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Proud partner AGL - It's gas, plus a whole lot more

A traditional 1960s variety show comes to WA



let's go travelling

- Carnarvon to celebrate 50 years of moon landing
- Jo Allison in Tasmania
- Winter in the West
- Fishing in the Abrolhos Islands



Have a Go News Jo Allison speaks with author Amanda Curtin



- National Volunteer Week
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by Brad Elborough

HERE'S a call out to all you groovy cats. Grab your favourite guy or gal and get ready for a fab night of fun and music.

Forget Eminem (who?), Post Malone (huh?) and Matt Corby (what?). You'll freak out when you hear a sweet familiar voice that is outta sight; the one, the only, Frankie Valli.

Not enough of a gas? Then dust off your vocal cords and prepare to sing along with some of your favourite tunes from The Everly Brothers, The Hollies and the Bee Gees.

"Oh, what a night. Late December back in '63. What a very special time for me. As I remember, what a night."

Although this opportunity to freak out is in July, not December as those well-known song lyrics suggest, you'll think you're back in the 60s as the Robertson Brothers - Geoff and Ben - present their variety show.

This is a variety show in the traditional sense; a variety show that many of you would have gathered weekly around the television set (probably black and white) and watched as a family.

So, be prepared to relive some fond memories. "It is a bit of a different show.

This whole thing is set up like a live television show," explains the youngest of the Robertson brothers. Ben. "There are cameras every-

where. We got the idea because the Everly Brothers were doing that sort of thing and we were studying them.

"What they'd do, in summer holidays, was fill in for the Johnny Cash television show. And they'd come on, host it, sing, have special guests on and do the backup vocals with them - sing with

"So that's exactly what we're doing.

The Robertson Brothers - Geoff and Ben

"It's so much fun being a television host and singer and there is a game show aspect to it, with giveaways.

"There are so many memories. That's what we get, so many people coming up to us or going on Facebook and saying, "guys, it was like I was 18 again, thank you"."

The Robertson Brothers are well known around Australia for the shows they tour regularly, featuring the music from the Everly Brothers, the Hollies and the Ree Gees

This time, they welcome a guest – Frankie Valli (aka Simon McLachlan). Simon was an original member of the all-Australian cast of Jersey Boys.

The Robertson Brothers will support Simon as he focuses his unique voice on tunes that not everybody can do justice to -

such as Sherry, Walk Like a Man, Big Girls Don't Cry.
"We have been doing the Ev-

erly Brothers for the past four years and it has been working so well for us. We love doing it," Ben

"But we wanted to mix it up, that's why we expanded to the Bee Gees.

"Getting Simon on board to do Frankie Valli, just fits. Geoff and I call ourselves the Two Seasons as we do the harmonies with him.

"Simon is the best Frankie Valli; he just nails it.

"We sing high, it's what we were given; It's what we do.

"Simon has that super high girlie voice. He has a great line that he walks like a man, but sings like

"It's hard being a bloke who can sing like a chick, but sometimes you can use it to your advantage.

continued on page 54





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Jennifer Merigan

THE year seems to have raced by and here we are in May with winter on our doorstep.

This is a month of reflection for me when I celebrate the life of my mother and co-founder of this paper who passed away on 3 May in 2016. It's hard to believe that three years have gone by so quickly. I am so proud to have had the opportunity to continue both her and Dad's legacy and take over the reins of this paper which was so precious to her.

As one of the last independent newspapers and in a changing landscape for media, I know she would be happy that we continue on, have kept up with the times digitally and that I too have the same passion for producing Have a Go News each

month as she did. Reflecting on the work that she did over the years it's hard to believe that what was a little retirement for them both project thrived into this much-

From the editor's desk

loved paper. I am grateful to the many people that contribute each month from our staff, journalists, readers and the advertisers that support this independently funded free newspaper to hit the streets each month.

Last month's opinion column by Lee Tate certainly hit a nerve with readers when Lee discussed bulldozing Fremantle Prison. We received lots of letters, emails and Facebook messages with an overwhelming opinion that it should remain standing. We received so much feedback that we haven't been able to print all of the contributions - so if your letter was not cho-

sen I apologise and thank

you for sending through

your input. We love hear-

ing from readers so please

keep the letters coming in. *** Jenny Menke from the Two Rocks Yanchep Culture and Arts network has asked me to tell readers about this network in the northern suburbs. On Fridays from 10am to 3pm the Mary Lindsay Homestead Gallery and Studio is open for people to drop in for a chat and bring along the art or craft items that they are working on

for help or discussion with fellow artists. The homestead is located on the corner of Beachhaven Drive and Capricorn Esplanade in Yanchep.

On Sundays the gallery is open to the public from 11am to 3pm displaying a variety of artwork from members. If you would like to find out more contact Jenny at j.menke@ bigpond.com ***

One of my favourite pastimes is reading and I only read hard copy (real) books. I have never found reading an ebook or a kindle enjoyable. Reading allows you to travel the world, meet new people, discover more about history and for me it's one of the best ways to relax. This passion for books inspired me to present our Meet the Author series which we have published in our pages this year. In our fifth installment, Josephine Allison spoke to WA author Amanda Curtin who has written a part biography, part narrative about Perth woman Kathleen O'Connor who went to live in France in 1906 with limited resources. It sounds like a fascinating tome and you can find out more about both women on page 5.

Our Facebook page community. If you use this readers on a day to day basis.

Our website also has and groups to join.

I hope you enjoy this

Jennifer Merigan,

is growing daily and we now have more than 8100 people enjoying our online platform - take a moment to like our page - we always have loads of fun, great competitions and lots of interesting events to share. We love being able to interact with our

many articles that don't always make it into the paper due to dates or space and we also keep you abreast of scams taking place. The website has back copies of the paper from 2012 and we also have a directory of clubs

If you would like to receive the paper electronically, we can deliver it to your inbox on the day of publication. Just sign up at our website or email readers@haveagonews. com.au for this free ser-

month's issue.

www.haveagonews.com.au

Editor jen@haveagonews.com.au

Ageing research snippet

Tuck into colourful fruits and vegetables and see the light

MORE than 700,000 Australians are affected by cataracts and that number is expected to rise substantially with an ageing population. Research shows a diet rich in colourful fruits and vegetables lowers the risk. Researchers from China and the University of South Australia have published the first study of its kind to verify the link between foods high in antioxidants and a lower risk of age-related cataracts (ARC). UniSA Senior Research Fellow Dr Ming Li and colleagues from Xi'an Jiatong University analysed 20 studies from around the world looking at the impact of vitamins and carotenoids on cataract risk. Despite some inconsistencies, the findings overwhelmingly support the benefits of eating citrus fruits, capsicum, carrots, tomatoes and dark green vegetables such as spinach, broccoli and kale to delay the onset of ARC. With the increasing number of people needing surgery, urgent action is needed, the researchers say. "If we could delay the onset of ARC by 10 years it could halve the number of people requiring surgery."

Have a Go News Quick Quiz

- 1. When Prime Minister Edmund Barton resigned, what job did he take? (judge, State MP or famer)?
- 2. Esperance shares with Kalgoorlie which geographical area?
- 3. In 2018, Albany's population was about 20,000, 23,000 or 30,500?
- 4. Kim Beazley turns 68, 70 or 71 in 2019?
- 5. What is Kim Beazley's wife's first name?
- 6. In 1988 Yvonne Henderson became the first woman in WA to do what?
- 7. Carmen Lawrence was Premier for how many years? 8. UWA was established in what year (1903, 1911 or 1939?).
- 9. How many universities are in Australia (29, 38 or 43)?
- 10. Name WA's longest-serving newsreaders.

See answers on page 44.

Great West Aussies - Did you know?

KEN Vidler was Australia's most decorated surf lifesaver with more than 50 medals. He won a world title and 20 national titles. Vidler was junior iron man, senior iron man and surf ski champion, competed at world level in kayaks and surf skis, was white water canoeing national champ, in the 1980 Moscow Olympics and in Australia's four-man kayak team

Urban slang

A PERSON who invents elaborate and dishonest stories!

Quote of the month

THE truly rich are those who enjoy what they have.

Yiddish Proverb

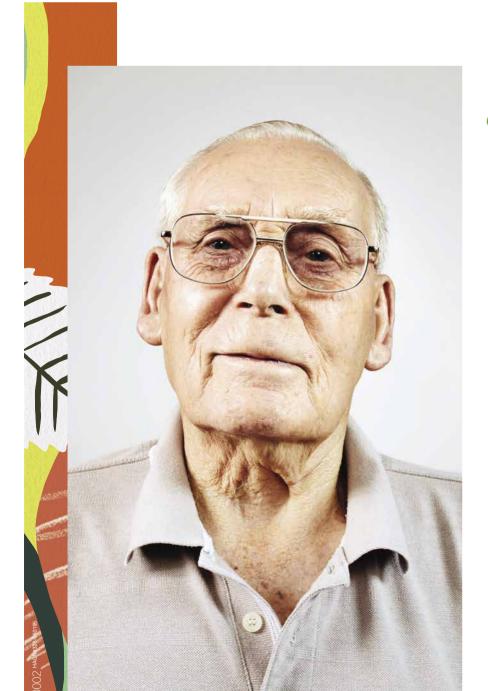
Word of the month

Antidisestablishmentarianism (noun)

A POLITICAL philosophy opposed to the separation of church and state, especially the belief held by those in 19th century England opposed to separating the Anglican church from the civil government or to refer to separation of church and state.

Funny historical fact

THE tune for the national anthem of America, the Star Spangled Banner was composed around 1765 by Englishman John Stafford as a drinking song



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Age is no barrier when it comes to keeping active for this 77-year-old



Alan Eades © Martin Yates

by Brad Elborough

ALAN Eades was 54 years old when he was introduced to inline skating. Not that being on wheels was new to him. He'd been roller-skating since he was kid and humbly admits that he wasn't bad.

While growing up, there

weren't any roller-skating competitions around to really test his skills, but the rink on Murray Street in the city had a speed skate race every week and the winner won free entry for their next visit.

He recalls going the best part of two years and being able to skate there weekly for free.

When he first saw inline skating, in 1994, he knew he would give it a go sometime.

But the desire to learn grew quickly.

"I saw a sign at a rollerskating place near work in Osborne Park about speed skating, so I went and had a look and it was all inline skates," Alan said.

"The coach had a pair of secondhand skates that were my size and for

"I got a loan, tried it and was like a duck out of water; not quite the

"But I wasn't gonna let it beat me, so I stuck with

Two months after that introduction to the sport, the World Speedskating Champions were held in Perth.

The masters' category was the one that didn't require entrants to be sponsored by a country. It was also his last chance to enter, as the cut off was 54 years of age.

He received some rushed training from other masters and entered his first race - in the 10km event at the World Championships.

If he'd won, you'd be watching this play out in a Hollywood movie. He did finish (not all did) and he didn't come last.

And he was hooked.

The difference in how you balance yourself on inline skates as opposed to roller-skates, was the main thing Alan had to perfect.

Balance was not an issue on roller-skates; he was even able to play badminton with four wheels under each foot back in the day.

But this was different.

"You end up with feet wide apart," he said. "How do you do a corner?

"On roller-skates, vou lean and the hanger would twist, but not on the inlines - it has a fixed straight blade.

"'Lean into it. they told me. But how does that make the wheels turn?"

Alan soon got the hang of it. He started competing in all competitions, including state championships and nationals, whenever they were in Perth.

Then he set himself a target.

"When I turned 60, my target was to win a gold medal at state competitions and then to get any medal at nationals - to get on the podium.

"It wasn't too long before I got gold at states; I won the 42km marathon which really surprised me as it was the last race I expected to win.

"Then, when I was 70. I won the gold at the nationals in the over 60s - I got the gold!"

At 77, Alan has been retired from racing for a year. He figures that a fall and broken bones (which for him would be a first while on inline skates) at his age would be a tough thing for his wife Rose to have to deal with.

He still tries to get a skate in a couple of times a week at the Northam Recreation Centre. He believes doing so helps to keep ailments such as

arthritis at bay. Alan is also an avid square dancer.

When he isn't on wheels, he's regularly dancing in Perth, or at Gidgegannup where he is the caller for the local square dance club.

"I have been skating and been active all my life, kept my health in good condition," he said.

'The local GPs say I am really healthy for my age: they can't believe it. Outside of skating, Rose and I square dance and round dance regularly.

"That keeps you going."



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SENIORS are invited to attend a free public lecture on the history of furniture making sponsored by University of the Third Age (U3A).

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Catriona graduated from the Western Australian Institute of Technology, Perth, in

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1983 with a BA in Design. She continued her studies in design in the UK at the renowned John Makepeace School for Craftsmen in Wood, Dorset, and then moved to London to work designing bespoke furniture and corporate interiors. While with the David Linley Furniture Company her work included the 16.5m long English Oak boardroom table for the Metropolitan Museum of Art, NY.

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Also, during her time in London, Catriona designed the interior fitouts of luxury yachts being built in New Zealand, Turkey and the UK. Her work included the fitout of Greg Norman's 69.5m superyacht My Aussie Rules

U3A is excited to offer Perth seniors the opportunity to hear Catriona Gregg speak and they hope you will ioin them at the Wesley Quarter, Level 1, 97 William Street, Perth, on

Sunday, 26 May at 1pm. No booking is required just come along.

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

Quentin Smythe (Dec)





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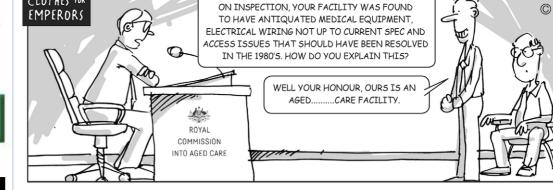
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Letters to the editor

Submissions may be edited for clarity and space.

IN response to Lee Tate's suggestion to demolish the Fremantle Prison (HAGN April 2019).

THE short answer must be no.

I lived as a child in St George's Terrace, Perth and can still remember countless old buildings, some more majestic than others but no longer there. All succumbed to the bulldozer.

Buildings have a historic value and tell much about the times. We travel the world to visit and to photograph old buildings, not all of them pretty but with a place in history.

So thank goodness it is heritage listed. Much of Perth's historic buildings are gone for ever, at least Fremantle has done a great job in preserving theirs.

Bernise Reid

Dear Editor.

Re: Lee Tate's comments about Fremantle Prison in April 2019 issue.

I BELIEVE we should keep the building as it is. Demolishing parts of it takes away from the feel of the place and future governments may see it as a reason to demolish all of it eventually.

Also looking at pictures on the wall of other places, even modern museums, does not have the same effect as being in the building itself.

An example of this is Lost Perth. They have some brilliant photos of what Perth was like, but people like myself remember what it was really like. In my case back to the mid '50s.

> Ken Bradshaw Via email

Dear Editor,

HERE we go again - another election. Why, oh why, do we continue in the ridiculous preferential voting system where we have to vote for candidates we would never do so willingly?

They get the preferential votes which brings them into power and works towards another upper house fiasco.

Brexit has demonstrated the need for mandatory voting - you might not like who gets in but you have to register your vote - but look at what is happening there massive marches for those who do not want Brexit.

How many of those chose not to vote? Whereas here we have to vote but have this ridiculous system where our vote is diluted and those we would never have voted for are installed, simply because they get preference votes.

Just look at the mess this brings hung parliaments and power to so many we would never have chosen to vote into Parliament.

Please, learn from the past and bring in one person/one vote

Iris Bennett Craigie

Dear Editor

RE OPINION - Should Fremantle Prison be demol-

MY goodness is that writer for real? There are not many heritage sites in Australia, never mind Perth and this person proposed it be demolished.

I can't believe he wants to change history to his liking or could it be for money?

Anyhow hopefully there are people that realise the importance of history of a country and what made it as it is today.

Please act responsibly with the articles that you print, as there are some who do not care one way

Constance Power Via email

IT would be most welcome to myself and I would think the majority of readers of your wonderful informative paper if you could increase the print size. As a senior reading it with eyesight issues this

would be extremely helpful.

Keep up the good work with this great paper. Yours faithfully,

Suzette Gould

Maylands

Ed's note - thank you Suzette for your letter - one of the reasons it's hard to put up the font size is because it means we have less space to fit all the articles in which we love to publish each month, but I will take it on board and do our best for you.

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CURRENT POLICE CLEARANCE email: slidingdoorswa@gmail.com Dear Editor,

LOSS of excess franking credits as proposed by Labor.

The ALP website is quite misleading. It

"This change only affects a small number of shareholders who have no tax liability and use imputation credits to receive a cash refund." www.alp.org.au/other/dividend-imputation-

"More than 92 per cent of taxpayers do not receive a cash refund for excess imputation credits, and won't be affected at all by this change." www.alp.org.au/other/dividend-imputation-credits/

This is incorrect, everyone with a super or allocated pension account will be affected except where one partner is in receipt of a Centrelink pension.

Anyone with a super account currently pays 15 per cent on contributions but if excess franking credits are no longer paid to the super fund this will reduce members' balances.

Anyone with a SMSF in allocated pension phase or in other allocated pensions which do not pay tax will lose their franking credits.

For those holding Australian shares with franked dividends, the franking credit can only be used to reduce tax liability.

I am writing as a retired financial planner with an accounting background. The reasons why this proposal is so bad for investors and anyone wanting to self-fund is as follows:

All political parties should be encouraging retirees to be self-sufficient so there is no need for Centrelink payments, particularly with the increasing aged population and a shrinking workforce.

Labor's proposal will result in reduced allocated pension balances therefore many retirees will need to draw more down and take some of them within Centrelink thresholds.

Labor's policy will result in an added drain on the public purse through increased social security payments.

Investors may simply reduce their Austra-

lian shareholdings and look to alternative investments which could be overseas equities, overseas property trusts and infrastructure funds. This is not in the interests of Australia.

Labor's approach penalises those that have self-funded their retirement. Government policies should encourage as many as possible to be self-funded. We need Centrelink as a safety net but it should be set in such a way to encourage self-sufficiency.

Share investment involves risk and potential loss. It is short sighted for Labor to proposal to halve the capital gains discount for new investments. Over long periods much of the capital gain is the result of inflationary pressure and it seems quite unjust to tax 75 per cent of capital gain where the gain is not a gain in real value.

There are far more effective ways to fund Labor's \$2.3 billion for cancer

> **Graeme Taylor** Duncraig

24 ESTERLITA

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Dear Editor,

WE read with interest Lee Tate's opinion piece about bulldozing the Fremantle Prison and creating a state-of-the-art Information centre instead.

We are of two opinions:

My husband, an Australian, thinks that the prison ought to be maintained as it is authentic.

I, a European, think your idea has more merit. We also think that Australians have a hang-up about original gaols. The misery is still apparent and can be felt as is apparent wherever gaols or

prisons for the convicts are maintained. I, personally, have no interest to visit the places where pain and suffering was paramount. On the other hand, we think overseas visitors would be more interested in a sanitised and state-of-the art display.

Kind regards,

Dr. Monika Zechetmayr **Peter Edwards** Toodyay

Perth author's journey to reveal the intriguing life of Kathleen O'Connor



Amanda Curtin © Miles Lowry

by Josephine Allison

THE devastating fire that badly damaged Notre Dame Cathedral in Paris prompted Perth author Amanda Curtin to think back more than 50 years to when Perth artist Kathleen O'Connor was living and working there.

'She would have been heartbroken when she saw the spire falling," Curtin said in an interview with Have a Go News. "Kate lived on the Left Bank in the artists' quarter so she

Amanda Last year, Curtin's part biography, part narrative book, Kathleen O'Connor of Paris. was published to commemorate 50 years since O'Connor's passing. It is an insightful look at an intriguing woman whose famous father, engineer CY O'Connor's ended his life in tragedy. In 1906 Kate turned her back on Perth and went to live in France with limited resources. Despite the impact of war and loss, she worked and exhibited in Paris for more than 40 years, apart from the war years which she spent miserably in Lon-

O'Connor returned to Perth in 1948 but went back to Paris in 1951, aiming to make a living there though the odds were stacked against her. The post war period was difficult, prices were sky high and it was hard to find studio space. She had her last exhibition in 1953 and returned to Perth where she continued painting up to the last years of her life, passing away at 92 in 1968.

painstaking Curtin's research and journey in Kate's footsteps is a labour of love achieved through digging through obscure newspaper clippings, art samples and letters. She also had an opportunity to look at Kate's possessions which have been kept by her family.

"They were an amazing part of the research, because they gave an insight into the day to day life such as Kate's spectacles, her bus pass, the buttons and bows and various things she kept.

"Her clothing was interesting because I had heard the story handed down the generations that Kate was the seamstress of the family for fancy dress costumes and that she only slipstitched them

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and would like to join

the group please con-

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ly to fall apart at the drop of a hat. I could see this in the costumes.

"What Kate left behind were items that appear in some of her paintings including a still life of the 1920s which included a bright geometric rug and a few other bits of china she used in paintings, so they still exist in this lovely

O'Connor was born in Hokitika, New Zealand on 14 September 1876 and educated at Marsden School in Wellington and by private tuition in Perth from 1891.

"An amazing opportunity during my research which was more important than I realised was to see as many of Kate's paintings as I could. Many are in collections, in galleries and private hands.

"I was not only able to see the paintings up close but I could also study the back of paintings and see the inscriptions and artist's labels in Kate's writing, information which biographically helped put things together."

Curtin says she loved Kathleen O'Connor's work from the minute she first saw it, almost three decades ago.

"I like to think that Kate has been with me for a long time or she would say I've been with her, I'm sure, which is the kind of feisty woman she was.

"I have always been fascinated by her life as well as loving her work. I had written a short story about her early on and an opportunity came up when Fremantle Press inquired if I was interested in writing an account of her life.

"There had been several early books about her but it was a long time ago and both are out of print. Kate's story had fallen out of the public eye and I was interested in bringing her back to public notice as I believe she is one of our most important artists. The entire project took about 2 and a half vears but research continued through the writing

Curtin says bohemian Kate, who never married, was full of contradictions. outspoken and which seemed to intensify as she got older.

"She was quite eccentric when she returned to Perth in her later years, always outspoken and honest but there was a kind of loner in her.

"I discerned she was entirely happy to be part of the art world in Paris and she would see masters she revered. But she would not insinuate herself into other people's lives and was content to be on the margins."

With the biography now published, Curtin is in the middle of writing another manuscript which she put aside for the Kathleen O'Connor work. She is also in the early stages of researching another book which. she says, will take a huge

One of her novels, Elemental, was shortlisted for the Western Australian Premier's Book Awards, and in 2016 was pub-

lished in Britain. Kathleen O'Connor of Paris (Fremantle Press), retails for \$34.99.

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together so they were like-Variety group require male singer

AN AMATEUR variety group, which perform a one hour show at nursing homes, care homes, senior citizens clubs, lifestyle villages and various other venues is looking for a man who can sing and is willing to join the ensemble.

The group consists of six females and three males, plus a sound

This year they have performed a total of 40 engagements across the metro area.

Ideally they require an active retired gentleman, who can commit to rehearsals every Tuesday in Mullaloo between 9.30am - 1pm.

The singer will need to be available for the various shows. Note that the group is exceptionally busy during the Christmas period.

The group is affiliated with Voice Moves

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RFDS benefit concert

MUSIC in the Air, a concert to benefit the Royal Flying Doctor Service, will be presented by the Attadale Rotary Club along with the South Side Symphony Orchestra on Saturday 25 May at

The evening will include light classics of work from Brahms, Lloyd Webber, Mozart, Puccini, Shostakovich and features Isabelle Chen on violin, Joshua Chen on piano and cello, and the voices of baritone Robert Hoffman and tenor Jun

Tickets include tea or coffee at interval and cost \$40 for adults, \$35 for concession. Group bookings are available.

The concert will be held at 7pm at the Mount Pleasant Baptist College, 497 Marmion Street, Booragoon on Saturday 25 May.

Bookings at www.trybooking.com/BAUKH

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Kerry's WA flora and fauna spring to life in colourful paintings



Artist Kerry Henry

by Josephine Allison

STROLLING in the bush around her Chittering

Valley home, artist Kerry Henry seeks inspiration from the beauty of local flora and fauna. The fruits of five years' work culminated recently in her second solo exhibition, Drawn from Nature, of more than 60 watercolour and pencil works on show at Heritage House in South Perth.

The progression to painting later in life seems natural for Kerry who has always loved gardening and the arts. Her first solo exhibition in South Perth in 2014 was a big success and her second has been equally popular, with many paintings sold.

Viewing the exhibition, the full beauty of the works depicts the delicacy and varied colours of local flora and birds unique to WA.

"The Member South Perth John Mc-Grath, who opened this show, said he could see painting for me is a passion - and it is," Kerry said. "What art has taught me is the profusion of colour, diversity of form and uniqueness that is not always immediately apparent in our flora.

Born in Perth, Kerry grew up in Como. She spent her teenage years in New Guinea and Queensland northern before returning to WA to finish her education. She trained as a dental nurse, married and had three children, two sons and a daughter, and now has seven grandchildren (six arandsons and a granddaughter).

'With a passion for gardening, I always wanted to make my own garden pots which I created through the Canning Art Group," she said. "Then I photographed old Australian buildings and reproduced them in clay as ceramic sculptures."

About 15 years ago Kerry started plant drawing and painting classes at Tresillian, followed by private weekend workshops. That is where a desire to paint native

She flora flourished. was involved in a tutor and student exhibition at Tresillian, exhibited at the Chittering Fine Art Group exhibition in 2010-2011, has contributed to student and tutor exhibitions, private exhibitions and sold privately.

In the past two years, Kerry has included native birds in her paintings. Much time is spent in Chittering where both native flora and varied birdlife abound. She finds it inspirational while painting to have a: "little blue wren pecking on the window sill near your easel."

"Over the years I have always been drawn to artistic things, I paint the bushland in watercolours and pencil graphite."

Kerry, who divides her time between Chittering and South Perth, says her latest exhibition has resulted in several commissions, but first she will take a break.

"In the Chittering Valley there are bushland plants all about, so I paint from a fresh piece of plant," she said. "The series of banksia paintings was done after a visit to the Banksia Farm in Mount Barker. I can only paint birds from photos.

"I love what I do, it's not a chore and I will continue to paint."

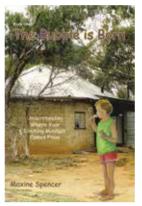
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Bursting the bubble - local author dispels mindsets Maxine Spencer offers guidance and encourage-





Reviewed by Pat Paleeya

The Bubble is Born and Bursting the Bubble by Maxine Spencer

BOTH books explore how to free yourself from mindsets that inhibit who we really are. Beliefs that were instilled at an early age can limit our potential and therefore setting a thought bubble of what we think we can and cannot achieve.

ment to break out of that bubble, the mindset which holds you back from really understanding your unique

Maxine delves into her own background, reflecting past traumas and life changing events that gradually transformed her into a confident and successful

Many of us look back at our life at some point and. like the author, we have the tools and resources to create our own transformation.

There are many others who do not have those resources and are still stuck with their own bubble.

Maxine Spencer has written her books with these people in mind. She shares her story, its history and insights to help others understand how these mindset bubbles hold you back and how to burst them and release the true you.

The book is available online at Amazon or contact Maxine directly at motivationalmaxine@yahoo.com

WIN WIN WIN

To be in the draw to win both books by Maxine Spencer simply email win@haveagonews.com.au with Spencer in the subject line or write to Maxine Spencer Book c/- Have a Go News PO Bo 1042, West Leederville 6901. Closes 31/5/19.

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be Roger Palmer who will talk about living with Parkinson's dis-He will cover different

aspects of the disease. how to deal with it and finding out about new treatments and a cure. A nurse specialising in Parkinson's will also be present. Roger is also a bush poet and will provide some poetry.

fourth Monday of every month. Their next meeting will take place at 9.30am on Monday 27 May at the Halls Head Bowling Club, 2 Sticks Boulevard, Erskine.

Visitors are welcome to join the group and are invited to stay for morning tea.

For enquiries please ring Sylvia Hodgkinson on 9527 2383.

Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor.

IT was very pleasing to read the story about Caroline Broun (by Lee Tate, p5 April 2019 edition). It is a tale that has never been told in one coherent story until I and Don Blue (two and three times, respectively, great grandsons of Caroline Broun) published the story in the September 2017 edition of the Western Ancestor.

This would not have been possible had we not had access to Caroline's original journal, that had been passed down through the family finally reaching my father, whose family history papers and documents I inherited.

The journal has been restored and conserved and deposited in the Battye Library. It only survives because Caroline wrote it after she returned to England. She sent it back to her son James who remained in Western Australia.

While it is gratifying to see this tale now entering the wider public arena, I am disappointed that the article in Have a Go News, which was largely based on the Western Ancestor article, did not acknowledge the authors.

Robert Atkins

Website: atkinsgenealogy.id.au Editor's Reply: Lee Tate is a very experienced journalist and would always acknowledge any source that is required. His response is:

"The story was related to me by Lal, sitting down with me at my home with her reference material. If it was just lifted from the article or substantially subtracted, it would have been acknowledged.

"It was a full-on interview. Hope they understand. We're only too happy to acknowledge other sources and publications.





Funding Options Available*

Where Opinions Matter: Is it time to ditch the opposition in all governments?



by Lee Tate

TO the many politicians state and federal – who have served us faithfully over the years, a mightybig thank you! But you are working in a dinosaur system and it needs to come into the modern

We no longer need the Opposition, that negative, inbuilt component of politics. After all, the world's most successful organisations don't have an opposition.

Businesses generating billions of dollars every year don't require a shadow - people monitoring their every move - like our parliaments do. And at taxpayers' expense.

Efficiency is the name of the game today. Not the multi-party parliamentary system where it suits all the incumbents to keep their jobs.

Those of us journalists who have witnessed the workings of parliament at close hand over many years - and travelled with politicians on their planes and in their cars - have an inkling of the enormous effort and energy spent in the name of governing.

A massive amount of that work revolves around having a defence - a defence against political hand grenades lobbed by the Opposition.

Most of MPs' time in parliament is spent on bickering - open warfare, often in a child-like manner that astounds visiting schoolkids.

Huge amounts of paperwork are produced at taxpayers' expense for Opposition parties to make their cases and support their causes.

What good does it do? How often does a government - of any political flavor - change a policy because of the opinion of the other sides? Very rarely. In fact, governments resist acting on Opposition proposals lest they be seen to be following the other side.

How much money would be saved by removing what is virtually the duplication of parliament - all those extra MPs, their staffs, their vehicles, their travel bills, their offices and their resources: computers, books, publications, phones, meals, drinks, paper, lighting and the rest?

The original idea of an Opposition (from the struggling British parliamentary system) was "to keep the bastards honest", as the late Don Chipp told us.

Well, it's not working, parliaments in Australia. and elsewhere are dangerously divisive.

All those Opposition parties and independent MPs - minorities - have swamped the political process, undermining efficient governance and failing to deliver what electors expect and are paying for.

Governments can't rule freely. Always looking over their shoulders, they have vastly reduced authority. The focus is on bickering, criticising and undermining. It's a circus.

Once upon a time, committed citizens would apply to become members of parliament for the

greater good. Their pay was low, their support systems weak and their expenses paltry but they wanted to make improvements.

To compensate them, salaries and benefits were gradually increased, including their generous superannuation schemes.

The theory was that these honourable comrepresentatives munity had sacrificed themselves, missed out on well-paid jobs and futures in the private sector and when finished with politics, would have little to fall back on.

