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## LIFESTYLE OPTIONS FOR THE MATURE WESTERN AUSTRALIAN

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VOLUME 29 NO.10 ISSUE NO.338 MAY 2020

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## Miriam Margolyes - almost Australian



Miriam Margolyes - Photo by Jennifer Robertson

by Jennifer Merigan

WORK hadn't stopped for 78-year-old Miriam Margolyes prior to the COVID-19 pandemic.

She had been busier than ever starring in a raft of work including the recently released film *Miss Fisher and the Crypt of Tears*, playing Mother Superior in the internationally acclaimed television series *Call the Midwife*, recording a book for Audible and hosting various documentaries.

*Have a Go News* spoke to the international doyenne of stage and screen from her home in London and discovered a warm and sincerely frank woman unaffected by her celebrity status.

Margolyes has an unapologetic sense of justice and this plays out in the many documentaries she has made. Her latest documentary is a series for the ABC called *Almost Australian* which airs this month.

The dual English-Australian citizen became naturalised in 2013. She says she has a strong connection with this country and is very proud to be an

Australian citizen.

"My partner is Australian, we have been together for 52 years and I wanted to become an Australian like her, so we set it in motion," she said.

Travelling more than 10,000 km across four states for two months during the production of *Almost Australian* gave her an opportunity to explore the Australian identity in the 21st century.

"Making the documentary was a wonderful experience and I found it very moving and very shocking. It opened my eyes to the bits of Australia I didn't know, especially about rural Australia.

"They were in the middle of a drought and people there had to scrape a living.

"In the cities you see successful Australians having tasty meals and running along the beach.

"There's a lot more to Australian life. I didn't know much about the Aboriginal existence which is extremely tough, and I think that's an area where everyone has to do a bit of soul searching and grow up."

Margolyes said that she feels

Australia has developed a bit of a nasty streak that wasn't present when she first started coming here in 1980.

"It's a great country with a great history and if they sort themselves out, I hope it will regain a moral magnificence that it does not have at the moment."

This documentary will provide an insight into the Australian vernacular like never before, delivered with Margolyes inimitable humour, wit and frankness.

"So my picture of Australia is not genuflecting at the beauty of Australia and the glory of Australia and thinking that it is the most wonderful country in the world because it isn't, but it can be an even better country if people wake up to their responsibilities," she said.

Margolyes believes passionately in a fair go for people. Her desire for justice sees her take on advocacy and ambassadorships for many organisations including Age UK, the National Osteoporosis Society and Bowel Cancer Australia.

Recently she has taken up

advocating for the unfreezing of the UK State Pension for the 250,000 plus expats who live in Australia.

"Jim Tilley from British Pensions in Australia contacted me about two years ago about this frozen pension issue.

"It seemed so grossly unfair to me that at the very time of life when people who had given their best years to Britain and were moving to Australia to be with their children and grandchildren should be deprived of the natural increase of the pension that's offered to people who are still in Britain.

"I find it is not fair and I just love fairness. I believe passionately about fairness and one of the things about Australia that attracted me in the 1980s was that phrase - give them a fair go," she said.

UK expats who are entitled to a British State Pension in Australia have it frozen, which means that the rate they are paid remains the same from the year they receive it.

**continued on page 7**



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**Philip Hardless,**  
Principal of Hardless Legal



# From the editor's desk



I CELEBRATED the easing of COVID-19 restrictions by taking a drive to Mandurah to sit on the foreshore and eat fish and chips. The only social distancing not being observed was from the pesky seagulls! It was a glorious day and watching the many groups of people who had the same idea as us, made me think about the importance of socialising in our lives. Promoting social connections with people has always been an important part of this paper and we continue to do that even in these strange times.

★★★★

I really enjoyed participating in the Driveway at Dawn ANZAC Day celebrations and felt it was a wonderful way to pay our respects to our service men and women. Our household was out with candles and the Australian flag listening to Steve Mills on Radio 6PR. We

all felt very moved by the experience. Perhaps we could continue this each year for those who don't want to attend a formal service.

★★★★

I received a copy of WA's best-selling author Natasha Lester's new tome *The Paris Secret*. I started reading it on ANZAC Day which seemed appropriate as it centres around events in WWII. Lester really has a gift for writing historical fiction and her research is top notch. She always includes an overview about what is fact and what is fiction at the end of her books. I devoured it in record time and recommend it as a must read. A review will be in our June issue.

★★★★

COVID-19 hasn't stopped the normal losses in life and I send my condolences to the families of two good friends Stephen Jones and Michael Osborne. They were both avid travellers and had featured stories and photos in our pages. May they now both be traversing the world in an ethereal way.

