been spent worldwide to install, service and monitor people's parking since the world's first working parking meter, the Black Maria, appeared in the US in 1935.

Australia's parking meters have spread like a virus since the 1950s.

There was one bright spot when the Surfers Paradise metermaids appeared, bikini-clad, in 1964 to help announce paid parking.

The gold-bikini girls pumped money into expired meters to help drivers ease into what was ahead.

Don't you hate the meters around shops and cafes that require drivers to guestimate how long they will be parked before they pump-in their coins, notes or credit cards?

What a bugbear! While enjoying yourself shopping, eating or socialising, you have to be mindful of the time and dash back to beat the clock. This is to the detriment of shops and cafés because you may well have extended your time shopping, eating and spendt more money.

Some popular parking stations have limited meters so customers are forced to queue (rain or no) to pay-up. Bad luck if you are elderly, a foreigner or disabled, struggling with sometimes confusing and hard-to-read instructions.

All-in-all, parking meters are a total turn-off, adding to life's stresses.

Of course, parking has to be policed to prevent parking hogs, penalties have to be imposed and money has to be collected. But there has to be a better, friendlier way.

Shuttle buses have found only limited favour with shoppers but could be further developed.

Driverless cars could drop us at destinations, park way outside shopping areas and can collect us when WE are ready.

Lateral thinkers, please!

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Independence matters if you are preparing for retirement

IF you are recently retired or expect to retire in the next few years Nick Bruining (of ABC Radio and *The West Australian* newspaper fame) can assist. Nick will provide information on what people need to consider in retirement, how to best to prepare for retirement in the last few years of working life and how much is needed to live on in retirement.

The Association of Independent Retirees (AIR) is holding a Preparation for Retirement Forum on Saturday 8 May at the WA State Library at 9.30am with Nick Bruining.

AIR aims to advance and protect the interests and independent lifestyle of Australians in or approaching retirement. It seeks equitable economic, taxation and social environment outcomes that recognise and address the specific issues faced by those who fully or partly self-fund their retirement.

It represents the views and concerns of members to Government at all levels on issues relevant to their living standards and lifestyle and provides opportunities for members to meet and share views on a range of matters in a welcoming, inclusive social atmosphere at their branch meetings.

Anyone who is interested should attend the Preparation for Retirement Forum on Saturday 8 May at the WA State Library at 9.30am Cost $10 - register at www.eventbrite.com.au/e/preparing-for-retirement-tickets-145580732891 or email marghw@iinet.net.au or 0487 290 097.

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Retirement looks different with a Reverse Mortgage

An avid traveller and adventurer, Cheryl Collins (72) is not one to sit back in retirement. Working as a nurse for 47 years, Cheryl had built significant equity in her home. Wanting to make the most of her well-deserved retirement and do what she loves most – travel, Cheryl looked at options to access these funds. Realising that a P&N Bank Reverse Mortgage was a way to unlock the equity in her home, Cheryl's retirement took her on a string of new adventures.

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A Western Australian icon still firing on all cylinders at 103-years-old

Left to right; The remarkable 103-year old Arthur Leggett © RSL WA - The Signals platoon headquarters 1939 - Arthur Leggett portrait from 1939

by Allen Newton

"THERE'S not many my age around," laughs 103-year-old war veteran Arthur Leggett when I pick up the phone to chat to him about his remarkable life.

Few of us make the milestone centenary, let alone with the energy to shame a person a quarter his age, but Arthur is still very much firing on all cylinders.

He'll be up before dawn to commemorate ANZAC Day at a dawn service at the retirement home where he lives.

"It's a very sincere little ceremony and I usually recite *The Ode* and all the lads do their bit and we have quite an impressive little ceremony on ANZAC Day dawn," he says.

He believes ANZAC Day continues to be important.

"To the best of my historical knowledge that was when we first went into action in a big way in a determined assault.

"It was a most horrendous event with a great unnecessary loss of life, so it means a lot to me and I think it should mean a lot to the nation."

Arthur spent four years in a prisoner of war camp in Germany.

Arthur's own father served in World War I in the trenches of France and Arthur holds on to a couple of his medals.

Arthur also gives the ANZAC Day address at Mt Lawley Senior High School, which has named its school library after the war veteran.

"The angle that I use is not about glory or old mates, I just point out to the school children the terrific advantages they have living in this country and I also point out to them that they have these advantages because of the sacrifices that men have made in past wars to keep this country the way it is."

In an interview with the Australians at War Film Archive in 2004 Arthur told the interviewer he didn't think young people understood what they were fighting for, but they were appreciative that they did.

"That's why you get so many kids at ANZAC Day," he says.

"You can't tell me that those kids know about the horrors of war, and all that. But they know it happened, and they are celebrating the occasion in their own little way. And if they have these thoughts in their mind, as they grow up, they become citizens that appreciate these things."

Arthur will be adding to his ANZAC itinerary by popping along to provide some inspiration at the Perth Town Hall's *Tuesday Morning Show*, a free weekly community event aimed at seniors, with a program of musical entertainment and speakers on 27 April from 11am.

Arthur says he'll be up on-stage answering questions as best he is able.

"I'll give what answers I can without telling any lies or extending the truth too far," he chuckles.

The energetic centenarian also writes bush poetry and wrote an autobiography, *Don't Cry For Me* when he was 80.

He's been heavily involved in the RSL and was president of the Ex-Prisoners of War Association for 25 years receiving an OAM for service to veterans and their families.

He has been associated with the Over 45 Social Canoe Club, participating in Avon Descents.

Arthur was a signaller in the 2/11th Battalion. He fought against the Italian army in Libya and in the battles of Bardia and Tobruk, before being captured by German paratroopers during the battle of Crete in Greece in 1941 when he was 22.

During four years of incarceration, he was forced to work in the coal mines in northern Poland before being forced on a death march in the winter of 1944/45 across the Czechoslovakian Alps to Bavaria.

After the war he worked as a purchasing and expediting officer until his retirement.

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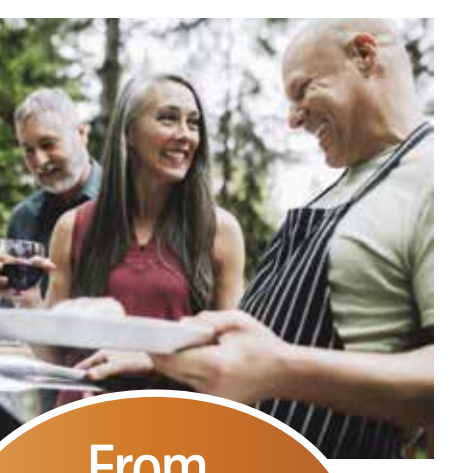

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HAGN#349-055927

Entertaining the troops a beacon of light amid dark days of war

by Rick Steele

MAYBE war is God's way of teaching us geography. You can no more win a war than you can win an earthquake. In a nuclear war, all men are cremated equal.

George Orwell said the quickest way to end a war was to lose it.

As two old diggers made their way to the ANZAC parade one says to the other: "was it you or your brother that got killed in New Guinea?"

Old Fred wanted to join the local Returned Servicemen's League and they asked him if he had a war record.

"Bloody oath," he replied; "I got Vera Lynn singing *White Cliffs of Dover*."

ANZAC Day approaches and after last year's cancellation disappointments, I'm still confused as to what will happen this year. I know our Blues Concert at Cannington is definitely not on, and I have read the dawn service at Kings Park is limited.

Of course, the legendary day will survive and maintain its position as the most important day on the calendar of two nations. Each year school teachers across the land task their students to express their views of this sacred part of history. Here is part of a poem written by a 14-year-old Joshua Dyer that was sent to me recently.

One thousand men are walking
Walking side by side
Singing songs from home
The spirit as their guide
These men live on forever
In the hearts of those they saved
A nation truly grateful
For the path of peace they paved
They march as friends and comrades
But they do not march for war
Step closer to salvation
A tranquil steady corps
They dream of those they left behind
And know they dream of them
Forever in those poppy fields
There walks one thousand men.

I don't have a war record, but I did serve with the entertainment force in East Timor in 2008. Retired Major Peter Heeney organised so that he, Kevin Bloody Wilson, his daughter and I joined some musicians from the east coast to provide some light relief for the 1500 plus troops from Australia and NZ stationed in the still unstable new democracy. Entertain we did, and with flights in black hawk copters, bus rides through some very mountainous country, excitement, humour, these unique experiences exploded the memory bank.

K B Wilson and I formed a somewhat irreverent relationship with a colonel and over a cup of tea he told us a story of a young UN recruit who had left East Timor recently.

Food was scarce, meat unobtainable. The young female UN recruit on a minimum six-month stay, perused the display of home-made jams, potions, and scrawny vegetables in a shop, but her eyes were drawn to the two beautiful puppies caged in the corner. A companion she concluded, and after several minutes of deciding which puppy and price negotiations she finally pointed to her choice.

Kevin Bloody Wilson (second from right) was apart of the 'entertainment force' with Rick Steele in East Timor 2008

Within seconds out came a large meat cleaver, the puppy was decapitated and butchering began. According to the colonel she was so upset she decided to quit and returned to whence she came.

War is cruel; even in peacetime. As we all prepare ourselves to celebrate and remember with pride our returned service men and women, don't forget how lucky we are to live in peace in this wonderful country. *Lest We Forget*.

Half a dozen blokes were working on a high rise. Lunchtime they would sit on the beam twenty storeys up and discuss things like wives, girlfriends and the contents of their lunch box. Fred says to his cobber: "mate if I get these soggy tomato sandwiches again tomorrow, I'm gunna jump."

Unfortunately, the next day Fred's premonition comes true and he jumps.

A week later and George is suffering with a similar problem. "I just can't take it anymore. Every day, soggy lettuce and bloody Vegemite. Tell my wife the bloody stale sandwiches made me do it."

Unbelievably, a couple of weeks later Berty began complaining in a similar style.

"I am so over this. It is just not fair. Surely people can do better than this. The same crap every day. No more, no more.

"With a cry of 'Geronimo' he leapt to certain fate.

The next day the remaining fellas were talking.

Bill says, "you know guys, I can kinda understand Fred and George's take on things, but Berty makes his own lunch."

Cheers dears.

Scratchie packs up for grabs

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

To be in the draw, simply email win@haveagonews.com.au with Scratchie in the subject line or write to Scratchies c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 30/4/21.

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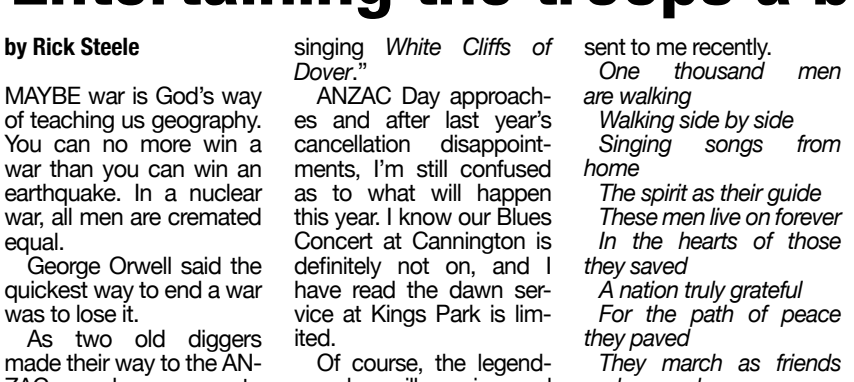

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How living in a granny flat, caravan, mobile home or boat can impact your pension

by Hank Jongen, General manager – Services Australia

I'M OFTEN asked about how different living arrangements can impact your pension. Let's look at some of these.

Granny flat interests

If someone buys a bigger house for their children with the intention of living with them, builds a self-contained unit on their children's land, or gives their children a lump sum and lives in one of their bedrooms, we call this a 'granny flat interest'.

Granny flat interests are created when you exchange assets, money (or both) to live in someone's property for the rest of your life.

How you create the interest will also determine if we consider you a homeowner for the purposes of your payment, and if we include the value of that interest in your assets test. This may affect both your eligibility for the pension and how much pension you can get.

Granny flat interests can also have significant implications for your possible aged care needs and your estate.

I recommend you seek financial and legal advice before you create a granny flat interest.

Living in a caravan, mobile home or on a boat

If the home you own is a boat, a caravan, a relocatable or non-relocatable home in a caravan park or lifestyle village and you pay site or mooring fees, you're assessed differently to a person who owns the home and land. That's because you own your home, but not the land it's on or the boat mooring. In these cases, your boat, caravan, relocatable or non-relocatable home will be exempt from the assets test and won't affect your pension. You may also be eligible for rent assistance for your site or mooring fees.

If you own the land (up to 2 hectares) or mooring as well, it may also be exempt from the assets test and won't affect your pension. However, in this situation you won't be eligible for rent assistance.

We assess retirement villages differently, so it's important we know whether you live in a retirement village or in a caravan park or lifestyle village. The best thing for you to do is get in touch with us through your normal payment line so we can help you.

Our free and confidential Financial Information Service can provide information on granny flat and other living arrangements. Just call 132 300 and say 'Financial Information Service' when prompted.

Until next time.

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

Royal Life Saving WA at retirees meeting

THE guest speaker at the next meeting of the Association of Independent Retirees (AIR) Perth Northern Suburbs branch on 15 April will be Meg Abercrombie from Royal Life Saving WA.

Her talk will include aspects of their work specifically tailored towards seniors.

The following meeting will be held at 9.30am on 20 May and the speaker will be Emily Nixon from Bespoke Wills and Estate Lawyers. She will be talking about essential information that we should know and do as we get older.

AIR represents the interests of both fully and partly self-funded retirees to government at all levels. It is completely apolitical, solely seeking to improve and maintain the positions of Australian retirees. Membership consists of people who derive at least a portion of their income from independent means, however, at least half of the members rely on the age pension for a substantial part of their income.

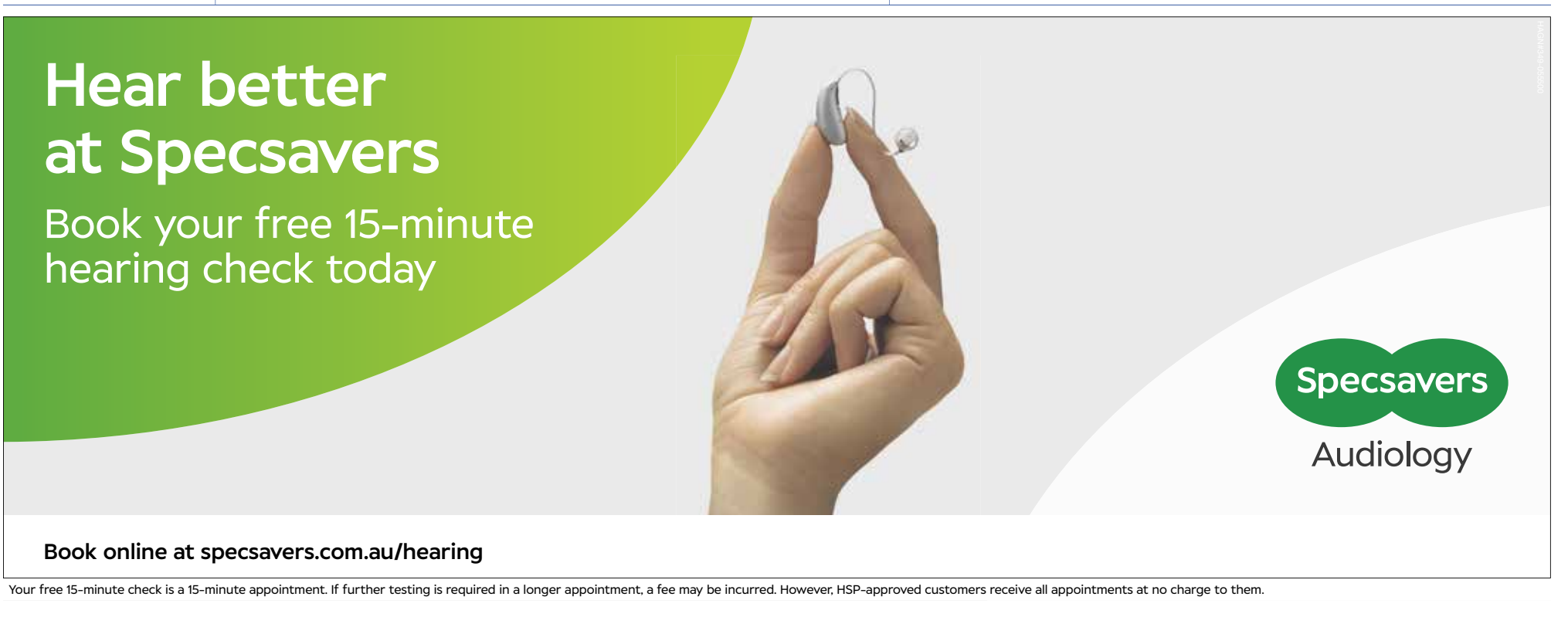
Under the current WA Covid-19 rules they are restricted to numbers in the meeting room. Therefore, if you wish to attend as a guest please reserve a seat by registering your interest.

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

All AIR members and any interested guests are most welcome.

Cost $4 per person including raffle tea or coffee.

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



Return your empty drink bottles for cash or charities

L-R; MR Refund owner Marc Dickson with Abbie and Rhys cashing in on their cans - Jackie Dickson and the MR Refund team get ready to tackle event waste at the Good Day Sunshine Festival

by Karen Majer

IN March and April last year I answered some of your questions about recycling and highlighted the good news that WA was to implement a Container Deposit Scheme.

Now it's well and truly up and running. Jackie Dickson, who with husband Marc operate the MR Refund facility in the Margaret River Region, says it's gaining momentum.

"Each day we're seeing more and more locals coming in with their containers and embracing a new way of recycling. Putting a value on these items has had a huge impact on how they are treated by our community. When you recycle with Containers for Change, you get a 10 cent refund for every eligible drink container you return. What would have previously been tossed in a bin is now your grandchild's pocket money, your morning coffee or your extra savings for something special.

"Such a simple task of separating drink containers from your other recycling means you have extra space in your fortnightly recycling bin and you benefit from the value of the product," she said.

To help us to remember which containers are eligible, the Containers for Change website offers a little rhyme: "Aluminium is a win. Glass and plastic are always in. Steel and paper are good to go. But milk and wine bottles are a no."

"Once the containers leave our site they are baled and sent to scheme-approved recyclers for reprocessing," Jackie said. "What's really exciting about this scheme is that we're seeing the glass bottles recycled back into glass bottles, which doesn't happen with the glass from your yellow bins at this stage."

Jackie has a special request on behalf of the recycling staff. "Please remove lids from bottles. It boggles my mind after being a waste educator for 10 years that people still leave lids on their plastic and glass bottles. They are made of different material than the bottle they are on and can injure workers at the recycling facilities when the bales are compressed."

You can take the 10 cents per item refund in cash or donate it to a cause of your choice. Your Containers for Change depot may have charities or community groups already registered that you can choose from. You might also suggest that your favourite local group registers.

If you run or represent a community group or charity, the scheme is an easy way of raising funds. You can simply sign up your group and share your unique scheme ID with everyone in your network so that they can nominate your group when they return their bottles. You might even organise a convenient collection point at your meeting place and take the bottles to your depot in bulk. The donated refunds are deposited directly into your group's bank account.

"We've seen so many containers donated to local clubs, groups and charities in our region and it's a reminder that even if you don't see a value in returning your containers for a few dollars, they all add up for volunteer-based groups who can really benefit from your donations," Jackie told me.

"River Angels has received over $1500 since the scheme started and Nature Conservation Margaret River Region has $670 just from donations to their scheme id number."

What can you do with ineligible containers? They should still go into your recycling bin but the Containers for Change Website has some creative suggestions to upcycle bottles. A great project for the grandchildren.

Get on board this great recycling initiative for a win-win for your budget, your favourite cause and the environment.

More information and to find a centre near you: www.containersforchange.com.au/wa/

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U3A

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Collection point for WA Lids for kids

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

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

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

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

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

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

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

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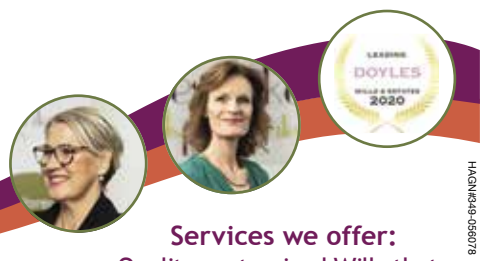

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As it happened - beyond the stories - social champion Edith Cowan

by Lee Tate

ONE hundred years ago, Australia felt a political shock that led to significant social changes.

The sole cause was WA's Edith Cowan who, in becoming the first woman to serve as a member of any parliament in Australia and most of the world, set about forcing doors to open in health, social welfare and politics.

Most Australians – even West Australians – are ignorant of what a ground-breaking social champion Cowan was.

Despite her name and image liberally spread around Australia, few people are aware of the drama, breakthroughs and achievements in her life story.

Edith Dircksey Cowan's image features on our $50 note and, previously, on stamps. There's a memorial clock for her in King's Park and she's named on plaques in Perth's St George's Cathedral and in the city. A university and federal electorate are named after her.

She began making news from 1921 when legislation in Western Australia was amended, allowing women to stand for parliament.

Born on a Geraldton sheep station in 1861, Cowan was nearly 60 when she stood as the Nationalist candidate for the Legislative Assembly seat of West Perth on a platform of social reform.

Cowan's election stunned half the world, including WA's Attorney-General, Thomas Draper, whose seat she won. Draper introduced the change of law that enabled Cowan to stand.

Cowan was only seven when her mother died and she was despatched to a Perth boarding school.

When she was 15, her father, Kenneth Brown, was hanged after shooting dead his second wife, Mary Eliza Wittenoom, daughter of J B Wittenoom, the colonial chaplain.

Cowan lived with her grandmother in Guildford until, at age 18, she married James Cowan, Registrar of the Supreme Court. Living between homes in West Perth and Cottesloe, they produced five children.

Cowan served only a single term but introduced several private member's bills and then, with a high public profile, embarked on an exhausting range of actions for social reform.

Cowan co-founded the Karrakatta Club in 1894, the first women's social club in Australia.

She lobbied hard until WA granted women the right to vote in 1899. A champion for the disadvantaged, she oversaw changes for disadvantaged children and prostitutes. She pushed for maternity hospitals and midwives rather than the normal home births.

Cowan was a co-founder of WA's branch of the National Council of Women and the Women's Service Guild. She was behind the creation of the King Edward Memorial Hospital for Women and served on its advisory board after it opened in 1916.

She was made a justice of the Children's Court and a JP in 1920. She helped found the Children's Protection Society and the Children's Court.

A champion for public education and the rights of children (particularly those born to single mothers), she served on a local board of education. She pushed for sex education in schools.

During World War I, Cowan collected food and clothing for soldiers overseas and co-ordinated care for returned soldiers. She chaired the Red Cross Appeal Committee. In 1920, she was appointed an OBE.

Cowan was Australia's delegate to the 1925 International Conference of Women in the US, co-founded WA's Royal Historical Society in 1926 and directed plans for WA's 1929 Centenary celebrations.

Illness stopped her whirlwind social activities and she died on 9 June 1932, aged 70. A large public funeral was held at Karrakatta Cemetery where she was buried.

In 1991, Edith Cowan University purchased the Cowan home and had it reconstructed on the Joondalup Campus with TAFE assistance.

Cowan's great-great nephew, David Malcolm, became Chief Justice of WA's Supreme Court in 1988.

Researcher Hilary Silbert told Post Newspapers: "She's under-appreciated. If you go over east they don't acknowledge her at all in school books."

Ms Silbert revealed that after her historic election, Cowan gave her supporters brooches depicting a cracked gumnut.

"She said getting elected as a woman was a tough nut to crack," Ms Silbert said.

WA's favourite comedian razzle dazzles

by Josephine Allison **continued from front cover**

Peter describes Bernadette as: "worldly, she's seen everything, she plays a bubbly role, she's a liberal minded person who likes to have fun. The other characters can dance around her, she is the rock of the three of them.

"I try to give her a bit of style and class, a little bit of maturity. I treat her like every other character I have done before, working from the ground up. It's a fantastic script, very funny and there's a lot you can do with it.

"For me it's a huge challenge. I haven't sung on stage for gee, it's been about 20 years since I opened up in front of a live audience with singing. I love working with teams of people, working in comedy is fantastic but it is also very lonely. It's great to work in a team again backstage and on stage.

Cougar Morrison, Peter Rowsthorn and Nick Mayer star in Priscilla

"Standing here I'm wearing a leotard with bosoms on it but it is quite spanxy (clingy) which is fantastic, you feel so slim all of a sudden," Peter says with a chuckle.

Platinum Entertainment presents *Priscilla Queen of the Desert* with a cast of 30 at Crown Theatre from 7 May - 30 May.

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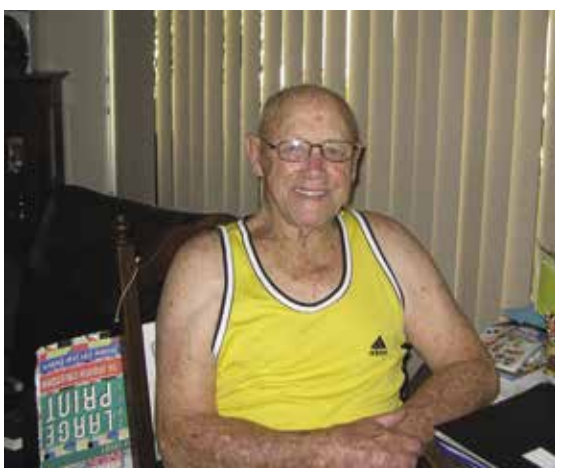
HAGM#349-056098

Bob's letters reflect a long and colourful life in Western Australia



Left; Ninety three years young, Bob Johnson
Inset; Itchy Feet, The life and travels of Happy Bob

by Josephine Allison

BOB Johnson says that when he embarked on life as a young lad he always wanted to see what was around the next corner which was why he had so many jobs, the prolific letter writer tells *Have a Go News*.

Ninety three years young, Bob, of Bassendean, has had letters published in *Have a Go News* in recent months on all manner of things. He's recalled times in World War II when the first American ships arrived in Fremantle to set up a base for troops after Pearl Harbour and the invasion of the Philippines and state ships heading up north with teams of shearers and seasonal workers, helping boost the economy in various towns, a far cry from today's fly-in, fly-out workers.

Bob, who generally keeps good health for his age, says he sometimes writes 10 letters a month to old friends. "I enjoy every day I wake up," he chuckles. "In my younger days, I would take a path and that often led to other paths."

Born in Fremantle in 1927, Bob grew up in Hamilton Hill, attending primary school and Fremantle Boys School. During World War II he studied carpentry, fitting and turning and mechanics at Fremantle Technical College.

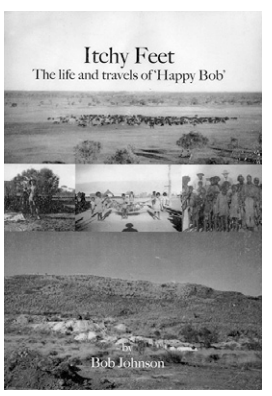
"In between, I enjoyed fishing and swimming," he said.

"I had a newspaper round and the day Japan declared war five editions of the *Daily News* came out. I wagged school that day to cash in, but editions were limited and sold out. People were hanging out windows trying to get copies, it finished up a great day as the tips were coming thick and fast.

"After school, I was offered a job with Associated Engineers in Perth. The firm, consulting engineers from Singapore, had carried out the Collie distillation plant and the Boyup Book flax mill as war-time projects.

"I spent a couple of weeks in the Perth office, then was sent to Bindi Bindi to help survey an asbestos mine. When the firm closed, I was asked to go to Wodgina, a tantalite mine at Port Hedland in 1944."

In his book, *Itchy Feet, the life and travels of Happy Bob* he says: "From the start I got itchy feet and wanted to see the world. For the next 20 years I just wanted to keep on moving. Family life tied me down, also slowed me down."



"At Wodgina my first job was with a tinsmith making a thickener tank. This was my second time away from home and the mess was strange but I soon got the hang of it all."

About June 1945 Bob went to work on Fremantle wharf.

"At that time a labour shortage created what was known as the Seagulls Union," Bob recalls. "We did labour that the lumpers rejected as too dirty such as unloading boats of coal, superphosphate, sulphur and wheat."

Bob headed to Kalgoorlie from 1945–47.

"Me and a friend decided to go there by train on a working holiday while waiting for callup. We went to the Great Boulder mine by tram and secured work on the main shaft though I did spend a couple of days on the Christmas Eve shaft, one of the original shafts."

Bob returned to Perth but missed his callup as the war was ending, doing some work at Fremantle wharf before heading back to Kalgoorlie and working at various mines.