So they brought in salaries and benefits tribunals for themselves. Yes, independent but with guidelines to routinely assess MPs' incomes and benefits against private sector incomes and the state of the economy.

Your average worker is not lucky enough to have such a constant wage review.

Nowadays MPs move very comfortably from politics to business – taking high-ranking, highlypaid jobs and directorships in the private sector.

Political benefits have risen greatly in the federal sphere. A few terms of office allows the departing MP to collect a payout of \$1 million or more. Their pensions can last a lifetime and do not require MPs to ever work again.

Dumping opposition parties would remove these enormous costs borne by taxpayers.

Just a tiny part of the money saved from scrubbing our shadow MPs would allow governments more resources. Ministers could employ more junior ministers and assistants.

Beefed-up ments would have time to breathe. And there would still be vast sums saved that are currently committed to needless parliamentary duplication.

So, without an opposition, how would electors have any review of political decisions?

That would fall to people more-qualified than commentators but there could be a truly independent committee of auditors reporting to the public. And, of course, we ultimately take back control every few years at the ballot box.

Give us your opinion. Email info@haveagone ws.com.au with Opinion in the subject line or head to our Facebook page to write your thoughts. You can also write to us at Opinion, c/- Have a Go News, PO Box 1042. West Leederville, 6901.

Have you registered your bank account to receive Medicare benefits?



by Hank Jongen. **Department of Human** Services

DEPARTMENT of Human Services is contacting about 670,000 Australians who are collectively owed more than \$110 million in Medicare benefits.

Only people who haven't registered their bank account details will get a reminder letter. If you don't get one, you don't need to do anything.

"We are writing to people because they can't receive their benefit unless they give Medicare their bank account details," said Mr Jongen. If you haven't already

done so, you can add or update your bank details online using the secure Medicare online account through myGov or the Express Plus Medicare mobile app.

It only takes a couple of minutes. The easiest way is by using one of the digital channels such as the Medicare Express Plus app, or through your myGov account. The money will then be deposited into your nominated account within a few days.

The amount owed to Medicare customers represents around 0.5 per cent of the toamount paid out in Medicare benefits each year. The average amount owed to each person is about \$150.

"I'd like to remind people it's very important you only respond to an official letter from the Department of Human Services." he said.

"Late last year scammers were actively targeting people through

SMS messages, urging them to click on a hyperlink to claim outstanding Medicare rebates.

"While the department does call, SMS or email people from time to time, we don't include hyperlinks in emails or text messages.

"We also never ask people to transfer money, buy gift cards or vouchers, provide passwords or PIN numbers to bank accounts, or to click on links or download files."

You can find more information on how to get your Medicare benefits at humanservices.gov. au/getmedicarebenefits. or by searching 'getting Medicare benefits' on our website.

Editor: If you have a question you would like answered don't hesitate to write to us and we will pass it on - email info@ haveagonews.com.au with Hank in the subject

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Hand injury beaten, Damon Smith back in Perth with a new show



Damon Smith by Josephine Allison

MELBOURNE musician Damon

Smith was pondering his future late last year after an accident which left him worried about his left arm.

"I was retrieving my daughter Rosie's cat from under the house, pulled out a weatherboard and the nail went into my wrist, next thing I was in hospital with cellulitis and I had to undergo emergency surgery," Smith says from Melbourne where he is preparing for a Perth gig this month. He had to cancel Perth shows

last year because of his injury.

Happily all ended well. Smith's musical future is assured. He retains the use of his left hand even though it now has a big scar the shape of a lighning bolt.

Perth born Smith has made a big impression on the Melbourne and national music scene down the years with Sun Rising his tribute band, dedicated to reprising the music of Sun Records and its creator Sam Phillips and the music of Memphis.

But he has taken a different path

with his new show, Crazy Arms - A few Centuries of Piano Tinkering which takes audiences on a zany, musical adventure that spans the origins of the piano from its birth in 1709 through to the 20th century.

Perth concertgoers will see Smith perform virtuoso piano tinkering in homage to some of the great musicians who have tickled the ivories through the ages from Liberace, Jerry Lee Lewis, Winifred Atwell, Scott Joplin, Dr John, Mozart, Beethoven, Harry Connick Jr, Ray Charles, Fats Domino and Elton John.

"I've branched out on my own with two others (former Perth man Adam Coad and bass player Trent McKenzie) for this gig," Smith said. "I never learnt classical piano as such but I'm doing my best.

As a musician, Smith has performed at theatres across the country, written jingles, songs and compositions and has appeared as a session player on numerous recordings.

In 2016, in a short break from his music Smith produced and filmed the You Tube video performance series, The Night Sky is a Jewellery Store Window and made more than 50 videos that featured local and international singer-songwriter performances. Ever versatile, he also wrote a 17-minute, five-phase classicalcontemporary instrumental composition for a ballet.

After co-writing the critically acclaimed Sun Rising, Smith turned his hand to writing a second stage production concerning mental illness, named Mental as Everything, a semi-autobiographical project which received critical acclaim after debuting at the Adelaide Fringe Festival in February 2018.

Life as a musician can be erratic but Smith appears to take it in his

"I've been approached to carry out two musical engagements including doing a gospel style pianist presenta-

Local author publishes her Stories from Another Place

tion this past week, but then you can go from six or seven gigs in a week to nothing happening," he said. "It can be hard.

After Perth, Smith will take his Crazy Arms show to the Melbourne Cabaret Festival in Prahran from 27-

Damon Smith, Adam Coad and Trent McKenzie will perform at the new live blues, jazz, soul, folk music venue The Duke of George Fremantle 23 May, Kalamunda Performing Arts Centre, 24 May and Don Russell Performing Arts Centre, Gosnells 25

WIN WIN WIN

To be in the draw to win a double pass to any of Damon's shows as listed above, simply email win@ haveagonews.com.au with Damon in the subject line or call the office during business hours on 9227 8283. Don't forget to nominate which show you would like to attend. Closes 20/5/19.

Wembley Entertainers show that age is only a number

WEMBLEY Entertainers is a group of 25 singers who have been entertaining in retirement villages, nursing homes and community centres

around the Western suburbs for more than 20

repertoire in-Their cludes folk songs, hits of yesteryear, songs from

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During 2019 five of the choir members celebrate their 90th birthday. They will share this special occasion, along with the rest of the choir, by putting on a concert. One of the choir members has written a song for the five 90-year-olds. It is called Age is Only a Number.

shows and light classical

The concert will be held on Sunday, 26 May at 2pm at the All Saints Floreat Uniting Church, Corner Kirkdale Avenue and Berkeley Crescent in Floreat (opposite Floreat Forum Shopping Centre). For further information contact Heather on 0402 819 447.

JUNE Kingston Smith has published her first book called Stories from Another Place.

She belongs to the Society of Women Writers WA and wrote it years ago for their Bronze Quill

Award, an annual competition, which, that year, was judged by Tim Winton in his early days as an author

It was also turned it into a short play and was put on by an amateur theatre group.

June has travelled widely, but loves her many visits down south, where she finds inspiration for stories, as well as good coffee and great food.

She also visits Melbourne regularly, where her musician son lives with his family.

Apart from a busy life with family and grandchildren, she is also an avid reader and has been writing and making up stories since she was

June has had stories read on radio and articles, short stories and short restaurant critiques published, but this is her first book.

She describes the stories in this collection as gentle and supernatural about unusual things happening to ordinary people.

"I don't always intend to write about the supernatural but somehow it just turns out that way," June says. "The stories, and particularly the characters, have a mind of their own."

She says she is very excited to have her stories published in a collection, it is something she has thought about for years.

"I do have a novel in its final draft, but, amazingly, it has nothing to do with the supernatural. It is a romance set in my favourite era - the early sixties, and in the country of course. Great times to live in and the music is fabulous, she said.

Stories from Another Place sells for \$15 and to purchase a copy call June on 0438 117 459 or email rockon@amnet. net.au

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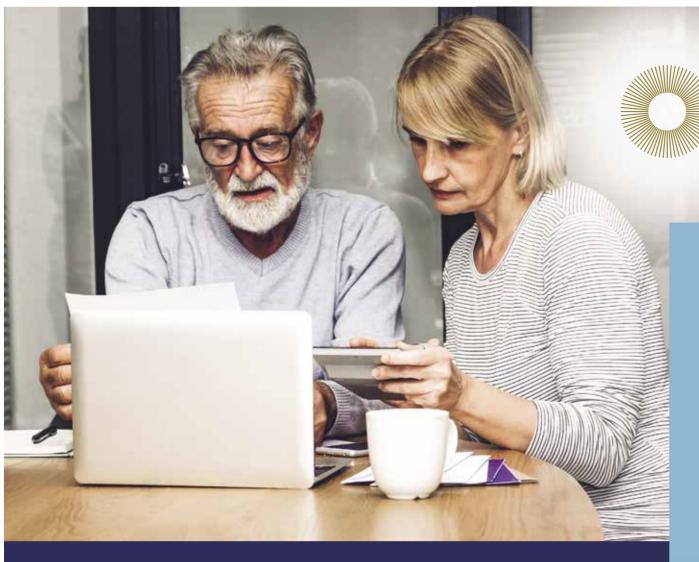
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WILL YOU RETIRE WITH DEBT AND INADEQUATE RETIREMENT FUNDING?

A common issue for older Australians is that they reach retirement age without enough superannuation or other income to enjoy a reasonable standard of living. Most of their money is tied up in the family home with some retirees failing to pay off their homes and therefore carrying mortgage debt into their retirement years.

Freedom Nicheliving

FREEDOM

By Nicheliving

The SMART way to downsize!
Don't miss the opportunity to
explore property strategies that
could revolutionise your future
years. Freedom Nicheliving is
assisting senior Australians to
secure "rightsize" housing options
through:

- Assessing your property position.
- Exploring your future property needs.
- Aligning property with your future needs.
- Strategising your property transition









Around 46 per cent of Australians surveyed expect to retire with debt, according to research undertaken by superannuation fund, REST Industry Super in April 2017. This is evidenced by the substantially increasing number of home owners aged between 35 and 64 who have significant mortgage debt as they head towards retirement.

Saul Eslake for The Australian Institute of Superannuation Trustees March 2017 suggests that if this trend continues (and there's little to suggest that it won't) then an increasing proportion of Australians will reach retirement age having never attained home ownership or will have an outstanding mortgage debt. They will then have to pay off this debt using some, if not all, of their superannuation savings.

The team at Freedom are assisting West Australians to downsize in established Perth suburbs allowing an opportunity to maximise the years ahead!

Freedom by Nicheliving is the SMART way to downsize. Contact the team at Freedom Nicheliving... for the rightsize housing solution you are looking for!!

For more info please contact:

180 Newcastle Street, Perth WA 6000 **P:** 9483 0000 **W:** nicheliving.com.au/freedom

FIND OUT MORE AT NICHELIVING.COM.AU/FREEDOM

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Is it good or bad to look at the world through rose coloured glasses?



Ion I ewis

by Jon Lewis – overnight announcer Radio 6PR Monday to Friday

ON my overnight radio show on 6PR early one morning we discussed an idea with listeners.

Perhaps it is really more of a philosophy.

Simply put, it is this. "What are you missing when you see the bad?"

While you are looking at the bad in things, you may be missing the good that has just passed you by

Perhaps the bad was not that important? After all everything has a value. You may be occupied with a low level bad, while a high value good passes you by.

If you try to do both; that is look at the bad and the good, will you likely not be successful at both?

Almost immediately I was accused of wearing rose coloured glasses,

I certainly don't take offence to the concept as I think it's pretty good to look at the brighter side of life. On that morning, however, I saw the conversation as something quite different...

It is not a matter of just seeing the good, only looking for the good and actively avoiding, even closing your eyes, to the bad is something I would not advise. Eyes must be open to all things.

It's a matter of appreciating the good when you find it. And sometimes you really need to search hard to find it.

The broadcast news on the hour does not

share the good. The electronic news is the same. All we have projected is the destruction, the disasters, the bad. The good news tends to be humble and subtle. Perhaps this is why they say, "No news is good news'. (Ed's note – except when you read the good news in *Have a Go News*).

We went on to wonder if you spend your time being actively involved or just angry about the bad news.

What is the result to you personally? Perhaps a growing feeling of despair or perhaps even a destructive apathy?

What's more, you may even start to become adept at finding the bad news and then see it more often. Who would want that? Not me!

So we get back to my main point. What are we missing when we are looking and commenting squarely on the bad?

If we are focused on the bad, how can we effectively see the good?

One more thing I would like to add, is how we feel.

A smile in your direction will generally inspire you to smile back. The result is an uplifting feeling, often a feeling much desired.

A frown will likely do the opposite and turn the smile upside down.

I do not see a benefit in missing an opportunity to feel uplifted.

Do you know scientists find our brains have a negativity bias; we're most likely to notice the bad qualities in others rather than the good ones.

These are the sort of things that worry us or annoy us, things that make us critical. We are told critical thinking is a positive thing, when actually I believe it is perpetrating the negative.

This is encouraged through some false

statements. An example of which is 'there is a lot of trouble in the world today'. False, in fact there is very little trouble. Most people get along fine. Another false statement is 'there is a lot sickness'. Certainly false, in fact there is a lot healing and every day we discover more ways to heal. Wonderful news! You could call it good news.

To be aware of the bad while actively scanning for the good is healthy in my mind. When I see good, I celebrate it.

What good have you seen recently and celebrated?

All the best.

Mother's Day - some mothers do have them



Rick Steele

by Rick Steele

"MOTHER Mary comes to me, speaking words of wisdom, let it be."

Not sure 'bout my mum speaking words of wisdom. She was the disciplinarian of the family, and the wooden spoon on the back of my legs spoke to me more often than not. I especially liked the dollop of spit used to keep my hair stuck down

my hair stuck down.
Ingenuity, yeah, she had that in spades.
Rolled up newspaper stuffed into my brothers ole shoes that were three sizes too big. That'll work. Shorts that were well below my knees which my brother would call; "short longs". I used to go to school dressed like a

It will be twenty years this October since my mother died. I still remember very well taking turns with my brothers and sisters to sit with her and basically watch her slip away. It was then that I developed my affinity with nurses. At the public Middlemore Hospital in Auckland most of the nurses were imports. The world rugby cup was being played and I struck up a fond friendship with a 'sister girl' from Tonga. We came to an amicable agreement where she would watch twenty minutes of rugby in the visitor's lounge, and report back with score etc and then I would reciprocate. Unfortunately, after lead-ing at halftime, the All Blacks came back and flattened, (figuratively, although somewhat literally as well) the hapless Tongan team. They went on to win the tournament.

In early May the Perth Blues Club presented our annual, We Care for Nurses night. Now in its seventh year, this is a direct result of the time with my mother and the more recent encounters of my own with the said species.

Mother's Day and on the eve of a federal election, the country takes a deep breath and waits impatiently for furthering the equality for women's movement.

Me, I thank my lucky stars, fate and good blessings that I married well. Not for money mind you. Commitment, truth, loyalty, unconditional love and a sense of total caring and well being for our children are among a few of the traits I've had to try and live up to for the last 40+

Why do all of my friends say to my wife? "You've done well to put up with him for this long."

"Happy Mother's Day y'all."

My mother had morning sickness after I was born. A suburban mother's role is to deliver children obstetrically once, and by car for ever after.

Cheers dears.

Can you recall the Meckering earthquake?

ALICE Snooke from Meckering is seeking expressions of interest from people who can remember experiencing the earthquake at Meckering.

She said there is no written history about people's experiences of the event and she hopes to put together a book about it.

She has employed a journalist and asks interested people to contact her by 11 June to be a part of the history making tome.

Contact Alice on 0448 907 251 or email gwaes nooke@icloud.com if you would like to share your recollections.

New encounters in Wangara

ENCOUNTER Friends is a social and friendship group for people who live north of the river.

The group started in January and is keen to welcome new members. They meet on Wednesdays at 9am and finish at noon, at Encounter Church Building, 1/33 Innovation Court in Wangara.

After a lifetime of fulfilling commitments, this is a great way to make new friends and find people with like-minded interests. For more information please call Merryl Williams on 0452 323 240 or email mer rylgwilliams@gmail.com







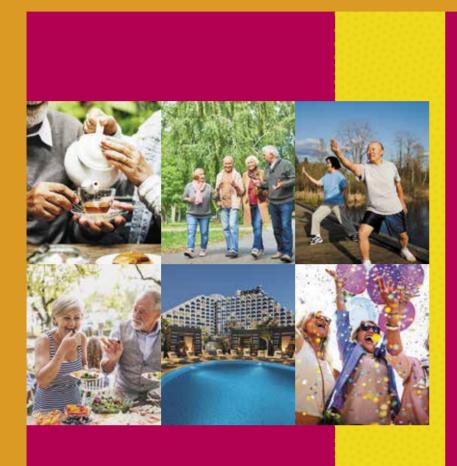


You can search at: www.mensshedswa.org.au/sheds-near-you





BIGGER, BRIGHTER AND MORE FUN THIS MAY





Free Crown Life Events

Step out of your comfort zone and treat your senses to a day of fun and excitement at Crown Perth this May.

Take part in our free events including Zumba Gold, Line Dancing and Ballroom Dancing lessons to get moving and join in the fun.

Visit crownperth.com.au for full dates and times.

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



TASTY MEALS UNDER \$20

Why not try Junction Grill's Chicken Parmigiana with homemade Napolitana sauce, mozzarella cheese, chips & salad for just \$19.95.

Available for lunch and dinner every day.



Conditions apply. Surcharge of 10% applies on Public Holidays. Available for a limited time. Not to be used in conjunction with any other offer or discount. Images are for illustration purposes only. Junction Grill is an 18+ venue.



HOP ABOARD THE CROWN BUS

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

Visit crownperth.com.au for the full timetable.



Conditions apply, see crownperth.com.au. Images for illustration purposes only. Fun Pack \$10 for Crown Rewards members and \$15 for non-members. Must arrive on the Crown Bus and purchase a Fun Pack. Valid on day of purchase only.

LIVE A LITTLE BRIGHTER

The fight to unfreeze British pensions for UK expats in Australia continues



Mike Goodall

by Mike Goodall

FOLLOWING my April article, I received confirmation that the UK Department of Works and Pensions (DWP) has no legal right to recover money that has been overpaid after the death of a pensioner. While the DWP might ask for the repayment it is not legally binding on the dead person's estate to repay the money. This is not mentioned in their letters

However, if they write to the spouse who wants to receive an increased pension then perhaps they should consider repayment as they will want

the DWP to reassess their

Each year the UK Government passes a statutory Instrument, that effectively continues to freeze ÚK State Pensions for 40 per cent of expats (including those living in Àustralia).

Freezing means not receiving the annual increases paid to those living in the UK and to 60 per cent of expat pensioners. In April 2018 the pensions increase was the only item in the statutory instrument and we had enough MPs to disallow it.

However, at the last minute the DWP introduced a change to carer's allowance which meant that the MPs would not vote against the legislation. The DWP have employed the same tactic this year.

Sir Peter Bottomley MP for Worthing West has raised an early day motion (EDM) for MPs to show support The EDM states: That a humble Address be presented to Her Majesty, praying that the Social Security Benefits Uprating Regulations 2019 (S.I., 2019, No. 552), dated

12 March 2019, a copy of which was laid before this House on 18 March 2019, be annulled.'

However, as the UK Parliament are still on their Easter break, he does not yet have much support. Would you all please write and ask your UK family to write to their MP. Here is a sample letter:-

"As a voter in your constituency, I request that you support EDM 2265 which is to pray against Social Security Benefits Up-rating Regulations 2019 S.I. 2019, No.

My generation also wit-

nessed population explo-

sion, megacities, resource

exploitation, pollution and

devastating loss of forests

news has increasingly

brought us graphic im-

ages of extreme weather

around the world and,

close to home, destructive

floods, fires and drought.

We know that climate

isn't something that might

one day impact our chil-

In recent times the TV

and wilderness.

"I appreciate that this Statutory Instrument covers more than frozen pensions and that to pray against it will adversely affect others. However, this is the fault of the government in their attempt to manipulate MPs into continuing to vote to freeze the pensions of 510,000 British pensioners. A vote to freeze pensions, or otherwise, should be separated from other totally unrelated social security benefits

"Please lend your support to the EDM and please encourage your

COME and join the Yokine Over 50s Club every Wednesday at 287 McDonald Street in Yokine between 1pm and 3.30pm for some carpet bowls, table

tennis, badminton, cards, darts, board games and several outings per year.

The cost is \$3 and includes afternoon tea and a free weekly raffle.

colleagues to do likewise.' If we get enough MPs to support this EDM we may, at last, get a genuine debate on frozen pension in the House of Commons. Please don't let this chance slip through our finaers.

Anyone who would like to discuss this in greater detail or needs help to understand their options on any other aspects of their ÚK State Pensions, is welcome to contact me Mike Goodall on 08 6364 0859, 0403 909 865 or via e-mail mikecgoodall@bt connect.com

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

9am Monday to Friday **Morning Prayer**

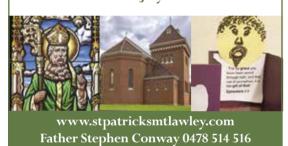
10.15am each Sunday **Regular services of Holy Communion**

Kids Program

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

Kids Program runs during school terms

Friday 19 July Christmas in July fundraiser



Enjoy some over 50s fun in Yokine

Contact John or Ena on 9276 4615 for more information. Imagining the future - hope over despair



Karen Majer

by Karen Majer

ANGRY OLD MEN was the catchy name of a live concert performance I attended recently, a fantastic show based on the songs of the poets, songwriters and rockers we listened to in the sixties and seventies. Leonard Cohen, Bob Dylan, Tom Waits, John Mellencamp – who remembers?

I was transported back by the songs and the beat. My most vivid recollection of that time was the hopefulness of youth. The songs were hymns to love, peace, rebellion and possibility. We could hardly have imagined how much would change in our lifetime. Space travel opened up our view of the universe. Amazing technical advances, computerichange is happening and sation and the ubiquitous worldwide web made information-sharing virtually

instant around the globe.

Medical breakthroughs

extended life expectancy.

Technology was the shin-

ing beacon of advance-

dren or grandchildren. What changes might they see in their lifetimes?

Part of the answer lies in what action is taken now by our current decisionmakers, some of them of the 'angry old men' generation. Scientists say we are at a defining point choices made now about curbing carbon emissions will determine the trajectory of climate change.

It's easy to anticipate an apocalypse. but I prefer hope over despair. To think of a world powered by clean renewable energy, a world where people respect our planet's finite resources. Silent electric vehicles. Efficient cleanpowered public transport with no traffic congestion. Localised communities with power supplied by micro-power grids. Buildings and roofs constructed entirely of solar panels. Forests and revegetated landscapes flourishing and respected as sources of clean water. clean air and wildlife habitat. Maybe huge seaweed farms removing carbon from the atmosphere and augmenting food production. How wonderful for today's young people if this is the future they will experience.

The times, they are a changin' has been the anthem of our lives. We are lucky to live in a democracy where we have a say in the direction of that change. My upcoming vote will be for a future with hope.

LEAVE A LEGACY THAT WILL CHANGE LIVES

Do you ever wonder what the future will look like for those you love?

Through your legacy you can help build a stronger community.

Contact the St Vincent de Paul Society on 08 6323 7500, email bequests@svdpwa.org.au or return the attached form to St Vincent de Paul Society (WA) Inc Reply Paid 85016 Canning Vale DC WA 6970 for more information about remembering Vinnies in your will.

vinnies.org.au/bequestswa



St Vincent de Paul Society
(WA) INC good works

Contact Us!

Nan	ne:					
Add	ress:					
Ema	ail:					
Pho	ne:					
	Please send me a complimentary information booklet about leaving a gift to Vinnies in my will					
	I have already included a gift to Vinnies in my will					





Lendlease is one of Australia's leading providers of retirement living and with 10 villages across Western Australia, we have an affordable home to suit everyone. We create places where it's easy to meet like-minded people and be part of a secure over 55's community. Choose from a range of stylish, low-maintenance homes and enjoy the resort-style facilities and friendly communities that are buzzing with activity.



HARBOURSIDE VILLAGE 7 Honiara Way, Mindarie

2 Bedroom Apartments from \$385,000*
2 Bedroom Villas plus study from \$495,000*
3 Bedroom Villas plus study from \$650,000*
Contact Louise on 08 9407 8231 to view properties



TIMBERSIDE VILLAS

10 Timbercrest Rise, Woodvale

- 1 Bedroom Villas from \$320,000*
- 2 Bedroom Villas from \$339,000*
- 3 Bedroom Villas from \$495,000*

Contact Louise on 9403 8101 to view properties



PARKLAND VILLAS WOODLANDS 52 Liege Street, Woodlands

Bedsit Apartment from \$85,000*
1 Bedroom Apartments from \$230,000*
2 Bedroom Villas from \$279,000*
3 Bedroom Villas from \$310,000*
Contact Deborah on 9446 5584 to view properties



HOMESTAY VILLAGE
267 Wharf Street, Queens Park

2 Bedroom Villas from \$270,000* 3 Bedroom Villas from \$290,000* Contact Janine on 0477 755 416 to view properties



PARKLAND VILLAS ELLENBROOK 25 The Parkway, Ellenbrook

2 Bedroom Villas from \$338,000* 3 Bedroom Villas from \$369,990* Last Brand New Double Storey Villa \$485,000* - Open to offers!

Contact Michelle on 9296 7322 to view properties



THE PINES 21 Ponte Vecchio Boulevard, Ellenbrook

1 Bedroom Villa \$239,000* 2 Bedroom Villas from \$270,000* 3 Bedroom Villas from \$290,000* Contact Michelle on 9296 9914 to view properties



PARKLAND VILLAS BOORAGOON 510 Marmion Street, Booragoon

2 Bedroom Villas from \$429,000* 3 Bedroom Villas from \$565,000* 1 Bedroom Apartments from \$250,000* 2 Bedroom Apartments from \$315,000*

Contact 1800 550 550 to view properties



LAKESIDE VILLAGE
14 Lewington Gardens, Bibra Lake

- 1 Bedroom Villas from \$210,000*
- 2 Bedroom Villas from \$275,000* 3 Bedroom Villas from \$300,000*
- 1 Bedroom Unit from \$170,000*
- 2 Bedroom Unit from \$170,000*

Contact Wendy on 0417 406 760 to view properties



PARKLAND VILLAS MANDURAH
2 Hungerford Avenue, Halls Head

2 Bedroom Villas from \$180,000* 3 Bedroom Villas from \$260,000* Contact Glenys on 9535 2414 to view properties



WOODSTOCK WEST
146 Strickland Street, Bunbury

2 Bedroom Villas from \$329,000*
3 Bedroom Villas from \$369,900*
Contact Vicki on 9791 6199
to view properties

Sounding like your cup of tea? Stop by for a weekly village tour. Visit retireinwa.com.au or call 1800 550 550 for more information.



TV Talk with Lee Tate - real life grandmother mermaids who make a splash



LiveLighter Aged Care Games Bunbury Region

The South West Sports Centre came alive once again for the annual SRCWA Bunbury LiveLighter Aged Care Games on 11 April. The atmosphere was electric with participants all dressed in team colours plus carers and supporters, competing and cheer ing. It was a fabulous day with 12 teams coming from nursing homes, aged care facilities and day centres to compete in games specifically designed for people in care. SRCWA would like to thank Bunbury branch president Barbara Fleay and her team of dedicated volunteers along with the volunteers and staff from Perth head office. The games were officially opened by Federal Member for Forrest, Ms Nola Marino MP. The lunchtime entertainment was provided by local councillor Betty McCleary who had people moving and shaking to Zumba Gold The games were played in great spirit and included seated hockey, seated pass ball, beanbag toss and skittles. The carers game at the end of the day had representatives from each team competing in a fun event which was enjoyed by everyone. The best presented team was awarded to Community Home Care Collie, third place to Bethanie Super Force, second place Community Home Care Collie and first place to Community Home Care Donny brook. Our oldest competitor was 98-year-old Bob Bowlden from the Bethanie Super Force team. A big thank you to the Bunbury TAFE students and the Department of Corrective Services Access program for all their assistance at the event. SRCWA would like to thank LiveLighter, Healthway for sponsoring the LiveLighter Aged Care Games and to Dept of Local Government, Sport and Cultural Industry and Dept of Communities for their valued support.

Free 2019 LiveLighter Seniors Activity /Information Days

The LiveLighter Seniors Activity/Information Days are a free event for people which provide seniors with the opportunity to find out valuable information and take part in a variety of activities, and enjoy a free morning tea and a light lunch. If you would like to attend any of the scheduled events please call 9492 9773 for further information, registration is essential for catering purposes. The events run from 10am to 1.30pm at the venues are listed below.

Belmont: 15 May, Belmont Oasis, Progress Way

Leederville: 27 May,

Loftus Recreation Centre, Loftus Street Furnissdale: 20 June, Peel Masonic Hall,

16 Furnissdale Road

Swan View: 3 July, Brown Park Recreation Centre

SRCWA Rockingham Have a Go Day - a LiveLighter Event

On Wednesday 17 April, about 850 seniors were treated to a lovely day out at the ninth SRCWA Rockingham branch Have a Go Day, a LiveLighter Event held at Aqua Jetty in Warnbro. There were more than 80 sites and activities spread across the main hall and the grassed area showcasing clubs, groups, agencies and businesses from Rockingham and surrounding areas. The official opening commenced at 10am with an introduction by SRCWA executive officer Dawn Yates, to the Leader of the Opposition Hon Dr Michael Nahan, who was followed by the City of Rockingham Mayor, Barry Sammels, who officially opened the event. Cr. Joy Stewart emceed throughout the day and did a fantastic job. Activities included, Aqua Jetty Zumba Janie's Boys Choir, Simply Swing, Swing n' Sway and Prime Movers who entertained the crowd on the outdoor dance floor. Other activities and displays included Curtin FM 100.1 who broadcast from the event, petanque, RAD and Heart Foundation walkers, Specsavers - Hearing Tests, SRCWA Rockingham pole walking, Sing Australia Rockingham, Step Forward Orthotics and Tai Chi - Rockingham Taoist Tai Chi Society. Thanks to the hard work of the SRCWA Rockingham branch volunteers lead by branch president Valma Sulc, the day was a resounding success and ran extremely smoothly. We also thank the crew from Wooroloo Prison Farm whose hard work was invaluable. This event would not have been possible without the magnificent sponsorship of; City of Rockingham, Aqua Jetty, Have a Go News, Kennards Hire, IGA, LiveLighter Healthway, Government of WA, Simply Swing, Telstra Warnbro, and Cockburn Party Hire.

Have a Go Day 2019, a LiveLighter Event - Registration is now open

Have a Go Day, a LiveLighter Event is an activity/ information sharing event for over 50s and last year attracted an attendance of 15,000 participants and 230 exhibitors. It returns for 2019 on Wednesday 13 November at Burswood Park from 9am to 3pm. Registration forms are now available for clubs/ groups, not for profit agencies and commercial entities; forms can be obtained by calling 9492 9773.

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





THE Last Mermaids is one of television's mostinspirational programs for seniors.

The program tells of women in their eighties - grandmothers - some dying in the dangerous, watery work, following 2,000 years of Korean tradition.

It was brilliant television and has been repeated a couple of times with strong audiences.

In the icy, coastal ocean off Korean island Jeju, the elderly women have no breathing equipment but do don heavyduty wetsuits.