★★★★

Our normally bustling travel section will remain

in hibernation for the time being. I have felt it's not appropriate to run articles on places we can't visit. It will return once we have some idea of when we can travel again.

★★★★

I can't express enough my thanks to the readers who have supported our appeal. This means the world to me personally and your help is ensuring we can continue publishing during these turbulent times, see page 5 for more details.

★★★★

It was a pleasure to interview Miriam Margolyes last month who is featured on the front cover. About to turn 79, she has been working harder than ever pre-COVID19 and is a wonderful example of the have a go spirit. I had so much material from this interview that I will feature a followup story on her in our June issue.

★★★★

Services Australia advised us that they were unable to provide their usual column from Hank Jongen this month due to the COVID-19 crisis. They will be back in our pages next month.

★★★★

Our Facebook page

has surged over the last month with more than 12,000 followers. The ANZAC Day posts reached a staggering 403,668 people. The page offers us the opportunity to interact with people on a daily basis with jokes, information and entertainment. Please join our happy community at [www.facebook.com/Haveagonews/](http://www.facebook.com/Haveagonews/) by liking or following the page.

★★★★

The *Have a Go News* website is updated daily with information different to what is in the newspaper. The digital version along with back issues are available there too, so take a moment to visit.

★★★★

Each month we deliver the digital copy of the newspaper to inboxes on the day of publication, it's a replica of the hard copy version. Email [readers@haveagonews.com.au](mailto:readers@haveagonews.com.au) if you would like a free sign up.

★★★★

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

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

## Ageing research snippet

### Boost your leg circulation with a cup of hot cocoa...

RESEARCHERS from Northwestern University in Chicago have found that people who drink a mug of flavanol-rich cocoa three times a day were able to walk significantly further.

The study conducted over a six month period found that those who were given the flavanol-rich cocoa were able to walk up to 46 yards further than those given the placebo at the end of the study.

Author of the study Professor Mary McDermott said that if the results are confirmed in a larger trial then cocoa which is a relatively inexpensive, safe and accessible product could potentially produce improvements in calf muscle health, blood flow and walking performance for people with peripheral artery disease.

It's certainly worth a try and who doesn't like a hot cup of cocoa!

## Word of the month

**Tenebrous**  
Adjective  
Meaning - dark and gloomy  
The Latin root word tenebrous means darkness  
Example  
It was a tenebrous deal made between the politicians.  
The house had long and tenebrous passageways.

## Great West Aussies - Did you know?

LIZ Smylie in 1988 won Olympic tennis bronze and the Australian and Wimbledon champion was an early supporter of the Special Olympics. Liz became Queensland tennis tournament director and is remembered for her smile as star of a chewing gum TV commercial. With Wendy Turnbull, Liz led the return of Australian tennis to the Olympics after 64 years.