Later, he worked at sheep stations up north, at Wittenoom Gorge in 1947, Dean Mill, Manjimup and Broome meatworks in 1948 and the Big Bell mine in 1949.

Life changed for Bob in 1950 when he married June who he met at the Governor Broome Hotel. The couple went on to have five children, 10 grandchildren and 10 great grandchildren, June passing away in 2012.

The couple had an interesting life up north, working on Moola Bulla cattle station 20km west of Halls Creek. Several other jobs followed before Bob and his family finally settled in Perth, living in Mandurah and Bassendean.

Bob is a true West Australian with a colourful life which took him around the State. Now he's happy to write a letter or two and reminisce about days gone by.

Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor,
I READ with some surprise the article by Lee Tate 'The emerging and fascinating picture of true Aboriginal existence and culture' from the March issue.

A cursory check of the web concerning Bruce Pascoe's book should have caused some doubt in Lee Tate's mind about the veracity of the various claims made.

In general, life for Aboriginals could be characterised as 'nasty, brutish and short'. It was no Arcadian existence and it is a disservice to try and reimagine the past.

In addition the following reading is recommended to balance ones perspective of the subject:-

The Passing of the Aborigines by Daisy Bates; *Anthropophagitism in the Antipodes* by James Cooke and William Buckley.

Claims of Aboriginality by the author have also been challenged.

John Blakey
Hillarys

Ed's Note – I have discussed this with Lee Tate and he says the following…

I am aware of some similar responses.

Pascoe's book has credibility because he uses material from explorers and pioneers' records and outlines scientific evidence. They do exist. More material will unfold, however the cards fall, due to renewed focus on Indigenous history.

We need to acknowledge all sides and let all parties have a voice in this approaching great debate.

Dear Editor,
THANK you for your interesting article in March *Have a Go News* about my claim for the WA Seniors card written by Frank Smith.

So the current WA government claim to be the most nationally generous seniors card benefit which is incorrect? That's cheeky!

When Canberra proposed to extend the age of their senior card to 62 it was fought. Today Canberrans still enjoy eligibility at 60, benefits which are also extended to them when visiting WA.

Through it's discriminatory that other state seniors are still eligible for benefits at 60, the WA action probably needed to be fought back in 2017.

Unfortunately, those to be affected such as myself were likely oblivious to such matters and those who understood the consequences didn't agitate enough. Meanwhile I will now sit back and wait impatiently to turn 65.

I doubt much will change but I appreciate you taking time to research and publish the article.

It's so good to see real journalistic skills demonstrated in your paper. Love your work!

Colleen Purcell

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HAGNF349-056183

Seniors Recreation Council Jottings

LiveLighter Aged Care Games - Avon

AFTER being delayed due to flooding the LiveLighter Aged Care Games were held on 25 March at the Northam Recreation and Aquatic Centre. Teams of seniors in care from the Avon region, dressed in their colours and themes. Along with carers and volunteers everyone came together for an exciting event. The games included seated hockey, seated passball, bean bag toss and skittles. There was much enthusiasm and lots of laughter throughout the day. The seniors practice these games throughout the year and on games day they all enjoy the atmosphere of competition. Northam Shire president, Cr Chris Antonio opened the games, congratulating SRCWA on holding the first event after the floods. Caitlin Morris, a student from Northam Senior High School, sang the *National Anthem* beautifully unaccompanied. SRCWA state president Phil Paddon was emcee for the day and announced the Champion of Champions winner for the round of games held during 2019/2020. The winning team was Cunderdin Health Centre WAGS with the highest score of 353 points. Unfortunately they were unable to attend so the trophy was presented to Cr Chris Antonio on their behalf. Congratulations to them. Volunteers from SRCWA Avon branch, SRCWA Perth and a group of volunteers from Fresh Start assisted for this event. SRCWA is very grateful to the staff at the Northam Recreation Centre for all their assistance. Entertainment was provided by Jim and Jenny's *Country* who entertained everyone throughout the day. Speed skater Alan Eades again amazed everyone with his demonstration of in-line skating. A healthy lunch was provided by SRC Avon branch and Earth Solutions which included soup, sandwiches, fruit and muffins.

The perpetual trophy and gold medal winners with 339 points went to Goomalling Twilight Club, the silver medal winners with 323 points were Dowerin Home Care, Gentle Gym and the bronze medal winners with 299 points were York All Stars. Everyone who participated was presented with a medal. We know that people are thrilled to receive these medals, and many hang them in their rooms or homes after the events. The winner of the best dressed team plaque was York All Stars who were all dressed as the Mighty Ducks, with the mascot Sir Quack a Lot. The oldest competitor was Adelaide Kothstein 94-years-young from the Northam Over 60s Group.

Thanks to all participants for making the day so memorable filled with much fun and laughter. Our thanks to all the volunteers who assisted on the day, 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 for all their support.

Tech Savvy Seniors – Internet Banking Seminar – Friday 14 May 2021

After postponing this event due to lockdown SRCWA will conduct the Internet banking seminar which includes a guest speaker from ANZ customer care team in Leederville on Friday 14 May. If you would like to attend this seminar please call 9492 9774 to register your attendance, a light morning tea will be provided. Anyone who would like to register to receive information on SRCWA's technology events can do so by calling Martin Yates on 9492 9774.

SRCWA's Annual Seniors Under the Sea Ball – SOLD OUT

The Annual Seniors Ball will be held in the Astral Ballroom, Crown Perth on Wednesday 2 June from 1pm to 4.30pm. This event is proudly sponsored by Crown Perth and *Have a Go News*. It is now sold out. For further information call 9492 9773.

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

Discovering more than you dreamed in retirement

Over 55 Canoe Club member Rayleen has a hydraulic lift fitted to the side of her car

by Karen Finlayson

YOU'LL never make it! You're too tall! It won't work! You're not tall enough!… Have you ever wanted to try something but nobody thought you could do it?

Sometimes it's others who fire the bullets and sometimes it's ourselves. This is a story about not being held back from something you wish to try, to disregard those negative thoughts and to paddle on regardless.

Rayleen used to worry constantly about her ageing mother. Was she eating well? Was she lonely? Was she happy? She loved her Mum and wanted the best for her, just as she loves her three children and wants the best for them. She knows this doesn't include them worrying about her. She wanted her children to have confidence in knowing she was doing what she wanted, meeting plenty of interesting people and living her best life.

With retirement on her mind it was important to Rayleen that she had lifestyle aspirations. Having no male friends and girlfriends with different interests, she found herself going to the footy alone, to the beach alone, everything alone. She wasn't unhappy, but she knew she did not want to become a hermit, especially in later years. It was important to find something to do that involved other motivated, like-minded people with a healthy outlook.

In the past Rayleen had played squash until she began a family, netball and then softball until her eyesight became a problem. She began karate with her kids ending up with a black belt 11 years later when her knees began playing up. While her family are always supportive, they are often surprised about where Rayleen's interests took her.

Kayaking has been one of these surprises. Rayleen read about the Over 55 Canoe Club in the *Have a Go News* for at least 12 months before she finally phoned the club. The president filled her in on where to go, when to go and what to wear. It was a try-before-you-buy situation where she and other newbies were offered a club member's boat each, complete with life jacket, paddle and even a buddy. After a couple of weeks, a prospective new member would know if it was for them. Rayleen found herself hooked immediately and bought a boat.

But how could a person heading for retirement, not quite 145cm tall (4'9") get her 24kg boat on and off her car – with a roof much higher than herself? She was up a creek without a paddle, until her daughter and son-in-law solved the boat loading situation. They would call in at 6am on their way to work and back again later. It didn't take long before Rayleen saw a club member with a hydraulic lift fitted to the side of her car. Next thing, she had one too.

It surprised Rayleen how joining the club brought more than she could have imagined: "Once in the water it was magic" and she loved the club culture. It seemed tailor made to her dreams. She has retained that feeling ever since her first paddle. She has made friends with all sorts of people. She loves the many different interests people have, their motivation and their excitement for life. These are the folk she wants to be around – helpful, respectful and fun.

Part of the paddler's joy comes from the sense of shared adventure in the little things – spotting the wildlife, sitting around the bank at morning tea after the initial paddle, sharing stories, or even quietly sipping tea. Seeing a pelican is enough for Rayleen to feel thoroughly rewarded for her efforts. Heading home, tired but happy; could life be better?

Rayleen has always loved her work in aged care and is not planning on giving up her current 20 hours a week anytime soon. It's a good life. She has found what she was looking for and she's thrilled to bits.

Tall or short, rich or poor, there is a way around it. And you might find more than you dreamed of.

If you are interested in paddling with the Over 55 Canoe Club please contact club president Chris Cocker on 0410 479 024 or club secretary Dale Winn on 0420 733 024.

UWA research study on heart disease needs healthy volunteers

HEART disease is the leading cause of death in Australia.

It is one of our biggest health problems, affecting more that 3.7 million people. It is also a huge burden on our economy. Any reduction in the incidence of heart disease will not only benefit a large percentage of our population, but will also have an extremely positive impact on our nation's economy.

A diet high in plant-based foods and beverages is associated with a lower risk of heart disease. In addition to vitamins and minerals, plant-based foods contain compounds called flavonoids, which are thought to play a key role in preventing heart disease. Importantly, flavonoids are broken down into smaller compounds by bacteria in the large intestine.

Researchers at the University of Western Australia are aiming to determine whether they can measure the levels of these smaller compounds in urine samples, as a way of estimating how many flavonoids you eat. To do so, they are asking for volunteers to consume four foods known to have the highest concentrations of flavonoids (black tea, green tea, apples, and cocoa) and then collect urine samples.

Findings from this study will be important for understanding how consuming foods rich in flavonoids may protect you from developing heart disease.

If you would like to participate, please contact Ben Parmenter for more information at: Benjamin.Parmenter@research.uwa.edu.au.

Sage advice on making the best of what you have especially time

by Jon Lewis

"MAKE the best of what you have," shared one of my lovely callers while I was broadcasting my after-midnight talk show on 6PR.

Di had called in with a cheerful voice and made this very important point; it really struck a chord with me.

What you have could well be a finite resource. It could be your body, your property or perhaps your time. In many cases there could only be one of what you have. Why waste it? Why only use some? Is the rest saved for some special purpose or simply wasted? Time wasted, I believe, is the worst waste of all.

There can be many reasons for wasting time when you could be making the most of it. The easiest reason is often, "I am too tired" (said the bicycle).

For me in many cases this can be traced back to not allowing enough time for actual sleep. It can also be not preparing for sleep adequately. I know there needs to be some sort of serious exercise before I can truly have a good sleep, followed by a period of calm with no technology. What is it for you?

Like you I am sure, I don't like to see anything wasted. It is sad to see wasted food, it is annoying to see money wasted and it is certainly bad to see time wasted.

A plan can help, a written list can help too.

Making the most of a resource, I am happy to write, does not necessarily require more energy. Sometimes less energy and a little more planning will do it.

A lovely weekend might just require thinking about it on a Monday and looking forward to it through to Friday.

Can you imagine how nice that would feel? What would you look forward to come Friday?

If it is dollars and you can only afford a little, then make the most of that too.

For example, I enjoy taking my thermos with me, so a trip out can save the price of coffee for my darling wife and me. It is a lovely thermos and we have a lovely coffee machine, so I make the most of them. We enjoy the company of one another and like to make the most of that too.

It's strange how making the least of what you have seems oh so simple a path to slide into. The hours I have wasted on social media and the internet is almost criminal. If I had to pay for time, you could be sure I would use it more wisely.

So how do we know if what is being done is indeed a wise choice? How can we be certain?

It is, after all, lovely sometimes to just do nothing. To feel calm and relaxed.

I suppose the way to be certain, is to look at one of the words in the previous sentence... choose.

If indeed we did choose to do nothing, that is actually a choice rather than to just end up with a period of doing nothing. If it was a dedicated decision to partake in nothingness... then you could feel successful. For you have done as you set out. Doing with decision I feel is equal to creating and that is equal to living.

I love living.

So, choose.

By the way, if you say 'choose' when being photographed you can look younger. 'Choose'... click!

All the best.

Volunteers needed for study on plant-foods

UWA School of Biomedical Sciences at Royal Perth Hospital is conducting a study with the aim of developing urine tests to determine an individual's intake of bioactive compounds found in plant-based foods.

We are seeking non-smoking men and women 18-80 years old, who are not taking prescription medications, to participate in a 6-week study.

For more information please contact Ben:
04 73 440 405 or
Benjamin.Parmenter@research.uwa.edu.au

Approved by the University of Western Australia Human Research Ethics Committee

THE UNIVERSITY OF WESTERN AUSTRALIA

HAGN#349-056167

New members wanted at Probus Club

NORTH Coast Probus club would like to invite people who are retired or semi-retired to join their Club, which will be celebrating its 30th anniversary this year.

Probus is a not-for-profit organisation run by seniors for seniors where retired men and women meet new friends and enjoy the company of likeminded people.

The club meets on the first Wednesday of every month from 10am to 12noon at the Trigg Island Surf Lifesaving Club.

The meetings are followed by morning tea and interesting guest speakers. Regular outings, luncheons and other varied activities for members to enjoy are organised on a monthly basis.

Come along to a meeting or contact Rod on 0492 903 252 or 0422 199 379 for further information.

WIZARD pharmacy

FLU Vaccination

- Administered by a Wizard Pharmacist
- Available at multiple locations throughout Western Australia
- From only $19.95†
- Reduced fees apply for those aged 65 or over†

Walk-ins welcome.
Avoid the waiting room!

RAC member benefits apply*

To **Book** | Call **1300 929 929** | Go to **wizardpharmacy.com.au/flu**

†Those aged 65 years or over can be vaccinated at Wizard Pharmacy under the Australian Government's National Immunisation Program (subject to vaccine availability). A $9.95 pharmacy consultation fee applies. Standard Flu Vaccination service costs $19.95 for those aged 10-64 years, Cell Based Vaccination $39.95 For more information on the different types of vaccination visit **wizardpharmacy.com.au/flu**

*Available to all current RAC members when a valid RAC membership card is presented in-store or online. RAC members don't need to be a Wizard Rewards member to receive the 5% discount. Discount not available on PBS prescriptions, clearance lines or postage. RAC membership can only be associated with one Wizard Rewards card.

COMMUNITY NOTEBOOK

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

BASSENDEAN MELODY CLUB
Meets Fridays 10am-12pm
Community Hall Bassendean
Sing-along, entertainment and friendship
Ph. Carolyn 9279 3718

ARMADALE U3A
Meets first and third Tuesdays 9.30am-12pm
Evelyn Gribble Community Centre
140 Ninth Rd. Hilbert
Info 0414 053 421
www.u3aarmadalewa.org.au

KALAROO PROBUS CLUB
For retirees meets third Friday at 10am
177 Dampier Ave. Kallaroo
Guest speakers, outings and activities.
New members welcome.
Contact President (Iain) 0402 737 177

MOONDYNE FESTIVAL
Sunday 2 May 9am-4pm. Free entry
entertainment all day. The town comes alive with colour, sound, song, dance, and laughter.
Stirling Tce and surrounds, Toodyay.

MINNAWARRA ART AWARDS
Saturday 1 May 11am to Sunday 16 May 4pm
Free family friendly event showcasing
local artists plus an exciting public program incl High Teas and Music in the Hall.
90 Jull St Armadale. Event contact 9394 5000

SOUNDS IN THE PARK-KARAWARA
Hosted by the City of South Perth
17 April 5pm and onwards. Free event.
Pack a picnic or buy from the food trucks.
A great night of family entertainment and live music.
George Burnett Park. Manning Rd. Karawarra.

WA CHRYSANTHEMUM SOCIETY
Annual Show 6 to 8 May
Hawaiian's Forestfield Shopping Centre
20 Strelitzia Ave.
Official opening Friday 11am.

UKULELE JAMMING SESSION
Meets every Wednesday 10am-11.30am
at NCLC Church 16 Mint St East Victoria Park
Morning tea, beginners welcome.
Meet new friends and have fun.
Inq. Selvi 6262 4045 selviang@nclc.org.au

THE GATHERING
Northern Suburbs Social Group for seniors
Meets the third Thursday of each month
at St Anthonys Church Hall. Dundebar Road, Wanneroo. Music, entertainment, quiz, guest speaker, fun and friendship.
Sean 0431 018 388

CHIDLOW HALL MARKET DAY
Every third Saturday of the month
with a variety of morning and twilight markets
Local artisans selling and networking their amazing handmade and home grown products.
Come and see what this friendly has to offer.
Old Chidlow Hall, 2130 Old Northam Rd. Chidlow

RECORD and CD FAIR
Over 80 tables
Sunday 16 May 9am to 2pm.
Venue: Vic Park - Leisurelife Centre
Corner Kent and Gloucester Streets,
East Victoria Park.
Admission $3 Kids under 16 free. Frank Glosny 9458 5864.
e-mail: royals@iinet.net.au
A project by the Rock 'n' Roll Record Collectors Club. A non-profit organisation.
Presenting Record Fairs for over 35 years. Part Proceeds to Radio Lollipop.

ANZAC COMMEMORATION

CITY OF BELMONT
Dawn service 5.30am -6am
City of Belmont War Memorial
Gunfire breakfast 7am-8am.
$5 donation. Children under 10 free.
Belmont RSL sub Branch 22 Leake St Ascot

CITY OF COCKBURN
Dawn service proceedings 5.30am. -10.30am
6.45am Gunfire breakfast in Memorial Hall
10.25am the service commences at the Memorial Hall Monument

NORTHAM
6am Dawn service Northam Memorial Hall
6.45am Gunfire breakfast
11am service Northam Memorial Hall.

DONNYBROOK
6am Dawn service War Memorial
Apex Park South Western Hwy, followed by Gunfire breakfast at the Soldiers Memorial Hall Bentley St.
10am service followed by sausage sizzle.

Has Australia missed the boat with frozen pension debate for UK expats?

by Mike Goodall

I HAVE nothing positive to report on responses from the Australian Government, but the Canadian Alliance of British Pensioner (CABP) have been extremely proactive, encouraged by their Government.

We are continually being told by Australian ministers, MPs and senators that it is not possible to link social security agreements with trade talks. Yet that is precisely what the UK have done with the EU over BREXIT.

The UK are now in discussions with the European Economic Area Countries (EEA) about indexing UK pensions in those countries too.

Trade talks have been taking place between the UK and Australia. The fourth out of five planned rounds of talks, was completed last month. Australia may lose the opportunity of raising frozen pensions with the UK unless something is done immediately.

Following on from the chairman of the CABP's presentation to the Standing Committee on International Trade a resolution was passed in the Canadian House of Commons:

"That the House recognises that there are approximately 136,000 recipients of UK state pensions in Canada;

"That it recognises the UK government does not provide annual indexed increases to UK pensioners residing in Canada, effectively freezing their pensions at the levels they were at when they first claimed their pensions in Canada;

"That it recognises Canada provides annual indexed increases to Canadian pensioners who live in the UK;

"That it recognises UK pensioners living in the USA, Germany, Italy, Barbados, Bermuda, Israel, Jamaica and other countries receive annual indexed increases."

Frozen pensions represent a combined loss of over $500 million per year to the Canadian economy and taxpayers. It also forces thousands of UK pensioners in Canada to rely on Canada's social assistance programs. It is an injustice to both UK pensioners in Canada and to Canadian taxpayers;

The Canadian Parliament believes that now is the appropriate time for the UK government to negotiate a pension indexing agreement with Canada and that the government should press the UK government to open negotiations with Canada to remedy this situation as soon as possible.

This resolution is similar to the one that my wife and I presented in Australia in September 2019, which received a unanimous support. However, it has been 'put on one side' because of the Covid-19 problem. It is now time that this was raised again before it is too late.

Much is being done on our behalf but Australia seems determined to 'miss the boat'.

Am I UK State Pension Age?

UK Expats and Australian citizens born between 6 October 1954 and 5 April 1960, who have worked for a minimum of 10 years in the UK, will be eligible to claim their UK State Pensions from their 66th birthday.

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

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

Find the secret word to be in the draw to win a $200 shopping voucher

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

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

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

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

1. Treasured Craft Creations
2. DiskBank
3. Four Seasons
4. Bayswater Hotel
5. Italian Home Care Services
6. Villa Carlotta
7. Loose Goose Chalets
8. Broome Historical Society & Museum
9. Platinum Entertainment
10. Southcare
11. Gardens from Eden

Entrants can enter via email with Adwords in the subject line at win@haveagonews.com.au or write to Ad Words Competition C/- *Have a Go News* PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 30/4/21.

Congratulations to Ramon Longman, of Port Kennedy, our February 2021 winner.

Fran Taylor to talk about her most recent sailing adventure

THE guest speaker at the April meeting of the Association of Independent Retirees (AIR) Mandurah branch will be the very popular Fran Taylor.

She will talk to the group about her most recent adventure sailing around Cape Horn on the English ship *Tenacious* which was designed and built for people with disabilities.

The Mandurah branch of AIR (Association of Independent Retirees) will hold their April Meeting on Monday 19 April at the Halls Head Bowling Club, 2 Sticks Boulevard, Erskine commencing at 9.30am.

Everyone is warmly invited to attend this presentation. The cost is $2 and a delicious morning tea is included.

For further information contact Shirley Lloyd on 9586 4255.

Get a hole in one with this great family fun outing

HOW many times have you scratched your head and thought I just want to find something different to go to as a family?

Well scratch no more – we have the answer and it's a real hole in one!

Glowing Rooms, near Fremantle, is Perth and Australia's first 3D mini golf experience and it's got to be seen to be believed.

From the minute you arrive, you are transported on a vibrant journey of colour, taking you (thanks to the power of magical 3D glasses) from an asteroid field in outer space to an underwater world complete with sea creatures and treasure, past iconic landmarks of Australia and face to face with superheros.

These amazing worlds and creations are all thanks to incredible lighting and special effects combined with stunning hand-painted wall and floor art, which play host to the golf holes, as well as sneaky hidden obstacles.

Travelling through each room sees the difficulty of the shots increase, with many having ramps, tunnels and trenches to navigate as well as animals that appear to come to life and golf balls that hover in front of you, but this makes it even more of a fun and unique experience for all ages and abilities.

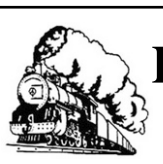
It really is a one of a kind of experience, just don't forget your camera.

Glowing Rooms are open from 2pm to 9pm on Tuesdays, Wednesdays and Thursdays, 2pm to 10pm on Fridays, 10am to 10pm on Saturdays and 10am to 9pm on Sundays.

On most public holidays Glowing Rooms is open from 10am to 6pm, but that can change from time to time. The opening hours will be updated on the website: www.glowingrooms.com.au.

For the school holidays they will also open on Mondays from 10am. Last tee occurs one hour before closing.

There is a café on site and they also do incredible parties.



RAIL TRANSPORT MUSEUM

Lots of memories to share.
Something for everyone.
OPEN: Sundays from 1pm to 5pm and Wednesdays 1pm to 4pm
136 Railway Parade, Bassendean
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lendlease

Preventing further climate change one politician at a time

Left to right; Citizens' Climate Lobby (CCL) members with Hon Ken Wyatt AM, MP - CCL members at Envirofest 2020

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

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by Frank Smith

WESTERN Australia's climate is getting hotter and drier. Catastrophic events like floods, droughts and bushfires are getting more frequent and more severe.

The possibility of climate change due to burning coal as fuel was first pointed out by Nobel prize-winning Swedish scientist Svante Arrhenius in 1896.

Now 125 years later, even the Morrison government is beginning to take notice.

Researchers at Ohio State University in the USA have found that putting a price on carbon is the cheapest, most efficient policy change governments can make to reduce the emissions that cause climate change.

They analysed the costs and effects that a variety of policy changes would have on reducing carbon dioxide emissions from electricity generation in Texas and found that adding a price, based on the cost of climate change, to carbon was the most effective.

"If the goal is reducing carbon dioxide in the atmosphere, what we found is that putting a price on carbon and then letting suppliers and consumers make their production and consumption choices accordingly is much more effective than other policies," said Professor Ramteen Sioshansi, an integrated systems engineering professor. The study was published recently in the journal *Current Sustainable/Renewable Energy Reports*.

Many people think government action on climate change is coming too little too late and our children and grandchildren may suffer the consequences. But not everyone is taking this lying down.

Joyce Erceg, Citizens' Climate Lobby (CCL) regional coordinator in WA, said carbon tax has had a chequered career in Australia with vociferous opposition mainly based on misunderstanding of its purpose.

"CCL proposes a carbon fee. This is different to a tax as it is not collected by government and the proceeds are distributed to everyone as a dividend."

CCL is a non-profit, non-partisan, grassroots advocacy and education organisation focused on accelerating solutions to climate change through democracy. It has a proposal that it hopes will be more acceptable to voters.

"CCL has fairly low visibility with around 3500 members Australia-wide but is starting to grow. We have branches in the East Metro and Southern Metro and are hoping to start a branch in the North Metro area.

"People started getting interested as they saw the threats of bushfire last year associated with climate change."

She says Carbon Fee and Dividend is an efficient and transparent carbon pricing mechanism that drives greenhouse gas emissions reductions across most sectors of the economy.

Unlike a carbon tax the entire net revenue generated by the carbon price is returned directly to every citizen through monthly 'dividend' payments.

There are several benefits to this approach:

Investors, producers, consumers and governments are all given an incentive to increase energy efficiency and reduce their consumption of carbon. The fee encourages greater investment, research and development and implementation of clean energy projects.

The dividend protects lower and middle income families, maintains public support and gives consumers greater purchasing power, enabling all households to play their part in reducing climate change.

Carbon Fee and Dividend (CFD) would cause minimal disruption to the economy while giving a strong and positive signal to markets. A dividend instead of a tax would distribute costs across the economy and stimulate economic growth, while giving a strong and positive signal to markets.

A carbon fee would encourage new business opportunities to develop, produce, install and service innovative energy projects and create thousands of new jobs.

Ms Erceg says CCL is lobbying governments to act on climate change.

"We form electoral groups of volunteers who write to, meet and talk with politicians and others across the political spectrum.

"We are now talking to State politicians and local government. We plan to use their views to influence further up the political hierarchy.

"We also cooperate with groups with similar aims including Beyond Zero who are involved pressing for transitional jobs as the economy changes; Farmers for Climate Action and Doctors for the Environment.

"CCL can also provide speakers for other organisations on subjects like 'why is it getting so hot'? And 'opportunities to reduce our dependency on carbon'."

Putting a price on carbon gives an economic signal to polluters. They can decide to discontinue their polluting activity, reduce emissions by decreasing their consumption of carbon or finding alternative low-carbon options, or continue polluting and pay the community costs of it, she said.

Find out more about CCL at www.ccl.org.au

9 MUST WATCH PROGRAMS THIS MONTH

9NEWS AT 5.00
One of Perth's most trusted and experienced media stalwarts, Monika Kos, fronts a one-hour live and local bulletin, weekdays at 5pm.
LIVE & LOCAL 5.00PM

9NEWS AT 6.00
Join Michael Thomson with Matthew Pavlich & Scherri-Lee Biggs, as they provide a comprehensive one-hour bulletin covering the latest in news, sport, and weather. Made in Perth, for Perth.
FULL STORY NIGHTLY 6.00PM

A CURRENT AFFAIR
Join Tracy Grimshaw, host of ACA for 15 years, and a dedicated team of investigative journalists, covering the realms of politics, crime, human rights, science, technology, celebrities and entertainment.
WEEKNIGHTS 7.00PM

AMAZING GRACE
Perth's Kate Jenkinson, Sigrid Thornton and Alex Demitriades star in this powerful Aussie drama. Centred on midwife Grace (Jenkinson) and her passionate colleagues at an unconventional birth centre attached to a major city hospital.
WEDNESDAYS 9.00PM

THE GARDEN GURUS
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Australia's longest running gardening program continues its milestone 40th series. Trevor Cochrane and the team will inspire you with the latest gardening trends together with handy DIY autumn inspiration.
SATURDAYS 4.30PM

OUR STATE ON A PLATE
LOCALLY MADE
Showcasing Western Australia's leading chefs and primary producers, this locally produced series captures unique local culinary stories, whilst showcasing the state's best food events, farmer's markets and more.
SUNDAYS 5.30PM

TODAY
Wake up with Karl Stefanovic and Allison Langdon for Australia's most talked about breakfast show! Bringing you the latest news, current affairs, sports, politics, entertainment, fashion, health & lifestyle.
WEEKDAYS FROM 5.30AM

60 MINUTES
Australia's leading current affairs program for over 40 years. Liz Hayes, Tara Brown, Tom Steinfort, Liam Bartlett and Sarah Abo investigate the issues affecting Australians.
SUNDAYS 8.30PM

LEGO MASTERS
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An enormous effort required to reform aged care sector to deliver appropriate care

The government now spends $20 billion-a-year on aged care

by Lee Tate

AUSTRALIA is on the brink of aged care reform that is breathtaking.