They are known as the

Haenyeo or "sea women" and they dive for abalone, oysters, seaweed, octopus and conch.

The ladies proudly hold their breaths for several minutes and go down deep, up to 10m (although some say up to 20m).

They wear old-fashioned headlight-shaped scuba masks with lead weights strapped to their waists, so they can sink faster.

flotation device called a "tewak" is left on the surface of the water with a net hanging beneath where they store the harvest. They use primitive tools to dig conch and abalone from the sea floor.

Someone nicknamed them Korea's real life mermaids but your posing, mythical mermaids didn't struggle like this.

After all of television's animal shows over the past decade - as fabulous as they have been - it's good to see a focus on hardy humans in the natural setting.

The producers tell us it was once a booming profession. More than 20,000 Haenyeo would dive for their daily harvests as recently as the 1960s. But it's become a dying trade.

"The work itself is dangerous and grueling with divers often out for five or six hours at a time," says a report.

"And as a result of a spike in tourism on the island, many younger women are preferring to work in that industry or seek employment on mainland Korea, rather than follow the tradition of their grandmothers."

Nearly 2,500 iron-willed Haenyeo, most over the age of 60, still take the plunge today.

Korean photographer Mijoo Kim, paying tribute to the last generation of

Haenyeo, said wanted to create something that was "socially enlightening and carried meaning". Genuine reality TV.

'This industry is declining because of sea pollution and the dangers of the job itself. So it's important to preserve their legacy for posterity," Ms Kim says.

"I believe that these women divers are carrying on an important cultural legacy during their life-time. I hope to share not only their beauty as women, but also their courageousness for facing such difficulties during their lives."

The ocean served as refuge: "that has given them life, shielded them from war and allowed them to educate their daughters.

While Jeju's diving was originally considered to be a male profession, by the 18th-century women outnumbered men, becoming primary breadwinners.

In the 17th century, many men died at sea due to war and fishing accidents and diving became women's work.

It's also said women tolerate cold water better than men due to their higher percentage body fat.

Apparently the Korean king conscripted many men into his army and required women to pay steep taxes in dried abalone. As a result Jeju's women had no other choice but to dive in the cold water, pregnant or

Most of the harvest was given to the Korean king as a tribute, but in 1910 the Japanese occupied Korea and the practice was abolished. Haenyeo were free to sell their harvest on the market.

The program made quite a splash. Watch-out for a replay.

Don't miss Australia's Biggest Morning Tea

ENJOY a fabulous morning tea organised by a group of volunteers to raise funds for the Cancer Council of WA.

The tea will be held at the Beldon Uniting Church, 9 Pacific Way, Beldon on Saturday 25 May from 10am to 12.30pm.

Come along for a scrumptious food, stalls and raffles for a \$5 entry fee. All proceeds to Cancer Council WA.

Sound healing and meditation at the South Perth Senior Centre

A FEW years ago we covered the benefits of sound healing and meditation in these pages, and over that time this has grown in popularity across the

community.
Andrew Cox from Treemendus Health will be holding regular sound healing and meditation sessions at the South Perth Seniors Centre every Friday night.

Andrew says each session is deeply relaxing and unique and this is the first time such an event will be held at the centre.

"Our bodies easily absorb sound vibrations. Therefore, the particular sequence of notes, frequencies and the order of instruments played result in a variety of possible feelings both mentally and physically," said Andrew.

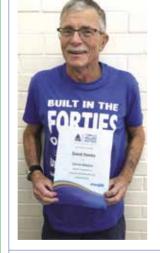
"As an accredited sound therapist with the Sound Healing Academy UK and qualified

meditation teacher with the Meditation Society of Australia, much careful planning goes into each session to ensure participants receive the most positive and harmonious outcome possible.

"Over the past two years I have managed to help clients with sleep, restless leg syndrome, stress, anxiety and deep emotional trauma using a combination of guided meditation and a selected sequence of notes," said Andrew.

The sound healing and meditation with Tibetan gongs and crystal singing bowls will be held every Friday night from 7pm – 8pm at the South Perth Seniors Centre, at 53 Coode Street in South Perth. The cost is \$25, and bookings can be made at www.treemendush ealth.com.au/events or call Andrew on 0403 367 938 for further details.

Imagine swimming four million metres...



by Nadine Georgiades, **Project Coordinator -Masters Swimming WA**

THAT that is exactly what Carine Masters Swimming WA member, David Davies (pictured left) has recently achieved, even after having two operations which put him out of the pool for three months at a time.

David joined Carine Masters in 1997 after having swum as a junior in Victoria. He was diving at a national level but after returning from overseas he was encouraged to start swimming at Beatty Park to get back into shape.

Since that time, he has been swimming with lifelong friend Les Bonser not only with Carine Masters but also with the Beatty Park Bears, a winter swimming club affiliated with the Winter Swimming Association and, with them, has accomplished more than 300 club swims.

David has competed in the World Masters Championships in Perth, at national championships in Launceston, Perth, Sydney, Rockhampton, and Adelaide and has also done both solo and duo swims in the Rottnest Channel Swim. Despite tearing his left rotator cuff again in 2017 David has swum in excess of 4000 km since January 2011.

David's love of swimming and the friendships he has made along the way with fellow swimmers and pool staff have been strong driving forces in assisting his recovery from his operations and helping him get back in the pool and ocean as quickly as he can.

Swimming with a Master's club gives you the opportunity to swim with like minded people and make lifelong friends. We also have many programs for members to participate in and the opportunity for people to not only swim but become trained as coaches or officials.

To find your nearest club please visit our website www.mswa.asn. au or contact the office on 9328 9469.

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COLLECTABLES SOCIETY of WA Inc

Midland Antique and Collectable Fair Sat and Sun 18-19 May 9.30am- 4pm. Midland Town Hall. All welcome! Various items for sale incl. antique, vintage and retro bric a brac jewellery, books and much more. Wheelchair friendly. Admission \$5. Accompanied child under 14 free.

LIONS RIVERSIDE MARKETS

19 May 9am-1pm Free

Family priced Lions and Sea Scouts barbecue, Coffee and treats plus activities for the family Norm McKenzie Reserve. Riverside Rd East Fremantle.

These markets are held on the third Sunday of each month excluding July and August.

COFFEE FRIENDSHIP CIRCLE

Every Thursday from 2pm onwards in the Activity Room at the Osborne Community Centre 9-11 Royal St. Tuart Hill. Come and relax in a casual setting and meet new people Enquiries 9205 7940.

PERTH HILLS ARTISAN MARKETS

Sunday 19 May 9.30am- 3pm. Norris Park, Stoneville

Free. Local work from the crafters to the makers and local produce.

Jam, olive oil, sweets etc. Musicians, buskers and more.

AUSTRALIAN MODEL RAILWAY ASSOCIATION WA BRANCH

Model Railway Exhibition.

Claremont Showgrounds. Robinson Pavillion Saturday 1, Sunday 2 and Monday 3 June. 10am-4pm.

Family (2x2) \$28. Adult \$12. Con. \$10. Child 5-18 \$8. Under 5 y/o free.

LIVELIGHTER MULTICULTURAL **EID CARNIVAL**

Hosted by Australian Arab Association Saturday 8 June 11am-7pm Free Stalls, camel rides, variety of international

A day of family fun and entertainment. Langley Park, Riverside Drive.

MADE-IT MARKETS

Handmade wares, delectable treats and lots of free entertainment for families. 26 May, 10am-4pm Free entry. Lot 99a Whiteman Park.

COMMUNITY CIRCLE DANCING

Lively, peaceful and joyful dances to world

No experience or partner needed. Meets Friday 7.30pm at North Beach Anglican Hall. Cnr. George and James St. North Beach. Info 0414 919 992.

AUSTRALIAN MODEL SHIP SOCIETY INC

Meets on Sunday for wind, electric and steam powered radio controlled watercraft. Beginners and visitors welcome. John 0400 336 867



HONEY FESTIVAL

Combined with the Gidgegannup Small Farm Field Day Sunday 26 May from 9am-4.30pm Beehive building demo, make a beeswax candle, have fun with the crew from Scitech and more. www.bicwa.com.au/events

KALBARRI CANOE AND CRAY CARNIVAL

Friday 31 May, Saturday 1 and Sunday 2 June. 8am-8pm

Stalls, raffles, bands, art exhibition, pirate and wench dress up comp. Plus lots of children's entertainment

email kalbarriccc@gmail.com 0458 663 995.

LIVELIGHTER PINJARRA FESTIVAL

1- 2 June 10am-8pm

Edenvale Homestead

Live entertainment, children's workshops, arts and crafts.

More than 100 market stalls plus over 25 street food vendors.

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

Over 55 Canoe Club check out the peaceful waters of Safety Bay



On the beach Penguin Island

by Ken Westover

DAY dawned with a beautiful bright blue sky and sunshine late in March. Many paddlers rolled in to check the peaceful waters of Safety Bay and Shoalwater Bay and to see what the first club paddle of the season had in store.

With a light south easterly breeze gently stirring the water, the outlook promised a delightful paddle. Paddlers in 20 craft set about unloading and preparing their craft.

A warm welcome from our president and a few words of advice from the leader and the fleet took to the water, setting out for Penguin Island, just

under a kilometre offshore.

Forging through the pristine clear water, the fleet soon neared Penguin Island. One club member, who hadn't taken to the ocean nor set foot on the island previously, opted to go ashore and explore the island its many delightful walk trails.

Heading northward now and squeezing through the narrow gap at the northern most tip of the island (as we like to do because we can). skirting the occasional reef and on to Shag Rock, we paused for a breather in the lee of the rock.

were refreshed

from breathing in, not too deeply, the extra rich aroma of eons of bird droppings. There is a reason that it is named Shaq Rock. Re-energised, the fleet made a quick dash across the front of Seal Island, where we explored and photographed a small cove on the southern side for another breather was before circling around to

the eastern bay. Sadly, no one had advised the sea lions of our impending visit and despite a whistle or two to arouse them from their slumber in the lovely warm sunshine, they slept on, happily ignoring our invitation to come and socialise.

After exploring the wa-

ters to the north of the island, the fleet wheeled around to participate in a more vigorous paddle into a freshening head wind back to Shag Rock and further on to Penguin Island, joining our trail exploring team member for morning tea. The picnic area is in pleasant surroundings, with tree shaded tables, benches and grass with a view across to Shoalwater Bay to die for.

Despite the freshening breeze, but encouraged by the low swell, more capable paddlers wanted to circumnavigate the island.

Having assessed the risk, the president agreed that circumnavigation was safe enough, but warned that it was not part of the official club paddle and paddlers paddled at their own risk with no responsibility taken by the Club.

Eight paddlers set off into the southerly breeze, rounding the southern tip of Penguin Island and heading north along the seaward side of the island. Being an unofficial paddle there was no leader, no tail ender, no rules and no whistles. This being the case and with the swell being low, everyone could do their own thing and pick through the reefs to round the southern point and back to meet the remainder of the fleet for the trip back to Mersey

Fortunately all paddlers handled the conditions with skill. With a beam wind, lively water and the swell picking up, the fleet made short work of the return to Mersey Point, where another treat was on offer. All paddlers were invited by Deb and Chris back to their home nearby in Safety Bay, where we were treated to real coffee (not from a thermos as is more usual) and a spread of desserts, cakes and fruit to augment our lunch. How fabulous was that?

A wonderful climax to another brilliant Penguin Island paddle.

If you are interested in Over 55 Canoe Club all enquiries to president Iris Mickiewicz on 0438 926 578 or secretary Dale Winn on 0420 733 024.



Writers group seeks new members - story competition now open

FELLOWSHIP of Australian Writers, Western Australia (FAWWA) welcomes writers of all levels from beginners to published authors to join the organisation. Their aim is to support writers and writing in Western Australia.

Manv well-known writers have benefited from their competitions, residencies, workshops, events and mentoring, including Randolph Stowe, Annamaria Weldon, Sarah Drummond, Robert Drewe, Felicity Young, Amanda Curtin, Laurie Steed, Sue Woolfe, Peter Bishop, as well as many others.

They encourage all writers, including novices, to submit an entry into the Stuart Hadow Short Story Competition, an annual short story competition run by FAWWA in honour of WA writers Lyndall Hadow and Donald Stuart.

Each year, the contest attracts high quality entries from around Australia. In 2019, the first prize is \$1000 and a week of unpaid residency at Mattie Furphy House in Swanbourne. More details of the competition can be found on the website: www. fawwa.org/writing-competitions

The Fellowship runs a number of events and workshops throughout the year, including Write Night, which is run twice a month on Tuesday evenings.

Write Night is an opportunity for anyone who wants time and space to write in the historic property, Mattie Furphy House. Join them for a session of writing to various themes and prompts. They also run the Book Length Project Group specifically for those writing a book or other long project.

They are very happy to welcome new members. To contact the Fellowship please ring 9384 4771, email fellowshipaus tralianwriterswa@gmail.com or visit the website www.fawwa.

Down to your last beans? Try a free budgeting course

A FREE budgeting course, designed to assist people gain control over their finances is being held at Gwelup.

People from all walks of life and financial position can benefit from it, learning to prepare a budget and putting a structure in place to assist them in sticking to their budget.

The upcoming seminar is a one-day course being held on Saturday 25 May 9.30am to 3.45pm at the Lake Gwelup Christian Church, 82 Huntriss Road,

To book a place call 0421 669 632 or email cap@lgcc.org.au

Melodies in Rockingham...

MARK your diary for Tuesday 2 July. The Seniors Recreation Council, Rockingham branch WA Inc are holding their Mid-Year Melodies Concert featuring entertainer Paul Ewing at Gary Holland Centre 19 Kent Street, Rockingham.

Tickets \$12.50 with afternoon tea included are available from Valma on 9527 6660 or Carole on 0412 715 173.

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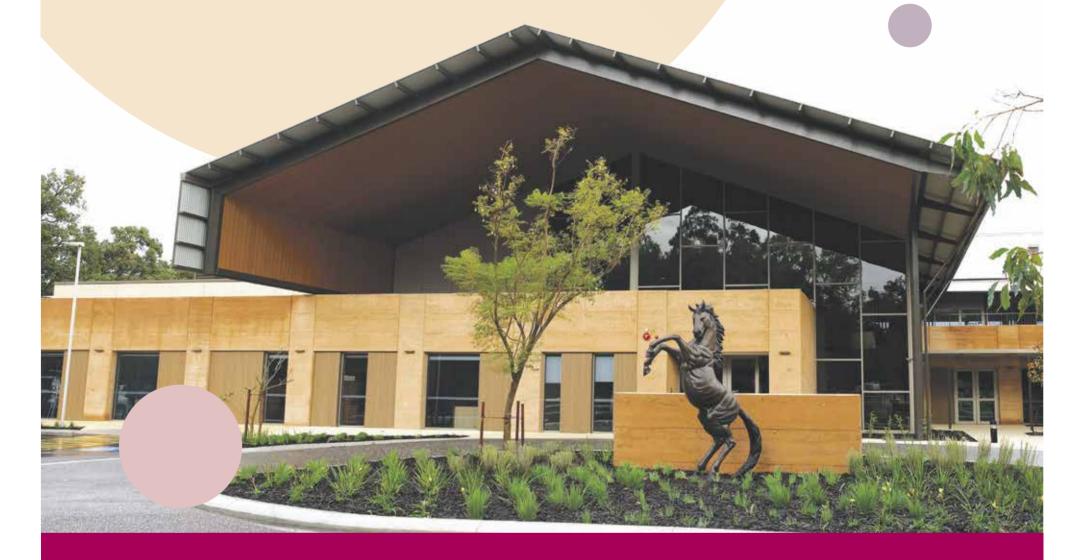
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Introducing Juniper Hayloft, our new residential aged care facility where we provide highly personalised care to help you live life your way.

Our friendly team will take the time to really get to know you, so you're free to be yourself and make the most of the modern facilities. Located in the peaceful semi-rural suburb of Martin, Juniper Hayloft includes landscaped gardens and relaxing areas to share with family and friends.

SECURE YOUR NEW LIFESTYLE TODAY.

Contact our friendly team for application and wait-list enquiries.

Call 1300 313 000 or visit hayloft.juniper.org.au





Juniper Hayloft Residential Care







health options for the mature west australian



Giuseppe's therapy at Amana Living brings music to residents' lives

"Music is closely related

to emotion. This applies to

everyone but not everyone

Because of these in-

dividual preferences, Gi-

likes the same music.'





Left to right; Norman Nyland and Giuseppe Reina (music therapist) - Janice McCarry. Photos by Simon Du, Amana Living marketing officer

his wife. He wondered if

music might be painful

for bringing back memo-

ries of his wife, but found

music helped him to deal

with his grief.

by Frank Smith

GIUSEPPE Reina is the first full time permanent music therapist to be appointed by a residential care organisation in WA as part of a program to enrich the lifestyle of aged care residents.

Giuseppe began learning the violin in his native Sicily at age nine. From there he went on to study musicology at the Sicilian Conservatorium and later the University of Rome where he specialised in applying music therapy to patients in Rome hospi-

In Perth Giuseppe enthusiastically encourages residents to participate in Amana Living's Tune into Life Program which is available to every resident.

"Everyone loves mu-

sic," he said. "music and lyrics can help retrieve memories. It works all over the world, in all cultures.

"You can see the change in body language when we play music," said Emily Lees, Amana Living's manager enrichment and volunteers.

"There was one dementia patient who refused to have a shower but calmed down and changed her attitude when played music.

"Staff have been trained to use a music program when stressful situations arise. It has a relaxing effect on mood. The same phenomenon applies to music played in lifts or when a plane takes off."

Giuseppe told Have a Go News of a mental health client who had lost

useppe has created 200 personalised playlists that unlock deep memories and reawaken people living with dementia. Amana Living staff can access these whenever needed. The playlists are loaded on the iPods and played via earphone to shut out any extraneous noise.

Have a Go News attended a music therapy session at Amana Living Osborne Park, last month.

Giuseppe was assisted by a volunteer, Gabbi Fusco. Gabbi has a degree in music, majored in singing, but she also plays a guitar, ukulele, and violin. She is studying music therapy by distance education at the University of Melbourne.

Gabbi volunteers week-

"I love it," she said. Giuseppe began with two warm up songs accompanying himself on guitar and mouth organ.

About 25 residents, almost equal numbers of men and women, were encouraged to join in the chorus and to sing along with songs they knew.

Some suggested other songs.

They were also giving percussion instruments, maracas, tambourine, drum, sticks and rattles. Giuseppe got them to play in time with him and to stop and slow the tempo in time with the

Next he organised a song writing workshop. Residents wrote down three of their favourite things and Gabbi incorporated them into the lyrics of These Are Some of My Favourite Things, from the Sound of Music.

Then Giuseppe sang amended lyrics with residents joining in with their favourite things, before he and Gabbi signed off with a few more familiar

Amana residents won't put any of Perth's professional choirs out of business, but clearly all enjoyed the participation including a few who are bed-bound and others in wheelchairs.



Find the secret word and win

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

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

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. Hetherington Funerals
- 2. Diskbank
- 3. Living Well in WA Expo
- 4. Kings Tours & Travel
- 5. Foothills Denture Clinic
- 6. Global Gypsies 7. Dowerin Machinery Field Days
- 8. Save the Children
- 9. Alchera Living 10. National Lifestyle Villages
- Atwell Arts Centre

Entrants can enter via email win@haveagone ws.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 10/6/19.

Congratulations to Julie Heggie our February 2019 winner.

To help we've created this simple guide

Step 1. Visit your GP to ask for an ACAT referral

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

Step 2. Have your ACAT assessment at home

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

Step 3. Complete an Income Assessment with DHS

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

Step 4. Wait for three letters

- 1. ACAT letter approving your care level.
- 2. DHS letter with your income assessment.
- 3. Home Care Package Assignment letter this may take 6 to 12 months.

Got all the letters? Get moving! Step 5.

You have 56 days to organise your services.

Step 6. Compare service providers

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

Select a service provider and sign up Step 7.

Your services can start immediately.

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

It's an obligation-free service.

Call us anytime during office hours.

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

1300 26 26 26

amanaliving.com.au



The Last Word Do you love hearing life stories from older Australians? Do you have writing skills? Do you have some time to spare?

Palliative Care WA is supporting a group of volunteers who wish to launch a service to scribe the life stories of people in aged care and/or receiving palliative care.

Inaugural meeting: Thursday 23 May, 10-11am Palliative Care WA office 15 Bedbrook Place, Shenton Park (follow seminar room signs at Milroy Lodge) RSVP wayne.thelastword@gmail.com for more information



Ph 1300 551 704 Email info@palliativecarewa.asn.au



healthy living MADVERTISING FEATURE



health options for the mature west australian





Mall walking improves health and well-being for the over 50s



Ocean Keys Shopping Centre Mall Walk

PEOPLE over 50 years of age living in and around Clarkson in Perth's northern coastal corridor can now enjoy free fully supervised exercise following the launch of the mall walking program at Ocean Keys Shopping Centre.

Run by the Council of the Ageing WA (COTA WA), this initiative caters for people with varying degrees of fitness and mobility who want to keep active and connect with new friends in a safe and welcoming environment.

Mall walking is on offer at several centres throughout the metropolitan area including Belmont Forum, Cockburn Gateway, Garden City, Karrinyup, The Square in Mirrabooka and Midland

For Maureen Banham, who has been an avid participant for the past 12 years, mall walking has completely transformed her way of life.

"I was recovering from a car accident and my surgeon told me that, rather than surgery, the best thing to do was to keep moving," Mrs Banham said.

"I could hardly move because of whiplash so to start off with mall walking was very difficult. But eventually I went from being the slowest walker to walking out in front of other people. "I've been blessed with

good health since and I haven't had to have surgery because I walked and slowly built up my strength." COTA WA's Mall Walk-

ing project officer Daphne Daley said she has seen hundreds of people forge

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strong friendships and improve their mobility and confidence in the four years she has worked on the program.

"Many people who join us no longer have so much interaction with others because they are recently retired a widower or are living on their own," Mrs Daley said.

"Mall walking keeps people connected with other like-minded people and this sense of community and belonging really improves peoples' outlook on life. It can even help prevent or slow down the progression of illness such as diabetes, dementia, osteoporosis and depression.

"We have some participants over 90 years of age and others use a walking stick or a frame or come along with their carer. Some even bring their grandchildren when

doing grandparent duties. "People often go on

to socialise after a mall walk by having a coffee in the shopping centre with new friends. Many get together at other times to do hobbies they share in common such as needle work or Men's Sheds activities.

"If someone misses a day or so of walking, their friends will check up on them to see that they are

Run by specially trained leaders, who will make any newcomer welcome by introducing them to others and walking with them to make sure they are healthy and happy, each session starts with warmup stretches to get the blood flowing.

With distances ranging from 250 metres to one kilometre, guests can walk a number of different routes inside the shopping centre depending on their ability. A gentle cool down at the end ensures muscles are not stiff the next dav.

Supervised the whole time, people can walk at their own pace, do only a portion of the circuit or take a rest at seats located throughout the centre as need be.

Ocean Kevs Shopping Centre manager Andrea Smith said she hoped the initiative will run for the entirety of 2019 and into

"Our centre provides the ideal environment for walking because it is safe, undercover, spacious and has seating for people to rest," Mrs Smith said.

"We encourage people over 50 years of age to live longer by being more active physically and mentally and we are welcoming and inclusive of people who might otherwise lead socially isolated lives.

"As part of this, members of our mall walking group enjoy exclusive coffee discounts and morning tea deals at participating retailers throughout the centre so they can build friendships long after their walk is over.

Ocean Keys holds their mall walking sessions every Monday and Thursday from 7.45am to 9am and participants meet in front of Coles.

Participants must register with a leader to ensure they are medically cleared to take part and walkers should wear loose walking clothes and closed, comfortable walkina shoes with a rubber sole.

If you require further information about mall walking in other areas contact COTA WA on 9472 0104.

Lifting the lid on bladder and bowel health issues

ARE you interested in learning about bladder and bowel health issues and how to prevent and manage them?

Bladder and Bowel Health Australia is running a free health information seminar called Lifting the Lid.

This seminar will provide attendees with knowledge, skills and information on health services to prevent and manage bladder and bowel health issues. Few people are aware that one in five Australians of all ages ex-

Lifting the Lid

to prevent future issues.

TIME: 10am - 12pm

WHERE: Wilson Hall

COST: FREE

WHEN: Wednesday, 29 May

On bladder and bowel health

Bladder and Bowel

Health AUSTRALIA Inc.

Join us for a fun and informative session to learn

about healthy bladder and bowel habits and how

registration from 9.45am

40 Braibrise Road, Wilson

perience incontinence. More than 70 per cent of bladder and bowel health issues can be prevented or improved by adopting simple lifestyle changes.

If you would like to know what you can do to prevent these issues, come and join us for a fun and informative

This event will be held on Wednesday 29 May. The session will run between 10am - 12pm at the Wilson Hall, 40 Braibrise Road, Wilson.

Tailored advice and information will be delivered by a qualified continence nurse consultant and morning tea is provided.

Bookings are essential so please register your interest to attend through Bladder and Bowel Health Australia via email to events@bladderbowel health.org.au or call 9386 9777.

This event is proudly supported by the City of Canning through the Community Partnership Fund.

Heart health and stem cell nutrition

DID you know that your heart beats about 100,000 times a day? That's about 35 million times each year. That is a lot of work!

Give a tennis ball a good squeeze and you are using about the same force that the heart uses to pump blood throughout the body, all the time - even at rest. As a result

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the five and half litres of blood contained in your body's blood vessels circulate through your whole body three times a minute.

That's roughly 9,000 litres travelling many times through 96,000km of branching blood vessels every day. And all this pumping is done by a 280 g muscle the size of your fist. It's no wonder some people's hearts just wear

Studies clearly demonstrate that the heart muscle is in constant process of regeneration and that circulating stem cells play an important role in the process of cardiac tissue renewal.

Stem cell nutrition significantly increases the number of circulating stem cells - within one hour of consumption, tilting the balance towards tissue renewal.

How healthy is your

heart?

The National Institute of Health has identified 74 treatable diseases where stem cells have a role in therapy. So, it makes sense for us all - whatever your age - to increase the number of stem cells available in our bloodstream.

Stem cell nutrition is now available in Australia. It is safe, easy to take, affordable, backed by science, patented and guaranteed. Every time you consume two capsules up to 9 million fresh stem cells are released into your blood stream. They will go to where you body needs new cells to replace old damaged and faulty or just worn out

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

Friendship group in Mandurah

RITA Cowan hosts an Over 50s friendship group, every Wednesday from 1pm to 4pm at the Leslie Street Centre in Dudlev Park in Mandurah.

Each week they have a different theme including darts, cards, concerts or sausage sizzles all in a friendly atmo-

Just drop in or call Rita on 0412 121 937 for more information.

Attention all retirement villages...

Bookings are essential

Book through Bladder and Bowel Health Australia

P: 9386 9777

E: events@bladderbowelhealth.org.au

Proudly supported by the City of Canning through the Community Partnership Fund

City of Canning

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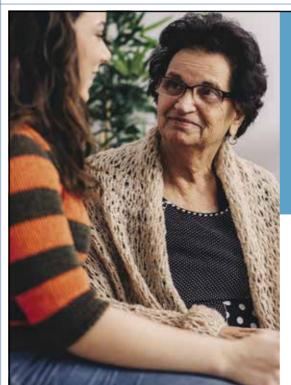
A recent overseas study has proven it's almost impossible for our bodies to produce the antioxidant glutathione with food and supplements, which is why switching to NRF2 pathway is so very

Increase your cellular performance & rejuvenate cells... For information on glutathione possibilities, and preventing cancer contact me, I have 40 years experience in the health, wellness and fitness industry. UWA trained.

"I offer FREE talks and advice on health, wellness, fitness, weight loss and slowing down the ageing process...find out all that you need for improved health, better sleep, more energy and getting rid of brain fog." Janet Senior, Better Life

CALL JANET NOW on 0456 666 362 email betterlifenrf2@outlook.com





Diagnosed with dementia?

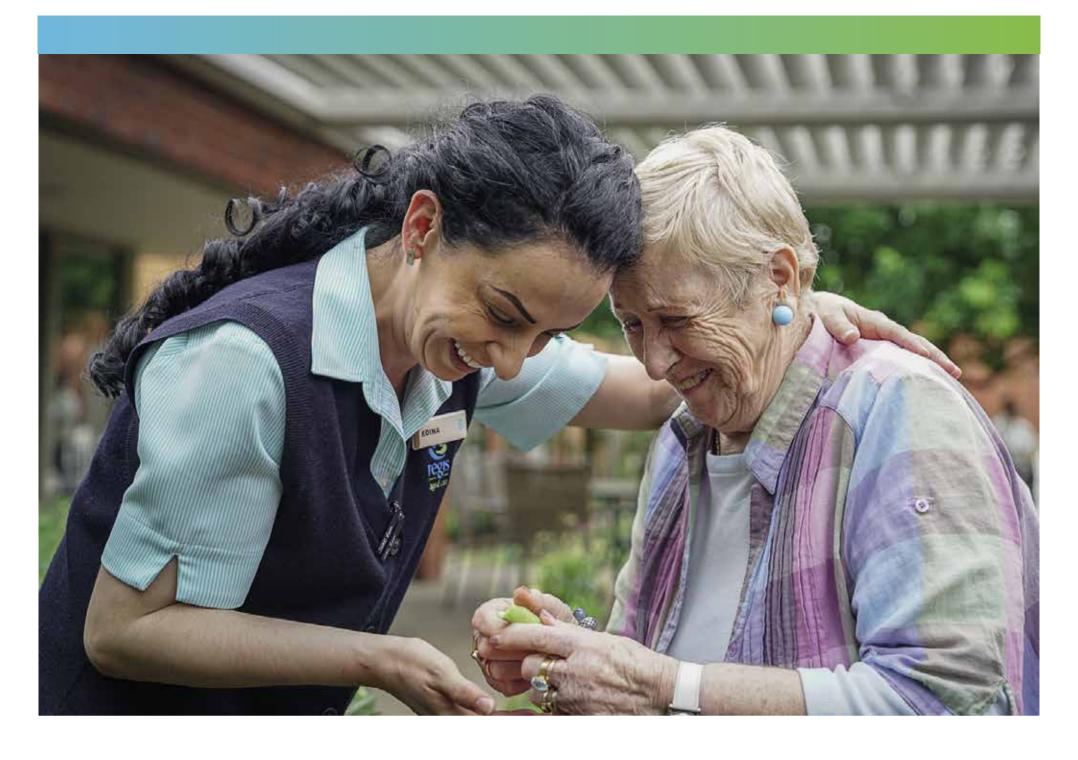
Don't face dementia alone

Providing specialist advice, planning and support for Western Australians living with dementia.

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alzheimer's wa

the dementia experts



REGIS AGED CARE THE CARE YOU NEED IS HERE

With over 20 years of experience in aged care, we have come to truly understand the unique challenges that dementia can present for patients and their families.

To help meet those challenges, our Regis North Fremantle, Port Coogee and Nedlands facilities all house dedicated 'memory support unit' dementia wings.

Everything has been developed to provide comprehensive, specialised care from facility design and staff training, through to nutrition, therapy and leisure activities. We ensure our residents have every opportunity to enjoy a safe, sustainable and comfortable life.

If a loved one is contending with dementia and is ready for residential care, call us today. We offer the tailored care they need and the comfort they deserve.