## Urban slang

**TRILL:** a combination of the words true and real. That music group is trill.

## Quote of the month

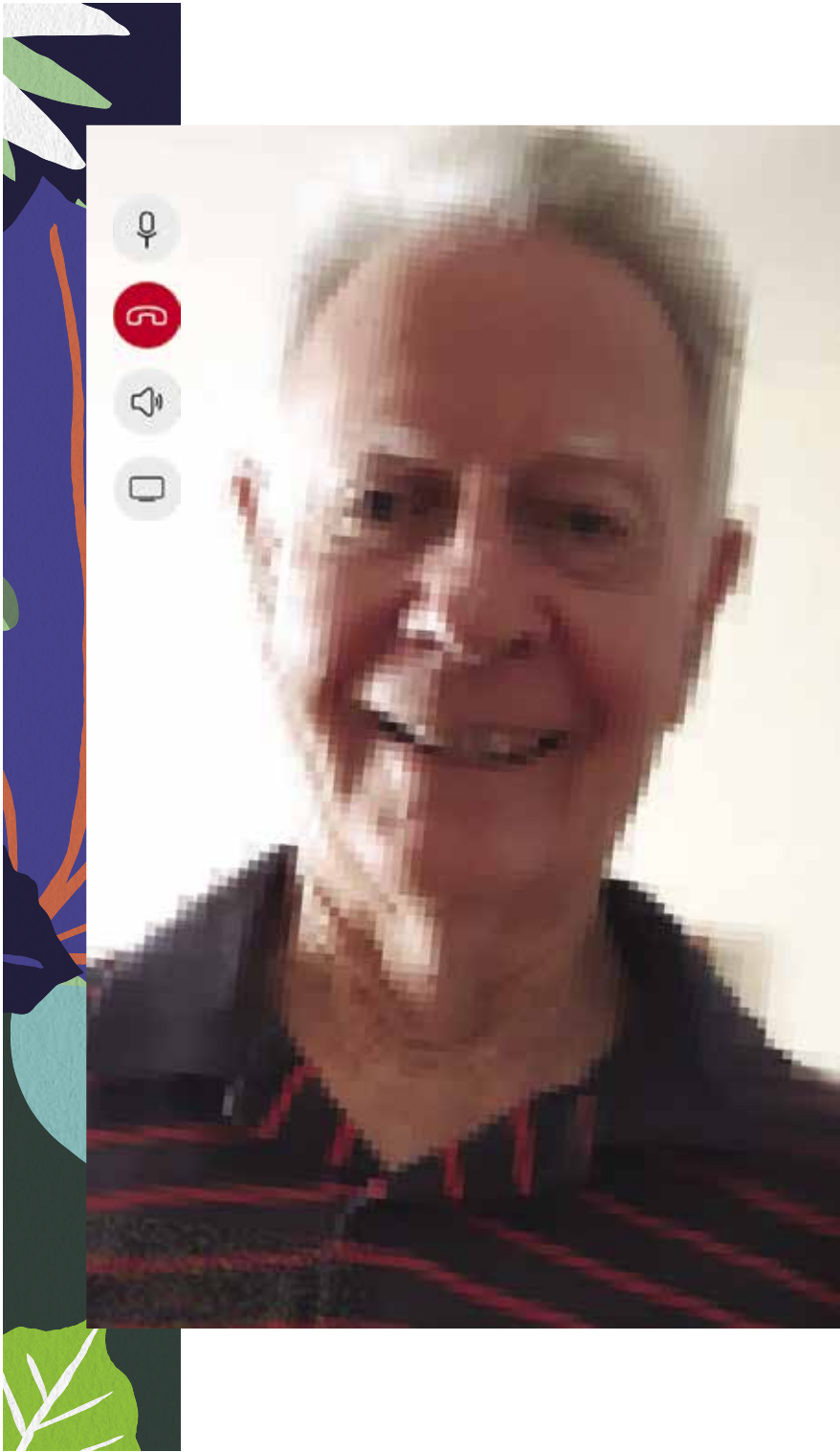
LIFE has been your art. You have set yourself to music. Your days are your sonnets.  
**Oscar Wilde**

## Have a Go News Quick Quiz

1. Which company has created hundreds of badges in WA Australia over 100 years?
  2. What organisation is responsible for WA's power poles?
  3. Which Channel 9 newsreader went to work for Premier Colin Barnett?
  4. The Men's Sheds movement began in which country?
  5. Powerball is operated by which organisation?
  6. Which NZ rock star wrote opera *Star Navigator*, which was to be premiered in Perth?
  7. Which university is in Nedlands?
  8. Casey Dellacqua starred in which sport?
  9. What is the first name of the female presenter of *Antiques Roadshow*?
  10. Which Welsh actor starred in *Silence of the Lambs*?
- See page 32 for answers.

## Funny historical fact

THE term berserk means bare shirt in the Viking language Norse. The Vikings were fearless warriors who went into battle bare chested whatever the weather.



# “Just a phone call can mean a lot to someone.”

Graham, 80, on getting through tough times.  
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# Living the 'have a go' philosophy through a variety of life experiences



Graham Hawkes

by Frank Smith

MOST people manage to pack a range of experiences into their life span. But Graham Hawkes has done much more than most – teacher, historian, speedway rider, ministerial adviser, radio announcer and guitar maker.

At 78 he is still hard at work as a luthier – building guitars in his well-equipped Woodbridge woodworking workshop and volunteering as an announcer on Radio RTRFM.

For ten years he was a ministerial adviser on electoral reform to Arthur Tonkin and later Mal Bryce.

But when Labor lost the 1993 election Graham was out of a job.

"I could return to teaching but being back in school would have been a pain after my international travel and political experience."

"So I started to make

guitars. Few people make a living solely making guitars, some teach or perform to make ends meet."

In 2007 Graham was persuaded by Naomi Millett, the long term presenter of *The Guitar Show* on RTRFM to become involved in radio. He took a presenter's course and now presents the show, now called *Plucked Strings*, every other Sunday evening from 6pm.

"I'm still doing it after 13 years. The station is full of energetic young people and I like to interact with them," he said.

"My lasting affair began with discovering classical guitars while an undergraduate student. I tried learning to play a guitar but I soon realised I had not got the gift and would never become a musician."