Following 20 probes, inquiries and royal commissions over 20 years, Canberra has levers to direct $30 billion-a-year into aged care.

Yes, a massive $30 billion every year and more over time with inflation. The Federal Government has already committed an interim $500 million.

The nation has seen nothing like what's about to follow in the wake of the Aged Care Royal Commission's 148 recommendations.

But politicians, health practitioners, economic advisers, care organisations and others are deeply divided over how this should all be done: how do we gather, spend and control this huge bankroll?

Even the two commissioners, retired judge Tony Pagone QC and former Public Service Commissioner Lynelle Briggs, have opposing views on how to tackle it.

Mr Pagone says because government controls have failed miserably: "a fundamental redesign is required" with an aged care commission that can control, regulate and maintain quality and safety of care.

But Ms Briggs says only governments have the resources to deliver high quality and safe aged care.

"It would not be acceptable to taxpayers for more than $30 billion of public funds to be handed over every year to non-elected individuals operating outside the direct control of ministers to be spent as they see fit," she said.

The government now spends $20 billion-a-year on aged care and consumers add another $7 billion from their own pockets.

Australia has been spending at least $27 billion-a-year for so-called aged care.

The royal commission has revealed that about 18 per cent of nursing home residents have been sexually or physically assaulted and about 68 per cent are malnourished or close to it.

Psychotropic drugs were administered to 60 per cent of residents and more than half were in aged care facilities with unacceptably low levels of staffing.

The commission has called for an effective system of universal entitlement: a right for all older Australians to have access to quality aged care services when and where they need them.

The shift from what we have now to what is needed is going to take an enormous effort, as the population ages.

People aged 85 and over will increase from 500,000 (two per cent of the population) in 2018 to 1.5 million (3.7 per cent of the population) in 2058.

This "will coincide with the number of people available to take care of them", the commissioners noted.

They set targets: clearing the 100,000-strong waiting list for home care packages, new training standards and a national registration scheme for care workers, a new star rating system for care providers, a timetable to introduce minimum staffing levels in nursing homes and limits on who can prescribe drugs to people in aged care.

They also called for an urgent review into nutrition standards for food in nursing homes.

Over 28 months, the commissioners have heard from 641 witnesses with 10,000 written submissions, 6,800 phone submissions and mountains of research papers.

"Many witnesses gave harrowing accounts of their or their loved one's mistreatment in nursing homes or by in-home carers," reported Stephen Lunn in *The Australian*.

Canberra, over the lifetime of several successive governments, will now have to chart and follow the course to massive, essential improvements to aged care and how they will fund it.

Possibilities are: a lifelong levy on workers' pay, a fee for aged care consumers and a new tax (not politically palatable in Canberra, apparently).

Australia's attitude to aged care is about to change. We await the bottom line.

How stem cell nutrition may help ease the symptoms of arthritis

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. It begins in the cartilage and eventually leads to two bone surfaces rubbing directly against each other. This is not only painful, but very restrictive on daily mobility and flexion. This degenerative disease often needs joint replacement surgery.

How can adult stem cells help arthritis?

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

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

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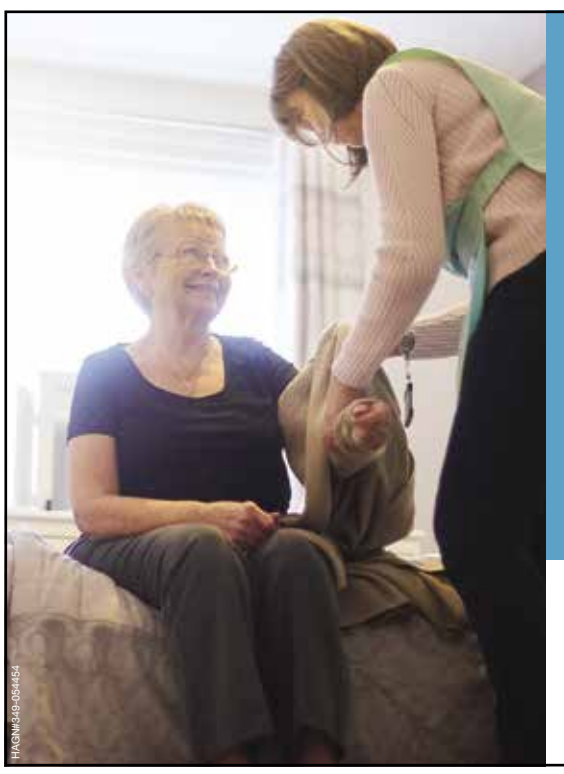

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Covid-19 poses a serious threat to health of older people

by Frank Smith

AT least 80 per cent of Australians aged over 70 years are at high risk of serious illness or death if they contract Covid-19.

A study by the University of South Australia found that people with high blood pressure, heart disease, diabetes and cancer are more vulnerable to poor outcomes if they contract Covid-19 and having more than one of these conditions increases the risks.

The study involved more than 100,000 Department of Veterans' Affairs clients, nearly 90 per cent living in their home. More than 80 per cent had at least one risk factor for Covid-19, half of them had two risk factors, and 20 per cent had three or more risk factors, including immune-related diseases and diabetes. High blood pressure was the most common condition followed by heart disease.

Veterans living in residential aged care had slightly lower rates of high blood pressure but had higher rates of heart disease, respiratory conditions, and kidney disease.

University of South Australia Associate Professor Nicole Pratt deputy director of the Quality Use of Medicines and Pharmacy Research Centre, said the findings align with evidence from other countries where patients have been admitted to hospital with Covid-19.

"In the US for example, 70 per cent of older patients admitted for Covid-19 in the past year had high blood pressure, 43 per cent had diabetes and 29 per cent suffered from cardiopulmonary diseases," she said.

"A quarter of the older Australians that we studied live with a condition like cancer or may be taking medicines that suppress their immune systems and one in five has diabetes. These conditions carry a far higher risk for Covid-19 than some other conditions."

The latest statistics released by the Federal Government show that 94 per cent of the 904 Australians who have died of Covid-19, were aged 70 years and older.

Since the study was completed, the Government has started rolling out the Pfizer and AstraZeneca vaccines to Australia's to older and more vulnerable people.

"Our findings highlight the urgent need for older Australians to get vaccinated as soon as they are eligible," Assoc Prof Pratt says.

The study was published in the *Australian Journal of General Practice* last month.

Some readers may be hesitant to get vaccinated because of safety concerns over the Oxford/AstraZeneca vaccine, after 37 people in several European countries had blood clots after getting the jab, nine of whom died.

Professor Stephen Evans at the London School of Hygiene and Tropical Medicine said blood clots are fairly common, so they are bound to occur in some vaccine recipients if you immunise millions of people.

University of South Australia Associate Professor, Nicole Pratt

He said that the virus rather than the vaccine might be responsible for an increase in the occurrence of blood clots.

Health officials from the UK, the World Health Organization and the European Medicines Agency (EMA) investigated and all concluded that the vaccine is safe.

Given the risk of serious illness or even death amongst older people infected by Covid-19 it seems getting vaccinated is a no brainer.

Ed's note – Our columnist Mike Goodall and his wife Nicky had their first shot last month and said it was similar to having a flu shot. He said he felt a little sluggish the day after but also noted it didn't stop him from hitting the golf course for a full round.

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Helping more people remain independent…

A PORTION of Indigo's (formerly Independent Living Centre) funding has been reallocated to allow their experienced health professionals to deliver a more holistic allied health service.

They now can deliver more comprehensive, tailored health plans to assist individuals in meeting their longer-term independence goals. With more outcome based allied health appointments; in person either in the home or at the Nedlands Experience Centre.

Previously funding has been used to enable them to offer a subsidised information and advice service via phone and email.

The main change will be how they book appointments for Commonwealth Home Support Programme Customers (CHSP) for people 65 years and over, where an appointment will now require a referral from My Aged Care (MAC).

Indigo's Allied Health manager, Lynda Quigley, said the change can benefit many customers: "We are really pleased to have been able to convert the information and advice line funding into allied health hours.

"I know our occupational therapists are looking forward to getting out and about and being able to see customers through their recovery, reablement or support journey.

"Privately funded customers and NDIS participants can still book appointments with Indigo's experienced health professionals as normal.

"Our friendly team will be assisting people with information about how to navigate pathways to an appointment with a health professional during the changeover."

For more information on Indigo's allied health services please contact the friendly customer services team on: 9381 0600 or visit the website: www.indigosolutions.org.au

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disability awareness

National disability campaign #SeeME launches to an emotional response

#SeeMe participants with STEPS Employment Solutions staff members

STEPS Employment Solutions have launched their highly anticipated #SeeME campaign launch event. The national campaign, which features a video series, explores the realities of nine extraordinary individuals who face barriers to employment and highlights the importance of concentrating on the abilities of job seekers. This idea is embodied in the event's tagline of "employMYability".

The event featured the first screening of all nine participants' powerful stories, and also saw the nine participants and other speakers share their experience and insights with the audience.

The video series garnered emotional responses from the audience, as well as from the participants themselves.

Carmel Crouch, managing director of STEPS, was also present at the event and shared the importance of campaigns like #SeeME in changing the landscape for Australians with barriers to gaining employment.

"STEPS Employment Solutions and the idea of giving equal job opportunities to young people with disabilities was what initially began what is now known as STEPS Group Australia in 1989," Ms Crouch said.

Kerry Staines, the chief executive officer of STEPS Group Australia, spoke at the event and shared her great confidence in what campaigns like #SeeME could achieve.

"This campaign really embodies our core message; that adults with disabilities, mental health issues, or any other barriers have so much to offer in the workspace," Ms Staines said.

"Our nine participants are such a small part of such a large group of amazing, qualified, and deserving people.

"I really hope that this campaign helps more employers see that good employees don't just come in one form."

"Hopefully, we can encourage more conversations about those barriers and the strengths of diversity.

While the campaign's launch was a great success, each participant has far more insight and experience that they look forward to sharing with the Australian community.

"It has been a great opportunity to share what it's like to try to overcome barriers in employment," one of the campaign's participants, Jessica, said.

"Inclusive workspaces start in the hiring process so working toward better knowledge and processes will surely highlight our abilities."

Each of the participants stories are available on the STEPS Employment Solutions YouTube channel at https://youtu.be/TUXDjcGdjeg

Making the big transition into aged care - top tips for families

PERTH wealth management and accredited aged care adviser Peter Speechley says it is important for families to make early plans with their older loved ones to transition into aged care to reduce stress and make well thought out and cost-effective decisions.

Mr Speechley, wealth management director with HLB Mann Judd Perth, says it is an all-too-common story for adult children to be faced with finding appropriate aged care for their mums and dads when the parents themselves are already in need of assistance.

"Sometimes discussions can be difficult but the reality in Australia is places in aged care accommodation are not available at the snap of your fingers – there are waiting lists for residential care but also even getting help in your own home," Mr Speechley said.

The Australian Institute of Health and Welfare calculates that Australians living to their mid to late 80s will experience "frailty years", on average three to five years of severe disability.

"People approaching retirement should be sitting down with their families and making known what their priorities and preferences are when it comes to their care," Mr Speechley said.

"Residential care is not retirement living, it is government supported and covers daily accommodation needs and personal care.

"There are also lots of misconceptions about aged care – particularly the cost. It can be expensive, and the system of Refundable Accommodation Deposits (RADS) can be scary for some but by planning properly, and depending on eligibility, you could for example consider renting rather than selling the family home and using the rent to part pay for aged care accommodation."

Mr Speechley said there was much to consider when planning the transition to aged care but there were some simple steps which could help make the move easier for everyone.

- Maximise choice and avoid rushed decisions
- Identify who will be responsible on your behalf for your financial, medical and living arrangements
- Treat aged care accommodation like choosing how you buy a house – where is it located, is it good value, can I afford it?
- Aged care is complicated – consider professional advice.

"Moving into aged care can be a major upheaval but it's important to explore your choices as early as possible and decide what works best for you and your financial position."

Flexible network for disability support

MY FLEX is delighted to announce that they are now a registered NDIS provider.

Working with people with a disability and their support network is a crucial part of what they do at My Flex Disability. They are committed to delivering quality support services to people living with a disability, their families and carers.

My Flex will unravel the confusion around accessing personal and home care support and will be guided by the client, their circumstances and goals. Their flexibility and extensive range of services, allows them to offer people the right support to meet their needs.

They offer a range of support services from specialised nursing care, domestic assistance, personal care, home and garden maintenance to care-assisted travel. The aim is for the client to achieve their goals and strengthen their capacity to live confidently in the community.

My Flex's team of highly experienced, positive and passionate support staff plus their registered nurses work together to create a holistic support plan that encourages independence and social support. It is vital clients feel happy and comfortable with the way their support needs are being met.

My Flex works with their clients to keep it simple.

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ADVERTISING FEATURE

let's go travelling

L-R; The Great Graze will showcase edible experiences - the Harbour Master offers better access to Rottnest Island

CONGRATULATIONS to Peter Harding and Grand Pacific Tours which celebrate its 25th anniversary this month. Founded in 1996 in Melbourne we have had a long-running relationship with Peter and the company since 1998. I know many of our readers have enjoyed their hospitality, discovering the best of New Zealand with them. I too have experienced the Grand Pacific hospitality and they really do it well. Although the bubble between Australia and New Zealand is commencing this month, travellers returning to WA must still quarantine. We will keep you updated on changes.

★★★

The Kimberley Wanderer Pass is being promoted to encourage more people to discover the East Kimberley region with offers of $300 towards a tour or experience. It's available for people buying an airline ticket from Perth to Kununurra through Virgin Australia. The offer runs until 30 September (unless sold out earlier) and is available to use in more than 20 businesses across that region. The pass is redeemable from the Kununurra Visitor Centre online, in-person or by phone, check out www.visitkununurra.com/wander

★★★

WA-owned Rottnest Fast Ferries recently launched their new catamaran *Harbour Master* which will offer increased capacity to the island from Hillarys Boat Harbour. Tourism minister David Templeman was at the event to christen the ship and spoke about the importance of supporting local tourism. The 37.2 metre vessel has a variety of appealing indoor and outdoor spaces for passengers including multiple decks, three passenger deck levels, a spacious airy cabin, oversized windows, plus private areas which will also be helpful while social distancing is still in place. *Harbour Master* will offer people in the northern suburbs better access to Rottnest Island.

★★★

Since the pandemic we have been encouraging people to support local businesses, especially when travelling around our great state. This month a new initiative to promote hospitality businesses in Perth and the regions commences aptly named The Great Graze which will showcase edible experiences. Enjoy sampling great local food with the WA farmers who grow it. There is a range of delicious offerings across the state. This is the perfect opportunity to enjoy some of your favourite produce, stay and graze, takeaway a delicious curated box or pick ingredients to make the platter of your dreams. When making plans for your next get-away, or staycation, make sure to scroll through the amazing line-up of grazing experiences this April. There are events in Manjimup and Pemberton, Margaret River-Yallingup, Harvey, Ferguson Valley, Chittering, Swan Valley, Perth and all the way up in Carnarvon! Show your love of local and stop in, sit down, relax and graze. Find out more at www.wagreatgraze.com.au/program

★★★

The day trip to Antarctica is a great way for people to feel like they have an overseas trip to look forward with travel still so restricted. It will depart on 14 November 2021 onboard a Qantas Dreamliner aircraft which will offer spectacular viewing of the continent with its large windows. Limited seats are still available and there is information available for readers on page 29.

★★★

Don't forget that it is a mandatory requirement for anyone visiting an airport or flying anywhere in Australia to wear a mask. Travellers must also apply for a G2G pass when arriving back in the state. Visit www.g2gpass.com.au.

★★★

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

Happy trails

Jennifer Merigan
Travel Editor

The travel industry and readers are welcome to contact the travel editor: Ph 9227 8283
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Sun 15 August	Hotham Valley Forest Train

$105 Seniors $115 Adults includes morning tea, picnic lunch or restaurant meal as stated.
Day tour pick-ups Joondalup, East Perth and Rockingham

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Alice to the Top End	7 May	11 days from $3890 pp	
Darwin to Broome	4 June	12 days from $4000 pp	
Kununurra to Cairns - Savannah Way	28 June	14 days from $4750 pp	1 seat left!
Cape York	14 July	13 days from $4770 pp	3 seats left!
WA's Coral Coast	20 August	12 days from $3740 pp	
Mt Augustus - Karijini	4 Sept	10 days from $3390 pp	
Mt Augustus & Walga Rock at Wildflower Time	17 Sept	5 days from $1420 pp	
Northern Wildflowers	23 Sept	4 days from $1120 pp	
Stirling Ranges at Wildflower Time	17 October	4 days from $1120 pp	

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Solution for BIG Crossword page 54

W	E	A	K	■	■	O	R	A	T	I	O	N	■	■	S	A	I	D
O	■	H	E	L	E	N	■	R	■	T	■	U	R	B	A	N	■	O
E	L	E	G	Y	■	T	■	D	N	A	■	N	■	U	N	D	E	R
S	E	A	■	C	H	O	R	E	■	L	A	S	E	R	■	R	U	M
■	A	D	O	R	E	■	A	N	T	I	C	■	A	N	G	E	R	■
■	F	■	P	A	R	E	N	T	■	C	H	A	S	T	E	■	O	■
T	Y	P	E	■	O	■	G	■	■	■	I	■	I	■	T	E	S	T
R	■	■	N	A	I	L	E	D	■	A	N	K	L	E	■	V	■	E
I	■	E	A	R	N	■	S	U	I	N	G	■	Y	A	L	E	■	N
C	L	A	I	M	■	■	■	N	■	G	■	■	■	V	A	N	E	S
K	■	T	R	E	E	■	B	E	R	E	T	■	S	E	C	T	■	E
L	■	E	■	D	A	R	E	S	■	L	A	T	E	S	T	■	■	L
E	A	R	L	■	R	■	R	■	■	■	N	■	R	■	O	I	L	Y
■	M	■	E	I	T	H	E	R	■	E	N	V	I	E	S	■	A	■
■	B	O	O	T	H	■	F	I	B	R	E	■	A	L	E	C	K	■
H	E	M	■	C	Y	S	T	S	■	A	D	D	L	E	■	R	E	D
I	R	I	S	H	■	E	■	K	O	S	■	U	■	C	A	U	S	E
N	■	T	H	Y	M	E	■	E	■	E	■	T	I	T	L	E	■	B
D	O	S	E	■	■	M	O	D	E	S	T	Y	■	■	E	L	K	S

PRISM solution page 55:
Silk, felt, corduroy, organdie, chenille, shantung.

Solution for Suduko page 55

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

Solution for Crossword page 55

T	R	A	N	S	P	A	R	E	N	T
O	■	■	■	C	■	C	■	X	■	I
R	■	P	■	A	■	T	R	A	D	E
C	■	A	■	N	■	I	■	M	■	■
H	O	P	S	■	P	O	L	I	C	E
E	■	E	■	M	■	N	■	N	■	X
S	E	R	M	O	N	■	L	E	A	P
■	■	C	■	U	■	C	■	R	■	O
T	A	L	E	S	■	A	■	S	■	S
A	■	I	■	S	■	R	■	■	■	E
R	E	P	R	E	S	E	N	T	E	D

Solution for Colour Blocks page 55

O	T	H	E	R
B	L	A	C	K
Y	U	M	M	Y
T	A	B	L	E
C	H	U	N	K
B	U	R	S	T
V	A	G	U	E
F	R	E	A	K
H	E	R	O	N

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

1. New Norcia
2. Artificial Intelligence
3. Todd McKenney
4. UWA
5. Book publishing
6. Gardening Australia
7. Bungle Bungles
8. Kununurra
9. Esperance
10. 200

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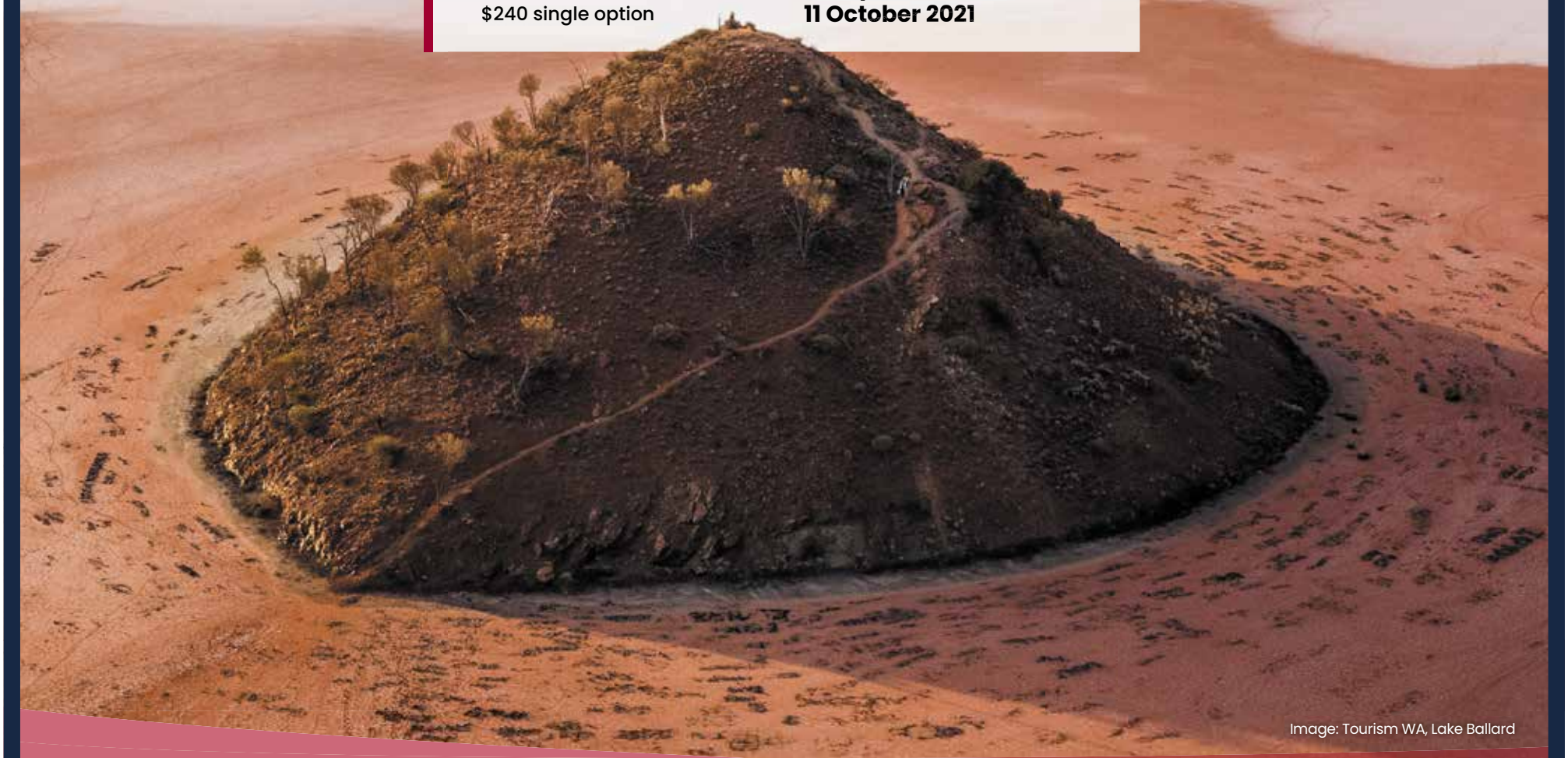

Image: Tourism WA, Lake Ballard

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ADVERTISING FEATURE

let's go travelling

travel options for the mature west australian

Dolphins play more than us… and here's a wonderful way to watch them do it

Left to right; Discover the dolphins with Perth Wildlife Encounters Photos courtesy of Perth Wildlife Encounters

by Chris Parry

THREE of my favourite minds have something to say about dolphins.

The most famous theoretical physicist, Albert Einstein, was drawn to once observe dolphins and remarked: "There's no question dolphins are smarter than humans as they play more."

Another eccentric mind is Douglas Adams author of *The Hitchhikers Guide To The Galaxy*. He wrote of dolphins:

"Humans think they are smarter than dolphins because we build cars and buildings and start wars. All dolphins do is swim in the water, eat fish and play around. Dolphins believe they are smarter than us for exactly the same reasons."

A younger great mind belongs to my son Tom (11). Lifting his head out of the water upon seeing his first dolphins swim around him, he yelled: "I can hear them clicking! They're talking to me!"

Now who's to say which of those is the best quote about dolphins?

Quite often on television you'll see dolphin documentaries and it's fairly easy to find a dolphin experience in aquatic theme parks around the world. But I want to implore you to experience dolphins for yourself only 45 minutes from the Perth CBD. It is not just the greatest experience that you can have with dolphins but also the most ecologically and environmentally responsible.

Terry Howson's Perth Wildlife Encounters was founded on building a relationship with dolphins in the waters around Rockingham. For years Terry searched for the dolphins, swam alongside them but he never fed them. He just put himself in their world. Eventually, the dolphins decided he wasn't a bad bloke and they stopped swimming away from him.

He founded his business on strict protocols, including no feeding and that the dolphins had to be found each time they went out, rather than conditioning them by establishing a known area where the encounters could take place, so that the encounters fit into the dolphin's way of life. The crew find the dolphins, place the boat a safe distance in front of their anticipated path and you then enter the water.

The dolphins can then choose to go around you, under you, circle you, roll around you or just disappear to do other things. It's up to them how they want to interact.

This approach to environmental tourism has resulted in Perth Wildlife Encounters winning prestigious tourism awards and induction into the Western Australian Tourism Hall of Fame.

We embark at Rockingham Jetty and as we step aboard the crew assess what size wet suit we're going to require.

The fit out of snorkels, masks and belts is easy. Next come quick lessons for those unfamiliar with snorkelling provided professionally by the crew. The skipper sends us out to the waters between Garden Island, Carnac Island and Kwinana.

As the search for the dolphins is underway our crew explain how we will enter the water and what the rules are. We are placed into teams that will step carefully off the stern into the water, holding onto the waist belt of the person in front of you. The water is deep and you're a considerable distance from shore, but you feel safe.

The skipper spots some dolphins. I just have time to spit and wipe a mask clean before we all link hands around each other's belts and enter another world.

The water is clean and green and the moment when the dolphins first appear is a lifetime memory. There's no food for them, it's them checking us out and we are so lucky.

As soon as the dolphins have left, we climb back on to the boat and throughout the day we're in and out of the water.

No one says: "I've had enough, I'll just stay on the boat thanks."

At lunch we all talk about what we've seen, about the way the dolphins roll around us and click in a language that we can only guess at.

The crew are locals with skill, friendliness and passion who have been trained how to find the dolphins, not interfere with them, keep a safe watch on all of us and ensure our experience is special.

This experience is life changing because in a genuine and authentic way it provides an encounter with one of the most beautiful animals we share this planet with. It has changed the way I view how I want to encounter wildlife in the future. I want my children to be inspired by opportunities in life that excite and the way they think about the world around them.

For more information on Perth Wildlife Encounters visit www.dolphins.com.au or www.rockinghamwildencounters.com.au.

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However you like to holiday, now's the time to see all the unbelievable places in South Australia

Travel north to the Flinders Ranges where you can explore the ancient landscape on foot or from the air, follow Aboriginal Dreaming Trails and retire at night beneath a canvas or glittering skies.

Head for the coast and one of South Australia's three peninsulas – the Eyre, Fleurieu or Yorke. Although each one offers something unique, they share a reputation as both aquatic and culinary playgrounds. There's so much to see and do and drink and eat.

Step ashore at Kangaroo Island and feel yourself relax. Raw and rugged nature combine with a laid-back lifestyle, unique wildlife and tastebud-tempting delicacies.

From its source in the Snowy Mountains, the Murray River flows through South Australia's Riverland and onto the Lakes and Coorong. Stunning conservation parks, a rich First Nations heritage and majestic ochre-coloured cliffs provide endless options for walking, cruising and self-drive journeys.

Adelaide itself lays claim to being a Great Wine Capital, one of just 11 cities globally whose wine regions are recognised as significant cultural assets. Within an hour's drive, more than 200 cellar doors are located across the Barossa, Adelaide Hills and McLaren Vale. Just a little further afield lies the Clare Valley, famed for five-star wineries showcasing its signature variety, Riesling.

Travellers Choice has gathered together the complete travel collection for people to cycle, walk, drive, cruise or sit back on a guided holiday in South Australia. To book, contact your local Travellers Choice consultant on 1300 78 78 58 or visit www.travellerschoice.com.au.