Call **1300 998 100** Visit **regis.com.au**





healthy living



health options for the mature west australian





New help available for people to navigate the aged care system..

PEOPLE may well be aware that there is government-subsidised support available for older people to help them remain independent. And of course there is plenty of information readily available online at the press of a few keys – if people have access to the technology, and know where to look.

But for many people needing to access aged care support for the first time the system can be a bit of a problem. How are they expected to find the information they need, when they don't know where to look?

But don't worry - COTA (WA) can help people navigate aged care. COTA (WA) has recently joined with a number of other organisations across Australia in a series of trials to find the best ways to help older Australians, their families and friends, understand how to access aged care services.

Their volunteer-run Community Hub, conveniently located at ConnectVictoriaPark (5 Mackie Street, Victoria Park) provides a friendly and welcoming place to meet with a local volunteer that will assist finding the information needed.

The Community Hub is open on Tuesday and Thursday mornings from 9am until 12

pm. There is also an Information Hub based at the COTA (WA) offices (The Perron Centre, 61 Kitchener Avenue, Victoria Park) that operates Monday to Thursday from 10am until 3pm.

Anyone can make an appointment to meet with an aged care navigator at either of the hubs, or you can call or email the Information Hub to find help.

The services are available for all people who need information about aged care, or need help accessing aged care support. This could be an older person, or it may be families or friends seeking information on their behalf. People can be rest assured that the informa-

tion COTA (WA) provide is fully independent.

They also have speakers available to provide information sessions for seniors' clubs in metropolitan Perth.

Please contact COTA by phone on 1300 025 298 or email agedcareinformation@cotawa. org.au

Other Aged Care Navigator partners can also provide help with navigating aged care. They include Umbrella Multicultural Community Care (9275 4411), Chung Wah Community Aged Care (9328 3988), Dementia Australia (1800 100 500), and Advocare (9479 7566, or 1800 655 566 for country callers).

Toilet seat solves problems for arthritis sufferers



BIDET Shop® customer Mabel suffers with arthritis and a painful back condition but has found a bidet makes the everyday task much easier.

"It's marvellous. I've always wanted a paperless bidet in my bathroom and I wish I had found it years ago." Mabel said. "The bidet simply replaces the existing toilet seat and automatically cleans without toilet paper.

"The friendly staff explained that the bidet toilet seat has many health benefits as well as the comfort factors of

■ ravelScoot

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a heated seat and other features," she

The bidet can be used in two simple steps. Press the bottom/feminine wash button and the bidet provides a stream of warm water to clean thoroughly. Then with just the push of another button, warm air gently dries without the need for toilet paper.

Mabel said that although The Bidet Shop offered to send out a brochure pack, she decided to order a bidet straight away.

It arrived a few days later.

"It is the best investment I have made in my personal health and hygiene in years. I no longer find going to the toilet an issue".

"Give it a go!" She says. "I did and I couldn't be happier".

For more information or to purchase, call The Bidet Shop on 08 6315 4252.

Have a Go News readers may qualify to have their Bidet fully funded. Please call them to ask how.

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It's time to get smart about your diabetes



AFTER being diagnosed with type 2 diabetes in 2014, Kayleen Purser attended a ShopSmart workshop at her local supermarket.

"I learnt a lot about how to compare food labels to make sure I buy the healthiest option" she said. "This helped to improve my diet, control my blood glucose levels and I lost weight too."

Diabetes WA runs a range of topic-specific smart workshops for people living with diabetes. The workshops are free for all registrants of the National Diabetes Services Scheme (NDSS).

There are several short sessions for you to learn about different aspects of diabetes management and how to reduce your risk of diabetes-related complications:—

FootSmart - This teachs you all you need to know about checking and caring for your feet.

CarbSmart – If you're confused about carbs, this session will make you an expert on the myths and facts about carbohydrates.

MedSmart – Medsmart helps you understand what your medications are, what they do and how to address any concerns you may have.

ShopSmart – This supermarket tour will help you make healthy choices while shopping. Learn how to decode food labels and spot the techniques used to trick you into buying unhealthy food. This session is also run in a classroom setting.

MeterSmart – This practical skills session will show you all the best techniques for using your blood sugar meter to help manage your diabetes.

For more information or to find a workshop near you, please call Diabetes WA on 1300 001 880 or visit www.diabeteswa.com.au.



Living with dignity, dying in comfort - an information evening

JOIN the team at Braemar for free, informative and engaging conversations on palliative care, and learn about the myths and the paths available on the palliative journey.

This information evening will feature information on ways that you or your loved one can live with dignity in a palliative

care approach.

With a keynote presentation from Bethesda Hospital's clinical nurse manager Ed Gaudion and exhibits showcasing various palliative care approaches, this free event is essential for the public, families with loved ones in care facilities, those planning to relocate to care centres, or simply for

someone looking to learn more about living with dignity, dying in comfort.

The seminar will be held on 22 May at Braemar House from 5.30pm – 7pm, tea, coffee and light refreshments will be provided.

Enquiries: Bernadette Samura on 6279 3636. There is no charge for this event.

World's lightest folding mobility scooter

TRAVELSCOOT is the lightest and strongest portable mobility scooter in the world. Including the battery it weighs only 15kg, or folded down, with the battery removed, only 12kg.

The TravelScoot easily folds to fit in a small space such as a small car boot, motorhome/caravan cupboard or an aircraft hold. It is approved for flying by Qantas and all

major airlines.

The TravelScoot easily folds down in seconds, allowing you to take it with you anywhere at any time to participate in activities with family and friends, or use it on your holiday adventure. The handlebar and seat are height adjustable and it has a built-in cane/ crutch holder.

It is comfortable to ride, handles wheelchair ramps with ease, can drive short distances on grass or gravel and can be ridden on cruise ships.

The Travelscoot battery use the latest lithium ion technology and you can travel about 20km on a single charge.

Thousands of Australians have been using the TravelScoot for more than 10 years and its German design has proven reliability and performance.

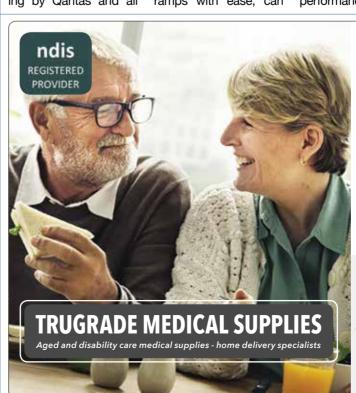
scooter comes close to the Travelscoot in terms of reliability, lightness and strength. It is made of aircraft alloy, doesn't rust or corrode and will give years and years of reliable service. Contact MobiliseYou

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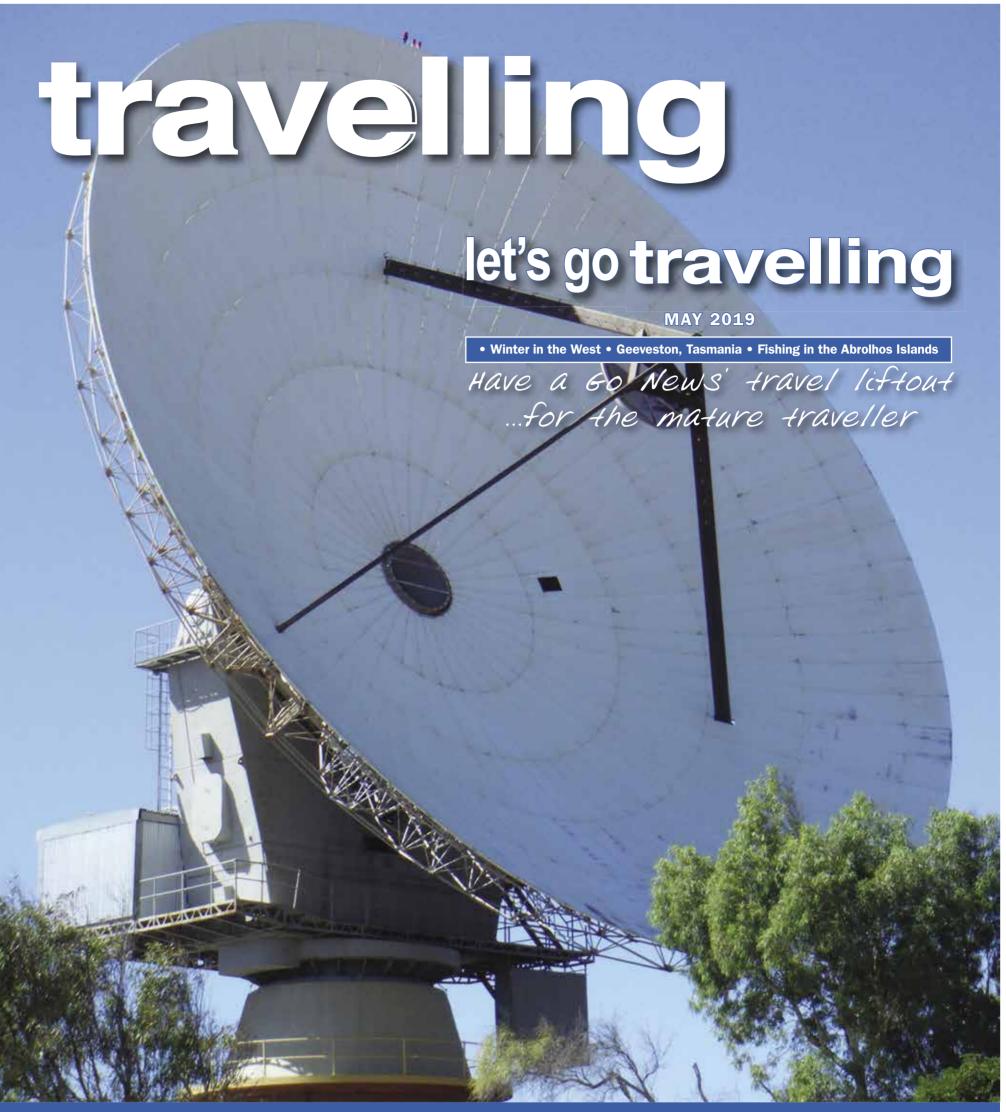
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The dish in Carnarvon is spectacular. Party at the museum to celebrate the 50th anniversary of man landing on the moon in July - See page 25 for details

JOIN VILLA IN VICTORIA FOR A SPECIAL CHRISTMAS IN JULY HOLIDAY



This holiday features Ballarat and Victoria's Goldfields, which have a rich and prosperous heritage. Discover fabulous historic tram and train journeys, and a winter wonderland event at Sovereign Hill, where the streets are filled with Christmas treats and decorations. Then in Melbourne, enjoy a famous afternoon tea at the Windsor Hotel, complete with a Christmas twist, a city tour and a wonderful intimate evening with Marina Prior and David Hobson at The Palms Crown Melbourne.

7 DAYS: Monday 15 to Sunday 21 July 2019 PRICE: \$3485 per person twin share

\$540 single option

FreeCall 1800 066 272 for a comprehensive itinerary.

Tour highlights include: Premium Seats at The Palms Crown Melbourne - Marina Prior and David Hobson Concert, Dinner Crown Casino, Ballarat Heritage Tour, Ballarat Tram Ride, Eureka Centre, Creswick Woollen Mills, Ballarat Art Gallery, Sovereign Hill Christmas in July Festivities, Christmas in July Luncheon, Afternoon Tea at Windsor Hotel, Free Day in Melbourne.

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let's go travelling





I AM always pleased when action is taken to make visiting regional WA more accessible and affordable for people. Qantas, in conjunction with the WA State Government have announced special airfares for people to travel to Exmouth.

The airline is offering

June and 30 September and fares start at \$169 one-way. The deal ends at 11.59pm (AEST) on 16 August, unless sold out prior.
This is a great opportunity to visit Exmouth and to plan trips to the

a special 45-day ad-

vance purchase week-

end fare from Perth to

Exmouth (Learmonth

Airport) for selected

flights on Fridays, Sat-

urdays, Sundays and

Mondays. The offer is

available between 7

arriving from overseas.

Indonesia's airline Ga-

area if you have guests

ruda have announced an upgrade to their baggage allowances for destinations to and from Singapore, Hong Kong, London, Bangkok, Kuala Lumpur and Guangzhou. Economy class for these sectors is now 40kg, business is 50kg and First Class is 70kg. It's not valid on code share flights.

International travellers without business class lounge access but who would like to take advantage of an airport lounge in Sydney or Melbourne can now pay to access The

House Lounges, which are open to paying passengers from any airline. This is a great option to utilise if you're stopping over in one of these cities from Perth and need a break before a long international flight. The cost is \$80 per person if booked online or \$90 for a walk up.

The lounges offer meals, charging points, tarmac views and showers. The House at Sydney is located near Gate 51 in Terminal 1 and has seating for 120 guests; The House at Melbourne is above Gate 10 in Terminal 2 and has room for

140 passengers. Book online at no1lounges. com/service/airport lounges/the-house

I'm sure most people

have heard that there is a worldwide resurgence of measles. More than 100 Australians have already been diagnosed this year with most cases coming from people who have been infected Travellers overseas. are now being urged to make sure they have upto-date vaccinations for this disease – even if you have had the vaccine check with your doctor

whether it's still valid.

Some travel insurers are saying that they may not cover claims that are made by people who fail to vaccinate. Most of us would have had measles as a child, I certainly remember having it but if you can't remember having the measles, it's worth checking with your doctor and getting a booster before heading overseas.

If you have a travel issue, would like to share a photo from a particular destination you have visited, or share some information, don't hesitate to contact me on

my email.

Our website has lots of great travel information updated regularly and I encourage you to take a moment to visit it at www.haveagonews. com.au

Happy trails

Jennifer Merigan Travel Editor



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

Join George Booth's annual Christmas lights tour of stunning Singapore

THE magnificent display of Christmas Lights in Singapore never fails to impress visitors each year. Colours change, themes are changed, and the streets attract locals and tourists from all over the world.

Each year, for more than 16 years, Travel

Tree have designed a packaged holiday escorted by George Booth, flying Singapore Airlines. The tour includes activities and sightseeing that ensure adequate time for pre-Christmas shopping to take advantage of the annual department

store sales.

During the stay George, who has been visiting and working in Singapore for many years, guides three casual walks to China Town along Singapore River and Arab Street to engage in the atmosphere of the history, food and culture of Singapore.

À feature of the escorted tour, departing Perth on Sunday 1 December, is that both singles and couples can join George and his wife Josephine for dinner so you'll never be alone and by reserving our own breakfast area at the hotel each day you get to meet the group members on a daily basis

As a number of participants travel on the tour every year the activities and sightseeing are always creative. This year they include an evening tri-shaw ride and river boat cruise

feature along with a morning tour to the famous Singapore Zoo.

For those wanting to experience more during the trip, a tour desk opens every day for optional tours, suggestions for the day and to answer any questions that arise along the way.

The highlight every year is the open top bus tour as it glides along the route featuring the Christmas Lights overhead, and an opportunity to photograph them before joining the stroll along Orchard Road for a close up on the magnificent display.

Each year Travel Tree use the central Peninsu-

lar/Excelsior Hotel, due its proximity to shopping precincts, access to Singapore River and many local restaurants plus a short walk to MRT rail terminals at Clarke Quay and City Hall.

A farewell dinner is

included in the cost to round off the tour prior, to departing the next day for Perth. For more information or detailed flyer email Chris on: chrisd@traveltree. net.au or see advert on page 30.



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winning tour operators with more than 20 years' experience.

The Gypsies are also offering a special 10 per cent discount off their 2020 India tour to celebrate the Holi festival.

They'll take people to see the Taj Mahal; watch devoted worshippers bathing in the Ganges; search for tigers in the wild; feed and bathe retired elephants at a sanctuary in the Pink City of Jaipur; celebrate the colourful Holi full-moon festival with the locals in an exotic Rajasthan desert village and more.

Guests stay in quality hotels (some are former maharajahs' palaces); enjoy delicious meals; travel in comfort; learn about the soul of the country from professional Englishspeaking guides and are looked after by two Australian escorts, the directors of Global Gypsies, Jeremy Perks and Jan Barrie.

The emphasis will be on India's ancient culture, history, crafts, architecture, lifestyle and cuisine. There will be bazaars, restaurants, markets and cultural performances to

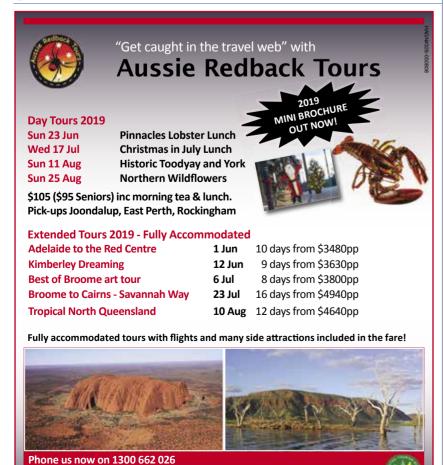


activities including traditional puppet shows; a Bollywood movie; henna hand-painting; and dancing, yoga and turban-tying classes.

The 20-day escorted,

The 20-day escorted, accommodated, guided and catered cultural experience runs from 22 February to 12 March. The normal price would be USD\$6111 but the special Holi Festival price is just USD\$5500 per person. International airfares are additional.

For details, contact Global Gypsies on 9341 6727, email admin@ globalgypsies.com.au or visit www.globalgypsies.com.au.



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Carnarvon gears up to celebrate 50 years since the moon landing

indelibly-stamped in our

minds, was on 21 July

1969. Carnarvon's Cass-

horn antenna relayed

Apollo 11's touch-down

and Neil Armstrong's

steps on the lunar sur-

face from NASA's Honey

Creek

ing Station to Perth's

TV audience via Moree

earth station. It was the

first live telecast into

WA. Phil was in grade 3

and remembers "being

Track-





Party under the dish - beautiful Carnarvon

by Lee Tate

THE night of 20 July will be a stellar chance to catch the stars, real and human, celebrating WA's link to one of human history's greatest events. The stars will be twinkling in and over Carnarvon as the stars who provided the world's essential communications for humans' first steps on the moon gather for a cluster of celebrations.

"Many of the people who worked at the NASA Tracking Station in Carnarvon 50 years ago will return to the Carnarvon Space and Technology Museum to celebrate the Apollo anniversary and the years of work by the trackers," said museum volunteer Phil Youd.

A formal cocktail party at the museum, open to the public, will star four

former trackers chatting on stage about being part of the Gemini and Apollo programs.

"They'll also yarn what it was like to live in Carnarvon in those days,' said father-of-two Phil, 57, who likes Carnarvon so much he bought two radio stations there and commutes from Perth. He's also a Carnarvon

The great lunar event,

marched into the classroom to watch the landing on TV.

Curtin FM announcer Greg Pearce, an ex-colleague of Phil, will host the museum's \$50-ablack-tie celebration from a local live band. Star-gazing will be hosted by the Perth Observatory.

On Sunday, July 21 at noon, 50 years to that eventful day that excited the world, museum officials and volunteers will formally dedicate a new replica of NASA fountain's, designed by one of the station engineers, that was at the original NASA site.

The museum is at the site of the OTC Satellite Earth Station, about six km from the centre of Carnarvon and four km north of the Tracking Station. The Earth Station was opened in 1966. The Casshorn antenna, we're informed, has "interacting parabolic and hyperbolic reflectors in a characteristic 'sugar scoop' form".

The Carnarvon Tracking Station, 10 km south of Carnarvon, was built to support NASA's Gemini, Apollo and Skylab programs. Commissioned in 1964, it operated for 11 vears. It was the last station to communicate with space capsules leaving the earth orbit, and the last to make contact before splashdown in the Pacific Ocean. At the height of the operation it had a staff of 220 people.

Carnarvon touched by another star on 22-23 June, 2012 when Apollo 11 astronaut Buzz Aldrin touched down in the town and featured on the front cover of Have a Go News. Hundreds of people, some dressed in space suits,

greeted Dr Aldrin at Carnarvon airport.

The second man to set foot on the moon opened the Space and Technology Museum and was given the "key to the from shire president Karl Brandenburg. Three months out from the anniversary, 100 tickets were sold with a 300 capacity.

"I was pleasantly surprised with many coming from Perth," said Phil.

Information on the anniversary celebrations and information about accommodation, visit Carnarvon Tourism, www.carnarvon. org.au or www.carnarvon museum.org.au

The museum is open from April to September 9am-4pm daily and October to March 10am-2pm daily. Phone 9941 9901.

Could the Perth hills come alive with a tourist magnet?

A PUBLIC viewing platform in the Perth Hills could be a future major tourist magnet.

Hills resident Peter Tate's suggestion of a state-of-the-art viewing area, reported in our Opinion column in the March 2019 issue, was forwarded to the State Gov-

Tourism Minister Paul Papalia responded: "I appreciate you sharing your thoughts and acknowledge Perth Hills potential as a tourism destination.

"Enhancing the area's tourism offering is an important objective of the McGowan Government.

"Although there are several existing lookouts providing views of the Swan Coastal Plain and City

of Perth, they are largely informal and do not have built structures.

Three sites are the Lions Lookout off Welshpool Road East, Lesmurdie: Greenmount Lookout in Greenmount National Park and the Zig Zag Drive through Gooseberry Hill National

Mr Papalia said last year the government announced the establishment of a taskforce to develop the Pickering Brook and Surrounds Sustainability and Tourism Strategy.

He is a member of the taskforce, chaired by Planning Minister Rita Saffioti, which aims to provide planning certainty for residents and businesses, and to help maximise the tourism potential of the Perth Hills.

Suckle

"A working group has been established to drive the project, chaired by Mr Matthew Hughes, Member for Kalamunda and I have provided a copy of your email to Tourism Western Australia to raise with the Group.

"Thank you again for your idea.'

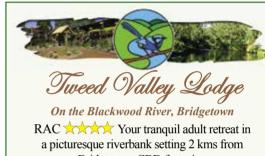
Premier Mark McGowan said: "Our picturesque Hills have so much to offer, and they are right on our doorstep.

"It's time we developed a proper plan for this precinct, so it can thrive into the future and attract more visitors, boosting our local tourism industry and creating new jobs along the wav."

Planning Minister Rita Saffioti said: "I grew up on a family orchard and know just how beautiful this place can be, but I am also aware of the challenges facing orchardists in the Perth Hills.

The need for planning certainty is paramount, as is the need to strike the right balance between retaining priority agricultural land and allowing new businesses to

"Many families have lived in the area for generations; we can leverage off what they have already created by preserving the area's cultural value and drive new opportunities, similar to the



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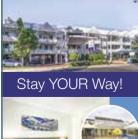
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Enjoying a stopover and exploring the real Dubai away from the glitz and glamour











Clockwise from top left; Orient Guest House Courtyard - Orient Guest House -Taking the abra across the Creek - Dubai Museum and old fort - Dubai Frame and Old Quarter

by Carol and Bob Simpkins

WE do not like glitzy five star hotels, or crowds of tourists, so we opted to stay in the beautifully restored Old Quarter of Dubai around Dubai Creek when stopping over on our way to Africa, recently.

In the early 1900s the area around the Creek was the original settlement in Dubai. A maze of narrow alleys flanked by sand-coloured traditional Arabic style buildings (built from coral rock) with courtyards inside and wind towers which were used for cooling in

former days.

We were told that the wind towers were always above the master bedroom, so you could tell how many wives a man had according to how many wind towers his house had!

Our delightful little hotel, the Orient guest-

house, had 10 rooms built in traditional style around two internal courtyards. We loved wandering through the restored areas, discovering little coffee shops and arts and craft shops. Further along the creek were textile markets and the Dubai Museum in the historic Al Fahidi Fort. which was well worth a

We also enjoyed catching the little abra (ferry) across Dubai Creek, to visit the gold and spice souks (markets) on the other side, or to have dinner at night.

For those who don't know Dubai, it is a city spread all the way along the coast. Our area around the old creek was almost 30km from the glitzy expensive shops and famous buildings. which suited us just fine.

Thanks to the excellent metro system it was easy to get everywhere. Most of the system is above ground so you can see the sights in passing.

We did of course go and see the modern architectural wonders. Including the Dubai Mall with its lake and daily fountain show choreographed to music with the Burj Khalifa in the background, and the iconic sail-shaped Buri Al Arab Jumeira.

The structure that impressed us most though was the Dubai Frame, a phenomenal construction, which showcases Dubai past, present and

Start on the ground floor going through a really well done section on old Dubai throughout its development. There are great displays and video presentations along the walls with accompanying sounds of life in times gone by. Then take the lift up to the top of the frame (48 floors up) and cross a walkway to the other side of the frame with fantastic views in both directions. One side looks out towards old Dubai, with the skyscrapers of new Dubai on the other. As one walks across the middle of the walkway the opaque glass underfoot becomes seethrough (it is a long way

Descending via the lift on the other side visitors pass displays on the future of Dubai in 50 years' time, also well done.

The displays and video presentations of the construction and engineering were particularly fascinating. The Frame stands 150m high, created out of glass, steel, aluminium and reinforced concrete. Over 15,000 square metres of gold cladding was used to cover the exterior.

Four giant hydraulic jacks were used to jack the top bridge up into position, lifting it at 3.5m a second, the process took two days.

A warning though to anyone planning a visit. Don't go in mid-summer. It was unbelievably hot and humid - above 40°C every day and only cooling to 35°C at night. Visibility was very poor too due to the heat haze and dust in the air (they had sand storms just before we got there). Many attractions such as the Dubai Miracle Garden with its phenomenal floral displays, and the Butterfly Garden also close down for the summer.



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- · View the boiling mud pools and geysers in Rotorua Explore Te Papa, New Zealand's National Museum
- Ride on the Coastal Pacific, TranzAlpine, Glenbrook Vintage Steam Train, Taieri Gorge Limited Rail Journey
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- Milford Sound overnight cruise

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Your holiday begins when you are picked up from home by a private vehicle and transferred to the airport. Meet your fellow passengers and fly to New Zealand.

DAY 2: ARRIVE AUCKLAND (Free Day) (B,D) On arrival in Auckland you will be met by a Grand Pacific Tours representative and transferred to your hotel for immediate hotel check-in. Enjoy breakfast at the hotel followed by time at leisure. Tonight enjoy a welcome dinner.

Hotel: Grand Millennium Hotel

DAY 3: AUCKLAND - BAY OF ISLANDS (B,D) Enjoy a city tour of Auckland, dubbed the 'City of Sails', before travelling to Matakohe to enjoy a visit and informative talk at the Kauri Museum. Travel via Whangarei to Paihia, situated in the heart of the beautiful Bay of Islands. Enjoy a guided tour of the Waitangi Treaty Grounds, the location of the signing of the treaty between the Maori tribes and the

Hotel: Scenic Hotel Bay of Islands or similar (2 nights)

DAY 4: BAY OF ISLANDS (Free Day) (B) Today is a free day. Choose from the many optional activities available, including the Cape Reinga coach trip via Ninety Mile Beach or a spectacular scenic flight. This evening is also free and you may like to enjoy a relaxing dinner cruise (optional).

DAY 5: BAY OF ISLANDS - AUCKLAND (B,D)

This morning travel aboard a luxury catamaran to Cape Brett and the famous Hole in the Rock. Keep an eye out for bottlenose and common dolphins before returning to Paihia. Travel south via Whangarei, call into the Parry Kauri Park to see a magnificent example of a Kauri Tree before returning to Auckland.

Hotel: Grand Millennium Hotel

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DAY 6: AUCKLAND - ROTORUA (B,D)

This morning travel to Glenbrook Vintage Railway for a nostalgic 15 kilometre trip back in time on a beautifully restored vintage steam train. Visit the restoration workshop and on return to Glenbrook Station, morning tea will be served. Depart Glenbrook for Rotorua to visit Paradise Valley Springs, a superb wildlife park where you can hand feed rainbow trout.

Hotel: Sudima Hotel Lake Rotorua (Superior Room. 2 nights)

DAY 7: ROTORUA (B,SD)

Today begins with a gondola ride and breakfast at the Skyline Rotorua. There is also time for a luge ride! Next stop is Agrodome for an action packed hour of farming entertainment and education that's unlike anything you've seen before. Enjoy some free time this afternoon before travelling to Te Puia to see the boiling mud pools and awesome geysers that Rotorua is famous for. This evening experience an entertaining Maori Hangi and Concert.

DAY 8: ROTORUA - WELLINGTON (B,D)

Travel along the Thermal Explorer Highway to the spectacular Huka Falls. Continue to Lake Taupo for some free time to enjoy this scenic lakeside town. Travel via the Tongariro National Park to the Wellington Tramway Museum to view a display of tramway history and enjoy a nostalgic trip on one of the original trams that served Wellington city.

Hotel: James Cook Hotel Grand Chancellor (Lambton Room. 2 nights)

DAY 9: WELLINGTON (B)

A highlight this morning will be time to explore Te Papa, New Zealand's National Museum with exhibits that embrace both Maori and European views. Reboard your coach for an extensive city tour. Enjoy time at leisure this afternoon and this evening is also free to explore Wellington's lively food scene.

DAY 10: WELLINGTON - CHRISTCHURCH (B.D)

This morning board the Interislander Ferry, cross Cook Strait and travel through the Marlborough Sounds to Picton. Join the Coastal Pacific, a truly spectacular rail journey that showcases the Kaikoura mountain ranges on one side and the rugged scenic coastline on the other travelling through numerous tunnels and across several bridges. Enjoy a two night stay in the garden city of Christchurch.

Hotel: Distinction Christchurch (2 nights)

DAY 11: CHRISTCHURCH (B)

Today visit the International Antarctic Centre, designed to provide an informative account of life in Antarctica. This is followed by an introductory city tour of Christchurch. This afternoon includes a journey on board the Christchurch Tram at your leisure, one of Christchurch's leading attractions. This evening is free to explore the local cuisine.

DAY 12: CHRISTCHURCH -

ARTHUR'S PASS – FRANZ JOSEF (B,D) This morning board the TranzAlpine, one of the great train journeys of the world. Travel over massive viaducts, river valleys and spectacular gorges as you ascend to Arthur's Pass located in the centre of the Southern Alps. Board your coach and travel to Hokitika, famous for its Greenstone before arriving at the township of Franz Josef where time is available to experience a scenic flight (optional, weather permitting) over the spectacular glaciers.

Hotel: Scenic Hotel Franz Josef Glacier (Douglas Wing).

DAY 13: FRANZ JOSEF - QUEENSTOWN (B) See the snow capped peaks of the Southern Alps as you travel south via the Haast Pass, an area of stunning beauty before arriving into picturesque Queenstown, a year round resort situated on the shores of magical Lake Wakatipu.

This evening is free to dine at one of the many fine restaurants.

Hotel: Copthorne Hotel and Resort Lakefront (2 nights)

DAY 14: QUEENSTOWN (Free Day) (B,SD) Today is a free day for you to explore Queenstown. Your Tour Guide and Coach Captain are available to assist with the many options available. This evening board the vintage steamship TSS Earnslaw and cruise across Lake Wakatipu to Walter Peak Station. Sit back, relax and enjoy a gourmet barbecue dinner which the chef will prepare in front of you at the Colonel's Homestead. After dinner enjoy a short farm tour then reboard the TSS Earnslaw for a sing along by the piano on your return cruise.