"I decided to focus on collecting records and CDs, promoting a few concerts, serving as an of-

fice bearer in the Classic Guitar Society and maintaining a diary of guitar events on my website."

Graham was Bunbury born and educated at South Bunbury High School, followed by studying for a history degree at the University of WA.

"I was not a very successful student, I was interested in other things. It took me four years to complete a three-year degree," he said.

At the same time he became involved with guitars.

On obtaining his Diploma of Education, Graham was sent to Belmont Senior High School and taught social studies, history and English.

"Fortunately I was not expected to teach mathematics."

Belmont SHS was very large with 21 year eight classes organised by students' IQs. The top form was 21. Graham struggled to teach number five.

"After two and a half years I was sent off to Esperance mid-year. I taught the same subjects but managed rather better."

Graham had friends teaching manual arts and the Education Department was short of manual arts teachers.

"I enrolled in a night school woodwork class and when I completed that I applied and was accepted on to a special program to bring in more manual arts teachers."

"The program consisted mainly of trades learning to teach. I was a teacher

learning trades.

"After the induction program I was sent to John Forrest SHS and worked there for two years."

"The kids were keen on manual arts and I enjoyed teaching them."

Next Graham took up speedway racing. He also got married and went to England to become a professional motor cyclist.

He was accepted as a team member of the Sheffield Tigers and got a few rides when established riders were injured or not available.

From there he moved to a B grade team, the Doncaster Stallions. He was made team captain and went all over the UK with them. However after a second season he and his wife decided to return to Australia.

They took a tour from London to Calcutta in India.

"It was a wonderful experience but we lived in tents and it was very cold, especially in Turkey. When we got up in the morning water was frozen. By the time we got to India the only food left was spam and potato salad. I can't eat potato salad to this day."

They arrived back in Perth for Christmas and Graham returned to his old job at John Forrest SHS. Two sons, Evatt and Adam were born 1972 and 1974.

In 1972 Graham sold his motor bike and got involved in the Campaign for a Democratic Parliament, an initiative of

Arthur Tonkin.

Parliament selected the boundary between metro and country regions and decided how many members would represent the regions either side of that line. The resulting vote weighed heavily in favour of country seats.

The Western Australian Legislative Council contained the worst imbalances in representation in any Australian State or Territory parliament. In the legislative council each metropolitan seat had some 400,000 electors and the Mining and Pastoral region about 70,000. Each region returned six members to the Legislative Council.

Meanwhile Graham continued teaching and studied for his Master of Education degree at UWA. He also stood for election to the Legislative Council Western Province in 1977, unsuccessfully.

"I felt let down by the system. The Labor Party promised to include electoral reform in its program but the issue was not included in campaign material. Not many people in the Labor Party were interested in electoral reform."

So he changed direction again and studied for a Graduate Diploma in Art and Design at WAIT and drifted away from politics.

In 1983 Labor won power with Brian Burke as premier and Arthur Tonkin minister for electoral reform. Graham became an adviser to the minister for 10 years. This involved widespread travel to study the

electoral systems in other democracies.

In 1987 Arthur Tonkin resigned and Mal Bryce took over as Minister for Electoral Reform, with Graham as his adviser.

Bryce did a deal with the Country Party (now the Nationals) led by Hendy Cowan.

"The Country Party members were trustworthy, you could negotiate with them. It was not possible with the Liberals," said Graham.

So an Electoral Reform Act was passed that reduced the imbalance.

"Since then the Legislative Council has been more effective," he said.

On holidays Graham and second wife Maggie make a beeline for France and cycle through the French countryside. Their tour company pre-books accommodation and carries the baggage, but

they are left on their own to navigate from town to town and to practise their somewhat stilted French.

"We regularly get lost. We made an effort to learn French but we left it too late to be able to communicate beyond the basics."

At 78, Graham reflects over his multifarious career.

"I've had a fantastic life," he says.

*This article is supported by the Judith Neilson Institute for Journalism and Ideas.*



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a chat.

Whatever your interests, VisAbility are sure to have something to enjoy.

There are no fees and people don't have to commit to the on-line sessions week-in, week-out. Join one or as many

as desired. For some sessions, there is no need to stay online for the whole duration.

If you'd like more information about the on-line social groups, call VisAbility on 1800 847 466 or [info@visability.com.au](mailto:info@visability.com.au).

## 55+?

THE Phoenix Friendship club operates for single people over the age of 55 years. It provides an opportunity to meet new friends in a safe supportive and enjoyable environment.

Though they are not running events at the moment, due to social distancing resulting from the COVID-19 pandemic, they are still keen to hear from interested people who would like to join when life returns to normal.