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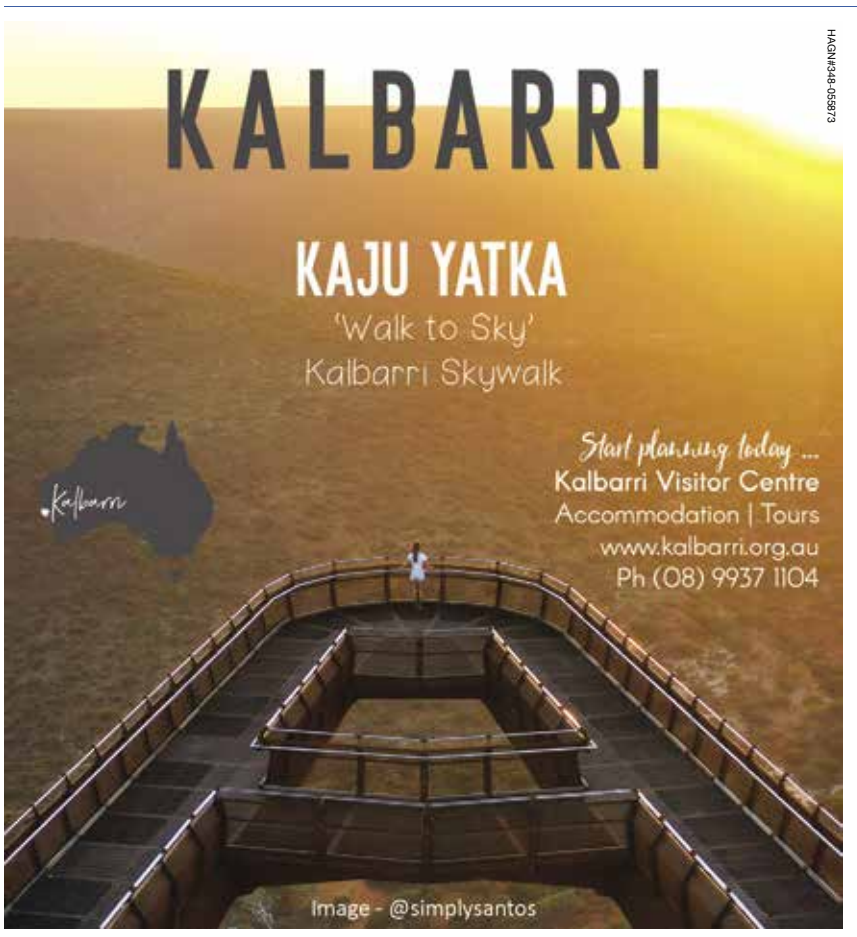

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MANDURAH IS THE PERFECT DESTINATION FOR A STAYCATION THIS AUTUMN.

Whether it's unwinding in the company of nature or revving up for an outdoor adventure, taking timeout with the grandkids or a romantic couples retreat, a foodie escape or a cruisy getaway with mates, be inspired by our top picks of what to do in Mandurah this Autumn.

A NATURE LOVER'S PARADISE

From the bushland to the waterways, the Mandurah Estuary and Peel Inlet is twice the size of Sydney Harbour and home to a unique abundance of wildlife, birds and marine animals that's worth exploring.

Jump on board a custom guided nature tour with Salt and Bush Eco Tours and you'll be amazed by this biodiversity hotspot right on your doorstep. There's plenty to delve into when you wander and discover the incredible surroundings on a bushwalking trail, glide on a kayaking adventure, go bird-watching or simply settle in for a peaceful evening of stargazing.

CRUISING THE CANALS

Mandurah is laidback central, so if you're searching for the ultimate in relaxation, then get comfy because your best vantage point is on the water.

Kick back on a Murray River lunch cruise while enjoying impeccable views, or go it alone and get grilling on an Eco BBQ Boat – no skipper's ticket required. When evening hits, there's no better way to take in the west coast's most spectacular sunsets than on a Sunset Tapas Cruise, with all you can eat tapas included. That's your Saturday night – and appetite sorted!

INDULGE YOUR TASTEBUDS

Mandurah is a mecca for seafood, renowned for its blue swimmer crab. If you don't fancy catching your own (although going crabbing is half the fun of it – just ask Justin Langer), there's no shortage of cafes, bars, breweries and restaurants for you to cure the cravings after a jam packed day exploring the amazing outdoors.

Check out the special package deals we have on offer this autumn below. Bags packed? We'll see you soon.

MID-WEEK WINTER GETAWAY

Escape to Mandurah for a midweek getaway this winter and enjoy a night at The Sebel Mandurah and a Scenic Dolphin Cruise with Mandurah Cruises.

The Sebel Mandurah is the perfect place to stay and is within walking distance to the town centre, places to eat and so much more.

Hit the water the next day with Mandurah Cruises and enjoy a Scenic Dolphin Cruise. Spot playful dolphins as they feed, rest and play in their natural environment. Explore the city's kilometres of canals as well as the vast wetlands that have worldwide importance.

DATE RANGE: **1 May to 31 August 2021**
AVAILABILITY: **Sunday to Thursday**
PRICE: **$199** (total cost for 2 adults)

Price based on **two adults** sharing a superior king room at the Sebel Mandurah for **one night** & a double pass for the Dolphin & Scenic Marine Cruise.

SENIORS STAY & CRUISE

Seniors Stay & Cruise special is the perfect winter getaway. Enjoy a midweek break in a Superior King Room at The Sebel Mandurah and a long lunch with Mandurah Cruises' Murray River Lunch Cruise.

The Sebel Mandurah is the perfect place to stay and is within walking distance to the town centre, places to eat and so much more.

Enjoy a relaxing lunch cruise while discovering the picturesque waterways of the Murray River. This half day cruise is your chance to sit back and take in the natural beauty of the region.

DATE RANGE: **1 May to 31 August 2021**
AVAILABILITY: **Overnight Tuesday or Wednesday only**
PRICE: **$339** (total cost for 2 adults)

Price based on **two adults** sharing a Superior king room at the Sebel Mandurah for **one night** & double pass on the Murray River Lunch Cruise.

T&Cs: The package deals are available from May 2021 and is valid for stays until 31 August 2021, excluding public holidays and other major event periods. Bookings can only be made 90 days in advance. Limited packages are available, so get in quick before they sell out. This package cannot be transferred, and no refunds or exchanges are permitted. Dates are subject to availability, terms and conditions apply. Proof of WA Seniors Card or proof of age 65+ card may be requested.

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Old York, Old York - a journey into Western Australia's first inland town

Left to right; Avon River - Penny Farthing Sweets on Avon Terrace - Swinging Bridge suspended across the Avon River - York Motor Museum

by Carmen Jenner

WITH rolling verdant and golden vistas reminiscent of the UK, it's easy to understand how Perth's first inland town earned its name of York.

With Mt Brown and Mt Bakewell watching over the valley, settlers arrived from the UK and made the 97km journey from Perth to the Avon Valley in 1831. It soon became apparent that the rich soil would yield favourable results and with this prediction, land cultivation and the thriving town of York soon followed.

Strolling among the preserved Victorian and Federation buildings of York is the best way to immerse yourself in the town's charm. On the main street of Avon Terrace, Penny Farthing Sweets inspires childhood memories with memorabilia and a rainbow of local and imported lollies. Across the road, the iconic York Motor Museum takes you on a journey of automobile history with a wide selection of vintage, classic, horse-drawn vehicles and racing cars, as well as motorcycles and retro caravans.

York isn't just about sweets and fancy buildings and cars, especially if you found yourself in one of the grim cells in the Old Courthouse and Gaol in the York Courthouse Complex. You wouldn't want to have been a resident at the Old York Hospital either, built to serve the many men who suffered from the harsh conditions in the Goldfields. Now a private home, I wonder if the owners of this grand residence believe the many rumours circulating about their house being haunted?

You can put the theory of York's haunted past to the test yourself with a pub meal or stay at any of the heritage venues such as The Castle Hotel or the York Palace Hotel and Restaurant.

Set on five picturesque acres and with views of Mt Brown, Faversham House is one of the state's grandest colonial mansions offering country luxury, even if you're not attending a wedding or function in the ornate grounds. Owner Nola Bliss says: "I think what makes York such a unique destination is the historic buildings and its people and its proximity to Perth for both day trippers and those wanting a short break."

In such picturesque surroundings, it's easy to understand how the region has become such a hub for artists. The town is full of shops selling gifts, art and antiques. Among them Barclay Books and The Old York Mill at the entrance to town.

Also on Avon Terrace, Gallery 152 exhibits many Australian contemporary and multi-disciplinary artists and runs the York Botanic Art Prize launching in April 2021. The onsite Botanicalia Café is known for its ploughman's lunch, honey cake and pistachio slice.

Gallery 152 and Botanicalia Café owner Jenny Garroun says: "The region is a playground for artists working in any medium as the valley is surrounded by the beautiful and natural environment of the hills, Avon River, the architecture of its heritage buildings, wildflowers and night sky."

For collectors of fine food and home products, The Good Life Store sources produce from the region including the York Olive Oil Co – a visit to the nearby factory is also a delicious stop to indulge in York ice cream, preserves and bread.

Avon Park, on the banks of the Avon River, is a popular picnic spot and includes a skate park, barbecue facilities, nature playground and the infamous Swinging Bridge suspended across the river. It also showcases many varieties of wildflower blooms from August to October.

To take in York's full glory, the panoramic views from Mount Brown lookout, a few minutes out of town, is a great vantage point to plot your onward journey to the surrounding towns of Beverley, Northam and Toodyay.

Just as York became a central hub for pastoralists, gold prospectors seeking their fortune and fearless pioneers, the historic town continues to entice modern day explorers far and wide.

FAST FACTS

Create your own trail or follow one of the York Heritage Walk Trails. More information is available from the Visitors Centre located in the prominent York Town Hall and originally constructed in 1911, it's worth a visit if only to admire its Edwardian grandeur. Or download the Shire of York Trails & Tours app to plan your journey in advance.

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Community markets run every month in Chidlow

CHIDLOW Hall Market Day happens every third Saturday of the month, with a variety of morning and twilight markets.

These markets have been running for seven years. It is the place to find a variety of handmade and homegrown products.

The markets are run by the community for the community. The local Chidlow Progress Association (CPA) has a network of volunteers who organise and run the market events. All stall holder fees go back into the restoration and continued maintenance of the Old Chidlow Hall, which is the location site of these markets.

This friendly little market scene is getting busier and busier. You can find local artisans such as Vibe Ceramics, Fantastic Frills, Bongers Bees, Handcrafted by Irene, Artistic Quilting and many more selling and networking their amazing products.

Local organisations including: Chidlow Skate Park Committee, Chidlow Community Garden, Chidlow Primary School and The Chidlow Cats Basketball Club have held several successful fundraisers to support their local causes at the Chidlow Hall Market Day.

The Chidlow Hall Market Day team takes pride in knowing that their market is one of the friendliest markets in the Perth Hills. So why not take a trip to Chidlow on a market day and see what this friendly market has to offer.

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Holidays are changing now you can staycation with your furry friend

L-R; Furry guests at Citadines St Georges Terrace, Perth are treated to a welcome pack - Citadines St Georges Terrace, Perth - furry traveller's bed

DOG owners now have the pawfect excuse for a city staycation as Citadines St Georges Terrace, Perth has made some of their serviced apartments pet-friendly, welcoming guests and their furry best friends to the heart of the bustling city.

With lush parks and idyllic dog-friendly beaches within close distance of the property, pups and their pals will be perfectly based to explore the city's untouched natural surrounds and soak up the infectiously buzzing atmosphere.

Comprised of 85 cleverly designed and generously sized apartments ranging from studio to one or two bedrooms, Citadines is perfect for a solo staycation or a whole family getaway – furry kids included. With added comforts and luxuries to spoil both two-legged and four-legged guests, it will be a home away from home where everyone can stretch out and relax after a day of woofin' around the city.

Each pet friendly room comes complete with a bed fit for the size of your fellow furry traveller, water and food bowls, and a welcome pack including a treat and toy.

Win a PAWfect Staycation at Citadines Perth including overnight accommodation in a modern studio executive apartment. Cheese plate and cocktails on arrival for the humans. Drive on in and enjoy car parking for one car. Sleep in that little bit longer and enjoy a late check out of 1pm.

As well as the above, the following items will be available for your four-legged friend to use: a bed fit for the size of your pooch + cosy blanket, water, food bowls + doggy business bags, a personalised welcome gift for your #happyHOUND and a welcome pack – including a treat, toy and a gift from Citadines, with a map to the best parks and walks for you to enjoy around Perth with your pup.

WIN WIN WIN

To be in the draw to win an overnight stay with your furry friend simply email win@haveagonews.com.au with Pet Stay in the subject line or write to Pet Stay C/- Have a Go News PO Box 1042 West Leederville 6901. Closes 30/4/21.

Fly to Antarctica on the best day trip in the world...seats selling fast

JOIN *Have a Go News* on the day trip of a lifetime flying to Antarctica in 2021.

We do not know when international borders will reopen and this trip is a wonderful opportunity to safely tour the last great wilderness of the world – Antarctica.

Don't miss your opportunity to join our group for the departure from Perth in November 2021.

Since Qantas retired the Boeing 747, the 787 Dreamliner is now in service, with fewer seats but larger windows which will provide a better viewing experience for passengers.

All seating classes experience spectacular views and the trip provides the complete Antarctic experience – experts on board, live crosses to the Australian station, videos and other informative activities.

Passengers will receive a comprehensive information kit, two full service Qantas meals plus inflight snacks and full bar service – including champagne, wine, beer, spirits, soft drink and use of the state-of the-art entertainment system.

This flight departs Perth on Sunday 14 November 2021 at 8am and returns at 8.30pm and seats are selling out quickly.

The following seating is available:

SOLD OUT: Economy Class Standard – $2199 per person

Superior Economy Class – $3199 per person

Premium Economy Class – $3999 per person (few seats remain)

Business Class – $6499 per person (one seat left)

Business Class Deluxe - $7999 per person (few seats remain)

A $300 deposit is required with booking and full payment is required eight weeks before departure.

Travel insurance is available for $175 and needs to be paid with deposit.

For further information, brochures and booking forms please call the office on 9227 8283 or email info@haveagonews.com.au

There's a new coach on board for Club 55 Travel

GREAT news, Club 55 Travel has just added another very comfortable rest room-equipped coach to their fleet.

They provide a great range of affordable day tours for the over 55s. With more than 35 year's experience, owner Chris Hadland will ensure all day or extended tours are a successful event for all concerned. With a range of great value outings from only $45 per person when booking as part of a group.

Probus Clubs and seniors social clubs are their specialty.

In addition to looking after groups, they also cater for individuals, couples and visitors to WA via the Club 55 Travel Club. It is a great way to meet and make new friends. The club has several departure locations including Bassendean, Belmont, Booragoon, Perth, Innaloo and Whitfords.

Anyone can join and membership to the Club 55 Travel Club is free. The latest brochures can be accessed online at www.club55.com.au and people can also register as a member online. It's a great way to meet and make new friends.

Follow Club 55 Travel on Facebook. There are no strangers at Club 55, just friends people are yet to meet. Phone Tanya on 0434 439 983 for more details.

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Watching the one of the great wonders of the oceans in the north west

Whale-watching is a must do when in Broome

by Lee Tate

TOURISTS can't get enough of whales and in Broome, like many thousands before us, we roar with delight when we see these magnificent maritime creatures breaching with a tell-tale splash that can be seen kilometres away.

Many of us on our charter boat are repeat whale-watchers, bringing new generations to observe and spread the word on one of nature's great wonders.

Prices have gone up over the generation, of course, but so too have standards; of crew, boats, guides and information, bus connections, services and catering.

Whales comfortably hold their place at the top of the pecking order for tourist attractions. During the peak season, whale-watching operators are busier than a pod of feeding dolphins.

These days we can relax in comfort, perhaps with a glass of wine at sunset, as we scan the horizon in the hope of capturing humpback whales launching themselves from the depths or pec and flute-slapping, spy hopping or mother cows teaching their calves to swim.

Sea turtles, sea snakes and dolphins are a sometimes welcome added bonus.

Kat, our marine scientist guide on Absolute Ocean Charters' (AOC) 65ft boat, tells us that humpbacks, the star of tourist attractions, had earlier dropped in numbers to just a few hundred.

But, with protection and different human attitudes, there are now so many West Aussie pods that Broome claims the world's greatest number of passing humpbacks.

The whales give birth in waters near Derby, north of Broome and guide their newborn down to Antarctica, running the gauntlet of orcas and sharks. It's one of the longest hauls in the natural world.

To sleep, whales close down half their brain and one lung for just several minutes' rest. Then they do the same for the other lung and other side of the brain. This is because they have to consciously think of taking each breath, not breathing automatically like humans.

There's no guarantee tourists will see whales every trip, although at least from the charter operator – AOC. With only one no-show of whales remembered over the many years they offer free follow-up trips or refunds.

Our skipper, Sam, sights a white splash of water on the horizon and steers us in that direction, easing back the pace when we get close and keeping a respectable distance from the protected animals.

Two black humps emerge and quickly sink beneath the gentle swell. We want to get closer. Whales are intelligent and inquisitive and our skipper resists the urge to rush in because the whales may swim over to us for a closer look.

Gradually, we get to come closer. A large fluke (tail) is thrust up into the air. Loud hoots from the kids aboard.

Some alert, quick-fingered snappers caught it with their cameras. (Well, I snapped half of it).

Distant sightings continue for a while, then we see a pair of whales, possibly a couple of teenage males which often travel together, break the surface. Then a brown sea snake slithers past the boat.

Majestic humpback whales have been migrating their way along the Kimberley coast for untold generations. This year, they left the cold Southern waters a couple of months early and mothers with babies are heading south a little slower, to the delight of late-in-the season tourists.

Playful antics and nurturing sessions between mothers and their calves that have to quickly learning to breathe and swim are often spectacular sights.

Whales, Kat tells us, communicate with sounds generated louder than the noise of a jet take-off and with more diverse sounds than any other creatures known.

In the hope of catching some of it, our crew lowers an underwater microphone. But the whale-world banter isn't happening here.

The operator even produced a whale song specialty tour: "Oracle of sound and whale-whisper, Heather Jean, goes on a spiritual whale song tour to awaken your heart and mind to the connection we have with these majestic creatures of the deep."

Whale-watching trips are constantly being reinvented. Bring 'em on! Various packages available and concessions also apply.
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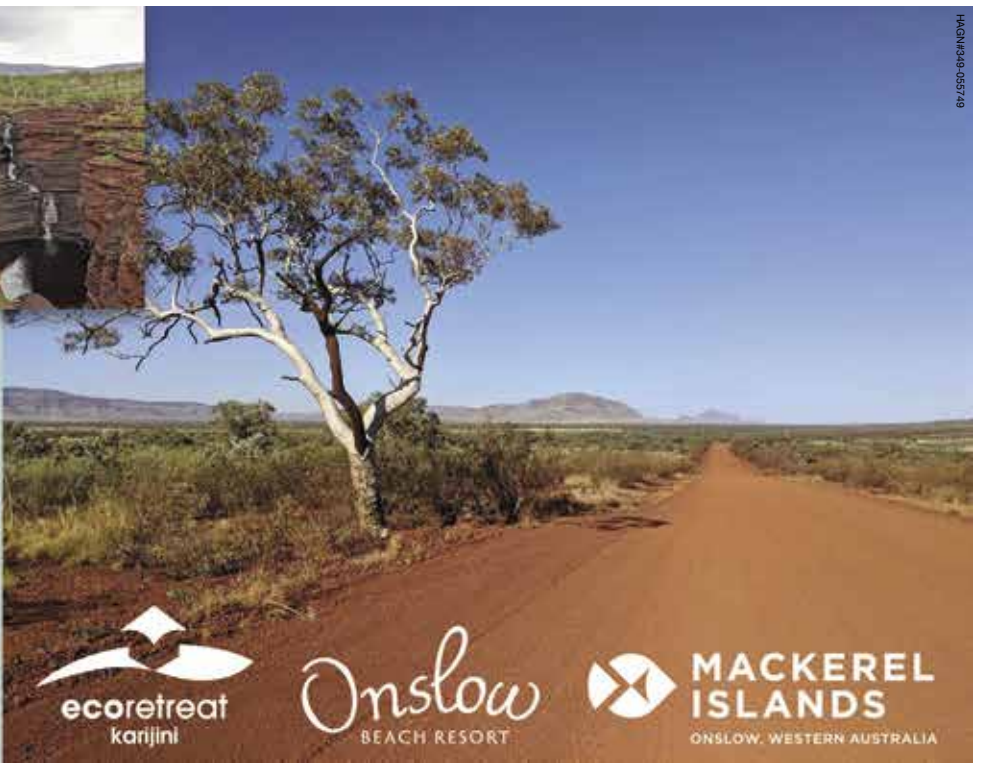

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Kingfisher Tours offer experiences to the Bungle Bungle Range, Mitchell Falls, the Kimberley Coast as well as the Argyle Diamond Mine which is currently decommissioning.

All of the tours are led by local Custodian for Country guides who share with guests the rich and diverse history of the Kimberley region; the stories of the land and the Dreamtime are experiences that are not forgotten.

They can't wait to welcome you to the East Kimberley and share the beauty of the region with people. For full details on all of their tours head to www.kingfishertours.com.au

Book direct with Kingfisher in 2021 and receive a 5 per cent discount using the code HAVEAGO.

New north west tour proving popular

KIMBERLEY Safari Tours has introduced a new tour and initial bookings are proving to be very popular with WA locals. The new 16-day tour departs Perth on 13 September and travels up the coast to Exmouth before heading into Karijini and back to Perth via Mt Augustus.

It's comfortable camping and includes meals and entrance fees. There are also many free inclusions such as whale watching in Exmouth, a coral snorkelling tour in Coral Bay and a tour of the aquatic centre in Shark Bay.

Most of their other tours take in the famed Gibb River Road, and some of the most rugged and remote parts of the Kimberley including the Mitchell Plateau, The Bungle Bungles and Wolfe Creek Crater.

For those interested, there are a range of amazing tours and itineraries outlined on the website www.gibbriverroadtours.com.au.

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Aussie Redback Tours are on the road from south to north

Larrimah Wayside Inn

TRAVELLING through the middle of Australia from south to north – that's what Aussie Redback Tours will be doing in April and May. They have two tours coming up that will take people through some of our most striking landscapes.

The first tour – Adelaide to the Red Centre – runs from 16 to 25 April (10 days). It commences in Adelaide, home of churches, festivals, food, arts and culture. From there over the next 10 days guests will travel in a northerly direction, stopping at famous towns and landmarks such as Port Pirie, Port Augusta, the RAAF Woomera Rocket Range complex, Coober Pedy (where you'll have the opportunity to buy your very own opals), Uluru (Ayers Rock), Kata Tjuta (the Olgas), Kings Canyon, Alice Springs, Trephina Gorge, and much more…

Enjoy a daily dose of striking red earth and endless blue skies, combined with stunning outback country, native wildlife, flora and fauna. It will be a feast for the eyes. The tour finishes in Alice Springs.

Costs start at $3,750 per person and flights Perth to Adelaide and Alice Springs to Perth are included.

For those interested, after they finish the above tour they could stay for a while at Alice Springs and then continue on with the next tour with Aussie Redback Tours – Alice to the Top End – which runs from 7 to 17 May (11 days).

This tour takes you from Alice Springs all the way north to Darwin. On the way visit some of Australia's historical and very beautiful places, including the West MacDonnell Ranges, Ormiston Gorge, Karlu Karlu (Devil's Marbles), Daly Waters Pub (built in 1930), Mataranka thermal springs, Katherine Gorge, Kakadu National Park, Litchfield National Park, Adelaide River, and of course – beautiful laid-back Darwin. The cost starts at $3,890 per person and flights Perth to Alice Springs and Darwin to Perth are included.

Anyone who would like more information on the tours, or would like to enquire about the price adjustment if you do both tours, or for those who may be travelling from a capital city other than Perth, please contact Aussie Redback Tours today on 1300 662 026 or info@aussieredbacktours.com.au. Or visit their website – www.aussieredbacktours.com.au.

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Australia's South West
let's gotravelling

Reflections, relics and wrens of the south west mark an important milestone

Clockwise from left; Male Splendid Fairy Wren - Singleman's quarters Northcliffe - Gorgeous Green Pool

by Gary Tate

UNABLE to cruise the high seas, to celebrate my 70th birthday, we opted to wander down yonder and cruise the highways of tall trees.

We planned on six days for this cruising celebratory road trip.

We opted to head through the 'apple capital', Donnybrook, onto beautiful Balingup (derived from Nyoongar warrior named Balingan) with its eclectic offering of shops, restaurants, artists and the lovely Golden Valley Tree Park arboretum which is particularly stunning in autumn.

Balingup holds an annual Medieval Carnivale which this year is scheduled for the 27 and 28 August.

After perusing the iconic Old Cheese Factory arts and crafts centre we cruised down the winding, scenic drive alongside the Blackwood river to picturesque Nannup (place of parrots, or stopping place) founded in 1834 and home of the annual Nannup Flower and Garden Festival Tulip Time, to be held this year from 14 August until 5 September.

A lovely drive down the Vasse Highway and we arrive at the RAC's Karri Valley Resort, west of Pemberton for a couple of nights. Our lakeside room is perched above the calm clear waters of Beedalup (place of rest, or sleep) Lake. The gleaming trunks of the Karri trees on the opposite bank reflect off the mirror smooth water.

At night the floodlit forest provides a stunning reflective backdrop. A good, although steep in places, walk trail circuits the lake and provides access to picturesque Beedalup Falls.

Birdlife abounds in the forest and on the lake. A pair of ospreys reside at the northern end of the lake and make spectacular dives into the water to capture the fat rainbow trout. We humans have to pay $10 to attempt the same feat. Other activities include archery, canoeing, swimming and visiting the on-site animal farm.

On the road again we make our way down to Northcliffe which boasts its Understorey Art Trail of outdoor sculptures. On previous visits we have explored and enjoyed Lane Poole Falls, Boorara Tree and the Shannon National Park. Point D'Entrecasteaux has spectacular scenic walks with ocean views over the limestone cliffs. In season it is a great place to view the migrating whales or spot a seal.

We enjoy an ice cream before continuing on our tall trees cruise, passing through karri, marri and jarrah forest and mainland quokka territory. Yes, quokkas are living 'down south' as well as on Bald Island and Rottnest.

Alongside the road blazing red Beaufortia are flowering along with tea trees and the white blossoming marri. Magnificent male blue wrens flit across the road, a young kangaroo hops out of our way and emus graze nonchalantly out in the lush green paddocks.

We sight a tiny relic of a house sitting in a paddock and make a photo stop. As I take my photo an amiable man in a white farm truck stops alongside and gives us a very cheery "g'day". He proceeds to tell us that this tiny relic of the past is in fact a single man's quarters from the bygone era of tobacco farming. It is located on his nephew's farm. With a "see ya" he drives off and heads back to his dairy herd.

Cruising down Route 1 and we soon arrive in Denmark's Chimes Spa Retreat with a warm welcome from owners Elisabeth and Jack. Perched high up on Mount Shadforth Road, with views across the valley and down to Wilson Inlet, this is our favourite place to stay.

Along with dear friends from Albany we celebrate my 70th at the very popular Lakehouse, situated in the forest on the edge of a delightful little lake. Cobalt blue wrens flit around the colourful pretty cottage garden.

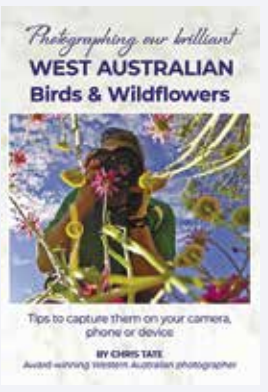
Denmark has many excellent restaurants, wineries, art studios, stunning forests and the most incredible coastal scenery.

Our favourite coastal place is William Bay National Park which includes the postcard perfect Greens Pool, Elephant Rocks, Madfish Bay and Waterfall Beach.

The tranquil turquoise waters of Greens Pool are perfect for the whole family, children's swimming lessons are held here during summer.

After memorable days of scenic drives, delightful dining, bird watching and armed with a multitude of photographs we make our way back to Perth via Albany Highway, reflecting on the many amazing sights, historical relics and wonderful wrens.

Soak up the beautiful birds and flowers of WA in new book



PHOTOGRAPHING our brilliant West Australian Birds and Wildflowers is a 90 page book offering tips for enthusiastic photographers to capture photos on their camera, phone or other device.

Chris Tate has been photographing birds and flowers throughout his life and was inspired to publish his book sharing his tips and tricks with a broader audience.

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See page 54 to order or buy direct from the office at 137 Edward Street, Perth during business hours. Call 9227 8283.