DAY 15: QUEENSTOWN -

MILFORD SOUND OVERNIGHT CRUISE (B,D) This morning travel to Arrowtown and visit the Lakes District Museum. Continue via Te Anau to Milford Sound and board the Milford Mariner for your amazing overnight cruise. There is plenty of time to view the fiord's spectacular waterfalls, rainforest, mountains and wildlife - you're bound to encounter seals and if you're lucky maybe dolphins and penguins. As evening falls enjoy a delicious carvery buffet prepared freshly by the

Overnight Milford Mariner

onboard chef.

DAY 16: MILFORD SOUND - TE ANAU (B,D) Start the day with a hearty breakfast before heading back out to the Tasman Sea (weather permitting) to explore more of the fiord. Return back to the wharf to meet your coach and enjoy the scenic drive to Te Anau where you will enjoy an afternoon at leisure. You may like to visit the Te Anau Glow Worm Caves (optional).

Hotel: Distinction Luxmore (Deluxe Room)

DAY 17: TE ANAU - DUNEDIN (B,D) Travel via Gore and Balclutha to Pukerangi to board The Taieri Gorge Limited for a journey through spectacular scenery only accessible by rail. On arrival at Dunedin's historic

Edwardian Railway Station your coach will transfer you to the hotel. Hotel: Scenic Hotel Southern Cross (2 nights)

DAY 18: DUNEDIN (B,SD)

Dunedin

This morning travel along the Otago Peninsula to Larnach Castle where you hear of the tragic and scandalous history on a guided tour. Enjoy time to wander around this Garden of International Significance followed by a delicious Devonshire Tea. Return to the city for an informative city tour followed by some free time. You might be interested in a tour of Speights Brewery (optional) or the chance to see wildlife in their natural habitat (optional). Tonight a Scottish evening will be presented comprising of bagpipes, great food, Haggis Ceremony and gift.

DAY 19: DUNEDIN - CHRISTCHURCH (B,SD)

This morning visit Olveston, a prosperous merchants' home from the turn of the century before travelling to Oamaru, famous for its limestone. This evening enjoy a farewell dinner with your new found friends.

Hotel: Sudima Hotel Christchurch Airport

DAY 20: DEPART CHRISTCHURCH (B) Time to say goodbye. You will be transferred to the airport for your flight home after a memorable New Zealand holiday. Upon arrival into Perth your Driver will be waiting to take you safely home.



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From left to right; Josephine Allison outside Hatcher's Richmond Manor - inside Shot Tower at Taroona - wooden sculpture, Geeveston - Peter and Jo Allison at Margate Inset; Richmond bridge

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It has been said that the Christmas lights in Singapore are among the best in the world as the organisers annually develop the creative light show along Orchard Road. Spectacular photographic opportunities await as the open top bus glides along the route and then followed by a Christmas Lights walk to be up

close with the brilliant decorations Each year for over 16 years George Booth for Travel Tree has designed and escorted the 6 night/7 day Christmas Lights tour to Singapore, flying Singapore Airlines and staying at the central Peninsula Excelsior Hotel.

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- Full daily buffet breakfast · Open top bus tour of Christmas lights
- · Morning at the Zoo tour · 3 Historical walks: China Town,
- Singapore River and Arab Street
- Evening trishaw ride & bumboat cruise Farewell dinner - no alcohol included
- · Tour escort subject to 20 persons travelling

OPTIONAL SIGHTSEEING

Gardens by the Bay Tour - \$55 Alfresco afternoon tea at the Raffles Courtyard - \$85

Please note, a reasonable level of walking fitness required to participate in sightseeing and activities







by Josephine Allison

WE arrived in the tiny Tasmanian town of Geeveston in the early afternoon after taking the advice of the young woman at the Huonville Tourist Centre not to venture into the bushfire ravaged area east of the town.

And what a special little town Geeveston is, the historic timber town 60km south-west of Hobart has transformed itself into an intriguing tourist spot. It has been described as a model example of how a town can find new life after the departure of a major industry. For almost 100 years the APM pulp mill employed almost 400 people in the town but it closed down in 1982 and the town was devastated.

But the local people and postmaster Laurie Dillon came up with an idea to make the town attractive to tourists which has rejuvenated the area. The first thing visitors notice is the nod to timber with wooden sculptures of prominent local people past and present on almost every corner carved by local man Bernie Tarr, who uses a chainsaw and chisel to create his works.

There is a swearing chemist who has his glasses put on every morning, a blacksmith, a policeman, Olympic rower Simon Burgess and a fondly remembered local seamstress and milliner Jessica Hannabury who opened a shop in Geeveston. There is an apple picker, a rather dour John Geeves (the town's founding father), a couple outside the local bakery and a timber worker in the Forest and Heritage Centre, now known as the Geeveston Visitor Centre.

It was fascinating to view these figures that have transformed the town, making an interesting talking point for visitors. We also visited the Geeveston Visitor Centre at the end of the main street where there is a big display recounting the timber industry in the area. Timber is showcased in many items including Huon pine for sale, the centre being quite busy the day we called.

Geeveston has another claim to fame with the quirky ABC television series Rosehaven. External shots for the series were done in the Huon Valley and Geeveston with a shopfront in New Norfolk moonlighting as a real estate office.

Tasmania has many delightful little towns within easy reach with lots of history. Another day we headed for Margate. Just east of the Channel Highway it is the final resting place of the TGR M class locomotive MA3, also known as the Margate train.

It is located near an apple barn which now serves as a second hand and antique warehouse the locomotive has carriages which serve as shops and a pancake café. We enjoyed a coffee in one on the carriages and spoke with the enterprising young couple who have just taken over the business.

Earlier in the day we climbed the 300 timber steps inside the Shot Tower at Taroona just outside Hobart. It was exhilarating to reach the top in sunny weather and view the panorama below. The 48-metre tall tower was designed and built by Joseph Moir in 1870 to make lead for smooth-bore muzzle-loading guns and is believed to be the tallest remaining shot tower in the world and the tallest ever built in the Southern Hemi-

Of course, after such a climb we headed for morning tea in the delightful little café at the base which also has a shop attached, manned by the owners' children.

We drove to my home town of Launceston, spending four nights there, catching up with friends who took us to lunch at the Josef Chromy Winery at Relbia. Chromy, aged in his 80s, is well known to Tasmanians, settling there as a young man from Čzechoslavakia, first being involved in the meat industry, then branching into vineyards and wine.

We visited the Evandale markets on a sunny Sunday and enjoyed the stalls, filled with fresh fruit and flowers, and many antiques and vintage items.

Our final stop was in Richmond where we stayed at Hatcher's Richmond Manor designed and built by Colin and Jeanette Hatcher. Jeanette learnt the art of decorative cornicing and did all the internal work on many rooms herself. We wandered the oldest bridge in Australia, the historic Richmond bridge (1823), and attractive shops in the main street before heading to the airport where I sampled my second local scallop pie before depar-

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The 16-day Savannah Way tour Broome to Cairns runs from 23 July to 7 August. The Savannah Way is Australia's adventure drive, linking the pearling town of Broome in Western Australia's Kimberley, to Cairns in tropical North Queensland via the natural wonders of Australia's tropical savannahs and the Northern Territory's Top End. Highlights include cruises on Geikie Gorge and the Ord River; a breakfast cruise at Nitmiluk Gorge; and a visit to the Dalv Waters Pub, made famous for its past murders, shootouts and stampeding

In Queensland you will visit the iconic outback towns of Mt Isa, Cloncurry, Normanton, and Karumba (where you will experience the most amazing sunset whilst enjoying a fish and chips dinner). The tour finishes off in Cairns with a visit to the popular Kuranda markets.

Both tours are filled with a variety of experiences, especially tailored to suit senior travellers who want to travel at a leisurely

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- O In Hiroshima cruise to Miyajima Island and see the giant Itsukushima Torii Gate. Try the art of shakushi (Miyajima rice scoop) making, dating back to the 1700s. Visit the Atomic Bomb Dome and the Peace Memorial Park and Museum.
- Explore the serene delights of Kyoto including the stunning Kinkaku-ji (Golden Pavilion), Fushimi Inari Shrine and Tenryu-ji Temple. Enjoy a variety of local activities including sake brewing & tasting, and a chance to dress in a kimono
- O In Osaka visit Himeji Castle, an exemplar of Japanese castle

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Discovering pearl farming in the north west's pristine waters



Left to right; Paspaleys Tamyla shows pearls - Pearl farm manager, Mark with freshly-plucked oyster

by Lee Tate

THE temptation was overwhelming: To try something new from northpioneers, aboard Australia's biggest tourist catamaran over the birthplace of the world's most important pearls.

We were enthusiastic about joining the first flush of tourists to be taken on 72 ft catamaran Karma IV out to see Paspaley pearl workers in action on site at the ocean pearl farm.

Our 40-minute trip off the coast from Broome port took us 3.7km into the territory where pearl farmers are at work aboard a \$1 million custom craft, cleaning oysters that are hopefully nurturing, robust round

As we skim across the pristine blue-green waters, after sparkling wine

and juice, lunch is served in delightfully-presented individual bamboo boxes tied with a tropic-theme bandana.

Sea life sightings are an additional and highlylikely feature in this whalebreeding region.

Out here, young men are at work every day cleaning and turning the pearl shells that have been regularly turned on the ocean floor by divers who stay out at sea for seven-10 days.

Several pearl shells, implanted two years ago to create pearls, are plucked off their holding lines and handed to farm manager, Mark, who explains the labour-intensive process of growing pearls and their oysters. He opens the first one and voila! A nice-size pearl worth \$5,000 to \$7,000, depending on quality.

Paspaley operates 20 pearl farms dotted along the north-west coast with the world's largest and most modern pearling fleet of eight ocean-going vessels.

We learn that Paspalev has a leave no trace environmental policy. In 2012, their farm area - breeding ground for humpback whales - was designated as a marine wilderness sanctuary.

The whole quest to ultivate WA's giant cultivate Pinctada maxima pearls started with Nicholas Paspaley Sen, founder of the largest and oldest pearling company operating in Australia.

The Paspalis family (they changed to Paslater) migrated from Greece to Australia in 1919 and settled in Cossack, among mostly Aboriginals and Asian pearl fishermen.

Paspaley Nicholas joined the pearling trade at 14 and ran his pearling lugger at 19, diving for natural pearls and for mother-of-pearl shell.

Port Hedland began to be heavily fished for the shell and Paspaley moved to Darwin waters. In WWII, the Australian government disabled all pearling luggers in North Australia to prevent their use by any Japanese invaders.

Paspalev Nicholas bought four luggers abandoned during the war by the Navy on Darwin's beaches.

With the introduction of plastic buttons in the mid-1950s, demand for mother-of-pearl collapsed with luggers abandoned on beaches.

Inspired by the booming Japanese Akoya

cultured pearl industry, Paspaley took advantage of North Australia's abundant and superior beds of South Sea pearl oysters with the hope of cultivating the world's largest and most valuable pearl - the cultured South Sea pearl.

Nicholas Paspaley died in 1984 but the family continues the tradition with the Paspaley board of directors comprised wholly of family members, including his children and grandchildren.

Today, tourists can cruise into those historic waters for a first-hand taste of the industry, adventures and the risks that built a town, created fortunes and failures and yielded the world's best pearls for generations.

Information: see www. broomepearlfarms.com



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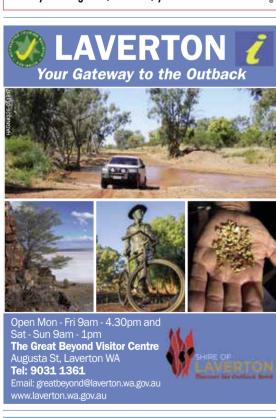
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RV camping in Waroona

WITH more opportunities opening up for the fully selfcontained RV market, now is a great time to visit the Shire of Waroona with its pristine coast, lakes, lush forest and farmlands.

Preston Beach carpark now has five designated 24-hour free stay bays for fully self-contained vehicles available to 31 October. Preston Beach general store is the spot for supplies, fuel, liquor, ice and takeaways.

At nearby Martin's Tank in Yalgorup National Park there are a variety of camp and vehicle sites, shelter with preparation surfaces, sink (no drinking water), barbecues, seating, tables, fire pits and disabled toilets. A short walk away is Martins Tank Lake with its beautiful scenery and abundant wildlife.

Twenty minutes north of Preston is the Lake Clifton Tavern which offers 24-hour free stay for fully selfcontained RVs. The tavern serves great food, is pet friendly and has its own landing strip.

Jump in your fully self-contained RV and head inland to Lake Navarino Holiday Park, a CMCA Dollar Wise Park set in state forest, and stay for \$10 per night per couple or in town at Waroona Caravan Village for \$5.

The shire has also opened up two 24-hour free stay sites (designated bays) for fully self-contained RVs until 31 October at delightful Drakesbrook Weir and at the town oval which also has a dump point.

The choice is yours, but conditions apply so head to www.waroona.wa.gov.au for shire controlled sites and links. For other accommodation and dining options and things to see and do call Waroona Visitor Centre 9733 1506.





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Big sharks circle and increase at the Halco Abrolhos Islands fishing tournament



Ben Patrick took time out from tournament fishing to catch dinner in the form of a nice baldchin groper

by Mike Roennfeldt

LAST month I had the good fortune to fish in the Halco Abrolhos Islands Game Fishing Tournament again. It's a tag-and-release event, hosted by Geraldton and Districts Offshore Fishing club and fishing it is something I've been doing for close to 20 years.

As always, the comp provided a heady mix of good fishing and good company in a magical part of the world.

Fishing with Ben Patrick, head honcho from Halco lures, gives some unique insights into some of his company's products and provides the chance to check out how recent developments are performing. We were aboard his boat Mandalay, a big comfortable West Coaster, and were able to run three or four lures at a time past the line-up of Abrolhos species.

Surface and seabird

activity were virtually non-existent but the fish were there. We concentrated our efforts north of the Wallabi Group, where the dominant species was Spanish mackerel, interspersed occasional yellowfin tuna, yellowtail kingfish, mackerel tuna, shark mackerel and amberjack. While the action wasn't exactly red hot, there was enough to keep us interested and every now and then a double or triple hookup made sure we didn't get complacent.

Fishing 4kg gear for big, fast-running species is a fairly specialised pursuit, requiring a sensitive touch and good understanding between angler and skipper. To get an 8-15kg fish to the boat as quickly as possible on such light gear means pushing things as much as you dare every time the fish relaxes or tires. Most fish under 10kg take just 5-10 minutes and usually can be tagged and released in

excellent shape. The standout improvement this time around was with the deep-running Laser Pro 120. Ben had put a lot of work into redesigning the bib and now it swims beautifully at six knots and beyond. And boy, didn't the fish like it.

Outside of competition fishing times, we put in a couple of sessions catching baldchin groper and coral trout for tea. Fresh fillets fried in Panko crumbs were devoured with relish out on the back deck under balmy starlight.

The downside to the thing though, and it has been increasing year by year, is that of the sharks. They are getting bigger and more numerous up there. Big whalers mostly and the longer you fish a spot the more of a problem they become. We lost at least half the fish we hooked to sharks. Compare that to 20 years ago when I started fishing the Abrolhos, where we would lose just one or possibly two fish to sharks over the entire week.

For several years, offshore anglers at places like Steep Point, Gnaraloo, Exmouth, Mackerel Islands, the Abrolhos and even Perth have been pointing out this worsening problem but their concerns have fallen on deaf ears in political and bureaucratic circles

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thing was done about it. The over-representation of big sharks at some of our most popular fishing locations must be starting to have some sort of impact on the ecological balance of WA fish stocks.

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Great Scott! Cemeteries are big hits for heritage trails in Freo



Heritage trails' Martha Rendell (far right) with visitors

by Lee Tate

BURIED deep in WA's history are many amazing, little-known tales, linked to a colourful collection of dead characters, many of whom are coming to light in the modern way.

Heritage trails take on a different tone when they weave through cemeteries, where fact sheets and computer links to your smart phone are provided.

Fremantle cemetery leads the way, luring visitors from overseas, interstate and all over WA. To meet a growing demand, a second trail among the gravevards is planned for Fremantle

Among Perth's cemeteries. Fremantle is the hot pick with the final resting place for Fremantle's most famous son, Bon Scott.

The raucous rocker, who fronted AC/DC, is still drawing big crowds. Incredibly, it is Australia's top-visited individual memorial.

day, people "Every come to see Bon Scott's burial place," Andrew Fox, spokesman for the Metropolitan Cemeteries Board, tells me.

Swamped by so many visitors (including huge numbers of German AC/ DC fans), the cemetery crafted a dedicated Bon Scott Gate off the street ahead of a path to Scott's simple cremation memorial garden plaque.

The site containing Ronald Belford 'Bon' Scott (1946-1980) is recognised by the National Trust as a site of importance. (Our founders and pioneers should be so lucky).

Cemetery heritage trails take years to plan, requiring sign-posting, historic research, printed information and computer links to smart phones.

Trail maps, loaded with information, are handed out at the office. Visitors, including school groups and families, take the walking loop, even while the cemetery gets on with its daily work.

"We like larger groups to check with the office before coming so as not to disturb the open burials that go on every day," Andrew said. Walks and information are free. Guided walks are occasionally held for a small fee.

Fremantle Cemetery, with its first burial in 1899, accommodates significant pioneers and achievers. And losers - given its juxtaposition with Fremantle

Serial killer Eric Cooke shares a burial site with the only woman hanged in the prison, Ruth Rendell, convicted of killing three children by lacing their throats with acid.

The coffins of Cooke and Rendell are buried one-above-the-other. marked only by a numbered plot.

Follow the heritage trail for a fascinating 30-90 minutes and pick up more than you learned from school or university with facts about the following.

Charles Yelverton O'Connor (1843-1902). Engineer CY O'Connor oversaw construction in 1892-1897 of Fremantle port, was engineer-incharge of government railways and the genius behind the Kalgoorlie water pipeline. He rode his horse into the sea near Robb Jetty in 1902 and shot himself.

Shipwreck Memorial (1899). A single block of marble was sculpted into an anchor and chain draped over a cross to mark a tragic 24 hours in WA maritime history. Two tall ships, the Carlisle Castle and the City of York, were lost in a heavy storm off Rottnest Island in 1899.

Daniel Scott (1800-1865). The colony's first harbor master obtained a special licence to marry Frances Harriet Davis in his office on the wreck of the Marquis of Anglesea. They produced 11 children.

He was responsible for the first locally-constructed sea-going ship and several boats trading along the coast and dabbled with whaling.

William Edward Marmion (1845-1896) was a master mariner at 21 and established merchandising, pearling and maritime Kimberley businesses, stations and mining companies. A father-of-nine with wife, Anna Gibbons, he was a member of the Legislative Council from 1873 until his death. He was also Commissioner for Crown Lands and Minister for Mines.

These entries are just the tip of the iceberg with the remains of many worthy West Australians at Fremantle Cemetery, described online and in their on-site fact sheets.

Note: Fremantle Cemetery wasn't the first. The Old Cemetery, Alma Street Cemetery (now Fremantle Primary School), operated in 1831-1835 and the New Cemetery, Skinner Street Cemetery, (now John Curtin Senior High School Oval) in 1852-1899.

The Metropolitan Cemeteries Board manages cemeteries at Fremantle. Guildford, Karrakatta, Midland, Pinnaroo and Rockingham.

www.mcb.wa.gov.au/ our-cemeteries/fremantlecemetery/heritage-walktrail/fremantle-cemeteryheritage-walk-trail-one

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or camping facilities.

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This season, the Station

is launching an exciting new menu at their popular Dusty Bar & Grill - The Dusty - to locals. Showcasing Australian produce and bush tucker ingredients, the menu will feature kangaroo, crocodile. native grains and spices, sizzling steaks and the Dusty's famous spare ribs. Better yet, if you've

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bagged yourself that elusive barra on one of the Station's fishing expeditions, then the chef will gladly cook up your catch to accompany some incredible sides. Throughout the season you don't want to miss The Dusty's wood-fired pizza nights, open-air movie nights or live entertainment.

Home Valley Station has now opened after its annual hiatus over the wet season. Book a Kimberley Escape Package from \$223* per person twin share.

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Putting a human face to Port Hedland - tracing back the heritage of this port town

Leahy, lives in Hedland

and steered the sisters

around the town that is

named after their little-

The town is often mis-

spelt Port Headland in the

belief that it is a coastal

But it is named for Pe-

ter Hedland, originally Lars Peter Hedlund (1829

-1881), a Swedish mariner.

have been in touch with

relatives in Sweden and

they knew very little about

Peter's exploits and activi-

ties here. We don't know it

Valerie told me: "We

recognised ancestor.

headland.

all, either."



LtR; Sisters Valerie Henry and Rita Shaw reveal Peter Hedland -Port Hedland - Swedish discovery

by Lee Tate

PERTH sisters Valerie Henry and Rita Shaw have put a human face to Port Hedland, producing the first photograph of pioneer Peter Hedland - their great, great grandfather - after whom the port town was

Incredibly, the town had no accurate images of Peter, the first European to identify the natural harbour, in 1863.

In an historical moment, Have a Go News was in Port Hedland museum recently when the sisters

walked in with a large, framed photo of Peter.

Mystery and drama surrounds much of Peter's life, least of all his untimely death at age 52 in a lethal tomahawk attack by Aboriginals.

Valerie and Rita discovered the photograph of their pioneering ancestor among family posses-sions and, with three copies, flew from Perth to Port Hedland to make their presentations - one each for the museum, town council and information centre.

Their cousin, Noreen

Peter jumped ship in Fremantle in 1858, fell in love with local girl Ellen Adams and together they produced at least nine children (some records show 11). Peter pursued shipping businesses upand-down the coast while Ellen stayed in Fremantle.

He built a 16-ton cutter, Mystery, at Point Walter and shipped cargo from Fremantle to the northwest's earliest European settlers.

In early 1863, the adventurous migrant dis-covered the landing at Butcher's Inlet in Tien Tsin Harbor (known later as Cossack).

Then, as he searched for a port suitable for the pastoral industry, Mystery ran aground in a natural harbor that has become one of the world's most

significant ports. Although Dutch mariners visited the area as early as 1628, there is no evidence that they saw the harbour. The inhabitants, Aborigines, called it Kariyarra or Marapikurrinva.

Peter also sailed into an estuary of the De Grey River, named Mystery Landing after his cutter.

Rita said Peter was known to family as "Old Peter" and to others as "Captain Hedland".

"It seems he had quite a presence and mostly respect around the area, but his name is also mentioned in the courts. I think it might involve illegal cargo, probably alcohol," she laughed.

In 1871, Peter and three other mariners were tried on charges of forcing Aboriginal people to work for them. They went to trial in Geraldton but were acquitted.

For reasons not publicly known, Peter was killed by Aborigines wielding a tomahawk near Lagrange Bay in 1881. His body was never found.

Asked about the possibility of a town memorial or statue to Peter, now that his image has been found, Rita said it might be a good idea.

After all, WA's secondlargest town in the Pilbara and international shipping port carries his name (even if outsiders often misspell it).

Small group tours for seniors

VILLA Carlotta Travel offers adventures designed for active seniors who seek to travel with small groups on escorted holidays. They offer unique adventures that cater for nine to 20 travellers and travel off the beaten path to remote locations both nationally and internationally.

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The nine-day tour departs from Perth on 11 August and includes return airfares from Perth, 21 meals, eight nights accommodation, local guides and touring by 4WD coach. Priced at \$5135 per person twin share. Add \$695 for the single option.

Another small group adventure explores the beautiful Great Ocean coastline. After a brief stay in Melbourne, quests will be whisked away for a four day/ three night eco adven-

By day be immersed

in the natural environment with guided walks. Over the four days experience a fully guided and supported trek, taking in the spectacular scenery of the ship wreck coastline and finish with a scenic helicopter flight over the magnificent coast. By night, the eco-certified lodge, designed exclusively for walkers is complete with all the creature comforts. The seven-day tour departs 3 November and includes return airfares from Perth, sixnights accommodation, 14 meals, walking gear and expert guides. Price \$5310 per person twin share and \$845 single supplement.

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The tour departs Perth on 22 November, the tour includes return airfares, 19 meals, seven accommodanights tion and local guides. Price \$5645 per person twin share and \$600 single supplement.

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Nestled amongst the natural bushland is the new Milligan Island Eco Tourist Camp. Located on the Turquoise Coast, between the two small towns of Leeman and Green Head, the camping nodes hosts 35 camp sites, shade shelters, picnic settings and long drop toilets all within a short walk from the beach. Sites fees are \$15 per vehicle per night. A nature enthusiasts paradise and ideal for all types of water activities There are numerous photography and artist opportunities including the sun setting through the window of Milligan Island. Fantastic for all types of water activities such as kayaking, diving and surfing. A short drive from Mt Lesueur National Park, Lake Indoon and the Stockyard Gully Caves. Wildflowers are usually at their best between July to December. Admire the views from the 3 Bays Walkway in Green Head or you may choose to relax and just enjoy the tranquil surrounds.



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Trekking to new heights to raise funds for Parkinson's disease



Brenda Matthews

April to fly to Nepal,

take an eight-hour bus

ride across mountain-

ous terrain, and trek

at an altitude of more

than 4000m on the

It will be the ener-

getic CEO's twelfth

visit to Nepal, where

she has previously

climbed to Everest

base camp and up as

"I enjoy the chal-

lenge of trekking, but

the challenging Nepal-

far as 6000m.

Annapurna

isolated

Circuit.

WE featured a story a few years ago, in these pages about 66-yearold Brenda Matthews who trekked in Nepal to raise funds for Parkinson's WA.

Brenda is the CEO of Parkinson's WA and uses her love of trekking to place an additional spotlight on the progressive neurological condition and raise funds to help local people living with the condition.

She left Perth mid-

ese terrain and climate is very different to the challenges faced by West Australians living with Parkinson's, which is why I am keen to raise funds to support the Parkinson's . community," Ms Matthews says.

"Nepal is an amazing place, and it's incredible to be away from Western civilisation for several weeks, where there are no cars, no traffic lights and none of the chitter-chatter of everyday life in Perth. Instead life operates at a much slower pace, and spending time in the mountains with only a backpack is something that I find both exciting and incredibly peaceful.'

As part of her expedition, Ms Matthews is hoping to raise more than \$5000 for Parkinson's WA team of community-based Parkinson's nurses, who support West Australians living with the incurable condition.

The eight nurses who make up the specialist team are largely, but not fully, funded by the WA Health Department. More than \$200,000 needs to be raised annually to supplement their roles.

April was World Parkinson's Month, with World Parkinson's Day falling on 11 April which is why Brenda chose this month to climb high.

"Parkinson's is surprisingly common, and in fact has a higher prevalence than a number of conditions that are thought to occur more frequently, including breast cancer, lymphoma, leukaemia, bladder cancer and cervical or ovarian cancer," adds Ms Matthews.

"Our Parkinson's nurse specialists play a vital role, working to maintain people's independence in the community, thereby preventing hospitalisation and supporting them to lead full, productive lives, and I'm very keen to lead by example and help to raise the funds to keep them operating to full capacity in the community.

Anyone who would like to donate to Ms Matthews Everyday Hero fundraising account, can go to give. everydayhero.com/au/ brendas-trek-to-nepal.

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Thompson Bay Rottnest Island

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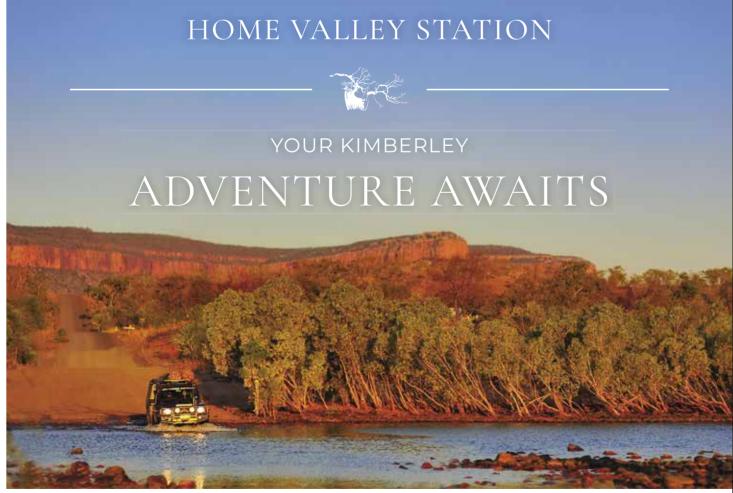
mantic escape, an adventure safari in the outback, a luxury smallship cruise along the Kimberley Coast or a day trip to Rottnest Island, Travel Forever are

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Oysterblade steaks in red wine sauce



by Vince Garreffa

THESE delightful rolls of beef are filled, braised and reheat so well. Cook in advance if it helps and serve with salad or mash or vegetables.

Ingredients for six.

6 butterflied oysterblade steaks (1cm thick)

- 1 medium onion (finely chopped) 2 sprigs of rosemary (finely chopped)
- Large pinch of nutmeg 2 cups fresh breadcrumbs
- 2 tablespoons diced Italian parsley 3 tablespoons diced green olives (fresh) ½ cup Parmesan cheese grated
- 1 egg (beaten) 100g thin fatty salami
- 1½ cups shiraz
- 1 cup chicken stock

West Australian extra virgin olive oil

West Australian Organic Lake Salt Freshly cracked black pepper Seasoned flour

Method

Fry the onion and rosemary in the olive oil until soft. Take off the heat and add breadcrumbs, nutmeg, olives, parmesan, parsley and egg, mixing with a little salt and pepper to make the stuffing. Next tap out each steak with a meat mallet to tenderize and thin out each piece. Divide the stuffing and salami into six equal quantities. Spread salami and stuffing over each steak then roll and tie each piece.

To cook, cover the rolls in seasoned flour then fry in a little EVOO in a nonstick fry pan until brown all over, then add the shiraz and simmer on a low heat with a lid on for two minutes. Then add the stock and again simmer with the lid on for 20 minutes until the juices are tasty. Serve sliced with juices or serve with salad or mash on the side.

Buon Appetito! Vince is the proprietor of Mondos Butchers located at 824 Beaufort Street, Inglewood. They are open Tuesday to Friday 8am to 6pm Saturday 9am to 2pm. Phone 9371 6350 or visit www.

Knife and fork talk as the Dining Divas head to Joondalup



Left to right; A comprehensive buffet - eyecatching decor

by Judth Cohen and Pat Paleeya

PERTH to Joondalup by train for lunch is an ideal journey for us, because we can shop until we drop as well as peruse the eateries of which there are plenty.

We were planning to visit a certain place that was recommended to us but this turned out to be part of the food hall. However, before total collapse from hunger we chanced upon the Chinese Orchid BBQ Noodle Bar.

The ceiling and wall lights created a relaxing atmosphere and the simple but eye-catching decor enhanced a softly beautiful mural on the back wall.

This place is spotlessly clean from top to bottom.

A buffet is available at \$13.90 or \$12.90 and they also offer a varied menu. We chose the buffet because it looked very fresh and inviting and consisted of an array of beef, chicken. pork and fish dishes and lots of cooked mixed vegetables.

The deep-fried chilli chicken wings very crispy and spicy and could only be eaten caveman style which these Divas managed with aplomb.

Sweet chilli sauce and sweet and sour sauce were available for a garnish or a dip.

The staff were helpful, attentive and gracious. The Chinese Orchid BBQ Noodle Bar is well worth a visit.

Four forks

Chinese Orchid BBQ Noodle Bar, Level 1, Lakeside Shopping Joondalup. Centre, Phone 0433 388 766.



Letters to...Vince Garreffa

IF YOU want a particular recipe of mine, don't hesitate to drop me a line at 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.