For more information contact Ian 0499 725 196 or Helen on 9294 1846.

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Have a Go News' open appeal to readers  
- See page 5 for details



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

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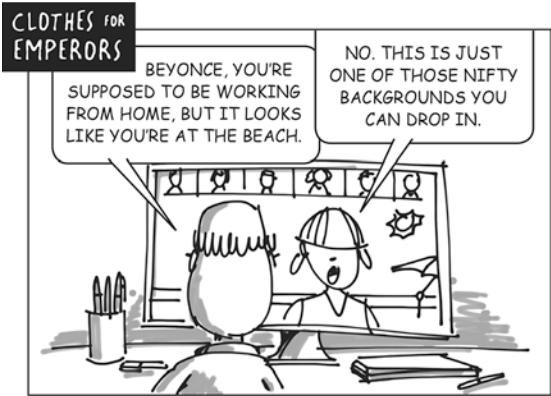
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## Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor,  
FURTHER to your article on scams circulating about the COVID-19 virus, there is also a scam of people receiving either voice phone calls or texts that the their phone account is in arrears and they have to ring a number or reply to the text to avoid having their phone cut off.

If you get one of these do not reply. Go into a shop, if there is one that deals with the phone company you have your account with, or ring the company's phone number on your bill and check it out. You will find that 99.9 per cent of the times it is a scam.

Margaret Ryan  
Ballajura

Dear Editor,  
I WHOLEHEARTEDLY agree with Ted Bull's comments regarding older people being referred to as elderly.

I am 71 and prefer to think of myself as mature aged.

I have noticed at the shopping centres that the seniors' parking has a picture of a stooped person with a walking stick on the sign. How about they just put a sign 'Seniors Parking'?

Thank you for a great paper.

Jan Hunter  
Baldivis

Dear Editor,  
JUST to expand on my previous letter.

John Cook et al examined 11,944 abstracts from the peer-reviewed scientific literature between 1991-2011 that matched the topics 'global climate change' or 'global warming' and 66.4 per cent expressed no position on global warming.\*

The magic 97.1 per cent figure comes from an endorsement that "humans are contributing to global warming" from the remaining 33.6 per cent.

So, surely a more accurate conclusion from this study would be that less than half of the scientists surveyed believe that humans are the main driver for climate change or global warming.

The data in this particular study is not so conclusive if presented in a different way.

Yours sincerely,

David Rudman  
Port Kennedy

\*Source Wikipedia - Surveys of scientists' views on climate change

Ed: If you read the full paper rather than the abstract you may get a different picture

Dear Editor,  
THE Commonwealth Respite and Carelink Centre (CRCC) offered financial assistance to stay in a respite home for pensioners and holders of a home care package (HCP) plan.

However, CRCC no longer exists and its function is supposedly taken over by Carer Gateway. I rang them to enquire if I can get any financial assistance for respite stay.

They directed me to MyAged-care.

According to MyAgedcare a

holder of HCP plan is entitled to residential stay and not respite stay for 63 days/year.

However, a residential stay costs about \$1512/day (average \$63/hr) - this is only the cost for a 24hr nursing care, food is excluded - whilst a respite stay costs about \$52/day (this includes food, accommodation, nursing care).

It is ludicrous for a HCP holder to opt for a residential stay instead of a respite stay. Why can't a HCP holder use the money for a respite stay?

However not all HCP service providers offer respite stay facilities. Therefore one may have to go to another HCP service provider for respite stay. If a HCP holder is entitled for respite stay can brokerage service be allowed between HCP service providers?

Will the relevant Ministry to offer an explanation to this nonsensical situation of residential stay vs respite stay for HCP holder?

Thank you and kind regards,

Choon Soh

Dear Editor,  
I HAD almost exhausted all my audiences with my concern (that's mild) with regard to the use of 'elderly' of which the connotations are endless and all pejorative, when I saw your column! Thanks for that because I was beginning to feel elderly.

Anyway the point of my communication is that I and none of my pals who are all 'elderly' by definition are not frail, hard of hearing or use a walking stick! Indeed, many of

us 'do' school runs for grandchildren, entertain them in their gardens jumping about like teenagers. We are always busy with the community (not the other way round) volunteering and the like. We constantly tell each other how lucky we are. We are mostly independent and enjoyed working fulltime in many professions as we reared our own children.

Specifically, I and my partner (who is male) play tennis and golf, walk miles ev-

ery day and go to the beach for a decent swim about three times a week. We live in the Socialist Republic of South Fremantle about 700 paces from the Indian Ocean.