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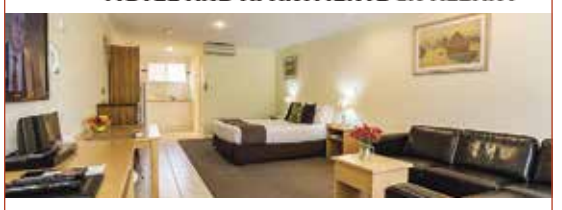
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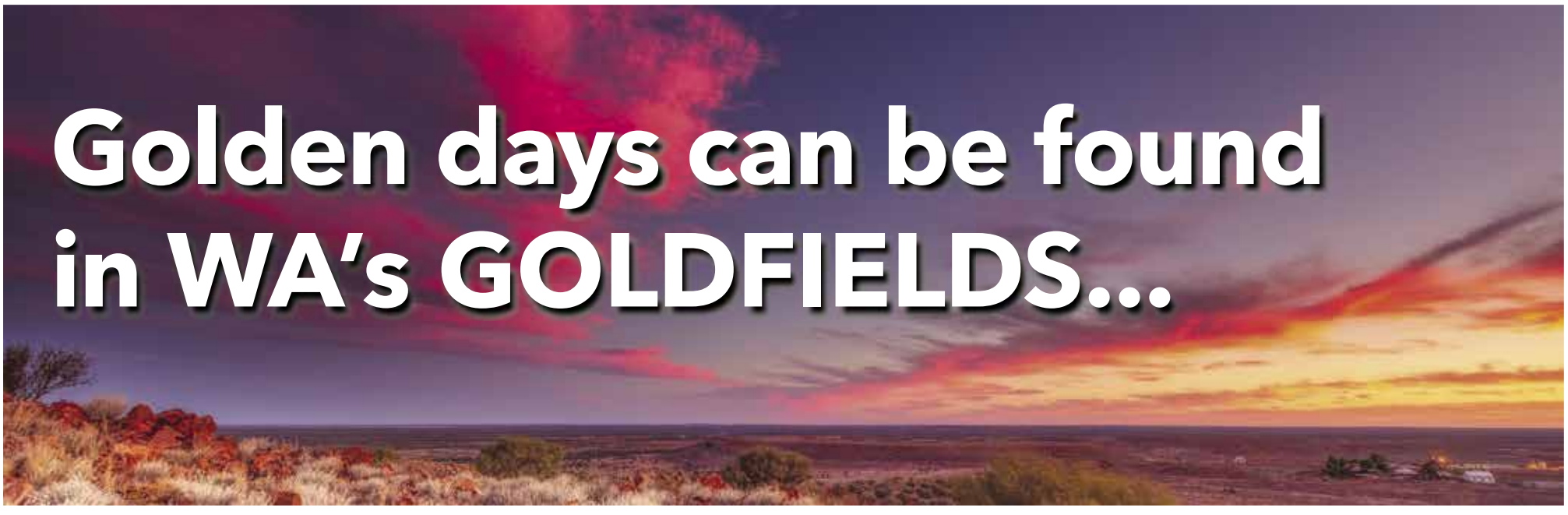

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Historic buildings, character pubs and even the brothels of Kalgoorlie-Boulder are remnants of more than a century of gold rush history. While across the Western Australian outback, the ghost towns of Leonora and Gwalia tell the story of early gold prospecting dreams that have long been abandoned.

The region provides diverse outback tourism experiences and holiday destinations. The natural landscape is a dazzling display of outback plains, huge deserts and salt lakes and rugged rocky outcrops. Winter and spring time transform the region with a rainbow of blooming wildflowers. Come and discover this epic and unique heartland of Western Australia.

GOLDEN QUEST DISCOVERY TRAIL

The Golden Quest Discovery Trail takes people from Kalgoorlie Boulder on an amazing loop trail from Coolgardie to Laverton, through incredible Goldfields towns, rich in heritage, history and charm. This is a true outback adventure where you can explore the gold rush legends, landmarks, outback pubs and eerie ghost towns of what is still one of the world's biggest gold producing regions. The 965km trail leads you from the mind-blowing buzz of one of the largest open-cut gold mines on earth, the Super Pit, to the striking beauty of the 51 steel sculptures on Lake Ballard. You'll find outback pubs oozing with character, perfect for enjoying a bite and a cold drink. There are a number of beautiful nature reserves and campsites, including the man-made lake, Niagara Dam. Tour the old prosperous town of Kookynie, which has a pub well worth the stop as well as old camps in the town of Gwalia, near Leonora, where the 31st United States President, Herbert Hoover, lived and worked. Linking in with the Golden Quest Discovery Trail, the Green Trail highlights sites in the Kambalda and Coolgardie areas with outstanding environmental, historical or cultural values such as beautiful woodlands and natural salt lakes.

Purchase the Golden Quest Discovery Trail Guidebook online or in local visitor centres en-route to help plan your trip.

australiasgoldenoutback.com

FIND OUT MORE AT www.australiasgoldenoutback.com

COOLGARDIE

World-famous for two major events in Western Australia's mining history Coolgardie is the birthplace of the great gold rush of 1892 and the site of Varischetti's amazing mine rescue after nine days trapped in a flooded underground mine.

Coolgardie was once the third largest town in Western Australia with two stock exchanges, three breweries, seven newspapers and 26 hotels. Explore the town's fascinating pioneering and gold rush history at the Goldfields Exhibition Museum and Ben Prior's Park. Enjoy a picnic and take in the view the first gold prospectors would have seen from Lion's Lookout. Explore nearby ghost towns and outback nature reserves such as Burra Rocks, Cave Hill and the freshwater wetlands at Rowles Lagoon.

Today, reminders of Coolgardie's colourful gold rush history can be found in its charming grand heritage buildings and wide main street and it is also the starting point for the Golden Quest Discovery Trail self drive adventure.

KALGOORLIE

Try your luck at gold prospecting and fossicking and discover the region's diverse natural riches found in the tranquil eucalyptus forests, wide sweeping plains, dry lake beds, low lying scrub land and spinifex fields. As well as being home to a wide variety of bird species, the threatened bilby, chuditch, mallee fowl and dunnart thrive here.

This natural bounty, combined with its striking landscapes, gold rush heritage and Indigenous history, make the Goldfields a truly unique outback getaway.

Why not start your journey of discovery at the Hannans North Tourist Mine or Museum of the Goldfields and follow the Golden Quest Discovery Trail, leading you from Kalgoorlie-Boulder through Coolgardie, Menzies and Laverton and deep into the Goldfields.

LEONORA

The town of Leonora is steeped in gold mining history, going back to the late 1800s. By 1908 the town was bustling and had seven hotels, general stores, tailors, and bakeries. A showcase of this history can be found on the Leonora Heritage Trail, which consists of 30 sites, including some buildings that are still standing today.

The walk includes a number of hotels and churches, a Masonic lodge, the old fire and police stations and the Barnes Federal Theatre. The journey begins at the Leonora Information Centre and Library. The building was once a hessian and iron building that housed the National Bank of Australasia but was rebuilt in 1903 as a weatherboard and corrugated iron building, the façade is mostly unchanged today.

Pop inside and have a tinker on the old piano. The ornate piano came to Leonora on the back of a camel in the late 1880s and lived in one of the town's hotels before being moved around and eventually finding its way to the Information Centre.

GWALIA GHOST TOWN AND MUSEUM

A real gem from the gold mining era is Gwalia Museum and it's one of the most fascinating places in the Western Australian Northern Goldfields. Meandering around the old town discover the magnificent Gwalia State Hotel, the old miners' cottages and other commercial buildings, left by residents in December 1963 when the Sons of Gwalia Gold mine closed.

A very special attraction is Hoover House, now a guest house, but originally built in 1898 as a home for the mine manager. Herbert Hoover, commissioned the house and later to become 31st President of the United States of America. Hoover designed the Oregon head-frame, now a landmark at the Museum, it is believed to be the only wooden incline head-frame left in Australia. The museum also houses the country's largest steam winder (1000 hp), which was imported from England in 1912, as well as 'Midland', a woodline steam engine that carted over 30,000 tonnes of firewood a year to fire the boilers at the Sons of Gwalia Mine.

Gwalia Interactive Map: Discover Gwalia Ghost Town and Museum with the Shire of Leonora's interactive map. The map is available in different formats which are best suited to a variety of devices.

GOLDFIELDS GETAWAYS

Explore Kalgoorlie-Boulder

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

Goldfields Getaway

Looking for something completely different? Kalgoorlie-Boulder and the Goldfields will not disappoint. Package includes two nights accommodation in Kalgoorlie, including continental or buffet breakfast, one-night accommodation in Leonora including buffet or continental breakfast, three-day car rental (mid size car) and Golden Quest self drive guide book.

Golf Extravaganza

You'll be amazed as you experience one of the greatest desert golf courses, currently ranked number 30 in Australia. Package includes three nights of your choice of accommodation including buffet or continental breakfast, and two 18 holes of golf including green fees and buggy hire.

Ancestry Research

Unearth the history and heritage of your ancestors to discover a wealth of treasures. Package includes three nights of your choice of accommodation including buffet or continental breakfast and three day car rental (mid size car).

All packages include return rail (from Perth) on the Prospector, 3 nights' accommodation of your choice, and other features depending on which package you choose. Pensioners may use their free TransWA pass. For more information and bookings, please contact Kalgoorlie Boulder Visitor Centre on (08) 9021 1966, or email fohcoordinator@kalgoorlie.com

ADVERTISING FEATURE

let's go travelling

The dos and don'ts of fishing for a successful yellowfin whiting catch

Prize catch: a yellowfin whiting

by Mike Roennfeldt

ANYONE who has read my columns over the years will know that I'm a big fan of yellowfin whiting. They grow relatively big in whiting terms and spend the summer months in very shallow water. In the places I chase them they are usually in water knee deep or less and that adds to the fishing experience because it means I can usually spot the fish before I cast to it.

When people started catching them on poppers and stick baits a few years back I got even more interested. I much prefer using lures to bait and catching whiting on lures was a bit of a dream come true.

Well, I'm a bit embarrassed to admit that my first couple of tries at catching whiting on poppers didn't go too well. I've since convinced myself that they simply weren't in a surface feeding mood at the time. On the other hand, when the poppers failed to fire it did give me the opportunity to have a serious try at catching whiting on small minnow lures.

I've caught them on little minnows surprisingly regularly in the past, but never as something I set out to do on the day. They were just happy accidents, usually a by-product of a session chasing black bream with lures out on the flats. Now I was specifically targeting whiting and I was pretty impressed with what happened.

The first-up scene was out on the flats in the Peel-Harvey estuary system and after a couple of hours trying poppers without luck we had not much over half an hour left before we had to head back to Perth. I made the switch to a little RMG Scorpion 52 lure in a brown trout pattern, a lure that had accounted for a couple of nice yellowfin whiting before down on the flats in Nornalup Estuary. What took place at Mandurah confirmed the first couple of fish at Nornalup were no fluke.

In 40 minutes I had around 15 hits for 10 hookups and five fish landed. The hits were surprisingly aggressive for a species that spends its life grubbing about on the bottom for small crustaceans and worms. Most were hooked around the mouth rather than inside, which suggests they may have been attacking the lure out of aggression rather than trying to grab a bite to eat.

In either case the experience opened up a new window of opportunity for someone like me. It demonstrated that whiting, yellowfin whiting at least, are genuine lure fishing targets, not just happy accidents.

The biggest plus with the whole thing is that plague-like numbers of blowies have made bait fishing for yellowfin almost impossible in the past few years. The blowies almost always beat the whiting to the bait, but with lures, while you still catch a few blowies you get whiting as well. As a bonus, you're not forever putting on new bait or extracting swallowed hooks from those horrible little blowie mouths.

Footnote: I finally cracked the whiting-on-poppers hoodoo last year during a trip to Shark Bay, where I discovered that all it took was continuous twitching of the rod trip combined with a medium paced retrieve. But that's another story.

Reminder to clean recreational blue swimmer catches

Cleaning blue swimmer crabs caught from the Swan and Canning rivers is essential

FOLLOWING ongoing testing of blue swimmer crabs in the Swan and Canning rivers throughout the season the Government of Western Australia would like to remind recreational fishers to remove the head, guts (mustard) and gills from crabs caught in these rivers before freezing, cooking or eating them.

It is important that fishers land and transport their blue swimmers home as whole crabs, unless they plan to eat them immediately.

This caution is due to the ongoing detection of the toxic alga Alexandrium in the Swan River. This organism can produce paralytic shellfish toxins (PSTs).

PST has been present in the Swan and Canning rivers, during the last two crab seasons.

PSTs accumulate in crustacea and mussels. Eating affected crabs and mussels may be dangerous and, in extreme cases, fatal. If you become ill after consuming crabs or mussels seek medical attention promptly.

Cooking or freezing whole crabs does not destroy PSTs. Cooking crabs with their heads, guts (mustard) and gills attached could potentially spread the toxin from crab guts into the flesh or broth. Freezing crabs (with guts still in place) could result in PSTs spreading to the flesh during thawing.

Comprehensive instructions on how to clean blue swimmer crabs properly, are available in a new flyer and a video to assist recreational fishers.

The Department of Health maintains a general warning not to eat shellfish including mussels, oysters, clams, pipis, scallops, cockles and razor clams from the Swan and Canning rivers, at any times. Urban waterways can contain heavy metals, microbial and other contaminants that may affect the quality of these types of seafood. Commercially bought WA shellfish undergo testing via quality assurance processes to allow consumer confidence that it is safe to eat.

Further information including an Alexandrium video, flyer, crabbing rules and frequently asked questions is available online: www.fish.wa.gov.au/alerts and www.dbca.wa.gov.au/algal-bloom.

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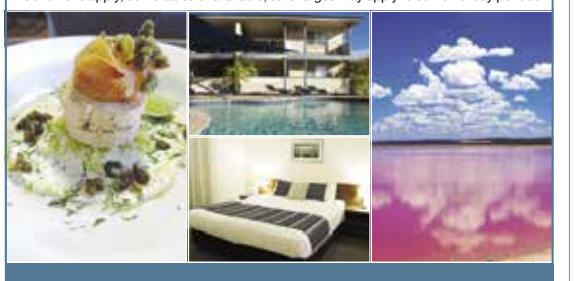

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Chefs arrive on our doorstep to celebrate Perth's Good Food Month

Left to right; Alanna Sapwell, former head chef of ARC Dining in Brisbane is heading to Perth - A selection of dishes from Shadow Wine Bar

by Allen Newton

WITH WA's State borders opening up it means there's an influx of interstate chefs heading west.

Alanna Sapwell, the former head chef of ARC Dining in Brisbane, the Prince of Pasta, Mich Orr from Sydney and Morgan McGlone of Belles Hot Chicken in Sydney, will all be cooking during the month of April for Perth Good Food Month.

The emphasis for the month is to create culinary adventures to tantalise the taste buds of visitors to the city and this year will have a focus on being family friendly.

The constraints on large scale events and restrictions on interstate travel have meant the Perth Night Noodle Markets have been put in abeyance for the year.

But along with four feature events, will be 20 Friends of Good Food Month dining experiences taking place throughout April.

Tickets for these four events include multiple courses with wine and beer. They are:

Young Chefs Lunch presented by Citi at the Shadow Wine Bar, Alex Hotel, from 12.30pm, Sunday, 18 April with tickets costing $140.

The lunch features the work of three bright young chefs from the city's top kitchens under the mentorship of an industry veteran.

This year's chefs are Callum Snares from Shadow Wine Bar, James Cole Bowen from Le Rebelle and Henry Huang from Hearth, who will take over the kitchen at industrial-chic Shadow Wine Bar at Good Food Month's hotel partner, Alex Hotel and hosted by food, drink and travel journalist, Max Veenhuyzen.

Esmay Pop-up with Hearth Restaurant will have sittings from 6pm on Tuesday, 20 April with tickets costing $140.

Esmay is the travelling pop-up restaurant of Alanna Sapwell, the former head chef of ARC Dining in Brisbane and Saint Peter in Sydney.

For this one-off dinner, Esmay will team up with Jed Gerrard's fire-fuelled Hearth Restaurant, to combine their shared passion for hyper-seasonal, regional produce championed by local producers.

From Noma to Nashville: Belles and Drasko's make Hot Chicken will be aboard The Raft, boarding at Barrack Street Jetty No. 5 from 6pm, on Wednesday, 21 April with tickets costing $150.

The event is about putting the 'fine dining' in 'fried dining' with duties shared by Drasko Jankovic of Drasko's Hot Chicken, a fine dining-obsessed chef who uprooted everything to move to Copenhagen to work at world-renowned restaurant Noma.

The other is Morgan McGlone of Belles Hot Chicken, a trained chef who took residency in Nashville to work and learn from acclaimed Southern style cooking chef Sean Brock.

Mitch Orr's Festa de Famiglia on The Raft, boarding at Barrack Street Jetty No. 5 from 6pm, on Thursday, 22 April with tickets costing $170.

Mitch Orr began his career in a Parramatta pub, and has since cut his teeth in some of Sydney's highest profile kitchens including, Pilu at Freshwater and Sepia, along with overseas stints, including a chef take over series at London's Michelin starred Lyle's and hosting his own pop-ups in Singapore.

This exclusive event will take place on The Raft and will be hosted by Max Veenhuyzen.

People paying with a Citi card are being offered a 20 per cent discount on feature event tickets.

Venessa Cowell, Head of Nine Food Events which organises Good Food Month said the group believed it was more important than ever to support the Perth hospitality and dining industry and to throw our support behind the venues that we love and those we take for granted as being part of the fabric of Perth.

Her comments were backed by head of digital sales and marketing at Citi Samantha Elliott who said with travel being difficult at the moment it was the perfect excuse to explore the culinary adventures available in the city.

More information and tickets are available from goodfoodmonth.com.au.

ANZAC Day giveaway

FOR ANZAC Day 2021, we have a lovely selection of items to commemorate the day and for a lucky reader to win. The giveaway pack includes Legacy WA wine glasses, coasters, book, wine glass coolers along with a poppy umbrella and mug.

To be in the draw to win this pack simply email win@haveagonews.com.au with ANZAC in the subject line or write to ANZAC giveaway c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 30/4/21.

Refuge sends out SOS to save seniors

PERTH'S oldest animal charity is asking the community for assistance in rehoming a number of senior dogs which have been either surrendered by their owners or rescued from pounds across Perth.

Refuge president Karen Rhodes says that while there are genuine reasons why some owners give up their older dogs, the home is finding that too many people are refusing or unable to pay veterinary cost for their pet.

Ms Rhodes says that senior dogs have many benefits for older owners who would like the companionship of a dog, but are unable to make the 15-year commitment involved with acquiring a puppy.

The Home has a 'Seniors for Seniors' program – which has been successfully running for many years – that is aimed at uniting dogs over seven years with older owners.

Anyone interested in making a donation to the Home's senior dogs can visit the refuge at 30 Lemnos Street in Shenton Park, go to www.doghome.org.au, or phone 9381 8166.

Community spirit and sheer determination the key for Guildford market organiser

Bromwyn Facer

by Allen Newton

BROMWYN Facer may not be able to see much of it, but there are few people who know Stirling Square in Guildford better than her.

She's been traipsing the square as the organiser for both the Guildford Twilight Markets and the Stirling Square Market – Guildford for nearly 20 years.

And because she is legally blind has had to learn where every hole in the ground and every undulation is, but that hasn't stopped her from developing some of the most successful markets in the State.

Between them the twilight and Stirling Square markets attract more than 15,000 people a month.

Bromwyn started her association with Stirling Square with the first Guildford Heritage Festival staged in 2000 and the first markets held in 2002, with four held throughout the year and three in 2003 and becoming a regular event in 2004.

She says there had been a lot of talk back in the early days about bringing back the early colonial tradition of the markets and how good it would be to do something like that again.

"It was like a light bulb going off, market in the square, we can do that," Bromwyn says.

And over the years she certainly hasn't let medical conditions get in her way, seeing them rather as challenges to continue to improve the markets.

The first markets had around 16 stall holders, mainly with people from around the Swan Valley, at a time when markets in Perth were only just starting to appear.

Bromwyn believes Guildford's historic nature, with its James Street strip of antique and bric-a-brac shops and the markets have gone hand-in-hand, helping to build Guildford's reputation as a destination.

"People say: we really want to go to Guildford, it's such a beautiful place and it's a bonus that you have a market there."

And Bromwyn says that has contributed to the unique nature of the markets.

It's also easy to get to with the Guildford train station just across the road.

"In the early days it was a lot of home-baked products and jams, a lot of local produce, home-made toys, soft toys, Manchester, crocheted teatowels, a lot of the kind of things you'd expect to see in a church fete.

"Now, it's anything from sculptors and potters, metal art, artists working with all sorts of different media, a lot of hand-made, high quality children's wear and the pet market has really taken off, not just the treats, but collars and accessories."

The markets are often used as a venue for antique car clubs who want to show off their much-loved vehicles to the public.

Bromwyn says the market attracts a lot of visitors who come with their dogs, but audiences come from far and wide with exit surveys showing they are not just locals, but a lot of people from the hills, and north of the river.

"People for the most part are looking for things they can't find elsewhere.

"A lot of people want to say they have met the person who made a particular item and has told them the story behind it. A lot of people like that."

Many market goers are regulars looking to restock supplies of jams, relishes and preserves, or oils and candles and even custom-made clothing.

The markets also have a great family atmosphere. Bromwyn says it's a venue where people can throw down a blanket under the shade of the sugar gums and the kids can enjoy free activities.

"The kids can run around and play, and it's safe, it can be a very inexpensive day out.

"I think a lot of our success comes from the venue. It's one of the more attractive locations to be in for markets, with its historic surroundings, shady trees and grassy swathes which make Stirling Square a welcoming place, especially for children.

"People can come down and take a stroll through the market and then go across the street and take a look at what's on offer at the antique and bric-a-brac shops.

"Guildford is a place you can spend the day, it's a destination."

Bromwyn says the markets also play a role in building local community spirit, giving locals an opportunity to get out and mingle with each other.

"They are good for our town," she says.

The Guildford Twilight Markets operate on the first Saturday of every month from October through to April from 5pm to 9pm.

The Stirling Square markets are held from 9am to 2pm on the third Sunday of each month from February through to November.

Let's go motoring… memories of Mitsubishis are made of this

Left to right; Mitsubishi Eclipse Cross is class act and an affordable SUV from $30,000 - Mitsubishi Pajero Exceed is smooth, quiet and effortless

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

MOST of us remember our first kiss; our first love. The arrival of first child; arrival of first grandchild. The car in which you brought the baby home from the hospital. You know where I'm going; a perennial 6PR talk topic just there.

Many remember the first car, that first drive. The feeling of both exhilaration and freedom on begging, borrowing or stealing your first real car.

It is often a car and what you were doing in life during the years you owned a particular car, that provides the best memories.

As you read this, your mind has already reflected on those early years as an owner driver.

My first car ownership story, a beautiful old Rover 2000 provided one of life's most memorable car driving ownership experiences. But that will have to be a story for another 'long lunch' occasion.

But I can share my first great WA driving adventure, which involved two new Mitsubishi Pajero and a great bloke named Phil, then the WA Mitsubishi state manager.

Our kids were young; around 10 and six years. Phil arranged for both families to take a couple of new Pajero Exceeds, for a big drive to Monkey Mia. The flies at Cataby Roadhouse, the excruciating heat, the walkie talkies between the two vehicles, are talked about with affection 20 years on. As are the magnificence of the dolphins.

Stunning memories with Mitsubishi Pajero, family and great friends.

The "Paj" Exceed was great back then, top of the range, full size family 4WD. Smooth, quiet and effortless.

That was 2001. Disappointingly not much has changed.

It was somewhat surreal to drive the current model Mitsubishi Pajero Exceed; looks the same, drives about the same, notwithstanding the diesel engine. But feels like an early model iPhone; fantastic at the time, but we've moved on.

However, for a week or so I loved reliving the Monkey Mia drive of 2001.

So it was with some in trepidation a fortnight later, I spent a week driving the brilliant Mitsubishi Eclipse Cross. It turns out to be a class act in many ways. Much to love and all from around $30,000; up to $40,000 for the top of the range Exceed version. An affordable SUV with a 1.5-litre, four-cylinder turbocharged petrol engine, all-wheel drive.

There is plenty to enjoy here, including technology, comfort levels and design. In many ways reminiscent of the old Pajero, only smaller. A pleasant surprise for sure. It sits somewhere between an ASX and an Outlander; the Exceed I drove was importantly, just good fun.

Make no mistake; this is a cluttered segment of the smaller SUV world. Every carmaker is churning these things out; Mitsubishi does it really well.

And after a week of running around Perth, I was left in little doubt many Western Australian families will be creating new memories as owner drivers of the updated Mitsubishi Eclipse Cross.

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

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Mother's DAY SUNDAY 9 MAY

Try Morish Nuts...the perfect gift this Mother's Day

From left to right; Morish Nuts nuts and nougat cabin carry bag - premium cabin carry-bag and traditional hamper

WESTERN Australian boutique company Morish Nuts has a range of multi-award winning handcrafted confectionery. These have been created for more than 25 years using their own traditional family recipe, prepared by artisans in their Swan Valley kitchen.

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Naturally free from lactose, colourants, preservatives and other additives, they're the perfect indulgence and make a wonderful gift for mum for Mother's Day.

Witness the art of confectionery-making through the viewing window at their retail outlet in the Swan Valley before having a free tasting of the products. You will also find them at their other retail outlets located in Watertown, West Perth and the Fremantle Markets, or purchase online at www.morish-nuts.com.au and have some Morish Nuts goodies delivered straight to your door.

WIN WIN WIN

To celebrate Mother's Day Morish Nuts have supplied a nuts and nougat cabin carry bag, premium cabin carry-bag and traditional hamper for three lucky readers to win.

To be in the draw to win one of these delicious hampers simply email win@haveagonews.com.au with Morish in the subject line or write to Morish Nuts c/- Have a Go News PO Box 1042 West Leederville 6901. Competition closes 30/4/21.

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BEFORE the days of smart phones and social media, the act of recording on ciné film was reserved for life's most precious moments.

As time passes, old film footage slowly degrades.

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 syndrome', a decomposition process that releases a vinegar-like odour.

As the film ages, it will continue to deteriorate until it is 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 aren't lost forever.

One of the best ways to preserve your footage is to take it to DiskBank. 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 the film has already begun to decay or develop mould growth, DiskBank can take steps to revive your footage if the damage has not spread too far.

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Celebrate Mother's Day with WA's very own sandalwood shop

Enter to be in the draw to win The Sandalwood Shop Mother's Day bespoke gift pack

THE SANDALWOOD Shop is Australia's largest retailer of sandalwood inspired beauty, wellness, and lifestyle products. It has a comprehensive online store as well as two WA-based retail outlets, located in Albany and Kununurra.

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

WIN WIN WIN

To celebrate Mother's Day, write in to tell us why your mum should win a Mother's Day gift pack (value $149.50) courtesy of The Sandalwood Shop. The Sandalwood Shop Mother's Day bespoke gift pack is a tranquillity pack which includes calming cream, lip gloss, soap, bath salts, sandalwood sachet for cupboards/drawers, shampoo, conditioner, hand sanitiser, sandalwood essence oil and an inhalation scarf with sandalwood oil vial and deep rub ointment.

To be in the draw, include your answer to the question for the chance to win. Simply email win@haveagonews.com.au with sandalwood in the subject line or write to Sandalwood c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 30/4/21.

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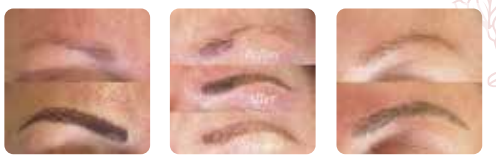

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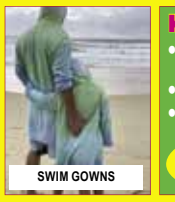

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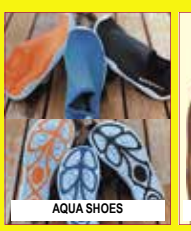

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food & WINE ...eat, drink and be merry... ADVERTISING FEATURE

The aroma and flavour of wines depends on the terroir

by Frank Smith

TERROIR is a French term used to describe the environmental factors that affect a wine's character, including its unique microclimate, soil, aspect and viticultural practices.

The concept of terroir has been disputed by some researchers and wine experts, however a chemical analysis of Malbec wines from Argentina has shown that the terroir can be reliably detected in different vintages.

Ariel Fontana at the National Scientific and Technical Research Council used liquid chromatography to quantify the presence of 27 compounds including anthocyanins, phenolic acids, flavanols and flavonols in Malbec wines from 2016, 2017 and 2018, each produced under standardised conditions in different 'parcelas' of a vineyard in Mendoza province. Eleven of 23 'parcelas' could be identified by chemical analysis with 100 per cent certainty, and the other 12 could be identified with up to 83 per cent certainty. The vintage could also be pinpointed.