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



City Wine heads to Yagan Square for Winter Wine Festival



City Wine is on the move from the Cultural Centre to Yagan Square

WA'S LEADING boutique wineries will celebrate the sixth year of the City Wine Festival at a new location, Yagan Square, in the heart of the city.

The two-day festival will be held on Friday, 7 June from 4pm to 10pm and Saturday, 8 June from 2pm to 9pm.

The winter wine festival will provide a perfect opportunity to sample the season's best wine, beer, cider, spirits and food in the heart of Perth.

Organiser, Richard Campbell from CMS Events, said the move from the cultural centre to Yagan Square was exciting and enabled the whole of the event to be under cover.

"There'll be lots of heaters to keep the space warm and of course it will be a perfect opportunity to sample some of the state's top red wines, many of which will be released around the time of the festival,"

Mr Campbell said.

There'll also be an exceptional line-up of wines, beers, ciders and cocktails from across WA combined with delicious food from Perth's best foodies and cool tunes from local DJs.

Mr Campbell said the Yagan Square venue was even more central to the city and made it even easier for city workers on Friday afternoon to finish work and head across to sample

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wines from new and established wineries.

There will be plenty of space for friends to gather and share a drink and something to eat.

On the Saturday Yagan Square provides an easily accessed venue for public transport so people can share a glass or two of wine without having to worry about driving.

Opening times on the Friday are from 4pm to 10pm and on the Satur-

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ive one free kids meal with every adult dish ordered.

day from 2pm to 9pm.

First release tickets are available for \$24 while they last, second release \$27 and at the gate \$30.

souvenir glass, complimentary tastings and free use of a wine locker are included in the entry fee.

"We encourage people to explore what is available and then support our industry with wine sales by the glass on site and take-home bottle sales as a great way to top up the cellar for winter," Mr Campbell

says.
Those looking to enhance their experience can buy a Plumm Glass Ticket with the glass valued at \$25, included in their ticket price for \$34 first release, \$37 second

release or at the gate for

Children under 18 are free with a guardian.

A wine locker is available for storage of purchases during the day or you can order wine for delivery after the event.

More information and tickets are available from www.wineandfood.com. au/citywinetickets

WIN WIN WIN

We have five double passes to give away to City Wine. This is an email only competition due to the nature of the tickets. If you would like to be in the draw simply email win@haveagonews. com.au with City Wine in the subject matter by 30 May. Don't forget to include your contact details.

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The allure of autumn makes getting into the kitchen more rewarding

by Noelene Swain

WE'RE starting to feel that fresh chill in the air, the leaves are turning a deep russet colour and our thoughts turn to open wood fires and soul warming nibbles that restore and replenish.

The lovely autumn weather brings with it an abundance of beautifullyhued produce, from sienna toned pumpkins to glossy crimson apples; perfect produce for letting the stunning seasonal flavours shine.

Quinces are abundant - a fantastic excuse to get your pots out and bubbling with delicious jams and preserves. Perfect with an oozing white cheese and sourdough bread. Chutneys are also a fantastic match with the roasted meats we tend to eat a lot of during the cooler months. Eggplant, red capsicum, brown onions, oranges and beetroot make fantastic additions to create a more savoury relish and are heightened by the addition of mustard seed and bay leaf, amongst other spices.

Rustic, un-fussy dishes really allow autumnal produce to shine. Chunks of roast Royal Blue potato, pumpkin and hearty mushrooms are sensational with a little wilted spinach and a mustard and olive oil dressing. Add some fresh crusty bread and you've got a healthy, more-ish meal that shows off our fabulous WA produce at its best.

A huge variety of apples and pears are ours for the picking throughout autumn and there's no limit to what we can create with these wonderfully versatile fruits. Succulently moist muffins, slices and tarts are simple to make and really highlight their fresh new-season flavour. Granny Smith apples and Bartlett and Packham pears are particularly good varieties for baking. Be sure to look out for the brand new Bravo™ apple. It's deep burgundy colour and aromatic crispy flesh makes it an apple like not other. Bred right here in the West, it's sure to be another world beater just like the Pink Lady that our local experts released to the world more than 40 vears ago

So stoke that fire, pour a glass of delicious pinot and start dreaming up what morsels you can create with wonderful autumn produce. Here are a couple of recipes to get you start...

Cumin, pear, carrot and lentil strudel



Preparation: 15 mins; cooking: 45 mins; serves: 4

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 34 cup precooked canned lentils,

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

PREHEAT oven 180°C or 160°C fan force. Cut pears into a 1cm square dice and put into bowl. Grind the cumin seeds in mortar and pestle; sprinkle over the pears and toss to coat well. Combine carrots, tofu, lentils and orange zest. Mix well. Lav one sheet of pastry on the bench and 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 and sprinkle with ground black pepper; roll and pull in the ends to make a sealed package and lift onto a baking paper lined baking tray.

Spray with a light coating of oil and bake until browned 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.

Recipe courtesy of Australian Pears.

Country fruit pie

Preparation: 25 mins; cooking: 45 mins; serves: 6

- 1 sheet ready rolled shortcrust pastry 4 apples, peeled, cored, thinly sliced 2 pears, peeled, cored, thinly sliced
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/3 cup lemon juice
- 1/3 cup caster sugar 1 tablespoon butter, diced
- To serve: icing sugar and fresh cream

PLACE pastry sheet into a lightly greased 20cm pie plate. Leave excess pastry intact for folding over filling. Toss apple and pear slices in lemon juice. Arrange slices in pie shell. Sprinkle with sugar and spices. Dot fruit with butter. Fold the over-hanging pastry over the fruit. Bake in a 190°C oven for 40-45 minutes or until filling is bubbly and crust is golden. Serve dusted with icing sugar and fresh cream.

AGL lines up for another season of hunger fighting with footy star the reigning Australian

Football League premiers

and Western Australia's

leading hunger relief char-



Foodbank's Greg Hubble, AGL state manager Jackie Shervington and West Coast Eagle's Andrew Gaff

Gaff would remain the

face of the AGL Metres

for Meals campaign with

the number of meals to

be based on the distance

the midfielder runs in each

"The first year of the

campaign was such a

success that we are de-

home game in Perth.

AGL has announced it will extend its successful campaign with the West Coast Eagles and Foodbank WA to donate meals to relieve hunger in the Western Australian community.

WA state manager. Jackie Shervington, said Eagles player Andrew ity for a second successive season," Ms Shervington said. Last year we donated more than 57,000 meals to Foodbank WA as a result of the AGL Metres for Meals campaign and

funds raised in an AGL staff raffle. "This year AGL will donate 300 meals for every kilometre run at each home game by Gaff, who covers an average of 15

kilometres each time." Ms Shervington said the campaign was further evidence of AGL's support for the communities in which it operated.

"Since we entered the WA retail gas market in lighted to join forces with 2017 we have formed a partnership with the Eagles as their official shorts sponsor and a community partnership with Surf Lifesaving WA through which we donate funding and equipment to all 31 surf life saving clubs across the state," she said.

"A key factor in our decision to extend the AGL Metres for Meals campaign was our recognition of the growing demand for the services of Foodbank WA which has been providing meals to people who are struggling to feed themselves and their children for 25 years this year.'

Foodbank WA CEO Greg Hebble said: "We are excited to have the continued support of AGL and the West Coast Eagles, especially in our 25th anniversary year.

"We rely on donations all year around to meet the growing need for hunger relief in the community, and this fantastic initiative will help us provide everyday food essentials to families that rely on us to put a meal on the table in times of crisis.'

West Coast Eagles general manager community and game development Richard O'Connell said: long standing partnership between West Coast Eagles, our members and Foodbank WA has supported hundreds of WA families

"We are extremely excited to continue to support Foodbank WA and the wider WA community thanks to the generosity of our premier partner

What's fresh in May

BRAVO™Apples: Look out for this brand new apple variety right now and you'll be rewarded with that lovely straight-from-the-orchard taste. It is deep burgundy in colour with aromatic crispy flesh that makes an apple like no other.

Bred right here in the West, it's sure to be another world beater just like the Pink Lady that our local experts released to the world more than 40 years ago. The Bravo has a cream toned flesh that doesn't brown and a delicious sweet and spicy flavor - perfect for eating and cooking. Serve sliced with cheese and good bread to make a very satisfying lunch. Bravo apples also store very well. Grab a bag, pop them in the fridge and have them on hand to munch all week long.

Limes: Sensational fresh WA limes are coming in from Gingin, bringing their heady scent and unmistakable zingy flavour. They add a highly perfumed, acidic kick to all manner of dishes; beautiful squeezed over trout or salmon, essential to finish off a coconut based curry or south east Asian-style broth and lovely in a creamy lime curd tart.

When selecting, look out for the blue sticker that denotes WA origin and check for brightly coloured smooth skin. Keep in mind that the Tahitian, the variety most commonly seen in Australia, doesn't have to be completely green to be ripe. Harvested green, they turn yellow as they sweeten and mature. Small areas of brown colouring on the Tahitian won't affect the flavour, but make sure they give a tiny bit when squeezed - a good indicator of juiciness.

Pears: Savour the flavours of autumn with fresh new season pears. Take your pick of varieties as the local season unfolds. Bartlets, Packhams and creamy buttery flavoured Beurre Bosc. With an attractive russeted skin and exceptional eating qualities, they're lovely eaten crisp, finely sliced and chilled - perfect for a fruit platter or to accompany cheeses.

When selecting, don't be too concerned about a blemish-free pear; most markings are made by branches and leaves brushing against the immature pears when still on the tree, however avoid those with actual cuts or bruising. Buy pears at various stages of ripening according to when you're going to eat then and store on the bench or the fridge accord-

Portobello mushrooms: Also referred to as Swiss Browns, these mushrooms have a longer growing cycle which results in a meat-like texture and flavour. Buy the size appropriate for the intended use - button for salad, cups for stuffing, flats for frying and grilling.

A quick brush with oil is all that's needed before grilling: flavour the oil with fresh herbs, chilli or garlic if you wish. Portobellos are ideal for giving a real flavour boost to soups, roasted vegetables and stuffings. Keep refrigerated in paper bags for seven -10 days. Wipe with damp paper towels - no need to wash or peel or they will absorb water and turn mushy when you cook them.

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Brunch with T - we're on the hunt for the elusive panda in Perth









Left to right; Panda & Co has a comprehensive menu including 14 different brunch dishes - breakfast bao with hash browns and egg - 3 Piggies snack bowl - fresh watermelon and passion juice, and orange juice Inset; Tahlia Merigan



by Tahlia Merigan

MY mum loves pandas; last year when I asked her what she wanted for Christmas she asked for a panda. Even though we both knew her request was ridiculous I actu-

ally looked online about purchasing a panda and found out that China owns all the pandas in the world and if you want to have one at a zoo (not my mum's house) you must pay a huge licensing fee.

Well enough of silly trivia - with all the public holidays last month we've been quite busy catching up with our workload, so I decided to try a little café around the corner from the Have a Go News' office called Panda & Co.

I thought that seeing

as I couldn't deliver mum a panda, I had better take her and my stepdad along for a panda brunch. Panda & Co say their food is proudly inauthentic Asian with a sprinkle of modern Australian and a fistful of flare.

As a family we love Asian fusion and the comprehensive menu offers baos, snack bowls, toast with a variety of toppings, hot breakfast options and 14 different brunch dishes. We were impressed with the menu but deciding was

We started with drinks as this was the easiest decision to make and me and my stepdad chose a fresh watermelon and passion juice (\$8) and mum had the freshly squeezed orange juice (\$7.50), which all came in

pretty pineapple shaped glasses.

I chose a breakfast bao with hash browns and egg (\$9) which we all shared - the bao bun was light and fluffy, the bao sauce was tasty over the egg and hash-brown

and there was not too much sauce - we were all impressed.

I then had the Panda's Oyako D (\$18) which is bowl of scrambled egg, crispy chicken, corn, coleslaw and steamed rice. It was a total flavour bomb, the chicken crispy and juicy, the sauce delicious and all the components melded together beautifully.

Mum decided on the 3 Piggies snack bowl which came with ground pork, pork belly, crispy crackle, pickled cucumber and rice (\$19) she said it was tasty and delicious with the pork cooked perfectly and the pickles had the right amount of vinegar.

My stepdad choses the breakfast ramen (\$16) which came with noodles, bamboo shoots, a soy egg and panda shoots. The soup was served separately to pour over the noodles and was flavoursome and he said it hit the spot.

The service was friendly and quick, the menu comprehensive, crockery unique and the food delicious – plus there were plenty of pandas to keep my mum happy.

We really enjoyed this brunch and it kept us going all day. There is much more on the menu which we would like to return and try.

Panda & Co got a big tick from us all.

4.5 spoons Panda & Co, 87 Bulwer Street, Perth www. pandandco.com.au.

Phone - 9328 5935 Open -Monday, Wednesday, Thursday

Friday 7am to 4pm. closed

Tuesday -Saturday & Sunday 8am to 4pm

F's spoon ratings



Organic wines set the bar for low impact winemaking...



by Frank Smith

I AM a trifle agnostic about organic wine. On the one hand it is a guarantee that no pesticides and a minimum of preservatives have been used in its making. On the other side if you drank enough of even the most artificially produced wine to have any adverse health effects, the alcohol would kill you several times

Importantly however organic wine makers have set the standard of minimum intervention and additions that other producers strive to emulate. And a warning there is more to making organic wines than just using organically grown grapes. Here are a few wines from certified organic vineyards.

Blind Corner Pétillant 2018. This is an unusual organic wine from Margaret River. It is made from Chenin Blanc wild fermented with

the addition of a smidgin of Shiraz. The result is pastel pink in colour, slightly sparkling ,sweet, with fruit aromas and a fresh mouth-filling pal-

Blind Corner Rouge 2018 is a blend of Cabernet, Shiraz, and Merlot from Margaret River. The deep red wine has rich fruity aromas and lingering aftertaste with the silky soft mouthfeel characteristic of Merlot. RRP \$18.

Rosilly Other Side of the Moon 2017. This blend of organic Grenache and Shiraz grapes from Margaret River is a bright medium red with a crimson hue and aromas of spice, wild flowers and fruit. The palate is medium bodied with a soft mouth feel and flavours including cherry, earth and toffee. RRP \$20.

Rosilly Preservative Free Semillon Sauvignon Blanc 2018 is a bright lemon/straw in colour with aromas of grass and herbs. The rounded pallet has flavours of tropical fruits with a crisp acidity and a refreshing finish. RRP

Natural Wine Company Organic Sauvignon Blanc 2018. This wine is aromatic tropical fruit characters including passionfruit, melon, pineapple and grapefruit. The palate is balanced fruit with a fresh, lively finish, RRP

Lowe PF500 Organic Shiraz 2017. PF means Preservative Free. This is a biodynamic wine with minimum intervention. The colour is deep purple with a strong berry aroma resembling a French Beaujolais. The palate is soft with no sugar and an almond flavour that will

change as the wine ages. RRP \$22.

Lowe Headstone Organic Rosé 2017 is a light pink in colour, going orange with age. It has aromas of radish and slight marzipan. The palate is dry with no sugar and a lighter alcohol taste. It is a blend of Grenache Zinfandel, Cabernet Franc, Merlot and Shiraz from the other organic vineyards. RRP \$28.

Pig in the House Chardonnay 2016 (biodynamic) is pale straw in colour with aromas of yellow peach and pear. The palate is lively with notes of nectarine, lemon and peel and balanced acidity. RRP \$25.

Pig in the House Cabernet Sauvignon 2016 (biodynamic). This wine is a deep red purple colour with balanced aromas of red and blackcurrants and underlying crushed herbs. The palate is fruit forward style of Cabernet, without being overly so with a touch of dry tannins providing savouriness. RRP \$25.

Enjoy all Quality Hotel Bayswater has to offer and win a meal voucher



ONE of our favourite pubs, which we know many readers also enjoy frequenting, is the Bayswater Hotel.

Conveniently located in the heart of Bayswater it is just steps from the Bayswater train station and the perfect place to park and ride to connect you with all of Perth's major attractions including Perth CBD, Optus Stadium, Perth Arena, Crown Casino, Belmont and Ascot Racecourses, Cottesloe, and Fremantle.

The hotel also offers quality overnight accommodation and guest rooms with comfortable bedding, full air-conditioning, a flat-screen TV, refrigerator, and tea/coffee making facilities.

They also include a private ensuite with a shower, hairdryer, and complimentary toiletries.

Guests enjoy a complimentary newspaper (in the lobby), free shortterm luggage storage, complimentary wifi, and secure parking (subject to availability).

The new café is the perfect place to stop in for a hot coffee on those early mornings, available for dine in or take-away. They also offer a daily breakfast menu from 7am to 11am.

The bistro offers breakfast, lunch, and dinner with both a-la-carte menu and an extensive buffet with a salad bar on offer for lunch and dinner.

The Lounge Bar is perfect for relaxing with a beer or wine and our 1898 Sports with seven plasma-screen TVs for sports viewing needs.

There is also an alfresco courtyard, where younger guests can enjoy the on-site playground.

There are rooms to hire for larger functions, in three separate areas of the hotel.

Renowned for their Monday to Friday seniors buffet lunches, they also offer a range of special meal nights.

Have a Go News staff have enjoyed joining many of our clubs and

groups which utilise the fabulous seniors buffet lunch during the week.

For \$19.95 from Monday to Friday people can enjoy eight to nine hot dishes, a variety of salads, meats, cheeses, two soups, sweets and complimentary tea and coffee

Monday to From Thursday enjoy wood fired pizzas for \$10 from 5pm til late and on Friday to Sunday from 12pm.

Don't miss the delicious seafood buffet every Tuesday night from 6pm which includes prawns, oysters, crabs, fish, chilli mussels and squid. Reservations required and it's all you can eat for \$33.95.

The Bayswater is a friendly pub which looks forward to welcoming Have a Go News readers. It is located at 78-80 Railwav Parade, Bayswater, call 9271 7111 for reservations.

WIN WIN WIN

Thanks to our friends at the Bayswater Hotel we have some lunch and dinner packages to give away. We have two buffet lunches for two people each to giveaway as well as two seafood buffet dinners for two people. To be in the draw simply email win@haveagonews. com.au with Bavswater in the subject line or write to Bayswater Hotel Competition C/- Have a Go News PO Box 1042, West Leederville 6901. Closes 5/6/19.

MAKING A WORLD OF DIFFERENCE. CELEBRATING NATIONAL VOLUNTEER WEEK 2019



Making a world of difference - find meaning through volunteering



Rhonda Parker

by Rhonda Parker **CEO Alzheimer's WA**

THIS month we celebrate

National Volunteer Week; the annual event to acknowledge the generous contribution of our nation's six million volun-

So often we hear what an unselfish effort volunteering is, and what a world of difference it makes to others, as it surely does. But volunteering is so good for you it could be promoted as a self-indulgent pursuit, or even as a medicine.

According to Volunteering Australia, people who volunteer in Australia are happier, healthier and sleep better than those who do not volunteer. Sustained volunteering is associated with better mental health. So much they say doctors should recommend it.

The health impacts

of volunteering are well

documented - it makes

you less stressed, gives

you a sense purpose

and makes you more

engaged in the world

around you.

The theme for this year's National Volunteer Week is Making a World of Difference which really encapsulates the impact volunteers have at Alzheimer's WA.

Volunteers are a part of the heart and soul of Alzheimer's WA. The work done out of the goodness of their hearts makes a very real difference to the lives of people living with dementia, their carers and families.

More than 90 volunteers assist us in many ways through Hawthorn House in Albany, Ella's in Mandurah, House Mary Chester House in Shenton Park and in our head office in Osborne

We are also fortunate to have hundreds more volunteers who help at our events like the Walk to Remember and those who volunteer their time to fundraise by making iams, holding their own fundraising events or doing fitness challenges.

Our vision at Alzheimer's WA is of a world where people with dementia and their families are supported and valued on their dementia journey.

We believe dementia is a lived human experience and not just a biological condition. We therefore embrace and support a holistic, person-centred approach that respects the individuality and experience of those living with dementia. This approach is sometimes referred to as a relationship based model of care. Our work requires wonderful, empathetic, skilled people to support those in our care with dementia.

Many of our volunteers are at the forefront of this person-centred, relationship based approach. They are our volunteers on the ground supporting our centres as activity assistants in craft sessions or choir and music sessions, as cooks, transport assistants or as our fantastic men's shed team members.

Volunteers make our world go round. And, it seems, volunteering makes the world of the volunteer have more meaning, more satisfaction, more connections and making the world of the volunteer work better as well.

Thousands of events will be held across Australia during Volunteer Week to acknowledge the wonderful work done by the people who selflessly give their time as volunteers to help others.

I would like to take this opportunity to thank Volunteering WA and Lot-terywest for enabling us to host Volunteer Week celebrations at our three dementia houses.

We rely on volunteers to enhance the life of people with dementia, add value to our services, and complement the work of our staff in their professional roles Funding from Volunteering WA and Lotterywest allows us to acknowledge these life changing contribu-Volunteer tions during Week.

If you're looking for a way in which to give back to the community, volunteering is a win-win situation for everyone involved. Alternatively, if you want to improve your quality of life, tackle isolation, especially after leaving the workforce, improve your community connections and increase your health and wellbeing without medication, then consider a healthy dose of volunteering as your remedy.

From the millions of Australians who benefit from the generosity of spirit, time and talent of our nation's volunteers, we say a very large, sincere thank you. Our world is the richer for having volunteers.

To find out about volunteering with Alzheimer's WA visit alzheimerswa. org.au, call 1300 66 77 88 or email us at support@ alzheimerswa.org.au.



Perth's biggest ticket for volunteers

Australia's biggest annual community event, the Royal Agricultural Society WA's Perth Royal Show brings people together from across the state, creating a unique

melting pot of different backgrounds, ages, ethnicities and cultures.

This diversity is reflected in the people who make the event 'tick' - its volunteers - whose own everyday interests and hobbies are channelled into the various events, exhibitions and activities which make up the show.

Whether it's looking after the cuddly critters at 'Creatures Great and Small'; providing education on agriculture in the Discover WA exhibition; or lending a helping hand in the many competitions throughout the event, the show provides an outlet for its volunteers to express themselves and to play to their strengths.

"We always try to give people jobs and responsibilities which reflect their personality and their passion," says Kay Fuller who coordinates volunteers for the show each vear.

"We have such a wide range of things to see and do for our visitors,

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it follows that our volun-

P

ber of opportunities too." The Perth Royal Show is a WA institution. First held in 1834, its history stretches back to the formative years of the Swan River Colony and - following a move from nearby Guildford in 1905 it has been held at Claremont Showground ever since. Throughout the 185 years, the philosophy behind the show has remained the same; to engage: educate, entertain and connect the people of WA to agricul-

"The volunteers give so much to the show". explains Kay. "There's a real shared enthus to get as much out of the eight days as possible and to make the event a memorable one for the visitors, particularly the younger generation."

"We're also very proud of our volunteers, many of whom have been with us for years - some, for decades. We understand that without them, there would be no show and so reward those who go above and beyond through our volunteer recognition programme and the Volunteer of the Show award.

"Volunteering with the Perth Royal Show is a money can't buy way to experience the Perth's Biggest Ticket in 2019."

For more information, visit PerthRoyalShow. com.au/about-us/volun teers/



MAKING A WORLD OF DIFFERENCE

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MAKING A WORLD OF DIFFERENCE. **CELEBRATING NATIONAL VOLUNTEER WEEK 2019**



Volunteers make a world of difference

Volunteering Expo to celebrate the wonderful contributions of volunteers and grow the volunteering commu-

Making a world of difference is the theme for this year's Expo organised as part of the National Volunteer Week celebration.

This is a free event and will be held on Tuesday, 21 May, from 2 to 6pm at the Midland Town Hall.

More than 40 different organisations and community groups will take

CITY of Swan is proud to present the part in the Expo. They all engage volunteers to deliver their services or support their cause.

> This is an event for people of all ages and families are welcome. Come along to learn about the benefits of volunteering, find opportunities and chat with the organisations and groups working in our communities.

> This is a new event for 2019, hosted by the Swan Volunteer Resource Centre (SVRC). For more information about the Expo or SVRC, please visit

www.swan.wa.gov.au/volunteer.

Visitors program for older people



Advocare's new volunteers ready to start capturing older Australian's life stories after their volunteer induction.

ADVOCARE volunteer community visitors are bringing a fresh new approach to a long-established program.

The Community Visitors Scheme is funded by the Australian government. It was established more than 20 years ago to promote links between older people receiving aged care services and the wider community.

The purpose of the





scheme is to provide volunteer visitors to older people who are socially isolated and whose quality of life could be improved by engagement positive and companionship.

Visiting someone who is isolated or lonely can make a great difference to their life; sharing stories and companionship can reduce stress, anxiety and depression for both the older person and the volunteer.

supports Advocare and protects the rights of older people in Western Australia through free, impartial and confidential information, advocacy and education. They assist older people to understand their rights and resolve any issues with aged and community care provision.

To align with their mission 'to provide an independent voice on behalf of older people' they have taken the opportunity to deliver a fresh approach to the Community Visitors Scheme.

Advocare volunteer risitors will be trained to capture the life stories and significant moments or events in the lives of the diverse group of older Australians that they will be visiting in residential aged care facilities and in their own homes.

Over a number of visits a life journal; photograph album or scrapbook will be created as a keepsake, making a positive difference to the older person's quality of life. It also gives the older person a way to capture their stories to pass on to family or loved ones and with their support workers.

Advocare is looking for volunteers throughout the metropolitan area. To express interest email volunteer@advo care.org.au or call them on 1800 655 566

Let's GO MOTORING

Let's go Motoring - good SUV's can come in small packages



Suzuki's Vitara and Jimny



by Tony McManus. 6PR's Saturday Night Show announcer

IS it true great things come in small packages? Certainly car manufacturer Suzuki believes so.

Earlier this year I attended the Australian launch of two new offerings from Suzuki: Jimny and Vitara.

It was a blistering Melbourne summer day with a north wind that only non-hay fever suffers could love. We drove Suzuki's uphill and down, through creeks and wild rivers. To paraphrase

George Costanza from Seinfeld, "The weather was angry that day my

Another favourite from George "I love a good nap. Sometimes it's the only thing getting me out of bed in the morning". The Suzuki Jimny is something for which it's worth getting out of bed. A small, very cool 4WD.

In recent weeks I have enjoyed marvelous driving around Perth and the suburbs. It catches the eye and is great fun to drive. At the same time it was a surprise with its outstanding ability to take on some of Western Australia's most rugged terrain. Not that many will, but nice knowing you can. Priced from just \$23,990 (plus on-road costs) for the five-speed manual, \$2000 extra for four-speed auto.

It seems ripper value when considering it's covered by Suzuki's three-year/100,000 km factory warranty. up to five years/140,000 km if the vehicle is serviced solely through Suzuki's dealerships. I love that Jimny is eligible for capped-price services for up to five years or 100,000 km, with service intervals fixed at every 10,000 km or six months, whichever comes first. The capped-price of first five years is \$2750, averaging \$275 per service.

But here's the thing. Jimny is not for everyone. If you are a family of more than two people, forget about it. The back seats are tight for space and best suited only for a grandchild and Kevin the Pooch.

If you want one. (a Jimny, not a grandchild or Kevin) best get in now; you may have to wait months.

Now to the new Su-

zuki Vitara starting from around \$23,990 then up to \$35,000 for a reassuring Turbo AllGrip version. This is already an award-winning small SUV. It feels good as soon as you sit in the driver's seat.

There are three models available powered by two different engines carried over from previous model, the 1.6-litre Vitara (86kW/156Nm), 1.4-litre turbocharged Vitara Turbo and Vitara Turbo AWD (103kW/220Nm).

All Vitara models are fitted with 17-inch alloy wheels, Apple CarPlay and Android Auto compatibility, satellite navigation, cruise control, climate control, seven airbags, reversing camera and keyless entry engine start as standard equipment.

Build quality is all you'd expect from Suzuki. Put Vitara on your list.

New op shop and book bazaar in Stirling - volunteers wanted

ALINEA Inc (formerly known as the Spine and Limb Foundation) is pleased to announce its latest ParaQuad Industries Op Shop and Book Bazaar retail outlet in Stirling is now open

Conveniently cated at 3/39 Erindale Road in Stirling, the new shop is now open.

There are copious pre-loved and new clothing, bric-a-brac, shoes, toys and, one of its specialities, thousands of books.

ParaQuad Industries is an Australian Disability Enterprise that provides employment to about 145 Western Australians with disabilities, and all surpluses from its retail activities are used to support this work or that of one of Alinea's other charitable enterprises.

The Stirling ParaQuad Industries Op Shop and Book Bazaar at 3/39 Erindale Road, Stirling will complement the company's other retail outlets across the Perth metro area, in Shenton Park, Jandakot

and Willetton.

Volunteer opportunities are available too if you have a few spare hours contact Viki on 9272 6564.





\$35 for 12 months

GREAT HOME and GARDENING



Perth Garden Festival success ensures the future of local gardeners









From left to right; Chelsea Flower Show - Hestercombe - Premier gardening show Perth Garden Festival was attended by more than 38,000

by Colin Barlow

PERTH Garden Festival is on the up. Attendance figures have seen the show double from a low of 19,000 only a few years ago to more than 38,000 this year. The weather was good, despite a few sprinkles early in the week and some showers on the Sunday, which did not deter festival patrons.

Perth's premier gardening show continues to see improvements with the number and variety of

plant nurseries participating with indoor plants, water plants, natives, bulbs, roses, palms, bromeliads and lots of cacti and succulents on display. Charlie Albone from Selling Houses Australia was a drawcard with the kids and parents planting vegies and listening to advice.

Again this year I had the opportunity to meet some of the readers of Have a Go News, listeners from 98.5 Sonshine FM and viewers of Home in WA at the show. I discussed and demonstrated how to grow and care for a selection of newly released indoor plants and innovative pots on the Richgro Main stage. There were also many great talks throughout the four days on this stage by local gardening experts.

During the four days I presented practical terrarium workshops and provided advice on the Scotts Australia display. The informative and interactive hands-on workshops with up to 54 people at a time ran every 45 minutes with nine sessions daily. Each attendee made and took home their own mini terrarium and nearly 2,000 were created during the four days. That's a lot of people with their own plant to take care of and nurture.

Three Greenlife Exhibitors were awarded Gold medals: Ellenby Tree Farm for their advanced display; Melville's tree Rose 'n' Garden for their colourful display of roses and Birnam Nursery for their indoor jungle display. The well deserved Best in

Show in the Greenlife category went to Melville's Rose 'n' Garden for their romantic displays of roses and cottage perennials.

The Landscape Show Gardens provided plenty of inspiration for visitors with Think Green Landscapes and Waterscapes worthy winners of Best in Show and the People's Choice Award. The design featured a natural crystal clear pond and rockwork with soft informal planting and a covered deck area. Alessios's Gardens, Country Earth, Green Earth Enterprises and Think Green Landscapes all attained Gold

awards. Local TAFE students were involved in creating the entry statements to the festival and also for the Baileys Hanging Basket competition area. Local students need to be encouraged to continue to participate in the festival in the future, as they will be the next generation of exhibitors.