We play bridge, cards and all sorts with the grandchildren and have an active social life - very active! My partner is the treasurer of the Fremantle Society and I am the secretary to the Fremantle Worker's Club which has just enabled the reopening of the Fremantle Park (El-

lem Street) after it had to close, due to you know what, after only one event.

Oh, I almost forgot - I am a unit coordinator in the Humanities at Curtin University and boom, boom, I am 76 years of age - for that read elderly.

Thanks for this opportunity to declare my hand and I cannot believe our generation's luck with our lot as we age.

Best wishes,

Mattie Turnbull  
South Fremantle

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# An update and thanks regarding *Have a Go News*' reader appeal



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

SINCE the COVID-19 outbreak we have seen the decimation of the Australian economy with many businesses either shut or in hibernation due to social isolation rules. Media outlets have been affected dramatically. At least 51 news organisations around the

country have had to close their doors in two short months. *Have a Go News* does not want to be one of them! We have too many wonderful readers. As you'll all have read, last month we asked for your support with an appeal to readers to consider making a donation

to help keep *Have a Go News* afloat. After nearly 30 years of relying on our wonderful advertisers to fund the production of the newspaper, thereby providing it free of charge to you, we found ourselves in a very precarious situation, a dramatic 60 per cent drop in advertising revenue which we predict will continue for most of the year. Sadly, so many of our advertisers had no choice but to stop advertising with us, close their doors or go into hibernation. It was so sudden many were unable to pay outstanding accounts. Although government assistance will become available, the way it has been set up, particularly the Jobkeeper program, has meant that businesses have had to pre-

fund the grants to be able to keep staff employed, which has put untold financial stress on many. So, it is clear, your wonderful gifts are helping us to continue publishing, albeit with a reduced number of pages. However, if you can see your way clear to help us ride through this unpredictable time, help us get through this so we can deliver our much-loved newspaper around Perth and into regional areas, we'll perhaps get through this. To date we have received so much positive support. What has really overwhelmed me in particular has been the warmth and positive comments which so many people have made about the paper. Hand written cards and notes and emails expressing

their thanks to us for delivering 'such a terrific and relevant newspaper' really made us all feel so chuffed and humbled. I have also received so many phone calls from people expressing their support over this last month which has seen me reduced to tears on so many occasions. I was so moved with the warmth and love people have shown to me personally and their love for the paper. I and the rest of the team at *Have a Go News* want to thank each and every one of you who has donated to our appeal to date. I guarantee you; every dollar will be committed to getting the paper out there and to survive. In this very scary, unprecedented time it's been a heartwarming experience that makes me so proud

of the legacy my parents Quentin and Judith left me. I believe, to a point, we have been lucky in WA to have barely felt the effects of the virus, but the damage to our business community will be felt for years to come, so please, if you are able, consider donating to our appeal. It will enable us to continue to provide the newspaper through the coming months state-wide in hard copy, digital, website and our social media pages. This small gesture also helps us do our bit to support the economy too, plus enabling us to offer some assistance to some of our advertisers to help them restart or continue their business. The appeal works as follows: You can gift us \$20; or for a \$50 we will post

the paper directly to your home for four months, for a \$100 gift, every edition will be posted to you until January 2021. See coupon on page 6 on how to contribute. In closing readers, for want of repeating myself, you have no idea what this means to us. Your support to date has meant that this locally owned and family run newspaper with a big heart and a long history can continue to hold a place in the local media space in WA. Again, I thank the readers who have donated already - please see our thank you acknowledgments on page 14. May our every day freedoms return to us soon. Yours sincerely

Jennifer Merigan  
Editor

# Tackling loneliness in the lives of older Australians during COVID-19 pandemic



Associate professor Mandy Stanley

by Frank Smith  
PROFESSOR Mandy Stanley of Edith Cowan University has researched how older people perceive loneliness and how service providers can support them. She said the policy of

social distancing, as a response to the COVID19 virus pandemic, poses challenges to maintaining social connection particularly for older people and risks increasing loneliness. Women learn to enjoy their own company, but older men generally need to get out of the house to seek social contact. "Women are more connected socially and there are more older women than older men. Women are used to being alone in old age and have developed strategies for dealing with it. "Men have been exposed to different stresses, mainly at work. They find it hard to talk about loneliness; they are reluctant to reveal themselves