This will help solve the problem of wine fraud where cheap wines are passed off as expensive vintages.

Clandestine Vineyard Malbec 2020 is a deep red, soft yet elegant wine from Karridale, one of the coolest subregions in Margaret River. The gravelly Karri loam soils make their Malbec vines produce low yielding, distinctive and intensely flavoured fruit. The fruit was open fermented and pressed into French oak barriques for malolactic fermentation and maturation for 15 months. Vegan friendly. RRP $28.

Embers Sauvignon Blanc Semillon 2020 is a blend of 70 per cent Sauvignon Blanc and 30 per cent Semillon fruit. The nose shows plenty of kiwi fruit, lemon grass, passionfruit and lime aromas. Semillon's citrus and floral aromas complement the passionfruit of Sauvignon Blanc. Cool nights last year resulted in fresh, crunchy fruits with crisp acidity. This is a wine that can be enjoyed as an aperitif or with almost any food of your choice. Drink over the next 18 months. RRP $18.

Clairault Margaret River Chardonnay 2018. The aromas of this wine are fresh and vibrant, including white pear, peaches, braised nuts and lime zest. White fruits, jasmine flower and brioche flavour the palate with natural acidity and dense stone fruit flavours. The finish is long and persistence. Cellar for up to eight years, or enjoy it for its freshness now. RRP $28.

Forester Estate Shiraz 2017 is a medium-deep red wine with purple hue. The aroma shows aniseed, pepper, boysenberry and milk chocolate, with the toasty oak and an underlying meaty complexity. The palate is medium bodied with soft silky tannins and a pleasant mouthfeel and complex characters of aniseed, pepper, violet, boysenberry and subtle oak. Best drunk while young and fresh. RRP $24.

Robert Stein White Label Riesling 2020 this is a classical dry Riesling from Mudgee, NSW. Robert Stein's vineyard was one of the few in NSW to escape damage from bushfires and especially smoke taint last year. The bouquet is aromatic with aromas of lime and lemon and the palate dry and crisp with citrus overtones. This wine makes a great appetiser or pairs with seafood. Drink while fresh or cellar for up to five years. RRP $35.

Easy, tasty garlic and parsley breadcrumb braciole with mushrooms

by Vince Garreffa

THESE little meat rollups are easy, tasty, not expensive and people will think you worked all day to make them. They can be served with a nice risotto or you can cheat like me by using tasty boiled rice.

Ingredients for two

- 8 thin single slices of yearling beef girello
- breadcrumbs
- continental parsley
- garlic
- white wine
- sea or lake salt to taste
- freshly cracked black pepper to taste
- mushrooms
- olive oil
- rice (boiled with garlic and parsley)

Sauté some sliced mushrooms in olive oil, salt and pepper for two minutes then add a small amount of white wine and cook for two more minutes until tasty but not too wet, then set aside to cool.

Prepare your fresh breadcrumbs with garlic and continental parsley in a blender and set aside.

Now take your slices of girello and bash with a mallet to tenderise and thin out the steak. If you have holes in the meat you have bashed too hard. Remember bashing meat between plastic makes it easy.

Once you are happy with your steaks put some of the mushrooms across the middle of the steak and sprinkle the breadcrumb mix over the steak and the mushrooms. Now roll the steak and put two toothpicks in each roll to hold together. Fry the rolls in olive oil and a little salt and pepper at high heat until they are a little brown for about two to three minutes then add a splash of white wine. Put a lid on and cook to your liking. I like them a little rare.

Serve on top of rice boiled with garlic, italian parsley, salt and pepper. Decorate toothpicks with mini mushrooms or olives and pour meat juices from the frypan over the meat on the plate.

Name this dish after your family. You will be asked to do it again and again. I have passed this recipe on to my grandchildren it's that special.

Vince is the proprietor of Mondos Butchers located at 824 Beaufort Street, Inglewood. They are open Tuesday to Friday 9am - 5.30pm Saturday 9am to 2pm. Phone 9371 6350 or visit www.mondo.net.au.

Letters to...Vince Garreffa

IF you want a particular recipe of Vince's, don't hesitate to drop a line to *Have a Go News*. Address your enquiry to Vince Garreffa c/- *Have a Go News* PO Box 1042, West Leederville 6901, or email your question to vince@haveagonews.com.au. Please include your phone number.

WEEK DAY LUNCH SPECIALS

Information correct at going to press

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Knife and fork talk with the Dining Divas

by Judith Cohen and Pat Paleeya

A LOVELY autumn day beckoned us to historic Guildford and lunch at the Rose and Crown Hotel. Before lunching we had time to check out Dr Russell's Imaginiarium, a quirky shop full of curios which brought back childhood memories for us Divas.

Just as fascinating was the Museum of Natural History and Taxidermy both of which are in James Street. After a cup of coffee and watching the world go by, we hot footed to the hotel.

They offered an under $25 Garden Bar Menu available from Friday-Sunday 11am-late.

We chose spiced cauliflower tacos and a vegetarian frittata.

The spiced cauliflower tacos looked colourful and appetising. Disappointingly the cauliflower was only just warm, and over-cooked. The accompanying salad underneath had a crunchy flavoursome texture enhanced by the chipotle aioli. Unfortunately, the soft tacos lacked flavour. This hasn't deterred us from another visit in future.

The vegetable frittata was just perfect, very light (almost as light as a baked custard). It was full of vegies, and although the serve was generous it didn't leave this Diva feeling uncomfortably stuffed. The rocket was very fresh, in fact it tasted as though it had just been plucked from the earth, the fetta, red onion and tomato that was tossed with it was a great accompaniment. Very enjoyable indeed.

The outdoor dining area was well patronised by all ages enjoying the ambience afforded by beautiful trees and very friendly staff. Because of its history, it is rumoured that spirits wander around the premises, but we only saw spirits in glasses.

Check Google for the interesting history of this hotel.

3½ Forks
Rose and Crown Hotel, 105 Swan St. Guildford. Phone 9347 8100
www.rosecrown.com.au

Knife and fork talk ratings

Five forks – excellent food and service
Four forks – overall good food and service
Three forks – reasonably good food and service but could make some improvements
Two forks – food and service needs improvement
One fork – would not recommend

food & WINE ...eat, drink and be merry... ADVERTISING FEATURE

Brunch with T - a cultural find in Mount Lawley inspires the appetite and the soul

Above, from left to right; B&E damper roll - roast pumpkin on sourdough - polony and sauce sandwich - Pinjarra cake - Local and Aesthetic is a little gem, and more than a cafe
Second row, from L-R; Indigenous art gallery - record shop - it's a light and airy space to relax Inset; short mac, iced coffee and green juice

by Tahlia Merigan

I'M glad to be back checking out our brunch options around town. Lockdown put a stop to our February column and then a hospital admission stopped me in March, but I found a little gem in Mount Lawley to review this month.

Local and Aesthetic is a café in a lovely large space which offers visitors the opportunity to view and buy some spectacular indigenous artworks in the gallery, a retail space selling records and a shop selling Indigenous books and products. There's also sports massage and pilates classes on site. It's a large airy spot to while away some time.

Only opening this year, the owner's mission is to celebrate WA, while paying respects to our first people and utilising some bush tucker ingredients in the menu. It has a very Australian feel paying homage to some fun dishes including number bat toast (vegemite and cheese toasty) and the polony sandwich.

So I took along Jen (our editor) and her partner Ron to kick off the return of this column.

Jen said she couldn't help herself and picked the polony and sauce sandwich ($14) freshly shaved mortadella with bush chutney on a semi-sour white loaf. It was loaded with meat and she said it reminded her of her childhood. The bush chutney was delicious and the mortadella melted in the mouth. She said the only downside was the sandwich had sat under the pass (service) lights and the bread was not as soft and fresh as she would have liked, but it still got a big tick all the same.

Ron chose the B&E damper roll ($14) which was homemade damper with a parmesan omelette, holy smokes bacon and bush chutney. The damper was light and fluffy and the omelette was very tasty. A nice take on the classic bacon and egg roll.

I went for a healthy option of the roast pumpkin ($18) a serving of roasted pumpkin, local honey, green tahini, macadamia, poached egg and salt bush on sourdough. This was a really enjoyable dish which I would definitely order again. The honey wasn't too sweet and the nuts and tahini gave it a boost providing texture and flavour.

Jen spotted the Pinjarra cake ($6.50) when we ordered at the counter amongst the selection of goodies and couldn't go past it. This delicious homemade cake was dense and oozed syrupy goodness and we all enjoyed a taste although she was reluctant to share.

We washed down the meal with a short mac ($3.50), an iced coffee ($6) and a refreshing green juice ($7.50). We did spot the Kirk's Kole Beer on the menu too, which made Jen and Ron reflect again on their youth.

The airy feel of the cafe is welcoming and the concept of the shared space promoting local retail provides an interesting addition to the area.

Parking is easy with a car park available underneath Second Avenue Shopping Centre along with street parking. There is also a bus stop nearby.

We admired the concept and look forward to returning for another sample of the menu. All dietary requirements are catered for and we all enjoyed the opportunity to explore the retail options and support another local enterprise.

3.5 spoons

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T's spoon ratings

Five spoons	– excellent food and service – you must go!
Four spoons	– overall good food and service well worth a visit!
Three spoons	– reasonably good food and service but could make some improvements.
Two spoons	– food and service needs improvement.
One spoon	– would not recommend.

The Inglewood Monday Night Markets have had their season extended

Inglewood Monday Night markets extended throughout April

WITH fair autumn weather forecast, the award-winning Inglewood Monday Night Markets, will extend its season to 26 April.

Inglewood on Beaufort Chair, Damien Giudici, said the markets were a great way to foster community spirit during what had been a tough time for many during COVID-19.

"With beautiful weather forecast for the next few weeks we thought we could squeeze in a few more 'no cook Mondays' before the weather breaks," Damien says.

"People have been feeling isolated and getting them back into the community in a responsible way is good for morale.

"It's an opportunity for families to get out and walk the dog and check out what's happening in their neighbourhood while grabbing something tasty from the huge variety of foods on offer," he said.

Over coming weeks more than 30 food stalls will ply their wares each Monday up and down both sides of Beaufort Street in Inglewood between Eighth Avenue and Tenth Avenue.

Ninth Avenue on both sides of Beaufort Street is closed off to provide additional seating and space for vendors. With the Crafted Pop Up Bar on Ninth Avenue to the left of the Inglewood Library catering to patrons seeking a licensed dining experience.

The sixth season of the markets features food flavours from around the world, including French, Vietnamese, Dutch, Canadian, Moroccan, German, Turkish, Hungarian, Czech, Filipino, Korean, Thai, Italian, Arabic, Colombian, Mexican, Greek, Turkish, Japanese, Argentinian, Egyptian, American, Malaysian, Chinese, Brazilian and Indian.

Assorted local talent, buskers and entertainment can be found in the Inglewood nooks and dining areas creating a great vibe for visitors.

The event is also zero waste.

The Inglewood on Beaufort Monday Night Markets is proudly supported by the City of Stirling.

To find out more go to www.facebook.com/Inglewoodonbeaufort/

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food & WINE ...eat, drink and be merry... ADVERTISING FEATURE

Fresh fruit harvesting from local suppliers is underway… especially for WA locals

by Noelene Swain

THIS year's harvest of apples and pears is now well underway and as I write the local community of Donnybrook is in the final stages of preparation for the annual Donnybrook Apple Festival. Timed around Easter each year, this is a community event that provides a focus for travellers to pause and celebrate the role of the apple industry in the region.

The southwest is one of the cleanest and greenest growing environments in the world. Fruit production is just one of the many agricultural industries that thrive in its fertile soil. Winemaking, olives, and other gourmet fare are all increasing in production in the region. The Apple Festival gives locals a chance to showcase what our beautiful town can produce and helps to create a sense of community and belonging.

In WA the apple and pear harvest occurs from March to June, commencing with the first picked varieties Galaxy and Gala apples and Red Sensation and Bartlett pears. These are quickly followed by crops of Fuji, Kanzi, Pink Lady and Bravo… so let's get crunching.

This season, local growers are faced with one of the most difficult growing seasons on record and are calling on shoppers' support to buy fruit that may be hail marked, sun blemished or colour challenged. These visual characteristics make no impact of the premium eating experience – skin blemishes don't impact on flavour.

Apples and pears are extremely nutritious and should be an important food in our eating regime. Apples are rich in antioxidants and the soluble fibre pectin, which are both known for their heart protective capabilities. Dietary fibre reduces the risks of some cancers and helps to control blood sugar levels, which is important to diabetics. Interestingly, pears are one of only two food products that are non-allergenic, making them ideal for introducing solids to babies and for people on elimination diets.

Research carried out by the University of Western Australia (UWA) and Edith Cowan University (ECU) has shown the consumption of apples has a direct impact on humans by improving cardiovascular health.

The science behind how apples assist human health validates the health benefits of apples long advocated by the saying: "an apple a day keeps the doctor away".

Apples are high in flavonoids (a type of antioxidant), which are concentrated in the skin rather than the flesh of apples so you should eat the whole fruit to obtain the health benefits, says Dr Catherine Bondonno who worked on the study.

The apple study screened the flavonoid content of more than 100 apples in Western Australia, and identified apples that are high in flavonoids, including Pink Lady™ and Bravo™ branded apples.

So tuck into some brightly coloured local apples and enjoy them 'skin on' to maximise the health benefits. To increase your consumption of fresh apples, simply add to your daily breakfast cereal, use to add crunch to your salad or eat an apple or pear as an in-between meal snack – you can spice things up by trying a different variety each day.

Whilst the weather is warm, it's best to store apples and pears in the fridge to ensure they keep that freshly picked crunch.

Fresh is best with WA apples and pears, yet they are just as delicious cooked in savoury and sweet dishes. Generally, the sweeter the fruit, the better it will perform in a cooked recipe. Grab an apple and pear today and enjoy the recipes below:

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Cumin, pears, carrot and lentil strudel

Preheat oven 180°C or 160°C fan force;
Preparation 15 min;
Cooking 45 mins; serves 4

Ingredients
200g firm green pears, stem removed and cored
2 tablespoons cumin seeds, dry roasted and cooled
150g carrots, peeled and grated
150g firm tofu, diced into 1cm pieces
¾ cup precooked canned lentils, drained
1 tablespoon finely grated orange zest
6 sheets filo pastry
Spray rice bran oil
1 teaspoon ground black pepper
1 cup plain low fat yoghurt
2 tablespoons chopped fresh mint
½ teaspoon ground black pepper

CUT the pear flesh into 1cm square pieces and put into bowl – grind the cumin seeds in a mortar and pestle; sprinkle over the pears and toss to coat well.

Combine carrots, tofu, lentils and orange zest – mix well.

Lay one sheet of pastry on the bench – spray lightly with oil. Top with another sheet and repeat until the pastry is all used.

Spoon the carrot mixture down one side of the assembled pastry layers – top with diced pears – sprinkle with ground black pepper; roll and pull in the ends to make a sealed package.

Next lift onto a baking tray lined with baking paper. Spray with a light coating of oil and bake until brown and crisp – around 45 minutes.

Combine the yoghurt, mint and pepper – serve the sliced strudel hot with the yoghurt and green salad or steamed vegetables of your choice.

Apple bircher muesli

Ingredients
1 cup rolled oats
½ cup milk
½ cup creamy natural yogurt
1 lemon, juiced
2 apples (Royal Gala, Fuji or Red Delicious)
1 tablespoon sultanas
1 tablespoon chopped dried pears
1 tablespoon roughly chopped roasted hazelnuts
½ tablespoon pepitas
1 teaspoon sunflower seeds
1 teaspoon sesame seeds
honey to taste

PLACE the oats in a large bowl and stir through the milk and yogurt. Cut apples into quarters, leaving the skin on, coarsely grate. Toss in the lemon juice and stir into the oat mixture.

Stir through the sultanas and dried pears. When ready to serve scatter over the nuts and seeds. Divide among two bowls. Top with some sliced apple and a drizzle of honey to serve.

Note: Vary the seeds according to your preference.

Preparation time: 10 mins; cooking nil; serves: 2

Coconut baked galaxy apple wedges

Preparation: 10 mins; cooking: 25 mins; serves 4

4 Galaxy apples, peeled, quartered and cored
1 lemon, zest and juice
3 tablespoon macadamia nuts, finely chopped
¾ cup shredded coconut
1 egg, lightly beaten
2 teaspoon sugar

PREHEAT the oven to 180°C and line a baking tray with non-stick baking paper. Toss the apple quarters in the lemon juice. Combine the lemon zest, chopped macadamia nuts and coconut in a bowl.

Combine the egg and sugar in another bowl and dip the apple quarters into the mixture. Allow the excess egg to drip off, then roll the apple quarters in the coconut mixture. Place on baking tray and bake for 20 - 25 minutes or until the apples are cooked and golden.

Royal Gala apple
© www.aussieapples.com.au

What's fresh in the market for April

New season apples: Good news for those who love to bite into a crisp and juicy just-picked apple. The first of the much-anticipated new season apples are now on greengrocers' shelves. Look for Royal Gala and Galaxy varieties. They are perfect for school snacks. Especially during the hot weather, be sure to keep apples in the fridge. Apples can be kept for a couple of months by storing in accurately controlled cold storage

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 stone fruit 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 to school holiday 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.

Enjoy grazing in Western Australia throughout April

THROUGHOUT April the Great Graze will celebrate Western Australian produce with a variety of events throughout the state.

On 18 April they have created a special market day for grazing enthusiasts to be held at Perth City Farm where visitors can stock up on WA's finest grazing goodies.

They are bringing the regions to Perth with this family-friendly market day, featuring WA's best apples and pears, Genuinely Southern Forests gourmet store, premium wine tasting and beautiful displays celebrating the best of local agriculture.

Visitors can pick up all the ingredients they need to create an amazing grazing platter or collect one that is ready to go to create, share, and enjoy as part of WA's Great Graze.

For those who can't make the market then specialist shops around town are getting into grazing too. Farmer Jacks Supermarkets which are also a Buy West Eat Best member are thrilled that to be supporting WA's Great Graze with high quality, well priced, locally sourced produce, alongside a range of gourmet and specialty foods.

Farmer Jacks supply a popular range of health foods catering for special dietary needs, often at the best prices in town.

Check out one of their 11 stores across Perth to stock up on your great grazing needs!

Black Pig Deli & Co is a specialty eatery, delicatessen and food provedore located in Beaufort Street in Inglewood. The deli hand selects small-batch artisan products from local producers and throughout Australia to capture products of quality, value and food trend appeal.

From the 10 April to 1 May, Black Pig Deli is offering weekly WA's Great Graze dine-in or take-away options.

Other stores celebrating the Great Graze include Gilberts Fresh Markets in Hilton, Willetton and Midland and the Swan Valley Gourmet Deli.

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Downsizing
ADVERTISING FEATURE

Smart Homes will help people live in their own homes for longer

State-of-the-art technology assist people to live their homes

by Frank Smith

SMART home technologies can be designed to assist older adults, especially those living in rural areas, to continue living at home.

In 2019, McLean Care – a specialist not-for-profit regional aged care provider – received a Commonwealth Home Support Programme (CHSP) innovation grant from the Department of Health.

As part of the grant, McLean Care partnered with researchers from Monash University's Emerging Technologies Research Lab and Deakin University's CADET Virtual Reality Training and Simulation Research Lab to trial smart home technologies in older people's homes.

McLean Care recruited 23 households in regional NSW and provided them with a wide range of commercially available smart home devices with diverse functionalities. Each household was able to select a combination of devices suited to their household needs and the physical layout of the home.

Monash University researchers undertook interviews by home visits, phone calls and in-depth video calls to understand participants' experiences with the technologies.

McLean Care collected user reviews from the participants on the devices that they had used and administered a short end-of-trial survey to capture their interest in keeping the devices, paying for them in the future and overall feedback on the project.

The main smart devices trial included:

Google Home digital voice assistant which provided voice-activated control of other smart home devices; access to music, news, weather and other information; and a touch screen and voice-activated tablet for video calls.

Aeotec smart lights consisting of smart light bulbs (installed in existing lamps) controlled by voice activation, push buttons (placed near beds and chairs) and movement sensors.

Sensor-activated coloured lights were used to remind participants of everyday activities such as taking medication and opening garage doors.

A Kogan smart kettle which is hands-free and voice controlled.

Aeotec smart switches, controlled by smart buttons, voice activation, sensors and/or tablet were trialled in 10 households and connected to existing appliances such as pedestal fans.

The Remotec air-conditioner Infrared (IR) controller was also installed at five homes to connect air conditioners to Google Home and respond to environmental conditions automatically.

Deakin University researchers collected electronic data from the devices showing participants' usage patterns, user reviews and end-of-trial surveys. This helped them to identify the usability challenges, and hopes and anxieties older people have of smart home devices.

"Despite the many benefits smart home devices can offer the elderly population, many older Australians are concerned about being left behind in the digital age, highlighting the need for proactive initiatives to help bridge this gap," said Professor Yolande Strengers of Monash University.

The researchers recommended smart home devices should be offered as optional extras for in-home services, providing opportunities for seniors to gain digital living skills.

"The Smart Homes for Seniors project was designed to address the research and knowledge gaps relating to older people's use of smart home technologies. We want this project to dispel the stereotypes around older people's interest and capacity to engage with emerging technologies," Professor Strengers said.

"Our research has enabled us to understand how smart home devices could support older people's wellbeing and their ability to live independently. It also identified certain challenges they experienced when using smart home devices."

The study confirmed that technology can support positive ageing and create increased opportunities to age in place without loss of independence.

Another important aspect of being able to live independently at home is health. Australian company HSC Technology Group Ltd. has integrated a CSIRO-designed home monitoring system into their TALIUS Smart Analytics platform. The device monitors resident's health send real-time data to their healthcare providers.

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Downsizing

ADVERTISING FEATURE

The importance of the presentation of your home when placing it on the market

Ranges from Adairs and Empire in Osborne Park

by Zofia St James

THE year is moving fast and I'm wondering how many of you might be thinking of downsizing or possibly relocating to be nearer to family?

The real estate market is hot for sellers and properties are moving very fast – in fact, so fast that we can hardly keep up with the demand. However as much sought-after homes or specific neighbourhoods are, never underestimate the importance of preparation for selling.

I'm talking about a serious declutter, which makes moving a dream when it is time to pack.

Dress your home in order that it can be photographed and marketed well, proudly for you the vendor but also by the Real Estate agency that will be taking it to market.

This also helps obtain as brilliant a price possible for the next chapter in your life.

Looking at a number of homes listed online the other day I was quite shocked at the photos of homes which were clearly in their rawest state.

I was surprised that owners were not have been given adequate information before the photography.

I personally can see past mess and visualise a property's potential, but the majority of buyers cannot.

Rooms need to be well lit and furniture positioned to showcase the room to their best advantage. Personal effects need to be hidden with just enough left around to suggest warmth and character.

If the house needs some TLC – a lick of paint and most importantly cleaned and gardens tidied – this needs to be done prior to photography and home opens.

These things show up in the photos and speak volumes on how the home has been maintained.

The amount spent on a preparation should only be in proportion to the expected return. I like to be fairly conservative about this. I have seen some preparations carried out where the return on that investment was outstanding.

I am extremely proud to design, prescribe and execute property preparations knowing the team of trades we have on board are fantastic, reliable, well priced and quick, which is very important and often hard to find in this market space.

In my position as interior designer with the Sherlock Group, we have completed some quick flips and also managed some complete transformations with amazing results. We are finding that often we are getting more that the asking price for vendors which has been very exciting.

I have had great success with clients who want to do a bit of a makeover for their homes without spending a fortune.

Today I visited the Adairs Homemaker store in Osborne Park. They are a one-stop shop. In store now the new autumn/winter soft furnishings, furniture, linen, towels and homewares have been beautifully merchandised.

What I really like about this store is the layout and its location near other quality retail homeware stores along Scarborough Beach Road. This let you enjoy having a great look around and compare goods and prices.

As I have said many times, a makeover for your home is truly easy and affordable, as I always work to the budget my clients are prepared to spend.

I love to get that wow factor happening with some of the items available that are currently on trend. But I do choose with the idea that they should provide a timeless, classic feel, a polished look that will provide a breath of fresh air to any room that you think looks tired or drab.

Even though a seasonal palette is about what's in fashion now, it doesn't mean it's out the next season. Staying modern gives a home an instant facelift and I'm all for a facelift of any kind.

You are welcome to phone or email me with any questions. Take care everyone and enjoy beautiful April.

Zofia offers an interior style consultation for readers and she offer readers a free over-the-phone or video call consult. She can assist with de-cluttering, restyling, choosing furniture and personal styling. For those interested in a free styling opportunity please contact Zofia on 0406 336 607 or email intshg@gmail.com.

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Downsizing
ADVERTISING FEATURE

Discover the magic of Mankara at a community open day

Life sized kitchen built ready for Southcare's Mankara Community Open Day

HOMEBUYERS have an exclusive chance to taste the magic of Mankara at a Community Open Day on Saturday 1 May, as they gather around a life-size replica kitchen which has been built to show what living at Mankara will be like.

As part of the open day, special launch prices are in place meaning home-buyers can secure a brand-new apartment for five per cent off the advertised market price, as another way to whet their appetites for the forthcoming Manning-based development.

The galley style kitchen measures just under four metres in length and has been built inside the development's new sales suite. It features engineered stone benchtops, overhead and under-bench cupboards and drawers, stainless steel integrated ducted rangehood, electric hotplate, feature tile splash back, double stainless-steel sink and appliances including a fridge, dishwasher and microwave.

Two types of hybrid wood-look flooring have also been installed for people to walk on, touch and test its non-slip rating as well as look at selection samples showing carpets, cupboard handles, tapware and laminates.

The development is powered by Southcare. CEO Dr Nicky Howe said building the replica kitchen was a tangible way to build trust before building the development.

"Buying a home at any stage of life is a huge investment and because these strata apartments are forever homes for people aged 55 years or over, we want to provide them with absolute certainty that they are buying quality and are comfortable and confident in their decision," she said.

"That's why we have built a life size kitchen so people can come and relax with a cup of tea, just like they would if they lived there.

"A home is built for comfort and this is a good way to touch, feel and taste all the comforts of your future home before it is even built," she said.

Three types of interior schemes are available to personalise the apartments – called Freedom, Urban and Contempo – each with different tones, warmth and aesthetics. The Freedom scheme is used in the replica kitchen.

The Mankara development will see 82 strata titled apartments built over four levels plus a community centre and a public café. All apartments are architect designed in line with the stringent Liveable Housing Guidelines. Anyone can buy an apartment so long as a person living there is 55 years of age or older.

Construction is expected to start later this year with completion in 2022.

One bedroom apartments are selling now from $309,000 and multiple configurations are available with two and three bedroom and two bathroom designs.

The Open Day will happen from 10am-midday at 52 Bickley Crescent in Manning. Everyone is welcome to attend, and morning tea will be provided.

Visit www.mankara.com.au for more information or call 9032 6489.

Lots of benefits to making the move into a secure village

Lots of benefits to making the move

MOVING to a retirement estate like RAAFA's Erskine Grove is particularly beneficial when you have relocated from a different area and don't have a network of friends, says Lyn Taylor who moved into the estate with her husband Peter in December 2019.

"We farmed for much of our married lives around Lake Grace and when we retired we moved down to Denmark, and then came up to Mandurah to be closer to our children," explains Lyn who will turn 77 this year.

"We bought a house around the corner from Erskine Grove initially, but then for several reasons thought it would be better to be in a more secure retirement estate, which is why we chose RAAFA.

"Initially, I wasn't too sure I was ready to make the move, but the people here are lovely, it's a really nice community and I have made many friends, in fact in no time at all you have an instant network of acquaintances."

After leaving their farm, and then a larger house in Mandurah, Lyn said she wondered if she would struggle with a smaller home.

"I found the house was just lovely, it's heaps big enough for us and I absolutely love the kitchen," she adds. "Plus we are really happy to live in a secure village, and one that is very supportive.

"This has been particularly important as Peter has Alzheimer's disease, so we have found the Mavericks group very helpful, and the wellbeing officer Angeline has been just wonderful. Actually, all of the office staff, as well as the grounds staff, are absolutely fantastic.

"I would say to anyone considering moving into a retirement home to come sooner rather than later, so that you have time to make friends, make the most of the facilities and stay active as you age."

RAAFA has six retirement living estates in WA to choose from, contact one of our friendly team on 9288 8400 to find out more or visit our website www.raafawa.org.au to register your interest.

It's time to put your best foot forward and learn to dance

WITH the weather starting to cool down it is the perfect time to learn to dance at Daele Fraser Dance Studio (DFDS); although they do have fantastic air conditioning at the studio.