Chelsea Chic and the Cornish coast

The esteemed Chelsea Flower Show will be my last stop later this month as I will again be leading a Ross Garden Tour to the Chelsea Flower Show and the Gardens of England from the 10 to 24 May. The garden tour that takes in a mix of heavenly gardens including royal, public and private gardens in England. You can view the itinerary at www. rosstours.com/england/

The tour begins with a direct flight to London before heading on to historic Bath where we visit Harold Peto's Italianate Ilford Manor and Bishop's Palace. The tour then travels south to the beautiful Royal Horticultural Society gardens at Rosemoor before heading into Cornwall, staying for three nights on the scenic coast. We take time to visit the famous Eden Project with its massive biomes, the magnificent estate of Lanhydrock along with the enchanting Lost Gardens of Heligan and Trewithen.

On our way to Oxford we visit Hestercombe with its amazing stonework before absorbing the birdsong at the exquisite private garden of Prince Charles at Highgrove House. During our stay there we visit the breathtaking Sudeley Castle, the influential arts and crafts garden at Hidcote Manor and the glorious gardens at Kiftsgate Court Gardens. The quaint villages of the Cotswolds and the magical Waterperry Gardens add to the delights of the area. We finally head into London via the creative and masterful garden at West Green House before the crescendo the opening day at The Chelsea Flower Show. A wonderful trip and next month I will share some of the new exciting developments from Chelsea.

Plant Sale

Mark Sunday 26 May in your diary so that you don't miss out on the next exciting Friends of Kings Park Plant Sale, which will be held from 9am until 12noon at the Kings Park Exhibition Ground. All proceeds from the plant sales go to fund further research and projects in Kings Park and Botanic Garden. Help and advice will be on hand with the Volunteer Master Gardeners there to assist customers. Email friendsk padmin@bgpa.wa.gov.au or call 9480 3643 for further information.

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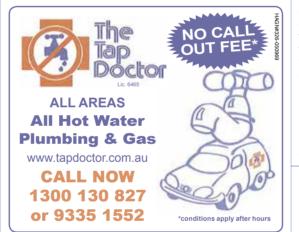
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#326 May edition PUZZLES Solutions TRANSPARENT

Wheel Words:

Cape, Carp, Nape, Neap, Pace, Pact, Pane, Pant, Pare, Parr, Part, Pate, Pear, Peat, Pent, Pert, Pray, Prey, Pyre, Rapt, Reap, Tape, Trap, Type, Caper, Crape, Crept, Crepy, Crypt, Epact, Pacer, Parer, Parry, Party, Paten, Payer, Peaty, Pecan, Perry, Prate, Pryer, Recap, Repay, Taper, Arpent, Carper, Carpet, Enrapt, Entrap, Napery, Pantry, Parent, Prance, Prater, Prayer, Trepan, Encrypt, Partner, Patency, Prancer. 9-letter word: CARPENTRY

Square Shuffle:

Axle, Gear, Horn, Fuel.

Have a Go News Quiz Page 2:

1. High Court judge. 2. Goldfields. 3. 30,500. 4. 71. 5. Susie. 6. Give birth while serving as a member of Cabinet. 7. Three years. 8. 1911. 9. 43. 10. Susannah Carr, Rick Arden.



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

Downsizing ADVERTISING FEATURE



Style and colour suggestions to warm up rooms this winter







Above; Embrace winter and style up your home, from left to right; make a statement and adorn your living room wall with a set of prints - luxurious velvet - use a rug to add colour or define space - inset; Zofia St James



by Zofia St James

WE are knee deep into the year with shorter days and chilly mornings. As we head into winter try to embrace its magic... it's all about how you style it up.

The colder months can keep us house bound, and I am definitely one to hibernate, but cosy elements serve as a salve just as much as a mug of hot chocolate or a big bowl of home-made pumpkin

With the change of seasons, it's the perfect time to give a cosier look to your bedroom and living areas.

Just as we start applying the layers in the way we dress, we can add the layers to a sofa with different cushions and a heavier knit or faux fur throw.

There are some beautiful items currently available to accomplish just this. One of my favourite destinations is Adair's homemaker store in Osborne Park.

It's a one stop shop for the most beautiful and exceptionally affordable homewares, rugs, prints, lamps, chairs, ottomans, bedheads and linen in the season's latest colour palette.

They have a range featuring rich autumn/ winter tones, luxurious textures and style that is affordable enough that a makeover won't break the budget or make a grown man (husband)

A few colour suggestions for textile items that you could consider introducing to a neutral/beige interior is a combination of earthy tones such as chocolate and Wedgewood blue.

An interior that is based on cooler grey/ whites would look beautiful with soft tones such as a classic coastal duck egg blue, winter whites and added depth with a gunmetal grey.

For a black and white interior, light its fire with accents of moody emerald and eggplant.

These colour suggestions could be found in a painting, prints, a rug, bed linen, quilt cover designs or coverlets and cushions.

Have a fun day or two discovering all the furniture and homewares stores along Scarbor-ough Beach Road. It costs nothing to look, but the inspiration you can take away with you will spark joy... I couldn't resist.

But do not embark upon this journey of discovery on a Saturday, if you wish to preserve your sanity.

Over the last few

THE RESIDENTIAL LIFT

months I have been honoured to be the facilitator of a few dreams. I have helped clients shop for furniture and plants that have breathed new life into their homes.

This includes a new colour scheme devised to make dark rooms to appear light and brighter and a total makeover for a home. I can't wait to show you the before and after shots.

New items were sought and bought for a client's newly renovated kitchen and there was even a client that needed law and order re-established into her wardrobe. Fun for me but a nightmare for some.

I am a fashion stylist also and have always preached a hi-low philosophy to the way in which we should shop and that also applies to fashion and interiors.

There are investment pieces and the pieces that look a million bucks but are cheap.

I am always after the best that I can afford or happens to be on sale or great stuff that Kmart and Target offer, particularly in kitchenware and crockery.

It pays to do your homework or shop with an expert shopper.

I might just add here that I am always happy for you to phone or email me to ask advice about products that I have endorsed in my columns.

As winter approaches thought I'd finish off with a few of the things that I have seen on my travels.

Nothing beats velvet for the luxury, feel and the look it instantly adds. Take a look at the Adairs website for the velvet upholstered bedheads, chairs and quilt cover sets. Domayne have an old fashioned quilted velvet eiderdown and matching European pillow cases in a deep sage, soft pink or black.

Feather pillows, the cheapest I've seen and best quality are in Domanchester mavne's department.

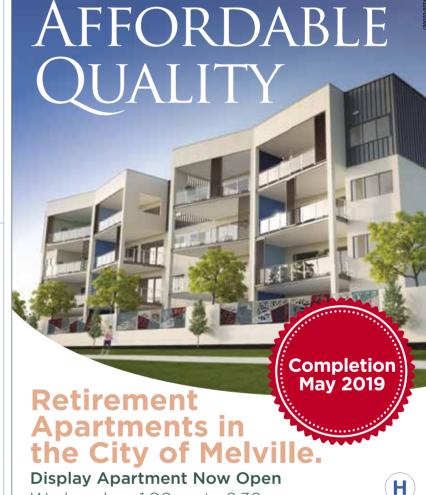
The prints (set of two) that offer that emerald/ eggplant colourway are also at Domayne. They are a real statement and I love them more every time I see them.

A rug offers an instant hit of colour or just warmth under foot, but definitely defines a space within a room and is a must have item on hard floors for winter.

There are a range of expensive to really affordable options at Freedom, Adairs and once again Domayne. The glow of lamp light

is not just flattering to our complexions but practical, stylish and ultimately cosy. I love a floor lamp for a lonely corner or at one end of a sofa to read by at night, whilst you sip something delicious, snuggled up in your new throw. Enjoy and stay warm everyone, until next month.

Zofia offers an interior style consultation for readers and would like to offer one reader each month a free hour's consult. She can assist with de-cluttering, restyling, choosing furniture and personal styling. She offers a special rate for Have a Go News' readers and knows how to style on a budget. For those interested in a free hour's styling please contact Zofia on 0406 336 607 or email zofiastjames@ hotmail.com



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CONTACT JEANNIE TULLOH Tel: 0431 919 424 Home Open held weekly on Wednesdays 10am to 12noon Waratah Community Village - 748 Old Coast Road, Wannanup www.village.waratah.org.au

Downsizing PEATURE



Chatter and Natter coming to a café near you in Australia



Enjoying a cuppa and a chat

by Frank Smith

LONELINESS is a bad for your health as smok-

ing 15 cigarettes a day and can be twice as deadly as obesity.

together," she said.

Last month the International Longevity deadly as obesity.

A study of 2000 older people in the UK by Drs' Christina Victor of Brunel University and Ann Bowling of the University of London found that, compared with the average person in the study, those who reported being lonely had a 14 per cent greater risk of dying.

To help combat loneliness, Ms Alexandra Hoskyn has developed the Chatty Cafe Scheme to support cafés to designate a Chatter and Natter table where customers can sit if they are happy to talk to other people.

The scheme aims to tackle loneliness by bringing people of all ages together from mums with their babies to the elderly and anybody in between.

'Many older adults are vulnerable because they are lonely but in actual fact there are so many people in other age groups who feel the same way and we can all help each other.

"I want our Chatter and Natter tables to be the norm in cafe culture across the world, providing opportunities for people to get

Centre in London recognised the Chatty Café cheme with the Innovation for Ageing Áward.

These awards aim to identify and support the development of products and services that address the challenges faced by ageing consumers at risk of vulnerability due to physical disability, illness, dementia or financial exclu-

The judges commented that Chatty Cafes provide a beautifully simple solution to the problem of loneliness.

Cafés throughout the UK have agreed to set out a Chatter and Natter table where customers can sit if they are happy to talk to other customers, and the idea has spread to Australia with two cafes, one in South Australia and another in New South Wales following suit, so far.

"If you're on your own, in a couple, with a friend, or you're a carer why not sit down with who you care for, mums and babies, dads and babies, grandparents and babies?' asks Ms

"Look for the Chatter and Natter table and sit there. Stay for five minutes while you have your drink or longer. It's not about making friends, just having good old fashioned human interaction.'

Café owners interested in joining the Chatter and Natter program can find out more at www. thechattycafescheme.co.uk.

A similar scheme in Perth is Memory Cafés. A number of cafés across Perth run a very special morning tea once a month.

The morning tea is for people living with dementia; an informal and social affair where people can feel welcomed and accepted, remain socially active and make new friends.

Alzheimer's WA recognised the need to encourage inclusion of people living with dementia in the local community. They partnered with local Government and businesses to bring the Memory Café concept to Western Australia.

Ed's note - Coffea Fine Espresso Café won the business section of the WA Seniors Awards for holding a regular memory Café at their premises.

Deciding where to retire is a challenge for many Australians - so get advice from the experts

A REPORT by research firm, Investment Trends, says just 44 per cent of Australians over the age of 40 feel prepared for retirement, with the number steadily decreasing over the last few years.

Yet it doesn't need to be this way. When it comes to thinking about your (or your parent's) retirement there are a number of key considerations that people should take into account

when planning.

CEO of Alchera Living, Mr Alan Marshall, says affordability tops the list for most people when it comes to choosing where to retire. However quality, comfort and convenience should not be overlooked.

"Price is often a leading factor when it comes to choosing where to retire, however, this shouldn't mean that you compromise on space and creature comforts.

especially when downsizing from a large family home," he said.

Considering must-haves is another key tip when planning for retirement, whether that be security or proximity to key amenities, such as local shops, hairdressers, medical facilities, transport and cafés or other factors.

Mr Marshall said retirement often brings with it a distinct lifestyle change for people.

"For some, they may want a home where they can entertain and socialise more; for others it might be a place they can easily lock and leave when they are travelling, or perhaps it is both. Ensuring the property you choose fits your different needs is essential." he said.

Having four villages within the City of Melville, Alchera Living is well placed to offer a wide choice of options.

Alchera's latest development, The Reserve, is located within walking distance to shops, transport, cafes, parks and medical facilities. Above all it offers an affordable and flexible retirement lifestyle.

People can secure a new apartment from just \$399,000 and each comes with spacious secure storerooms and car bays. The Reserve is also fitted with electronic access for convenience and is situated within a secure gated community, provid-ing residents with peace of mind.

Additionally, The Reserve offers flexibility of lifestyles. Not only are the apartments perfect for those who want to lock and leave, they are also ideal for those who want to be part of a community. Apart from general socialising that occurs in a village environment,



Enjoying time with the family in retirement

there are regular yoga classes and community events - a perfect way to socialise and maintain a regular exercise regime.

To organise a private

viewing of the completed display apartment, call David on 0434 659 904 or visit www.thereserve. net.au. You won't be disappointed.

Solutions for some of life's challenges...



FROM health and monev worries to concerns

about climate change, many people in Perth

Why not move to a pristine area of the West

> The Augusta Retirement Units are administered by a small group of volunteers. Unit available for occupation in a Lifetime Tenancy.

Two bedroom, one bathroom, open plan Price \$175,000

For enquiries, contact Judith Childs 0448 975 810 (8am-5pm)

are being affected by increased stress and health challenges which are reducing their quality of lifestyle in this beautiful

Over one weekend from 18 to 19 May at the Living Well in WA Expo, in the Claremont Showground Exhibition Centre, visitors will find fresh new answers and solutions to some of life's challenges and problems.

Visitors can meet and consult with local change makers and authors in a friendly and relaxed environment. They will generously share their knowledge in more than 50 talks and workshops on health, wealth and wellness, such as plant based nutrition, reinventing career and relationships, clearing limitations to success, de-cluttering, recovering from cancer and deduct-

ing your home. Just a few of the health issues to be covered in-

clude stress-related diseases, gut health, obesity, allergies, thyroid disease, food sensitivities, the effects of 5G and wifi.

information New about the effectiveness and availability of med-ical cannabis to treat painful conditions such as arthritis will be on the program as well Red Light Therapy, an invention which is proving effective in healing injuries and relieving pain.

More than 65 exhibitors will showcase and sell their products and demonstrate their services in the Expo. The range of products and services on show include organic skincare, eco solutions for plastic waste and alternative packaging to essential oils, herbal medicines and supplements; sustainable fashion, electric bicycles, organic wine, vegan, gluten free and weight loss diets.

This is a once in a year opportunity to meet with local suppliers and providers of services who live here in WA. They are ethical and dedicated to creating a healthier and more earth-friendly and harmonious way of liv-

Free Tickets

Free tickets are available to Have a Go News' readers - simply use the promo code HG and book on Eventbrite. Visit www.livingwellinwa.com.



Downsizing ADVERTISING FEATURE

Live to 100: take a life check online for free to get a clear picture...



National Seniors Kalamunda president Graeme Piggott, 83, with Ken Wyatt and friends launching the Life Checks program.

by Lee Tate

MORE than 10 million Australians over 45 are being asked by Canberra to take a free online "life check."

A website has been set-up as the Federal Government rolls-out its More Choices For A Longer Life measures, "supporting Australians to live longer, better lives." Aged Care Minister Ken Wyatt is asking people to spend five minutes looking at four key life factors - health, finances, work and social connections

He said this was a potentially life-changing and life-lengthening program, aiming to help people to live to 100 or more.

"Taking a Life Check means having more choices for a longer life," Mr Wyatt said.

"Life Checks has been carefully designed to help your health, wealth, work and social wellbeing.

"This is one of the best resolutions you can make in 2019 and it's something to tell your friends about because spending a few minutes taking a Life Check could make a lifetime of difference.

"We should be aiming to live well to 100 or more," said Mr Wyatt.

"We're already living 25 years longer than we did a century ago and we owe it to ourselves, our families and the nation to live the best we

"Average Australian life expectancy is 82.5 years and it is projected by 2050 there will be more than 40,000 centenarians."

The online Life Checks cover four areas that research has shown are keys to our wellbeing: Health, work, finance and social life.

Two Life Checks are available, for people aged 45 to 64 and for those aged 65 and older. The results and recommendations are available via email in an easy-to-read format.

Mr Wyatt said: "An important aspect of Life checks is assessing people's financial preparedness for the future

"Four in 10 Australians over the age of 55 do not have a financial plan for the next five years with even fewer people having a plan that extends beyond that.

"Options for employment are also included, whether the focus is to keep earning or to stay involved in the community."

Mr Wyatt said with many types of work available and flexible working arrangements, retirement "is no longer the only choice."

The health area of the quiz focuses on risk factors for preventable disease with research showing that nearly nine out of 10 people over 65 are living with at least one of eight chronic diseases.

He said social and community connections were also essential for healthy ageing with engagement through some form of work, volunteering or community activities giving people a strong sense of purpose.

"Just taking the quiz is a positive step, offering encouragement and accessible resources to improve things you may want to change to realise your dreams and help futureproof your life," he said.

"Life Checks aim to provide Australians with a clear picture of how they are currently tracking and how they can prepare for the next stages in their lives. They are totally private and no personal information is stored at any time during the Life Checks process."

The Government is investing \$6.5 million in the program, part of its commitment to the More Choices for a Longer Life ageing and aged care package (announced in the Budget).

Mr Wyatt said the government was investing an extra \$5 billion for aged care over four years.

To take a Life Check, visit www. lifechecks.gov.au

Join the Over 55 Walking Association for fitness, fun and good health...



THE Over 55 Walking Association (OFFWA)

recently held its first social event of the year with more than 135 members enjoying a free sausage sizzle with fellow club members after their walk at Garratt Road Bridge. The club encourag-

es members to bring their own plate to these lunches as it cares about the environment.

The next sausage sizzle will be held after the walk at Woodman Point on 21 May and later in the year there will be a free hamburger lunch. These free events are only available to members. Other social luncheons are subsidised by the club.

If people have not discovered OFFWA yet, come along to

one of their walks and join up. The cost is only \$10 a year and this allows people to participate in periodical social lunches and enjoy a morning of friendship and exercise in the

fresh air.

All details on are on the club's website www.over55walkin gassociation.org.au.

If anyone does not have the internet, the walks in May are:

14 May - Garve

Park. Fauntleroy Avenue, off Great Eastern Highway, Redcliffe;

21 May - Woodman Point. Nyyerbup Circle, off Cockburn Road.

28 May - Lake Gwelup, Huntriss Road, Karrinyup.



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Downsizing PEATURE

Most Western Australians are not aware of what palliative care services are available

THE controversial debate on voluntary assisted dying in WA has brought new focus to palliative care. Voluntary assisted dying is one of the most important and confrontational issues facing WA society and the State Govern-

"Palliative care is about assuring the best quality of life for whatever life is left," Palliative Care WA CEO Lana Glogowski told Have a Go News.

The term euthanasia is being shunned by care and health practitioners because, a practitioner told me: "it has connotations of being linked to animals being put-down."

The vast majority of West Australians are unaware of services, facilities and provisions available for them and their loved ones to plan for the last stages of life.

In a letter to the editor, Perth practitioner Dr John "Politicians Haves wrote: should ignore euthanasia

opinion polls. All people are saying in these polls is that no-one should die in pain. That does not happen when people have access to palliative care.

"Sadly, 30 per cent of patients die without access to such care. They are being denied that choice.

Ms Glogowski said many more people taking-up places at their palliative care workshops where people are encouraged to complete an Advance Care Plan to outline their wishes in the event of illness or death are known.

Figures show that less than 10 per cent of WA adults are known to have completed an Advance Care Plan meaning many families may be left to make difficult decisions in a crisis moment or negotiate paperwork that could be completed in advance.

Research by Palliative Care Australia revealed that 82 per cent of the population regarded it as important to have plans in place should anything unfortunate happen. But only 50 per cent had spoken with their partners about their wishes. Just 25 per cent had spoken with their children and only 10 per cent had spoken with their doctor.

Workshops are increasing awareness of the need to have end-of-life discussions and remove the stigma around these conversations. Issues include organ and tissue donation, making wills, enduring power of guardianship, enduring power of attorney and advanced health directive.

Ms Glogowski said palliative care was not a matter of being admitted to a palliative care facility with a greater emphasis on people being cared for, treated and supported in their homes.

"Nor is it just a matter of medical support. There is spiritual, counselling and family support. It's not just about managing pain."

Plans for treatment and care should be continuous

because people's views changed over the years.

"People in their 30s and 40s often have different views to those in their 70s and 80s," Ms Glogowski said.

"What is important is to ask 'what are my values.' Some people will say 'I don't want to die, give me everything that keeps me alive'. Others after age 85 might say 'I don't want to linger in hospital for a period of time so don't give me life-sustaining treatment'.

Palliative care aims to manage the physical symptoms and emotional needs experienced by people with a life-limiting or terminal condition so they can enjoy the best possible quality of life, says Palliative Care WA.

"Care is generally delivered by a multidisciplinary team of health professionals. The care they provide varies according to each patient's needs and preferences. Palliative care also provides practical and emotional support to family and carers.

Key WA service-providers include Silver Chain, St John of God Hospital in Murdoch, a number of hospitals and hospices and doctors with palliative care knowledge.

An awareness campaign has been funded by Bethesda Health Care, Cancer Council WA, HBF, Carers WA, St John of God Hospitals, Rural Health West, Silver Chain, Brightwater, Alzheimers WA and Health Consumers Council, with support from the Department of Health.

Ms Glogowski said workshops can be arranged to visit organisations or groups. Contact www.palliativecarewa.asn.au or call 1300 551

The importance of palliative care was highlighted in the State Government's Joint Select Committee on End-of-Life Choices Report: My Life, My Choice. It concluded that there were three aspects to the end-of-life issue: advance care planning, end-of-life and palliative care.

Deputy Premier Roger Cook, who is Minister for Health and Mental Health said: "The Western Australian Government is committed to providing patient-centred, high-quality care at end-oflife for people and their family/carers facing life-limiting illness through the prevention and relief of suffering.

"The report reinforces the need for our health system to continue to review, strengthen and adapt the way it delivers end-of-life and palliative care to provide high-quality health care for all Western Australians," he said.

"This includes those who are ageing, have complex needs and live with chronic disease while also meeting the increasing demand for these services.

Ed: Supporters of Voluntary Assisted Dying say they support palliative care, but that it may not be right for everybody and people should have a choice.



Organising and decluttering 0419 150 036 www.lifestyleassistance.com.au



Baptistcare Gracehaven - Zoe's second home

INSTEAD of the usual number of grandparents, two-month-old Pyper Nancy Winter has 98 adopted seniors at Baptistcare's Gracehaven Residential Care in Rockingham doting on her. New mum, Zoe Jordan (24), who has had a deep connection with the Baptistcare facility since arriving in Perth with her family from Northern Ireland back in 2008 as her mum (Pyper's grandmother) Kim Jordan, became a Baptistcare lifestyle coordinator and with her extended family back in Ireland, Baptistcare Gracehaven became Zoe's second home. As a teenager, Zoe became an official volunteer at Baptistcare Gracehaven and when she was old enough, she qualified as an allied health assistant in Aged Care so she could work alongside her mother. Zoe said she had been overwhelmed by the great support she has had from residents.



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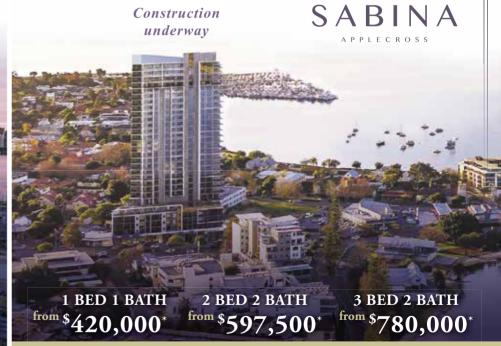
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*Image includes artist impression.

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Support for cancer sufferers is just a call away to Cancer Council of WA



Deanne O'Brien with husband Dean and son

WHEN South Guilford resident Deanne O'Brien was diagnosed with leukaemia four years ago her world was turned upside-down.

The shock of the diagnosis came at a time when husband Dean was working a five week away five week at home roster and the couple's

three small children were all under the age of four.

With the family still reeling from the news, Mrs O'Brien began chemotherapy and radiotherapy in preparation for a stem cell transplant.

During one of their many visits to hospital, Cancer Council WA's 13 11 20 support line was recommended to the O'Briens by the wife of a patient in the same ward.

Mrs O'Brien said deciding to call the service opened up a world of support – not just practically but emotionally too.

"The cancer nurses were always friendly, always supportive and made sure to give me all of the information I needed," Mrs O'Brien said.

Through the support line she was able to access a range of free services to people affected by cancer, their carers and families.

"Mum and dad helped with looking after the children while Dean was away at work but I had been told not to do any gardening or housework whilst undergoing treatment – that's when I accessed the practical support services.

support services.
"I had cleaners, lawn mowers and gardeners come out to help, which made a big difference.

"I also used the financial assistance and completed my will through the free legal assis-

tance," Mrs O'Brien said.
Cancer Council WA
also offers a range of
therapies which have

therapies which have been proven to compliment conventional cancer treatment.

"The nurses put me in touch with the Cancer Support Centre in Midland where I did reiki, massage and lovely things like that.

"After treatment I experienced a lot of muscle and joint weakness – it was a struggle standing up from sitting down. I joined the exercise program and yoga classes which definitely helped to improve my energy," she said.

The Life Now exercise program of an hour class

twice a week runs for 12 weeks and is facilitated by accredited exercise physiologists.

Mrs O'Brien said on top of the health benefits, she received emotional support from other participants in the program

"We all had different cancers but we still had something in common. It was nice to network and I've met some friends that I still keep in touch with," she said.

Cancer Council's 13 11 20 Information and Support Line is a confidential service run by experienced cancer support professionals and is available to those affected by or concerned about cancer.

The service connects Australians with relevant support, information and resources to help them through their cancer journey. Last year, the service provided support to over 41,000 callers.

"I think it's great service because when you're first diagnosed you don't know where to start, you don't know what to do and it's good to have someone to guide you and let you know of all the services that are available to you," Mrs O'Brien said.

For more information about Cancer Council's support services, visit cancerwa.asn.au or call 13 11 20

Age is no barrier...



Left to right - Tony Holmes and Lynne Holmes (Jena's daughter) Memory Nuture's Faye Donna and Naomi Moylan with 102 year-old Jean Waters

AGE is no barrier to getting out and about when 102-year-old Jean Waters along with her daughter and son-in-law attended the Healthy Lifestyles Expo held in Melville at the end of March along with occupational therapists from Memory Nuture.

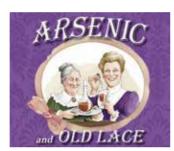
Come along and have a go at 10 pin bowling in Cannington

NEW members will be made most welcome for ten pin bowling on Tuesdays at Venue Zone Bowling Lanes, Manning Road, Cannington from 12-2pm.

No experience is necessary.

For more information please ring Grace on 6293 1823. The group looks forward to meeting interested people.

Hilarious black comedy comes to Marloo Theatre



ARSENIC and Old Lace written by Joseph Kesselring is

a farcical black comedy revolving around the Brewster family, descended from the Mayflower settlers, but now composed of insane homicidal maniacs.

The hero, Mortimer Brewster (Richard Hadler), is a drama critic who must deal with his crazy, homicidal family and local police in Brooklyn, New York, as he debates whether to go through with his recent

promise to marry the woman he loves, Elaine Harper (Tracey Morrison), who lives next door and is the daughter of the local minister.

Directed by Brendan Tobin, with a superb cast of well-known local actors: Jacqui Warner, Michael Hart, Ryan Perrin, Billy Darlington, Kerry Goode, Tracey Morrison, Richard Hadler, Raymond Egan, Benedict Chau, Harri-

son MacLennan and David Seman.

Arsenic and Old Lace plays at 7.30pm, 3 – 25 May with 2pm matinees 5,12 and 19 May. Tickets are \$22, \$20 concession, \$18 members – book now on www.trybooking.com/ ZYTB or call 0490 098 552 or visit marlootheatre.com.au

The Marloo Theatre is located at 20 Marloo Road, Greenmount (off Innamincka Road).

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To register, please email readers@haveagonews.com.au

*Conditions apply. May also include offers and promotions throughout the month.

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Please include two stamped (\$2) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

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Write your reply on a single sheet of paper and place inside an 11B size envelope (measures approx. 14 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. No greeting cards, bulky items and photos.

All replies will be forwarded early in the next

All replies are strictly confidential and are not opened.

Replies must be in response to reply boxes no older than three months.



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WATTLE GROVE LADY 69 Beautifully groomed, soft & gentle natured widow, looks & feels active & healthy, eni dancina, exercise, loves fishina, caravan travel & is a areat homemaker. Sk affectionate man 65-75.

SOUTH PERTH LADY 70 Slim, attractive, lovely blue eyes & A warm smile. Intelligent, fit, healthy, enj travel, sailing, gym, a good book or film. Sk charming man w/ same outlook 70-76.

CLAREMONT LADY 73 Vibrant blue eyed blonde, slim, stylish, ret. Prof. very well spoken. Walks, swims, sings, can dance, loves family/friends. Would go caravanning/camping with the right man 6

MANDURAH LADY 70 Stylish country girl, trim, blue eyed brunette, youthful, outgoing & full of life. Independent, kind & loyal. Sk well balanced man who likes a bit of everything 65-75.

WANNEROO LADY 80 relaxed, slim, elegant & down to earth, very well spoken & groomed, enj social events, dancing, theatre, live shows, sport, sk gent 75-85 w/ tidy habits.

NORANDA GENT 77 funloving Scotsman, tall, well built, tidy, family man. Honest, openminded, widow, only just retired & always been very active. Sk light-hearted, outgoing lady 70-80.

WATERFORD GENT 76 175cm, fit & well groomed, easygoing, adaptable, broadminded. Enj reading, dining out, music, play golf, follow sport. Sk a d.t.earth lady w/ some old values 72-28.

ROCKINGHAM GENT 84 Generous, dependable, happy natured, clean & tidy, well presented, loves to read, go for walks, movies, a meal out or fish & chips on the beach. Sk loving lady companion to care for 78-86.



SOLUTIONSMATCHMAKING.COM.AU Matching mature singles since 1995

Seeking a Friend

74 GENT, ties, seeks nice, uncomplicated lady for companionship, regular catch ups and enjoy chats at coffee shop of your choice. I will be shy at our first meeting.

Reply Box 8240

ACTIVE, fit, gent, 69, neat appearance, NS, SD, WLTM SOR Japanese lady, slim, neat appearance similar age or younger for companionship relationship. I enjoy family and life. Let's meet for coffee and a chat. ALA. Reply Box 8235

CHRISTIAN lady 72, from Albany WA, WLTM Christian gentleman, 75, living around Albany area, ND, NS, GSOH for friendship only.

Reply Box 8238

EUROPEAN man looking for Japanese lady for whatever this may lead to. Only genuine replies and age not important.

Reply Box 8239

GENT 69, own home, car, fin sec, NS, NG, SD, NOR, WLTM honest, genuine, fin sec lady who doesn't want to get old or fade way. Friends first. Keen on travel, USA, Canada 2020 by rail or whatever.

Reply Box 8233

GENT 70, healthy, active, tall, GSOH, enjoys music, movies, dinners, travel and many other interests. WLTM a slim to medium build lady that has similar interests to share a long happy relationship, ALA,

Reply Box 8231

GENT 80 fit and still working. University graduated, non English, non Christian. Seeking a lady friend to share casual dating. Like music, dancing, eating, art, culture, travel, walking, gardening. Any origin, Perth, Mandurah and surrounds.

Reply Box 8214

GENTLEMAN, 61 years young, WLTM a happy, natured lady. I am presentable, intelligent and financially comfortable. Please write.

Reply Box 8236

GENUINE lady, widow, 5'10", medium build, WLTM genuine gent, GSOH, NS, SD, TLC, fin sec, SOR, Rockingham to Mandurah for outings, movies, drives and walks along beach. WLTM for coffee and chat.