- part of the Australian male stereotype. Men from rural areas are even more stoic. "We need to be looking out for older people in the community, making sure they have access to essential supplies and checking in with people regularly by phone. We are seeing really nice examples of people reaching out to their neighbours. I hope it continues," she said. "Older people place importance on maintaining social contact and a sense of connection and belonging to the community. Many older people feel that they are no longer needed. They are often disadvantaged by the digital divide. They may have a smart phone

but are still not able to connect by social media. "Keep busy with a least one key interest such as craft, reading, sport, playing a musical instrument, or joining a social group. It is important to do something meaningful. Volunteering is important; doing something for others improves your feeling of self-worth." She said research showed it is important to have a daily routine. Also a pet provides security and company especially at night. This is particularly valuable for older women who are concerned about safety. "The really lonely people are those caring for a partner with dementia," she said. Loneliness is a com-

mon cause of declining ability and early death in the over 60s, according to a study by Dr Carla Perissinotto and colleagues at the Department of Medicine, University of California, San Francisco. The study followed 950 women and 650 men aged 60 or over for six years. Forty-three per cent reported feeling lonely at least some of the time. Nearly one quarter of lonely people died in the six-year study compare to fewer than one in six non-lonely people. Loneliness was also associated with functional decline, including participants being more likely to experience difficulty in daily living tasks, ac-

tivities carried out above their heads and difficulty in climbing stairs. While lonely people were more often depressed than others, most were not depressed. Loneliness strongly predicted death and functional decline even after adjustment for depression. "Loneliness is a common source of suffering in older persons. We demonstrated that it is

also a risk factor for poor health outcomes including death and multiple measures of functional decline," said Dr Perissinotto. This article is supported by the Judith Neilson Institute for Journalism and Ideas.



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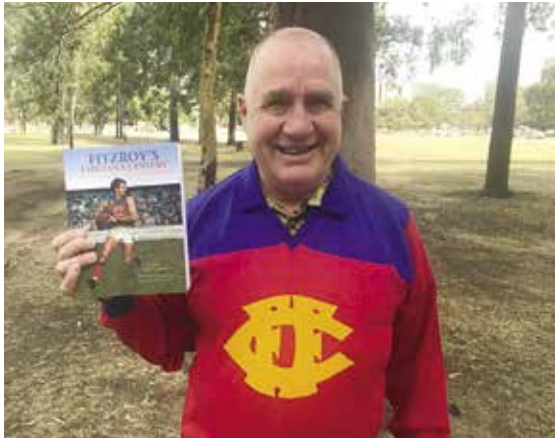
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# Meet Fitzroy Pete whose love of his defunct team sees a new book published



Peter Carter aka Fitzroy Pete holding his book *Fitzroy's Fabulous Century - The 100 Greatest Victories 1897-1996*

by Brad Elborough

IF you're a sporting fan feeling a bit frustrated because COVID-19 lockdowns are keeping you from watching your favourite teams play, spare a thought for Peter Carter. He's a Fitzroy fan and he hasn't been able to watch his Lions run around for 24 years. Just to clarify, The Fitzroy Lions, or 'the Roys' were an Australian rules football team booted out of the VFL/AFL at the end

of the 1996 season. Pete remains a Fitzroy fan; his favourite player was Bernie 'Superboot' Quinlan. He didn't follow their eight players that were adopted by the Brisbane Lions in 1997 (although he does smile when they win), nor did he move his allegiance to another club. He couldn't go from not being able to sleep when his side lost, to bar-racking for a team that cost him so much sleep at night.

He is still an avid follower of football though, mainly because of his arguably unrivalled love for the East Perth Football Club in the Western Australian Football League. While on a football forum website one night, he was following fan comments as they reminisced about their favourite Fitzroy wins of all time. So he wrote a book about them. *Fitzroy's Fabulous Century - The 100 Greatest Victories 1897-1996* is a recap of games that Pete believes, after five years of research, are the Roys' best 100 wins of all time. "I've included their eight premierships, Fitzroy's nine wins by 100 points or more, and the 10 games that Fitzroy won when a bloke kicked double figure goals, so that is 27," he said. "Actually, there is an overlap of 100-point wins and 10 goals by a player, so that is 25. "The others, I relied on the quirk factor, including upsets when the top side has been beaten by the bottom-ranked Fitzroy.

They were on the bottom a fair bit. "A couple of games were chosen because of the colourful match reports too, mainly from the earlier days." In it, you read some match reports, learn who the goal kickers were and get some context as to why Pete included the game, including some background and what he thinks about it. He says that picking which games to include was tough; at one stage he had about 200 games in contention. Strangely, of the 100 games, Pete thinks he was in the crowd for only about six of them. You see, he has never lived in Melbourne. Pete grew up in Tammin, in WA's Wheatbelt. He followed the Royals as a kid. Then they were captain/coached by former Fitzroy player Kevin 'Bulldog' Murray. When Bulldog returned to Victoria to captain Fitzroy in 1967 (and went on to win the Brownlow Medal in 1969), Pete started his love-affair with the Lions.