Principal Daele Fraser OAM says ballroom dancing is a wonderful social attribute for all ages. She runs classes for children, adults, seniors and the staff are available for private /individual lessons.

"We have classes for all ages and instruction for every social occasion," says Daele. "Whether you want to learn for fun, for exercise, as a hobby, or to learn your bridal dance we can help you and we have very moderate fees.

"We don't have contracts and deposits... just pay cash as you go for all of our classes and lessons.

"Our staff are qualified, experienced and committed to ensuring your time at DFDS is enjoyable and fun.

"The atmosphere at DFDS is bright, friendly, encouraging, positive and we get results!"

Phone Daele 0412 95 46 59 for more information and go "Happy Dancing" at DFDS.

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Downsizing

ADVERTISING FEATURE

What happens to your Super when you die?

YOU may be surprised to learn that when you die, your superannuation funds don't automatically go to your estate or may not go to your preferred beneficiaries.

To ensure your superannuation funds go your preferred beneficiaries, you will need to complete your superannuation fund's nomination form. However, be aware that only certain beneficiaries will qualify as superannuation beneficiaries.

Nominations can be either binding or non-binding on the trustee of your fund. If you don't make a binding nomination, if the nomination is deemed invalid, or if the nomination lapses (usually after three years), the Trustee of your superannuation fund will then decide how your funds will be dealt with after you die.

If the trustee decides to pay your superannuation funds to your estate, and you don't have a will, your estate affairs are no longer simple. As a result, it will be necessary to engage a lawyer and your estate will incur higher legal fees. Hence, it is yet another reason why everyone should get advice about their estate planning.

Contact Emily Nixon or Shirley Tascone of Bespoke Wills and Estates to make your will or updated it.

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Steven helps strive for a strong sense of community

Arcadia Waters Maddington Village manager, Steven Daly

ARCADIA Waters Maddington Village manager, Steven Daly knows just how important it is to hold onto that sense of community as you move though life. Having grown up in a Scottish village and now deeply rooted in Roleystone with a family of his own, Steven has long understood the importance bringing people and place together.

This passion was reinforced after the Wooroloo fires when Steven battled at the frontline as a volunteer firefighter.

"I originally signed up with Roleystone Volunteer Fire Brigade because I wanted to help the community. I had lived in Margaret River and went through the fires there in 2011, and obviously Roleystone is an extreme fire danger area. As part of a crew trying to save homes in the Perth Hills fires, seeing the devastation after the fire had gone through is indescribable."

Ten years on, the lessons from those sobering experiences inspire Steven to help make Arcadia Waters Maddington the tight-knit, vibrant village it is today.

"I have worked with older people for over 15 years and enjoy engaging with people, especially our older Australians. For me, the recent fires have put into perspective what's important and taught me not to sweat the small stuff. Even though some people lost their homes, they still made time to look out for their neighbours.

"That sense of harmony is what we're striving to build at Arcadia Waters. A place where village residents pull together – a community within a community."

There are many ways in which Arcadia Waters Maddington fosters a sense of vibrant community. Surrounded by like-minded neighbours, residents at Arcadia Waters Maddington are strongly encouraged to live fulfilling, active and social lifestyles.

First class facilities at the $3.5m resort clubhouse include a state-of-the-art gym, spectacular indoor and outdoor pool and bowling green that residents can take advantage of to keep fit, healthy and independent. Masters of craft can choose to take advantage of the large craft room and equipped workshop to hone their skills and connect with others. In addition, an active social calendar comprising of card games, fitness classes and gatherings provide locals with the option to socialise and be as involved as they wish.

To learn more about how you can join the friendly community at Arcadia Waters Maddington, please contact Geraldine O'Shaughnessy at 0434 851 694 or email geraldine@arcadiagroup.com.au. Find out more at www.arcadiawaters.com.au

Helping people navigate the aged care journey

Graham Mabury

DID you know that Demystifying Aged Care is not just the name of Baptistcare's informative podcast hosted by radio legend Graham Mabury?

It is actually a range of free support and information services which make understanding and accessing the right care options simple for both seniors and their family members.

From a practical written guide to understanding home care services, through to customer engagement consultants who are there to take on the 'heavy lifting' with paperwork and accessing funding, Demystifying Aged Care is focussed on helping people decide what matters to them in retirement and beyond.

The Demystifying Aged Care podcast which launched last year, shines a light on the aged care journey, through fascinating conversations with experts and seniors themselves.

Series two of the podcast sees Graham Mabury exploring a range of new topics including living in your own home with support, what it's like to work in aged care and the issues facing older Australians from culturally and linguistically diverse backgrounds.

New episodes will be available soon, but, in the meantime, if you haven't had a chance to listen to series one, search for Demystifying Aged Care on your favourite podcast app or visit baptistcare.com.au/podcast.

For more information about Baptistcare's aged care resources, visit www.baptistcare.com.au or call 1300 660 640.

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Downsizing
ADVERTISING FEATURE

Camping group gets out and about and heads to Rockingham beach

Members of the club enjoy the day in Rockingham

by Rose Hope

WE were on our way to Stirling Station when the bus in front chose to give up the ghost at the exit of the Karrinyup bus station, completely blocking our escape.

"Ok folks, looks like we're gunna 'ave to push."

Unfortunately, the idea didn't appeal to the motley crew aboard who were mostly pensioners. So there we were stuck until that rotten vehicle could be got out of the way. Which is why we missed the train on which we were to meet up with four other people.

At Stirling, we boarded the Mandurah line train which runs via Perth alighting at Rockingham station where we transferred to the shuttle bus which took us to magnificent Rockingham beach for a picnic on the foreshore with the COCOA (Come Out Camping Older Adults) Club.

What lay before us upon arrival was a view to die for. The colours of the bay resembled an artist's palette. Silver threaded its way through light blue in the shallow waters where people splashed joyfully about. Out into the distant deep blue sea, large ships sat waiting to come into port.

Near the shore, snow-white seagulls bobbed up and down in the park, kids played on the brightly colourful play equipment beneath the canopy of shade created by ancient gum trees, their gnarled trunks weathered by old father time.

Families were seated beneath the many pergolas scattered around. The cafés and shops were busy and the coastal village of Rockingham was alive and pumping.

The COCOA mob commandeered one of the pergolas and extended the shaded area by adding a large canopy, courtesy of Margaret Kane, one of our long term members, a lovely lady, who had brought watermelon and a delicious cool lime cordial... with the gratitude of a person dying of thirst in the desert, I fell upon the mouth-watering refreshments.

A huge gathering of members sat in a circle talking, laughing, noisy as a flock of parrots. There were so many new faces. The COCOA mob grows constantly and it's great to have so many new members. It was a day to remember.

We are very fortunate in WA to have many beautiful places to visit which can be accessed by public transport. The COCOA Club have been to many of them and will be visiting many more.

The COCOA Club hold their getaways in spectacularly scenic places, undercover, they are fully catered for and affordable. If you would like to know more telephone Judy Hampson on 0450 735 415.

Giant secondhand book returns

ROYAL Historical Society is holding its annual book sale on the weekend of 17 and 18 April.

There is a range of many beautiful books in pristine condition including some rare and interesting ones. Enjoy getting lost in the abundance of fantastic books and the thrill of finding a treasure.

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

There are books covering all subject areas and there is something for every taste.

There will be an auction at 10.30am on the Saturday and from 2pm on Sunday all books will be half price.

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

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

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WA Floral Art Society welcomes people

Floral art design by Lesley Parkin

COME along and enjoy friendship through flowers at WA Floral Art Society.

Meetings are held on the second Saturday of the month. $10 entry to see members designs, demonstrations, afternoon tea and raffle. Osborne Community Hub, 11 Royal Street, Tuart Hill. 12.45pm for 1pm start.

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

Renewable green power discussed by retirees...

CLIMATE change is the major challenge facing the world and alternative, renewable and 'green' power sources are very much a part of future directions.

Australia is home to some of the largest tides in the world, but where are we at with developing this resource?

Brian Rourke, managing director of Tidal Energy Australia will be explaining the pros and cons of ocean power to members and visitors at the next meeting of the Association of Independent Retirees (Perth branch) on Friday 16 April from 10am to noon.

The following meting is on Friday 21 May, where Ms Jan Desmond's will talk is titled "From Family Home to Seniors' Accommodation and Care Options."

The aim of the association is to protect and advance the interests of retirees who wholly or partly fund their own retirement.

They meet on the third Friday of each month from 10am to noon at the Cambridge Bowling Club, Chandler Avenue West, Floreat.

Besides the meeting and morning tea they have a guest speaker, and over the year embrace many interesting topics related to finance, travel, health, community and special interests of members.

Members ($2) and visitors ($5) are encouraged to bring the correct money and their own coffee mug.

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

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GREAT HOME and GARDENING

Garden shows galore and some advice on controlling pests in the garden

L-R; Chilli thrips - Orchid - Chrysanthemum - African violets - cacti and succulent

by Colin Barlow

OVER the last few months, roses throughout the Perth metropolitan area have been under serious attack. Damage includes silvery and bronzed, curled or wrinkled leaves, with more seriously burning or scaring of the foliage and new growth including the terminal stems, flower buds and calyx. These symptoms are caused by Chilli thrips. Severe infestation may cause defoliation, slow plant growth or even ultimately kill the plant.

Chilli thrips are native to South Asia but have expanded rapidly and become a worldwide pest of horticultural crops both edible and ornamental.

They inhabit protected areas of the plant including unopened flower and terminal buds, protecting themselves from exposure to the elements and insecticides. Detecting them is difficult due to their extremely small size, less than 2mm in length. Try tapping the terminal or top rose stems over a piece of white paper to dislodge the thrips, then use a hand lens to view them.

Control

Control of Chilli thrip is very difficult and the following methods should be tried.

• Remove damaged foliage and flowers including buds by pruning and place in a sealed plastic bag. Place in the sun for 24 hours to solarise the contents and place in the waste bin (not green waste).

• Apply a light dressing of controlled release fertiliser, seaweed solution and wetting agent around the roots and water in thoroughly.

• Apply spray to the whole plant including the leaf undersides and buds. Effective insecticides include: spinetoram (Yates Success Ultra), Spinosad (Eco Naturalure), neem oil (Eco-Neem or AzaMax), imidacloprid (Bayer Confidor, Searles Conguard) or tau-fluvalinate (Yates Mavrik or Rose Shield). Repeat the spray in 10–14 days' time.

• Apply a systemic insecticide around the root system and water in thoroughly. An effective insecticide is imidacloprid (Richgro Bug Killa granules or Bayer Confidor tablets). These should last for six to eight weeks. Apply again in Spring before flowering when growth is soft and supple.

• Use yellow and blue sticky traps to trap adult thrips.

• Apply water over the foliage and flowers whenever possible. Keep your plants well-watered, as plants under water stress are more likely to succumb to attack.

• Pick up and remove any fallen leaves and place in a sealed bag in the bin.

• Try using a biological control agent like the pirate bug (Orius). These are available from Bugs for Bugs www.bugsforbugs.com.au

Autumn Garden Shows

Perth Garden and Outdoor Living Festival is on from Thursday 29 April to Sunday 2 May at the new city location of Langley Park in Perth. The festival includes Perth's largest plant market with a range of specialist local nurseries and garden centres offering a superb selection of plants for sale.

There will also be the inspiring Stratco Show Gardens where landscape designers will try to create the ideal Perth backyard oasis, live music to sooth the ears and lots of activities to keep the kids occupied.

There are also lots of activities to tempt your tastebuds, from craft beer and gin masterclasses, the Kleenheat Outdoor Kitchen or even a luxurious high tea amongst the flowers.

Gardens by Night open from Thursday to Saturday will allow you to enjoy the night-time ambience of the show, while overlooking Perth's wonderful riverside location. Visit the Richgro main stage for the latest tips from your local gardening experts. I will be talking about 'creating an indoor oasis' at 12.30pm on Sunday 2 May, and there will be a range of talks and seminars throughout the show.

The festival is open from 10am to 4pm each day with admission $22 for adults and concessions $15. Children under 18 are free. For further details go to www.perthgardenfestival.com or www.facebook.com/perthgardenfestival

Cacti and Succulent Society of WA Autumn Show takes place at the South Perth Community Centre, Sandgate Street, South Perth from 17 to 18 April. These collectable plants are sure to be popular, so get down there early. The show is open from 10am until 4pm on Saturday and 10am until 3pm on Sunday and entry is $5. Contact Bob Hunter on 0438 906 229 or go to www.csswa.org.au for further information.

Gosnells Horticultural Society's 70th Annual Autumn Show at the Addie Mills Centre in Gosnells is on 1 and 2 May. Entry is free and the show is open from 1pm until 5pm on Saturday and from 9am to 4pm on Sunday. For more information call Margaret Baker on 9398 2684.

Northern Districts Orchid Society Autumn Show is on Sunday 2 May from 9am to 3pm at the Jack Healey Centre, 21 Mead Street, Kalamunda. There will be orchid displays, potting demonstrations and talks, plus a raffle, as well as flowering orchids and supplies for sale. Enjoy a free morning or afternoon tea while you are there and have a chat to experienced growers about your orchids. Entry is $5 for adults and $3 seniors. For show information call 0417 903 280.

WA Chrysanthemum Society's Annual Show and Australian Championship will be held from the 6 to 8 May at the Hawaiian Forrestfield Shopping Centre, 20 Strelitzia Avenue (corner of Hale Road), Forrestfield. It is just in time for Mother's Day and runs from 9am until 5pm each day. For more details contact Michael Drake-Brockman on 9293 7650 or go to www.chrysanthemumwa.com

African Violet Society and Plant Sale, takes place early next month on the 8 May at the Kardinya Park Shopping Centre in Kardinya. African violets are much easier to grow than you think. So, check out the colourful varieties available at the show, ranging from miniature plants suitable for terrariums to larger plants with scalloped leaves. Call Joan Meadowcroft on 0409 370 464 or go to www.waavsinc.com for more details.

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arts

Celebrating some of Western Australia's most influential women on canvas

Left to right; The almost completed former parliamentarian Diana Warnock - Some of Jana Vodesil-Baruffi's 50 portraits

by Carmen Jenner

PERMANENT Impressions – a collection of 50 portraits of some of Western Australia's most influential women celebrated its 10th anniversary this year.

In 2011, Perth-based artist Jana Vodesil-Baruffi set herself the task of painting 50 portraits in just one year, with the added challenge of completing each portrait within a 24-hour timeframe. The collection became known as Permanent Impressions and has been hailed as one of the largest portraiture collections by a single artist.

It was a process that was as satisfying as it was challenging. Completing a fast portrait requires much technical skill and great hand-eye coordination. The paintings were created with a palette knife, conserving the vibrancy of colour and her subjects' personalities.

"The project was a great artistic challenge and the excitement of that really appealed to me," says Jana. Funds raised from the project went to the Leukaemia Foundation, a charity very dear to Jana and her husband Kevin.

Accepting a challenge is something that Jana is no stranger to. In 1981 she started a new life in Perth after fleeing the stifling communist regime of the Czech Republic. Renowned for her artistic versatility, ranging from the realism of portraiture to landscapes, she also delves into the fantasy world of Fantastic Realism by combining her love of nature with the human form. Her extensive travels and international art tours have also resulted in visual diaries evoking a wanderlust for anyone with a yearning for travel.

With an impressively large body of work, Jana's awards are plentiful and after being a finalist in the Black Swan Prize numerous times, in 2017 she won the portraiture award for her moving and confronting portrait of a young woman with an eating disorder titled Black Swan. As a finalist in 2019 for the Darling Portrait Prize, her portrait of artist Matt Ottley was exhibited at National Portrait Gallery for nine months.

Permanent Impressions presented another challenge for Jana of having to decide who she would paint, as WA is blessed with so many remarkable women, but the WA Women's Hall of Fame was an ideal place to start.

Anti-drug advocate Jade Lewis is part of the collection and shares her experience.

"Sitting for my portrait was empowering and helped open up a lot of doors for Jade Lewis & Friends Inc."

The collection comprises of a cross section of women who have made a major contribution to our society in many vocations and community services, including Carmen Lawrence, Fiona Stanley, Kate Lamont and Ros Worthington.

"None of the ladies posed for me in a specific way, they just acted as themselves and I captured them in the moment giving the appearance they are engaging with the audience," says Jana.

A book soon followed, documenting the process and featuring profiles of each of the women. Titled Permanent Impressions: a salute to contemporary heroines and published by award-winning publisher Carina Hoang Communications (Carina is also part of the collection), the book won a bronze IPPY award in New York City in 2014 in the non-fiction category for Australia/New Zealand in the Independent Book Publishers Awards.

The paintings toured around regional Western Australia.

Jana recalls: "I visited so many places spanning from Port Hedland to Esperance. I'll never forget having a broken wheel in the middle of nowhere in 40° heat and unpacking 50 portraits and easels into the bush on the side of the road."

Admired by thousands and receiving widespread acclaim, it's not until you're actually standing among the portraits of these remarkable women that you can truly appreciate the scale and impact of Permanent Impressions.

A decade later the collection remains as a complete stand-alone collection and will be exhibited once again for the public from 24 to 26 April at Metamorphosis Art Gallery in Willetton.

Permanent Impressions showcases some of WA's most influential women at www.janavodesil.com

arts

Masterpiece musical *West Side Story* to play a limited season at Crown Perth

Opera Australia West Side Story © Jeff Busby

WHEN the original *West Side Story* opened on Broadway in 1957, musical theatre changed forever as the most complex and challenging unity of music, dance, book and lyrics was realised in a way which has been rarely matched since.

The genius of its four creators, a remarkable collaboration between Leonard Bernstein, Arthur Laurents, Stephen Sondheim and Jerome Robbins, produced a masterpiece whose artistic quality remains unquestioned to this day.

Now former pupil of Jerome Robbins, Joey McKneely's vibrant new stage production returns to Australia after wild acclaim world-wide. Since the first world tour in 2003, there have been more than 1500 performances of McKneely's award-winning production of *West Side Story*. Joey McKneely is a two-time Tony Award nominated choreographer whose Broadway credits include *Smokey Joe's Café*, *The Life*, *Twelfth Night*, *The Wild Party* and *The Boy From Oz*.

Opera Australia and GWB Entertainment have announced their rescheduled dates for the acclaimed BB Group production of *West Side Story* which will play at Crown Theatre from 29 June to 17 July.

Opera Australia's artistic director Lyndon Terracini said what a wonderful opportunity this will be for Perth audiences.

"*West Side Story* is one of the greatest pieces of musical theatre ever written, which is evidenced by sold out performances worldwide. Finally bringing the production back to Australia in 2021 to continue the success of the 2019 international tour was an opportunity that we just couldn't pass up," he said.

GWB Entertainment's Torben Brookman said: "Musicals like *West Side Story* only come along once in a lifetime. This piece transformed musical theatre around the world and is as relevant today as it was when first staged. It is a privilege to be working with BB Group, Opera Australia and QPAC to bring this production to Perth."

A modern retelling of Romeo and Juliet; this tragic love story tells the tale of two young people whose happiness is destroyed by the hate of two enemy camps in New York City's urban jungle. The 'Jets', sons of previous immigrants to America, battle the new arrivals from Puerto Rico, the 'Sharks', for domination of the streets.

Bookings through www.ticketmaster.com.au.

New Australian film features outstanding cast

IN the heartfelt comedy *June Again*, a twist of fate gives family matriarch June (Noni Hazlehurst) a reprieve from a debilitating illness.

Much to their amazement, June re-enters the lives of her adult children, Ginny (Claudia Karvan) and Devon (Stephen Curry) and learns that things haven't gone according to plan.

With limited time but plenty of pluck, she sets about trying to put everything, and everyone, back on track. When her meddling backfires, June sets out on a romantic journey of her own and discovers she needs help from the very people she was trying to rescue.

Have a Go News interview with Noni Hazelhurst will feature on the front cover of the May issue.

In cinemas 6 May.

WIN WIN WIN

We have some double inseason passes to giveaway to some lucky readers for June Again. To be in the draw simply email win@haveagonews.com.au with June in the subject line or write to June Again C/- Have a Go News PO Box 1042 West Leederville 6901. Closes 30/4/21.

arts

Brass band looking for new members

SILVER Threads Brass Band is a community brass band sponsored by Healthways and currently in its 41st year of performing.

The bandmaster, Irwin Palmer AO, was the founding member and is still the bandmaster. The band plays between 20 and 25 concerts each year including Making Music is Fun for schools, Memory Melodies for aged care villages and seniors groups and country tours which can include all of the above.

Some of the band members are retired professional ADF musicians but include a range of players, women and men, who just want to enjoy the commitment of rehearsing and performing.

There are no membership fees.

Did you ever play a brass instrument? If so they need people to replace retiring members.

Contact secretary Les Hoffman on email secretarystb112020@gmai.com or call 0411 700 478.

Exhibition of artworks inspired by nature

L-R; Caged vase C Munro – Gloria Paxman Lustred Tree Plate

PORCELAIN Artists of Western Australia will be holding an exhibition featuring unique and stunning designs in ultra-modern, contemporary and conventional styles on porcelain, jewellery and glass.

This fusion of art, science and nature, exhibits porcelain artists' innovative interpretations of Inspired by Nature.

Exhibition and gift shop art is available for sale along with miniatures at pre 2015 vintage pieces.

The West Australia Guild of China Painters changed their name to Porcelain Artists of Western Australia in 2020.

The exhibition will be held on Saturday 1 May and Sunday 2 May at The Palms, corner Rokeby and Nicholson Roads in Subiaco.

It will run from 9.30am – 4pm, there will be a café on site and there is free entry and parking.

Darlington Theatre Players present

AN UNSPEAKABLE TRIUMPH of SUPREME BRILLIANCE

BY DON ZOLIDIS

Directed by Chris McRae

Bookings

Marloo

HAGN#349-056037

Evening 7.30pm: 30 April, 1, 5, 7, 8, 12, 14, 15 May Matinees 2pm: 2 & 9 May

Bookings: trybooking.com/BOUFY Tickets: Adults $25 • Concession $22 Members $20

Marloo Theatre, 20 Marloo Rd, Greenmount www.marlootheatre.com.au | 0490 098 552

An Amateur Production Produced by special arrangement with Playscripts, Inc. (www.playscripts.com)

One of television's much-loved shows comes to the stage

The Vicar of Dibley cast members James Nailen-Smith and Karen Godfrey

THE Vicar of Dibley is a stage play by Ian Gower and Paul Carpenter adapted from the original TV series by Richard Curtis and Paul Mayhew-Archer.

This stage adaptation produced by Laughing Horse Productions takes its source primarily from the first two series of the show aired between 1994 and 1998. Series one consisted of six episodes and series two only four episodes, although some of the later episodes and specials have been referenced.

In this script adaption created by Ian Gower, it is primarily about the reception a female vicar receives upon being assigned to a small farming village called Dibley.

At first the village community are horrified at having received a female vicar from the church heirarchy, however eventually they learn to accept her as she learns (and challenges) the steadfast ways of the village. She manoeuvres her way into the hearts of the parishioners and the community in which she lives.

Don't miss this entertaining season of the much loved favourite and support local theatre.

The Vicar of Dibley plays at Koorliny Arts Centre on 14, 15, 21 and 22 May at 7.30pm with 2pm matinees on 15 and 22 May. Bookings www.koorliny.com.au/the-vicar-of-dibley/.

THE MURRAY MUSIC AND DRAMA CLUB

BACK TO THE 80's

...THE TOTALLY AWESOME MUSICAL!

WRITTEN BY NEIL GOODING

8pm - 14, 15, 21, 22, 28, 29 May

2pm - 22, 29 May

TICKETS $22 CABARET SEATING

BOOKINGS 0458 046 414

We are a Covidsafe business

www.mmdc.com.au

DIRECTOR SHERYL GALE

BY ARRANGEMENT WITH DAVID SPICER PRODUCTIONS

WWW.DAVIDSPICER.COM.AU

HAGN#349-056039

Popular series out on DVD

ADAPTED from Deborah Harkness' All Souls trilogy, the 10-part second series *Discovery of Witches* finds Matthew (Matthew Goode) and Diana (Teresa Palmer) hiding in time in the fascinating and treacherous world of Elizabethan London – here they must find a powerful witch teacher to help Diana control her magic and search for the elusive Book of Life.

In Elizabethan London, Matthew and Diana's romance faces a barrage of new threats. Diana's unleashed magic takes a dark and frightening turn, while Matthew struggles to re-inhabit the dangerous life he led over four centuries ago. They must overcome deep personal fears and jealousies, baring their darkest secrets to one another if they are to stay alive, stay together and find a way back to the present day. The DVD features 10, 60 minute episodes and is out now. RRP $34.95.

WIN WIN WIN

To be in the draw to win one of 10 copies simply email win@haveagonews.com.au with Witches in the subject line or write to DVD Competition – c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 1/5/21.

CRAZY FOR YOU

BEST MUSICAL 1992 TONY AWARD

The new GERSHWIN musical comedy

HIS MAJESTY'S THEATRE

11 - 17 JUNE

Packed with the best-loved songs of Ira and George Gershwin and performed by WAAPA's acclaimed Musical Theatre students, backed by a full orchestra with lavish sets and costumes, flashy dance numbers, and all the pizzazz you've come to expect from the Western Australian Academy of Performing Arts.

BOOK NOW

Tel: 6212 9292

ptt.wa.gov.au

HIS MAJESTY'S THEATRE

waapa Edith Cowan University

AUSTRALIA ECU EDITH COWAN UNIVERSITY

HAGN#349-056039

The Tivoli Club of W.A. proudly presents...

THE BEST OF BROADWAY

A red velvet curtain selection of songs, from the shows that made it big on broadway! Featuring the favourites from *Grease*, *Chicago*, *Cats* and more!

SHOW DATES:
Friday nights
(Doors open 7.30pm):
April 16, 23, 30; May 7, 14.

Sunday matinees
(Doors open 1.30pm):
April 18, May 2, 16.

SOLD OUT

PRICES:
Adults: $20
Pensioners: $17
Children: $10
(Price includes a chicken & chip meal at half time)
BYO alcohol

BOOK NOW - LIMITED SEATS:
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http://trybooking.com/BOIFta
Email: tivolibookings@hotmail.com
Website: www.tivoli.org.au

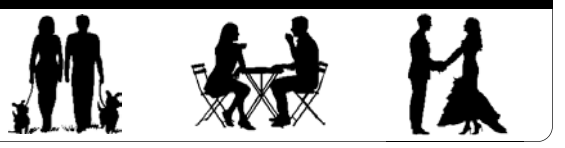
Find us on

HAGN#349-056153

Have-a-Go NEWS

Find us on social media

Friend to Friend



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

Each person may submit one entry every month.