Reply Box 8241

GUY 66, NS, SD, med build seeks lady 50s-60s. Stop shopping for a good man and still have your independence with total trust. My hobbies; music, movies, short drives into the country etc, give me

Reply Box 8229

LADY 75 from interstate WLTM males or females who are looking for a friend. I'm fit and active and have own transport.

Reply Box 8243

LADY 76, slim, WLTM genuine person. No baggage, fin sec, GSOH. Enjoy sport, home-lovina. commerce background, active, healthy.

Reply Box 8225

LADY slim, widow, English, happy, honest, sincere, caring. Enjoys music, gardening, movies, walks. NS, ND, NG, WLTM gent, 75+, NOR. Reply Box 8234

LADY WLTM gent 75-80, loving, caring, possible long term, quiet evenings, cinema, travel, eat in/out, NS, NG, NOR, SD. Please reply. Meet for coffee.

Reply Box 8230

LONELY lady 74 from Albany WLTM gentleman living nearby around 75, NS, ND, loves family, friends, gardening, country music. I am not thin.

Reply Box 8237

Seeking a Partner

A PROF guy 80 WLIM similar guy to share life, age 40-65, race not important, like history, bicycling, canoe, buildings, art, puzzles, travelogues. ALA.

Reply Box 8222

ARTICULATE bubbly lady, 74, WLTM educated man of similar age or younger. Must be fin sec and love classical music, ballet and dancing. I am a retired professional with university education, SD, Anglican, European food-

Reply Box 8218

Love the movies? See the latest movie reviews and win tickets www.haveagonews.com.au **ATTRACTIVE** lady 75 years young with a GSOH, WLTM an intelligent gent with a view to permanent union. I am British by birth and enjoy a SD but don't smoke. I would like to spend the rest of my life with a kind and compassionate person who does not have any baggage. I enjoy life and have a number of interests but please don't reply if you think I am a rich widow - I am not! Interested? I would love to hear from you.

Reply Box 8216

EUROPEAN lady tractive, educated, refined, pleasant personality, GSOH, ND, NS, NG, WLTM sincere, kind, educated, well groomed gentleman for friendship leadina towards a long term relationship if compatible. Lets meet for coffee SOR.

Reply Box 8242

GENT 69 WLTM a lady who enjoys walking, movies, holidays, dancing and dining in/out. I am slim, NS, SD and live SOR,

Reply Box 8221

GENT baby boomer, happy, sensible, caring, inventive, seeks lady around 70 for who knows

Reply Box 8232

IS there an active 90yo male seeking a friend, interested in lady similar vintage, NS, NG, SD, fin sec, likes travel, movies, social activities. If so, I'd welcome meeting you. Mandurah area prefered. Reply Box 8220

LADY tall, slim, WLTM 65-72, fin sec guy interested in travel, open to explore future possibilities with fin sec lady. Enjoys usual social activities, fitness, GSOH. Missing that special person, friend, partner. Look forward to your

Reply Box 8223

SEEKING fit, DTE Australian lady, 65-70. I am a smoker, SD, widowed, fit, energetic, loves outdoors, honest, secure, reliable and wanting to travel Australia. Permanent relationship required. Midland area. Al A.

Reply Box 8226

TALL slim, confident, well dressed, city woman, inquiring mind, honest, kind, fun, good health. WLTM a well dressed confident man for casual dating, 70-80 years. Reply Box 8219

NEWS UPDATED DAILY www.haveagonews.com.au WELL presented, attractive English lady, educated, feminine, med build, old fashioned values, fin sec, own home, postcode 6107 for permanent long term relationship who enjoys music, reading, country drives, good conversation. ALA

Reply Box 8224

NEWS UPDATED DAILY www.haveagonews.com.au

WIDOW very bubbly, outgoing, loves baking and cooking, also loves to travel. WLTM new people as I have recently arrived in Australia. ALA. Age 59. Reply Box 8215

a Travel Partner LADY young, 70, fit and active, DTE with GSOH, cooking skills, born in UK and keen to travel. WLTM gent with caravan to explore the north and have

Seeking

fun times and relaxation.

Reply Box 8227 **LOOKING** for single gent who rides motorbikes, fin sec, would like to travel Australia on bike with similar gent as friend only, and share accommodation cost. GSOH, DTE. I'm 69. Reply Box 8228

Preserve your memories



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

You may think your old film reels are safe and sound in that shoebox at the back of the cupboard, but as time passes, it is slowly degrading. In the early twentieth century, film reels were not designed with longevity in mind, often using unstable chemicals to improve the quality of the picture. Many films shot during the 1930s/40s will eventually succumb to what's known as vinegar syndrome, a decomposition process that releases a vinegar-like odour.

As your film ages, it will continue to deteriorate until it's damaged beyond repair. Older recordings are at greater risk, but even 8 and 16mm footage shot five years ago has already begun to break down and lose quality. Now is the time to take action and ensure your priceless recordings 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 your film has already begun to decay or develop mould growth, DiskBank can revive your footage if the damage has not spread too far.

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

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

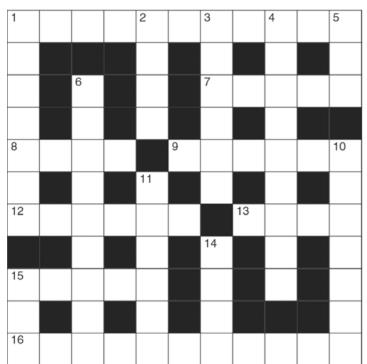
Simply mention the Have a Go name to claim your bonus discount. Visit DiskBank at 94 Jersey Street, Jolimont or call 9388 0800.



Have a Go News PUZZLES PAGE



CROSSWORD



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STRAIGHT CLUES

- **Across** 1. See-through (11)
- 7. Has a go (5)
- 8. Songbird (4)
- 9. Shipboard vacation (6) 12. Imperfection (6)
- 13. ... of Good Hope (4)
- 15. White water craft (5) 16. Walkers (11)

Down

- 1. Fell behind (7)
- 2. Beauty queen's ribbon (4)
- 3. Movie stars (6)
- 4. Rule out (9)
- 5. ... the season to be jolly ('3)
- 6. Crude (9) 10. Foes (7)
- 11. Spiral fasteners (6)
- 14. In the distance (4)
- 15. ... & saucer (30)

CRYPTIC CLUES

Across

- 1. Rants upset father or mother that's very clear
- 7. Hears evidence in court of experiments (5)
- 8. Clarke admits having a bit of fun (4)
- 9. Crews suggested a boat trip (6)
- 12. Desert flaw (6)
- 13. Garment required by escapees (4)
- 15. When ocean is wild you have to paddle your
- 16. A diner steps aside for those on foot (11)

- 1. Deli art brought up the rear (7)
- 2. Buys a shirt with hidden waist band (4)
- 3. Cast or cast, perhaps (6)
- 4. Get rid of the Spanish item Ian cracked (9)
- 5. A little fetish? It is, to poets ('3)
- 6. Rough fur, in need of restyling (9)
- 10. I see men becoming adversaries (7)
- 11. Cheats prison wardens (6)
- 14. A long way off in safari (4)
- 15. One hundred up for trophy (3)

SQUARE SHUFFLE

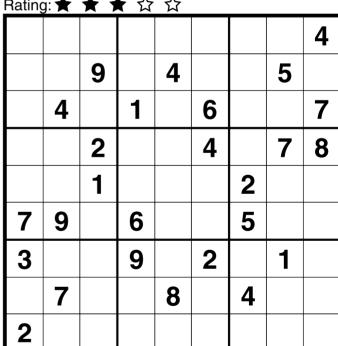
Take one letter from each colour to make up 4 four-letter words

that are all motoring terms. We have given you the first letter

to get you started. Every letter must be used once only.



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



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The Salvation Army Red Shield Appeal: Volunteer or donate to give hope

#326 May edition puzzle solutions on page 44.



Wheel Words

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

Create as many words of 4 letters or more using

30 Very Good	36+ Excellent
	30 Very Good

Would you like to know

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How to prepare or update your Will?



Approximately 50% of Australians die without ever getting around to making a Will. We invite you to obtain our free 20-page booklet that may help answer many of your questions and show you how simple it can be.

After you have made provision for your loved ones you may also decide to include a gift (bequest) to the Salvos in your Will, which will enable you to play an active part in the ongoing work of changing people's lives for the better

For more information please complete this coupon and send to: Wills & Bequests, The Salvation Army, PO Box 8498, Perth Business Centre, WA 6849 or FREECALL 1800 337 082.

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$\overline{}$													

I have already included The Salvation Army in my Will

☐ I am interested in including The Salvation Army in my Will

Phone

Mr / Mrs / Miss / Ms / other ___

ing people to get involved in Australia's biggest annual doorknock, the Red Shield Appeal.

THE Salvos are encourag-

Held over the weekend of 25-26 May, the Appeal has set a target of raising \$8 million. The money raised from the Red Shield Appeal will go towards The Salvation Army's vast

network of services that help Australians in need.

More Australians are turning to The Salvation Army for vital support.

Over the past 12 months, the Salvos have supported more than 38,000 people experiencing homelessness, 14,000 people overcoming addiction, provided over 50,000

financial counselling sessions, given care to 5,000 people experiencing family violence, and assisted more than 150,000 people with emergency relief.

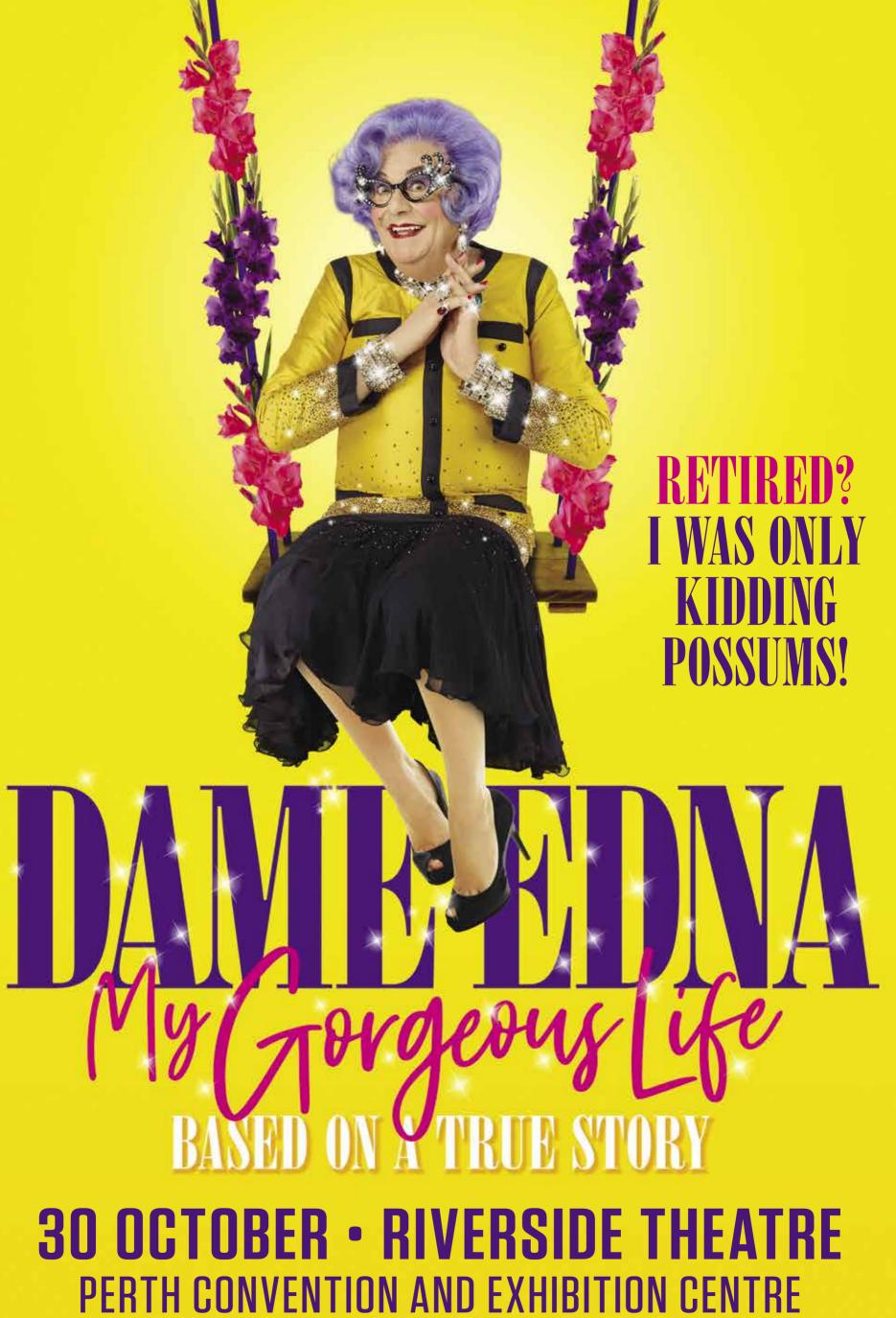
More than ever, the Salvos need 50,000 volunteers to help raise crucial funds for the Red Shield Appeal, says The Salvation Army's Warren Palmer.

Warren Palmer says, "Homelessness, family domestic violence, addiction and many other hardships face thousands of Western Australians every day. Our dedicated Salvation Army volunteers endeavour to bring hope to those who need it most through our vast range of services that stretch right across the state.

"We cannot do this alone," Warren Palmer says. "We all have the opportunity to be beacons of hope for others and by partnering with the Salvos for just a few hours over the Red Shield Appeal weekend, you can give hope where it's needed most."

To volunteer for this year's Red Shield Appeal, please call 13 SALVOS (13 72 58) or register online at salvationarmy.org.au.

You can donate to the Red Shield Appeal by calling 13 SALVOS (13 72 58), online at salvation army.org.au, in person at any Westpac branch or Salvos Stores or by posting your cheque to PO Box 9888 in your capital



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WA Opera brings Sweeney Todd to His Majesty's Theatre



Sweeney Todd © Jeff Busby

AFTER the brightness and warmth of Perth's wonderful summers and autumns, winter often conjures up feelings of darkness, despondency and foreboding; and the winter production in West Australian Opera's 2019 Season will evoke similar reactions when Sweeney Todd: The Demon Barber of Fleet Street brings his

tools of trade to the stage at His Majesty's Theatre on 13, 16, 18, 20 July.

Benjamin Barker once had it all; but tragedy, heartache and a brutal act of betrayal lead him into a downward spiral of despair. Determined to avenge his loved ones, Barker returns to London and assumes a new identity, Sweeney Todd, the Demon Barber of Fleet Street. Together with the deranged pie-maker, Mrs. Lovett, he plots his revenge on those who have exiled them to society's outer margins.

Novacastrian, Ben Mingay, will take the role of Sweeney Todd in this production. Mingay famously won a Conservatory of Music scholarship after being dared to audition by his construction co-workers. Perth audiences will also remember his role in the 2017 WASO concert Swing on This.

Joining Ben on stage will be Antoinette Halloran as the ruthless pieshop owner, Mrs Lovett; while James Clayton takes the role of Todd's nemesis, Judge Turpin. Beadle Bamford will be sung by Matt Reuben,

James Ward and Paul O'Neill will appear as Adolfo Pirelli, a scheming former employee of Benjamin Barker. The two lovers, Barker's daughter, Johanna, and Anthony Hope will be played by Emma Pettemerides and Nathan Stark and Fiona Campbell will appear as the beggar woman.

Brett Waymark will lead the Western Australian Symphony Orchestra in this production which also features the West Australian Opera Chorus.

This tragic tale of treachery, deception and revenge is magnificently brought together in Sondheim's haunting score and will resonate with audiences long after the meat grinder has stopped turning.

Tickets at www.ptt.wa.gov.au

Embracing the future in new documentary - 2040



DAMON Gameau the

award-winning director (That Sugar Film) embarks on a journey to explore what the future could look like by the year 2040 if we simply embraced the best solutions already available to us to improve our planet and shifted them rapidly into the mainstream.

Structured as a visual letter to his four-year-old daughter, Damon blends traditional documentary with dramatised sequences and high-end visual effects to create a vision

board of how these solutions could regenerate the world for future generations.

In cinemas 23 May.

WIN WIN WIN

We are giving readers the chance to WIN an in-season double pass to 2040. To be in the draw simply email win@ haveagonews.com.au with 2040 in the subject line or call the office during business hours on 9227 8283. Closes 20/5/19.

Judi Dench returns to the screen in Red Joan



IN a picturesque village in England, Joan Stanley (Academy Award® winner Dame Judi Dench), lives in contented retirement. Then suddenly her tranquil existence is shattered

as she's arrested by MI5. For Joan has been hiding an incredible past; she is one of the most influential spies in living history.

At Cambridge University in the 1930s the young Joan (Sophie Cookson), a demure physics student, fell intensely in love with a seductively attractive Russian saboteur, Leo. Through him, she begins to see that the world is on a knife-edge and perhaps must be saved from itself in the race to military supremacy.

Post-war and now working at a top secret nuclear research facility, Joan is confronted with the impossible: Would you betray your country and your loved ones, if it meant saving them? What price would you pay for peace? Inspired by an extraordinary true story, *Red Joan* is the taut and emotional discovery of one woman's sacrifice in the face of incredible circumstances.

In cinemas 6 June. WIN WIN WIN

To be in the draw to win a double pass to Red Joan simply email win@ haveagonews.com.au with Joan in the subject line or write to Red Joan C/- Have a Go News PO Box 1042, West Leederville 6901. Competition closes 30/5/19.

Rocketman celebrating the life of Elton John in new film



ROCKETMAN is an epic musical fantasy about the incredible human story of Elton John's breakthrough years.

The film follows his fantastical journey of transformation from shy piano prodigy Reginald Dwight into international superstar Elton John.

This inspirational story – set to Elton John's most beloved songs and performed by star Taron Egerton – tells the universally relatable story of how a small-town boy became one of the most iconic figures in pop culture.

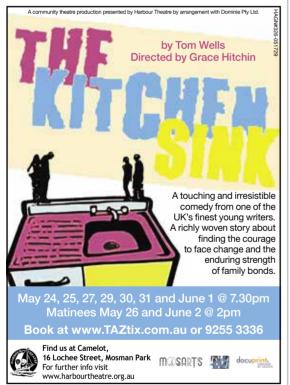
Rocketman also stars Jamie Bell as

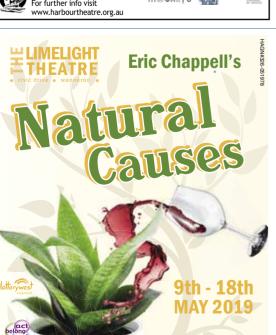
Elton's long time lyricist and writing partner Bernie Taupin, Richard Madden as Elton's first manager, John Reid, and Bryce Dallas Howard as Elton's mother Sheila Farebrother.

In cinemas 30 May

WIN WIN WIN

To be in the draw to win a double pass to Rocketman simply email win@haveagonews.com.au with Rocket in the subject line or write to Rocketman C/- Have a Go News PO Box 1042, West Leederville 6901. Competition closes 25/5/19.





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Celebrating Irish songs and music as a Taste of Ireland comes to WA



AUSTRALIAN audiences have the chance to witness world champion Irish dancers direct from the West End's Lord of the Dance, this year, when A Taste of Ireland tours WA telling the tale of the world's most loved nation in an incredible live performance.

Through Irish music and dance. A Taste of Ireland explores magical tales spanning generations of Irish storytelling and culture. This world class show features champion Irish dancers and musicians from around the globe performing their art in ways that reflects pure Irish talent.

A Taste of Ireland was composed and choreographed in Dublin and is quickly on its way to becoming the new frontier in Irish entertainment combining melodic Celtic accordion, raw and rhythmic guitar and banjo to produce ballads and songs from across the counties with superb dancing.

Created and produced by Pace Entertainment Group, the show will transport the audience to a time and place where tunes, taps and tradition showcase the very essence of celebrating the Irish spirit.

The show stars Ceili Moore who performed the lead role opposite Michael Flatley in Lord Of The Dance on tour and has featured on the Graham Norton Show, BBC Proms In The Park, Dancing Down Under and The Wiggles videos.

Ceili has returned to Australia and teamed up with her partner, choreographer and producer Brent Pace to perform in A Taste of Ireland. Brent was the lead principal in Gaelforce Dance and Rhythms of Ireland and is a world medallist and six times national champion.

Don't miss the opportunity to celebrate Irish dance and culture as A Taste of Ireland tours Western Aus-

A Taste of Ireland will be at the

following venues during May. 14/5 - Geraldton Queens Park The-

atre - 9956 6662 15/5 - Moora Performing Arts Centre - 9651 0000

16/5 - Fremantle Town Hall - www. atasteofirelandshow.com

17/5 - Mandurah Performing Arts

Centre - 9550 3900 18/5 - Bunbury Regional Entertainment Centre – 1300 661 272 19/5 - Albany Entertainment Centre

- 9844 5005

21/5 - Merredin Cummins Theatre -9041 3295

23/5 - Esperance Civic Centre -9083 1566

24/5 - Kalgoorlie Goldfields Arts Centre - 9021 0999

25/5 - The Regal Theatre Perth at 7.30pm

All Tickets available from www. atasteofirelandshow.com

Local artists presents melodies from your favourite performers

PETRINA Bishop has a wealth of experience, with more than 30 years of experience in the entertainment industry from teaching, singing and producing sell out shows.

She enrolled in the Johnny Young Talent School and was mentored by Jackie Love throughout her youth. She was classically trained as a teenager and went on to work with WA Opera Company, WA Choral Society and the WA Musical Theatre Company.

She now presents a repertoire of songs from some of her favourite performers working with musical arranger and accompanist David Wickham to present a selection of twilight cabarets and morning music concerts.

On Monday 13 May from 11am to 12noon enjoy a musical morning as Petrina takes a trip down memory lane presenting songs from the Armed Forces sweetheart Dame-Vera Lynn. The show is only \$15 with morning tea included. Petrina will perform favourites including As Time Goes By, We'll Meet Again and The White Cliffs Of Dover.

Trybooking www.trv Tickets: booking.com/BBMQY

On Sunday 19 May from 3pm to 5pm Petrina will celebrate the music of Barbra Streisand with her The Way We Were show.

A star of stage and screen for more than 50 years and adored by generations, this diva sold millions of records and was presented with Grammy, Tony and Academy Awards all while be respected by her peers. Come and enjoy the great favourites such as People, Don't Rain on My Parade and The Way We Were. Reminisce as you listen to songs from Funny Girl, Yentl, Hello Dolly and many more. The show includes afternoon tea and tickets cost \$20.

Tickets: Trybooking www.try booking.com/BBMRR

Head to the rainbow to celebrate the music of Judy Garland as Petrina shares the songs of yesteryear from this brilliant artist whose music has stood the test of time.

Petrina Bishop looks forward to sharing with the songs of yesteryear, such as The Trolley Song, The Man That Got Away and of course, Over the Rainbow.

The show will be performed on Monday 24 June at 11am and Saturday 29 June from 7.30pm.

Door sales are available at all shows (cash only) and performances take place at the Anglican Church of South Perth, 9 Ridge Street. South Perth. For more information contact Petrina on 0409 12 72 82.

Disney's Aladdin fun for all the family



DISNEY'S new live-action Aladdin is the exciting tale of the charming street rat Aladdin, the courageous Princess Jasmine and the genie who may be the key to their future.

Directed by Guy Ritchie, who brings his singular flair for fastpaced, visceral action to the fictitious port city of Agrabah, the film is written by John August and Guy Ritchie based on Disney's Aladdin. Will Aladdin stars

Smith as the larger-thanlife genie; Mena Massoud as the charming scoundrel Aladdin; Naomi Scott as Jasmine, the beautiful, self-determined princess; Marwan Kenzari as Jafar, the powerful sorcerer; Navid Negahban as the Sultan concerned with his daughter's future; Nasim Pedrad as Dalia, Princess Jasmine's free-spirited best friend and confidante; Billy Magnussen as the handsome and arrogant suitor Prince Anders; and Numan Acar as Hakim, Jafar's right-hand man and captain of the palace guards.

Aladdin hits cinemas 23 May.

WIN WIN WIN

To be in the draw to win a double pass to Aladdin simply email win@haveagonews. com.au with Aladdin in the subject line or call the office during business hours on 9227 8283. Competition closes 20/5/19.

A traditional 1960s variety show comes to WA by Brad Elborough continued from front cover



The Robertson Brothers

That talent makes the Bee Gees an obvious choice to add to their

And while many of you will start thinking Satur-

day Night Fever, the boys have feedback that it was songs such as New York Mining Disaster and Massachusetts that were playing on the radio as

you were fooling around at the drive-ins. These are the songs, along with Let's hang on, Bye bye love, Wake up little Susie and All I have to do is dream that will have you thinking you're back in the 60s, even if for only a few hours.

Ben and Geoff have been entertaining Australian audiences for around 25 years.

Even if you haven't been to one of their shows, there is a chance you would be familiar with their work. For years, they were the voices behind the theme song for Channel 7's Home and Away. They were a part of the opening ceremony for the 2000 Sydney Olympics. The list of television and radio ads they are behind is plentiful also.

tribute They aren't artists in dress-ups either; they perform these songs the best they can, as they know you want to hear them... how you remember hearing them decades ago.

Neither of the Robertson boys has reached 50 years yet, so they needed to research the content of the variety shows they were trying to duplicate.

They found they had the best source of information right at home, their dad - John Robertson, the Number one Willie Nelson tribute singer, who sometimes joins the boys on stage. "We're not old enough

to get it, but our parents are," Ben said. "We sat mum and dad down and picked their brains about all the stuff they like. They have been the best research for us.

And so far, the results back that claim. Check out the Robertson Brothers Facebook page for positive feedback from those who have attended earlier (often sold out) gigs on their challenging 72-gig tour.

The members of the band they have put together come from similar backgrounds.

"A lot of the band have been touring with us forever," Ben said. "They are the old school session guys, who played ads and have done absolutely everything, but they don't have the ego.

"They are freaks. They have been doing it so long, you forget how good they are.

"And our keyboard

player steals the show. He looks exactly like Uncle Fester (from the Addams Family) - he's a super attractive man; he has a good head for radio."

WA Tour

Thursday 25 July - Albany Entertainment Centre Friday 26 July - Mandurah Performing Arts Centre

Saturday 27 July - Bunbury Entertainment Centre Sunday 28 July - Astor Theatre, Perth

www.robertsonbroth ers.com.au and www. facebook.com/TheRob ertsonBrothers

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SCENE SOCIALLY





SCENE (1): MORNING Melodies are held every month at the Mandurah Performing Arts Centre hosted by Sacha Mahboub. In April The Divine Mz Z and her boogie boys performed songs from the 1940s with clever jazz and stories to a cheering crowd. Guests enjoy an hour performance as well as morning tea at this monthly morning concert.
There's always a plethora of entertainment – visit www.manpac.com.au for bookings.

SCENE (1): From left to right; James Vinciullo - Dan Slee - Zalia Joi - Shannon Smith - Damian Denyer - Reylli Stewart. Centre stage Morning Melodies host Sacha Mahboub







SCENE (3): MORE than 850 people attended Seniors Recreation Council's Have a Go Day in Rockingham last month. This free mini *Have a Go Day* opens up opportunities for people to
come along and find out about relevant information and try new activities. The event provided wonderful opportunities for older adults to get out and have a go!

SCENE (3): Clockwise from top left; Sing Australia Rockingham's Pauline Grassi with Hon. Dr Michael (Mike) Dennis Nahan - One of the gorgeous displays on the day - dancing demonstrations were held throughout the event



SCENE (6): A RECORD 84 teams took part in the 2019 Seniors Recreation Council state over 60s mixed pairs lawn bowls tournament. It was held at various clubs throughout the Perth metropolitan area with the finals played at the Manning Bowling Club on Wednesday 3 April. Congratulations to Chris Lander (Sorrento) and Pauline Bourne (Sorento) who won Wednesday's final 19-14 over Joseph Rollnik (Valley) and Nerrida Porteous (Sorrento). Semi- finalists on the day were Gordon King (Osborne Park) and Irene Arndt (Safety Bay), Sam Perica (Cambridge) and Lea Mias (Melville).

SCENE (6): Tournament winners Chris Lander (Sorrento), Pauline Bourne (Sorrento), SRCWA state president Hugh Rogers and Bowls WA president Kerry Andersen.





SCENE (2): THE Healthy Lifestyles Expo was held at Leisure Fit Melville on 29 March and saw a good attendance of people to take advantage of the activities and information available at this free day. Organised in conjunction with Seniors Recreation Council and the City's of Melville, Fremantle and Cockburn this age friendly event was a great success and offers people in the area an opportunity to get out and have a go!

SCENE (2): Clockwise from top left; displays and information were available all throughout the day -City of Melville's Samantha enjoying a ride on the library's Read and Ride bike - Pole walking is a great activity to have a go at - Yelakitj Moort Nyungar Association elder Marie Taylor and SRCWA executive officer Dawn Yates.



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SCENE (4): THE latest resident to move into Mercy Place Lathlain has four paws, long whiskers and a huge amount of love to give, according to his best friend Noel Van Sandwyk. Jimmy the cat, who was rescued by Mr Van Sandwyk from the Cat Haven in Shenton Park four years ago, has moved into the not-for-profit aged care home with his owner and has become a household hit. "Jimmy is my best friend and all the nurses love him. They don't come into my room to visit me, they just want to see him," laughs 90-year-old Mr Van Sandwyk.

SCENE (4): Noel Van Sandwyk with Jimmy the cat





SCENE (7): CATHOLIC Homes' Servite Village celebrated its ruby anniversary and 40 years of service in March. Among many residents, members of the community and staff past and present, the celebration was joined by former parish priest at St. Denis Church Father Chris Ross and Mayor of the City of Stirling Mark Irwin. The Joondanna based aged-care facility opened in February 1979 as a low-care 32 room hostel and now includes residential care and 48 independent living villas. Facility manager Sue Elliott said, "We're blessed to have staff who are all here for the right reasons and to provide care of the highest possible quality."

SCENE (7): Left to right: Julie McNeill (Care Worker) with Servite resident Fred Rice and his daughter Annette Gravestock (right) - Catholic Homes' Servite Village facility manager Sue Elliott and deputy chairperson Marina Re.



SCENE (5): SENIORS Recreation Council held their Live Lighter Aged Care Games in April at the South West Sports Centre with 12 teams competing. The games are specifically designed for people in care and everyone who participates gets into the spirit of dressing up to support their teams. SRC run these events throughout the metropolitan and various regional areas across the year.

SCENE (5): Left to right; Oldest participant at the games was 98-year-old Bob Bowlden (soon to be 99) with Member for Forrest, Mrs Nola Marino MP, and SRCWA state vice president Phil Paddon.



SCENE (8): THE Seniors Recreation Council held their Northam LiveLighter Aged Care Games in early March which saw people in care from the Avon Valley come together for a day of fun and competition. It's always fabulous to see the camaraderie and spirit of competition which the participants show during the games - it just shows that no matter your age everyone wants to have fun and be part of something. Bravo to SRC for this wonderful program.

SCENE (8): Left to right; SRC's Phil Paddon with the competition's oldest competitor 93-year-old Patricia Messenger with SRCWA Avon branch president Karen Ducat.

Win a \$200 shopping youcher... See page 19

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