Abbreviations used in Friend to Friend

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

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

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

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

Obtaining replies to your Friend to Friend Reply Box entry:
Please include two stamped ($2.20) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

Seeking a Friend

ACTIVE gent, 63, slim to med build, fin sec, WLTM a happy and healthy lady.
Reply Box 8795

ASIAN lady 73, slim, beautiful, cuddly, NOR, WLTM gent, 65-80, GSOH, affectionate for quiet evening dining, cinema, long drive, share and enjoy life together, if compatible.
Reply Box 8785

GENT 68, not bad looking, GSOH, NS, SD, likes dining in/out, drives in the countryside and 1080 radio station. WLTM tall, like me, fun lady 60-70. Let's meet for coffee.
Reply Box 8801

GENT 69, WLTM lady up to 70. I'm med build, 5'6", light tan, NS, SD, into music, movies etc. Ladies this man offers great happiness and loyalty. Say goodbye to the past. Try me. Hurry. ALA.
Reply Box 8799

GENT active, 63, medium build, well presented, young at heart, positive outlook, sociable, GSOH, easygoing. WLTM similar lady, age not an issue. I enjoy dining out, movies, country drives.
Reply Box 8783

GENT UK/Aussie, 72, 180cm tall, presentable, educated, VGSOH, sociable, NS, SD, enjoys travel, gym, family, beach, coastal walks, usual social activities, seeks intelligent, attractive, compatible, easygoing, lady to mid 60s, all travel modes, destinations considered. Northern suburbs. Coffee?
Reply Box 8800

GSOH SD NS meet lady friend, 74-79 for outings.
Reply Box 8789

HATE living alone? 70+ happy, healthy lady WLTM men/women for mutual support, companionship, save money. Enjoy cooking, short trips, relaxed lifestyle. You too? Let's all meet! Currently living in Armadale rental; workshop, huge backyard. Will move.
Reply Box 8804

KIND lady, 67, happy, healthy and fit. I enjoy country drives, movies, walking, good conversation and dining out, although not a pub girl. WLTM DTE gent, NS, GSOH, similar age, NOR, ALA.
Reply Box 8788

LADY 61, attractive, young looking, slim, loving, caring, fit, DTE, GSOH, NS, ND, NG, god fearing, SOR, WLTM similar interests, loyal, late 50s-60s for friendship, permanent relationship. Please reply with your phone number. ALA.
Reply Box 8796

LADY 68, postcode 6225, caring, loving, enjoys life, GSOH, WLTM gent 65-75, DTE, SD, NS, NG, shy, lonely. Interests; family life, love cooking, gardening, markets. Seeks honest, caring gent. Would move if you're the one. Take one step at a time. No time wasters.
Reply Box 8797

LADY UK/Aussie, late 70s, slim, 5'2", active, gentle, NS, ND, DTE, likes homelife, walks, 60s music, nice company, drives, movies, the simple things, postcode 6064. WLTM gentleman, 75-80, friendly, caring, active, slim, NS, ND, DTE for friendship, companion.
Reply Box 8787

LATINO lady 69, DTE, very active, enjoys family, gym, swimming, beach, coastal walks, 60s music, country music, country drives, cooking, dining out, coffee, movies, opera, theatre, genuine and spontaneous, WLTM a gentleman for friendship, companion.
Reply Box 8802

LOOKING for the occasional company of an intelligent, independent 65 to 75 year old from the hills area to go on walks, picnics, and go to shows and movies.
Reply Box 8780

WELL presented, intelligent guy, 80, NOR. Into veganism, health, working out, Christian values, desires petite, youthful, exercise-fit, outdoors lady friend. Nature walks, picnics, country drives, fin sec, smart dresser for dining out if compatible.
Reply Box 8792

NEWS UPDATED DAILY
www.haveagonews.com.au

Seeking a Partner

ATTRACTIVE English Australian lady, 70+, educated, med build, feminine, SOR, postcode 6107, GSOH, ND, seeking a well groomed, genuine gentleman, 67-72, fin sec, not separated, for permanent, long term relationship. I like music, reading, walking, gardens, real estate, country drives, good conversation, genuine replies only, ALA.
Reply Box 8790

ATTRACTIVE single, educated Asian lady, 65, enjoys cooking, reading, music, old movies, keeping fit. WLTM well presented single male 65-75, NS, ND, NG, with good Christian values interested in establishing a committed long term relationship.
Reply Box 8782

COASTAL suburb, postcode 6018, lady, 71, attractive, widow, very well groomed, fit and active, very sociable and lovable, would love to meet like-minded gentleman. Please reply with phone number so we can meet for a coffee. Preferable around same postcode.
Reply Box 8805

GENT good bloke, medium build, quiet lifestyle, seeks lady to 70, 6280 area, similar. Enjoys homelife, 4WDing, exploring outdoors, caravanning, fishing, practical, sociable, intelligent, broadminded.
Reply Box 8791

IN true spirit of egalitarianism, sincerity, respect, reciprocity: this Italian-born man; 73: I am seeking to meet an appropriate lady similar self identified idealistic attributes; exploring mutally sharing triumphs of future intrinsic harmonious successes!
Reply Box 8798

LADY late 70s, NOR, WLTM a guy who would like a lady's company. I like caravanning, cricket, football, life would be much happier with someone to share it with, let's meet and see what happens. It would be nice to have a chat and a coffee. ALA.
Reply Box 8793

When replying to an Friend to Friend entry...

11B size envelope template
Simply measure your Friend to Friend reply envelope against this template...

To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to:
eg. Reply Box 4100 c/- Friend to Friend, PO Box 1042, West Leederville, WA 6901. (example only)
Write your reply on a single sheet of paper and place inside an 11B size envelope (measures approx. 14cm x 9cm). Please note, due to the popularity of the service, it is essential that all Friend to Friend replies are sent in a 11B size envelope see diagram below.
No greeting cards, bulky items and photos.
All replies will be forwarded early in the next month.
All replies are strictly confidential and are not opened.
Replies must be in response to reply boxes no older than three months.

LADY seeking a gentleman 65-75 to share life's pleasures and its ups and downs. At 72 I describe myself as enigmatic, philosophical and spiritual. Enjoy family, socialising, researching, writing, family history, stories, reading, theatre, exercise.
Reply Box 8784

TRICIA, thanks for your beautiful letter but you left no contact details. Please write to me again, postcode 6073. Enigmatic, philosophical, spiritual, Australian Polish gentleman, 68, slim build, fit, personable, enjoys cooking, gardening, social activities. Any interested lady write.
Reply Box 8794

Seeking a Travel Companion

GENT 70s, NS, SD, DTE, WLTM a lady NOR who likes 60s music, country drives, gardening, travel, would like a companion to share trip up to Exmouth May/June. Coffee and chat to start with.
Reply Box 8803

TRAVEL companion wanted to go to Broome for the months of winter, caravan supplied, share expenses with 70 year old male. Age doesn't matter.
Reply Box 8781

Have you met your match?

We at *Have a Go News* are interested to hear if any of our users of Friend to Friend have found a life partner. Is this you? If you would like to share your story please email helen@haveagonews.com.au or write to; Friend to Friend PO Box 1042, West Leederville WA 6901 Your privacy will be respected.

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

SOLUTIONS MATCHMAKING
"The safest way to meet a genuine and suitable companion"
9371 0380

HELENA VALLEY LADY 66 tall, trim, athletic, fresh faced, attr, gorgeous heart, enj walks, dancing, yoga, golf, o/doors.

TUART HILL LADY 67 slim, petite, cute, bright, honest, caring, brown eyed brunette, wants to share life's simple pleasures w/ gent 65-70.

MULLALOO LADY 65 very attractive blue eyed blonde, natural, friendly, witty, sociable, d.t.earth, enj outdoors. Sk positive, adventurous man 60-72.

COOLBELLUP LADY 70, tall, slim, blue eyed blonde, educated, quirky, earthy, peaceful, interesting, kind and nurturing. Sk gent to 78 yrs who is not mainstream.

SCARBOROUGH GENT 73 kind, caring, aware, skilled in many areas, loving, knowledgeable. Walks, swims, rides, cooks. Sk trim lady 67-75.

DARLINGTON GENT 74 fit, healthy, honest, confident, educated, easy on the eye, great smile. Sk smart, attr, grounded lady 65-75.

MORLEY GENT 76 quiet, active, loving, Christian values, respectful, enj travel, dining in or out, good films. Sk likeminded lady 73-83.

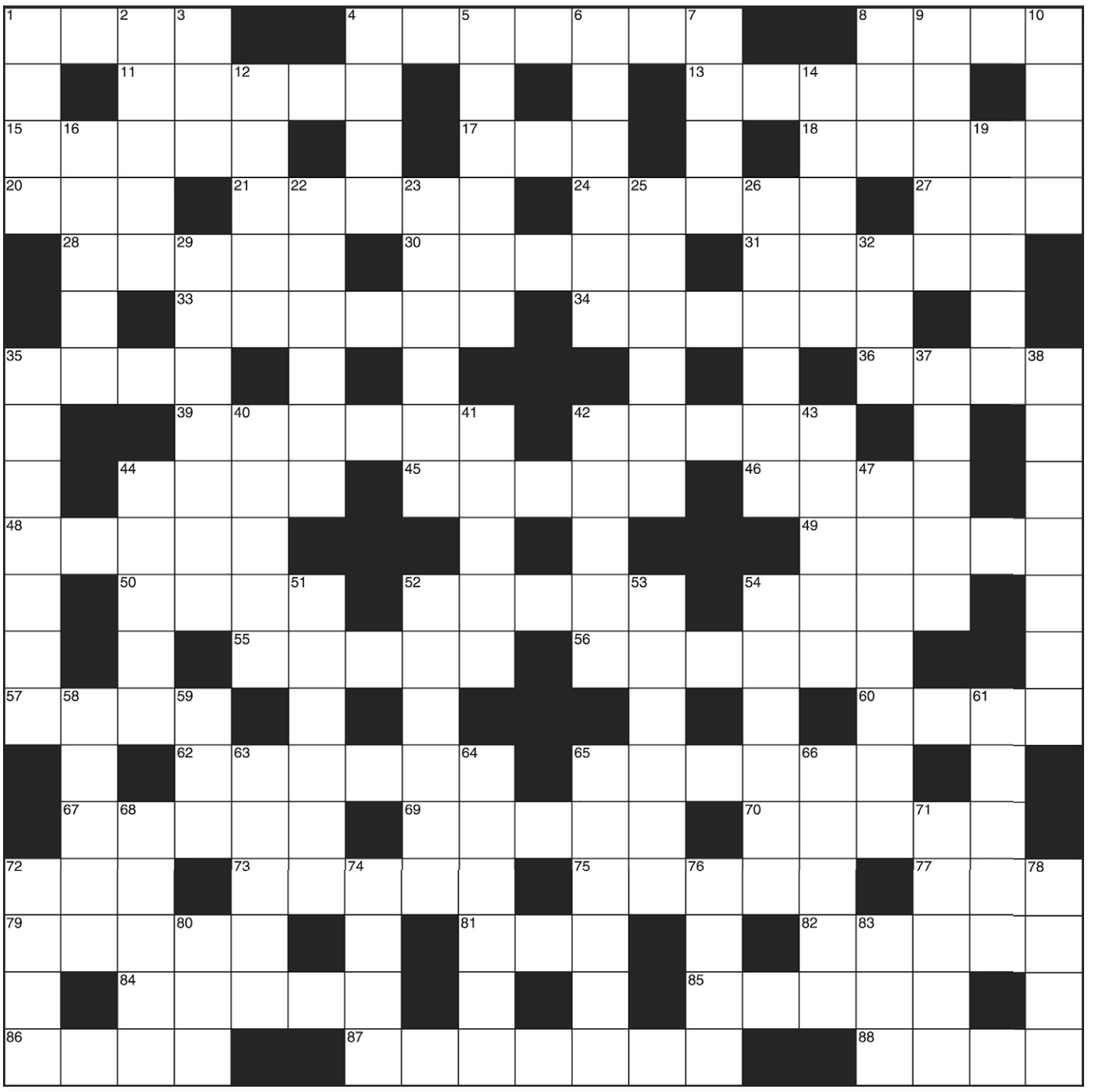
DIANELLA GENT 80 educated, interesting, dynamic, fit, loves live theatre, classical music, the arts, ballet, social events. Sk lady 75-85.

SOLUTIONS
We have your partner
*conditions apply
HAGN#348-055347

SOLUTIONSMATCHMAKING.COM.AU
Matching mature singles since 1995

Have a Go News PUZZLES PAGE

BIG CROSSWORD - SEE PAGE 24 FOR SOLUTIONS



ACROSS

1. Feeble
4. Speech
8. Pronounced
11. ... of Troy
13. Built-up (zone)
15. Lament for the dead
17. Genetic code carrier (1,1,1)
18. Beneath
20. Aegean or Caspian
21. Household job
24. Light-ray tool
27. Cane spirit
28. Love
30. Prank
31. Rage
33. Mother
34. Sexually pure
35. Use computer keyboard
36. Exam
39. Affixed with spikes
42. Lower leg joint
44. Gain (respect)
45. Seeking damages from
46. US university
48. Allege
49. Windmill blades
50. Forest plant
52. French hat
54. Religious offshoot
55. Is brave enough
56. Tardiest
57. Nobleman
60. Greasy
62. Whichever
65. Admires grudgingly
67. Phone kiosk
69. Strand
70. Wise guy, smart ...
72. Cloth border
73. Body fluid lumps
75. Muddle
77. Wine colour
79. From Emerald Isle
81. Knockouts (1,2)
82. Bring about
84. Cooking herb
85. Proper name
86. Medicine portion
87. Humility
88. Deer

DOWN

1. Problems
2. Leading
3. Barrel
4. Atop
5. Intense
6. Inclined letter style
7. Convent dwellers
8. Hippy city, ... Francisco
9. Tennis champ, ... Agassi
10. Student sleeping hall
12. Stretchy material
14. Scorched
16. Shady
19. European currency units
22. Narcotic drug
23. Spans
25. Feeling sore
26. Readily
29. Outdoors (4-3)
32. Attain
35. Slow flow
37. Incident
38. Nervously
40. Equipped
41. Beach hills
42. Divine messenger
43. Roof edges
44. Restaurant patron
47. Milk sugar
51. Dirt-like
52. Totally deprived
53. Turned (hide) into leather
54. Story told in episodes
58. Fossil resin
59. Zodiac sign
61. Lagoons
63. Irritating
64. Gambled
65. Scratches out
66. Choose (government)
68. Neglects
71. Hardhearted
72. Posterior
74. Look
76. Import levy
78. Young society entrants
80. That woman
83. Pub drink

Perth's most loved three-in-one market returns this month and it's better than ever

COMING at you in April, the Treasured Craft Creations' 3 in 1 Market @ Showgrounds fair offers a range of unique creations from more than 300 local small businesses.

The event comprises three individual fairs which include handmade crafts, antiques and collectables and the Polka Dot Vintage Market, all conveniently located at the one venue.

The craft exhibitors offer a wide variety of unique and quality handmade crafts for sale. Enjoy a shopping experience where the person selling the product is the person who made it. Craft stalls are situated inside the Robinson Pavilion. They also have a wide range of food products.

This fair includes antique and collectable dealers selling their wares at more than 100 stalls situated inside the Silver Jubilee Pavilion.

Free antique valuations are also available from 12pm to 3pm daily where customers can bring along a family heirloom.

People with a passion for vintage and retro clothing and accessories can browse in the 3 in 1 Market's Polka Dot Vintage Market.

Admission to the 3 in 1 Market is $8 with children up to 10 years old admitted free.

There will also be a chance to be in the draw to win the $2000 door prize.

The 3 in 1 Market @ Showgrounds is organised by Treasured Craft Creations. It will be held on Saturday 24 April from 9.30am to 4.30pm and Sunday 25 April 11am to 5pm at Claremont Showgrounds. This year things may be a little different with social distancing, but it will be an event not to be missed.

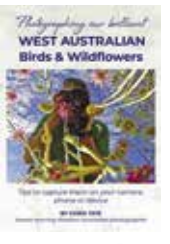
For further information about the fair, phone 9457 9315 or visit www.treasuredcraftcreations.com.au

WIN WIN WIN

To be in the draw to win one of 15 double passes to 3 in 1 Markets simply email win@haveagonews.com.au with market in the subject line or call the Have a Go News office during business hours (Monday to Friday 9am to 5pm) Competition closes 16/4/21.

Celebrating Western Australia in two books

Awesome WA, 1001 Fair Dinkum Facts about Western Australia **- Journalist Lee Tate has compiled this book about the weird and wonderful of Western Australia.**



Photographying our brilliant West Australian Birds & Wildflowers **Author Chris Tate provides tips and tricks to capture nature on any device. Includes a beautiful selection of photographs.**

ORDER FORM

Name: _____

Address: _____

_____

Phone: _____ Email: _____

Signature: _____

ORDER	Prices	Quantity
Awesome WA, 1001 Fair Dinkum Facts about Western Australia	1 book $25	___ x $25 (inc gst)
Photographing our brilliant West Australian Birds & Wildflowers	1 book $25	___ x 25 (inc gst)
POSTAGE: & HANDLING	**1 x book $6 2-3 x books $8 4-6 x books $15**	
	Total	**$_____**

METHOD OF PAYMENT:

☐ Cash ☐ Cheque ☐ Money Order ☐ Credit Card ○ VISA ○ Mastercard

_ _ _ _ / _ _ _ _ / _ _ _ _ / _ _ _ _ / Expiry: _ _ / _ _

Post completed form to *Have a Go News* PO Box 1042 West Leederville WA 6901
For further information contact *Have a Go News* on accounts@haveagonews.com.au or 9227 8283.

Books can be purchased from the office Monday to Friday 9am-5pm.

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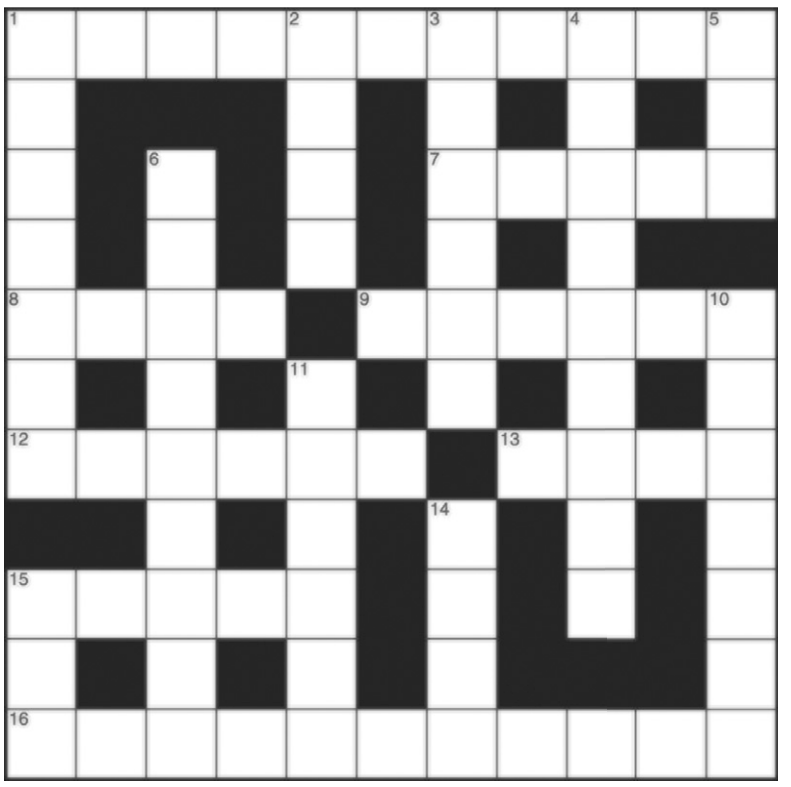
Have a Go News PUZZLES PAGE

CROSSWORD



STRAIGHT CLUES

Across

1. See-through (11)
7. Equatorial breeze, ... wind (5)
8. Jumps on one foot (4)
9. Constabulary (6)
12. Church address (6)
13. Look before you ... (4)
15. Chaucer classic, The Canterbury ... (5)
16. Symbolised (11)

Down

1. Sets ablaze (7)
2. X-ray procedure, CAT ... (4)
3. Film director's cue (6)
4. Questioners (9)
5. Dead heat (3)
6. Documents fastener (9)
10. Blew the whistle on (7)
11. Hair cream, styling ... (6)
14. Worry (4)
15. ... & feather (3)

CRYPTIC CLUES

Across

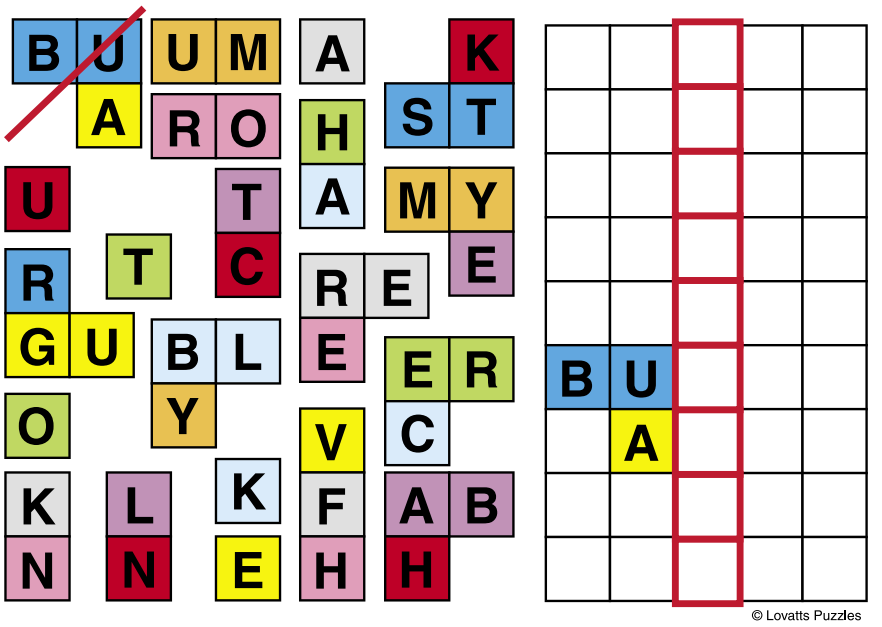
1. Rants upset father –that's very clear (11)
7. Extra details wrapped up deal (5)
8. Shop around for beer ingredient (4)
9. Vermin behind the Post Office? Call the law! (6)
12. Moraliser Monthly contains a lecture (6)
13. Bound to turn pale (4)
15. Heard other side of coin stories (5)
16. Stood in for gift, caught in marsh grass (11)

Down

1. Flashlights kept in closet or chest? (7)
2. Look over messy cans (4)
3. Movement led to some satisfaction (6)
4. They put one to the test (9)
5. Take it easy at first attachment (3)
6. It prevents the sheets getting separated (9)
10. Former spouse sat bare (7)
11. Rodent swallowed sulphur dessert (6)
14. Be concerned for the odd chairmen (4)
15. Deserter returned as sailor (3)

COLOUR BLOCKS

THIS is like a jigsaw puzzle. All the blocks fit together to make nine five-letter words reading across. Each word is a different colour. The mystery answer will read down the middle.



© Lovatts Puzzles

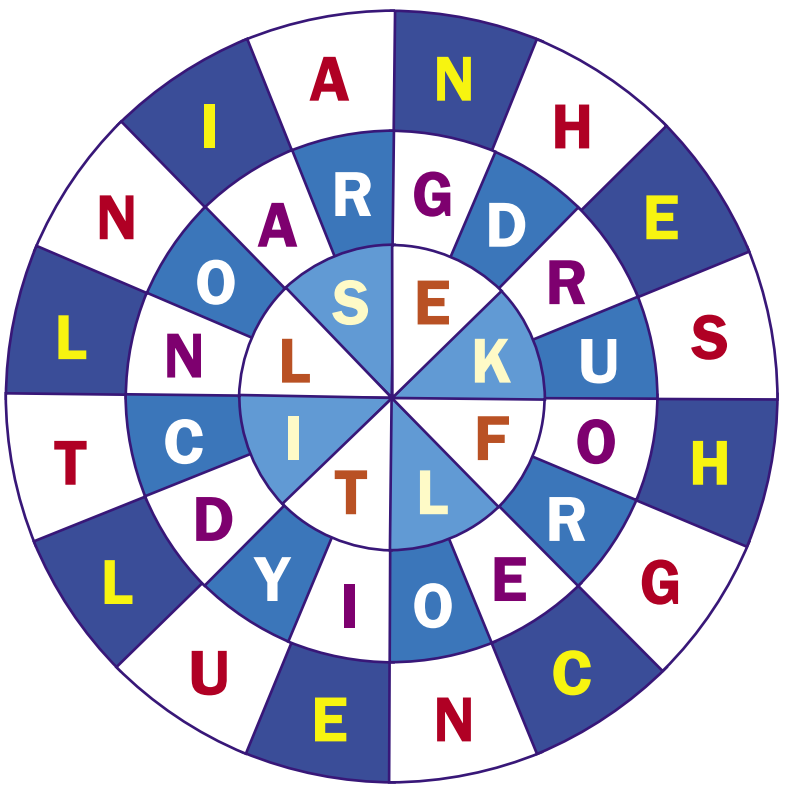
SUDUKO

Fill the grid so that every column, every row, and every 3x3 box contains the number 1 to 9. RATING: ★★☆☆☆

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

PRISM

Track down the six fabrics hidden in our prism. The words appear either clockwise or anti-clockwise and are on alternate spaces.



Enjoy a St Ives weekend staycation on us.

PRICES FROM ONLY $440K

Snooze before you choose

Spend a free* two-night staycation at St Ives Centro and experience firsthand the lifestyle our residents love.

You can book your free* staycation online at stivesretirementliving.com.au/staycation or by calling Libby Bridge on 0417 970 099.

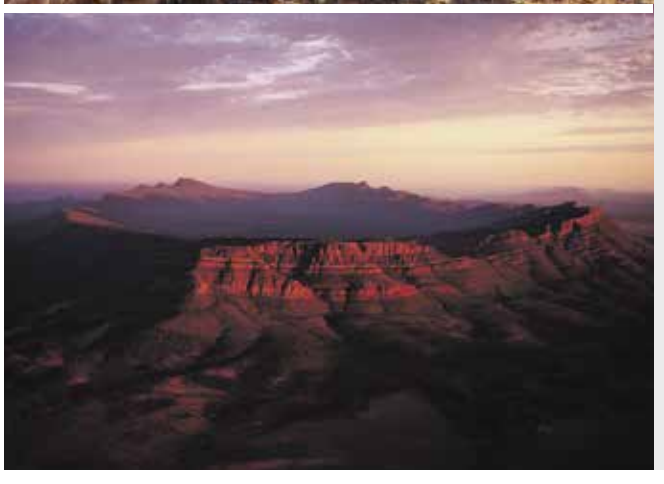
ST IVES RETIREMENT LIVING Live Happy!

*Terms and Conditions Apply – The current offer excludes meals and beverages, and no room service is available.

WH84776 HAGN#349-056116

Seeing is Believing

ADELAIDE
SOUTH AUSTRALIA



Brimming with amazing nature and wildlife, spectacular scenery and world-class food and wine, South Australia treats you to experiences unlike any other.

SMALL GROUP TOUR

Cycle South Australia's Wine Regions

Varied scenery, easy cycling paths and a support vehicle make this a trip for every rider as your wind your way through the Barossa, Clare Valley, Adelaide Hills & McLaren Vale.

Includes Accommodation & some meals • Bicycle & support vehicle • Penfolds Winery visit • Wine tasting at Maggie Beer's • Skillogallee wine tasting & gourmet lunch • Wirra Wirra Wines winemaking & tasting tutorial • Services of an experienced local leader

Valid for travel Selected dates April to December 2021

6 days from **$2,090*pp**

GUIDED TOUR

Taste of Port Lincoln

Fly from Adelaide to the spectacular southern Eyre Peninsula where you'll sit and savour seafood fresh from the sea while touring a working oyster farm.

Includes Accommodation in Adelaide & Port Lincoln • Return domestic flights from Adelaide to Port Lincoln • Best of Port Lincoln & Coffin Bay Guided Tour • Coffin Bay Oyster Experience • Local guide, all activities, national park fees, morning tea, lunch & wine tasting

Valid for travel Selected dates July to August 2021

6 days from **$2,185*pp**

WALK & CRUISE

Murray River Walk

Become part of a diverse and beautiful landscape on the only guided multi-day walking and houseboating ecotourism experience on an Australian river.

Includes Lodge style accommodation on a modern houseboat • All food & beverages including water, juices, beer, wine, tea & coffee • Knowledgeable guides to lead your walk • Day packs & optional walking poles • Secure car parking in Renmark

Valid for travel Selected dates May to September 2021

4 days from **$2,500*pp**

GUIDED HOLIDAY

Wine, Deserts and Wildlife

Luxurious properties and a private charter flight make this the ultimate way to experience the Barossa, Flinders Ranges and Kangaroo Island.

Includes Luxury accommodation at The Louise, Rawnsley Park Station & Sea Dragon Lodge & Villas • Transportation in private air conditioned vehicle • Private Scenic Charter flight from Hawker to Kingscote • Many meals • Private guide

Valid for travel Selected dates until 31 December 2022

7 days from **$11,325*pp**

Call 1300 78 78 58
travellerschoice.com.au

HOLIDAY here THIS YEAR

ATAS travel accredited

TRAVELLERS CHOICE
A WORLD OF EXPERIENCE

*Conditions apply: Prices are per person twin share in AUD unless otherwise specified. Prices are correct as at 18 Mar 21 & subject to change & withdrawal without notice & availability at time of booking. Seasonal surcharges, blackout dates & single supplements may apply, & prices may vary due to currency fluctuations & changes to taxes & surcharges. Cycle South Australia's Wine Regions: Valid for sale until 30 Apr 21 for travel until 18 Dec 21, other dates available at additional cost. Deposit of $99pp per trip required upon booking & full payment 21 days prior to departure. If booking within 21 days of departure, full payment due immediately. Departures are eligible for Intrepid Travel's 'Flexible Bookings' policy. Taste of Port Lincoln: Valid for sale until 30 Apr 21 for travel 05 Jul-31 Aug 21, 01-30 Sep & 01 Oct-26 Nov 21 available at additional cost. 25% deposit required at time of booking. Cancellation fees apply 31 days prior to travel. Murray River Walk: Valid for sale until 30 Jul 21 for travel May-Sep 21. Minimum 5 passengers, maximum 10 passengers. Wine, Deserts and Wildlife: Valid for sale until 30 Jul 21 for travel until 31 Dec 22. Flight Kingscote to Adelaide not included. Inclusions are subject to change based on supplier operational capabilities. Airfares not included unless otherwise stated. Further conditions may apply. Booking, service, credit card & cancellation fees may apply. ATAS No. A10430.