You will learn not just about Fitzroy's highlights in this book, but a bit about Pete as well. And this snippet might tell you a bit about the man behind the words: "Where did 1996 go wrong?" he wrote. "To start with, the AFL kicked Fitzroy firmly in the guts and out the door, one bounce into the gutter. "Weeks later, hoping to end an 18-year premiership drought, East Perth lost the WAFL grand final to Claremont in devastating fashion, by two miserable points. "And when I'd finally managed to forget about footy for a while, I was dumped by my then lady friend at the MCG Boxing Day Test between Australia and the West Indies. Far worse than the rejection was seeing the Aussies get beaten." Fitzroy's fabulous century isn't Pete's first self-published book. He also authored and released *Dream, Drifter, Drunk*, a lighthearted collection of short stories, based (sometimes loosely) on events that have

involved him. He has a couple more projects on his 'to do' list, including a satirical cricket murder mystery. And although he is more than happy to recommend self-publishing, he might try to approach a publisher for that one - now that he has two books to his credit. "I might try a conventional publisher next time," he said. "I'll never win a Pulitzer, but have indicated I can handle a keyboard or a pen. "But I would recommend self-publishing." The COVID-19 lockdown has cost Pete one of the great tools for promoting a self-published book - a launch. That's something Pete says is essential and something he plans to do once restrictions are lifted. "I sold 80 copies of *Dreamer, Drifter, Drunk* at a launch," he said. "My theory is people, plus alcohol equals sales. "They might not particularly fancy the book, but alcohol will weaken them. And most people have a

social conscience and a sense of loyalty." *Fitzroy's Fabulous Century - The 100 greatest Victories 1897-1996.* By Peter Carter \$30, includes postage within Australia. Available from [fitzroypete@yahoo.com.au](mailto:fitzroypete@yahoo.com.au), call 9345 0903 or visit [www.fitzroypete.com.au](http://www.fitzroypete.com.au) **WIN WIN WIN** We have a copy of *Fitzroy's Fabulous Century* along with a copy of *Dreamer, Drifter, Drunk* to give away to two lucky readers. To be in the draw to win these book packs simply email [win@haveago.news.com.au](mailto:win@haveago.news.com.au) with *Fitzroy in the subject line or write to Fitzroy Competition c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 31/5/20.* This article is supported by the Judith Neilson Institute for Journalism and Ideas.



Miriam Margolyes - Photo by Jennifer Robertson

continued from page 1 "England does not give its pensioners a fair go and it's monstrous, it's completely insane that people who go to live in

Israel or USA receive an annual increase but people who go to Australia, Canada, New Zealand and some other countries don't. It's just nonsense

## Miriam Margolyes - almost Australian by Jennifer Merigan

and the reason the British government are not making it right is because they can ignore it." "They get away with it because the people they are wronging eventually will die and the problem will go away." Margolyes believes it's time for these expat Australians to come together as a force and demand a change in the law. British Pensions in Australia Association is lobbying to end this pension freeze.

"The British Government is prepared to treat the old people abroad with this extraordinary deliberate callousness which is so shameful, and it wouldn't cost that much to put it right and I think they should." With her irrepressible sense of justice, I couldn't imagine anyone better to have on your side than Miriam Margolyes. The three-part series *Almost Australian* airs on ABC weekly from 19 May at 8.30pm.

### British Pensions in Australia

THE British Pensions in Australia Association (BPiA) advocates for the unfreezing of the UK State Pension for UK expats living in Australia. With their international counterparts they lobby the British Government to unfreeze pensions for people living in Australia, Canada, New Zealand, South Africa and several Caribbean countries. They also try to garner support from the Australian Federal Government. The Association is not-for-profit and has been working for many years representing the rights of expats who receive a UK State Pension in Australia. British pensioners have all paid for their pensions during their working lives through National Insurance but the amount they receive depends on where they live. To find out more about the association visit [www.bpia.org.au](http://www.bpia.org.au) or call 1300 308 353.

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# Where Opinions Matter - is it time to moderate earnings of big business and sports people?



by Lee Tate

WE truly live in a funny old world. We work hard, compete and boost our standards and incomes. But if we cop a blow to our money or our company production, we cry poor! Woe is me!

Despite the fact that business tycoons are earning millions of dollars every year, more money than they reasonably need to relish a high standard of

living, they squeal if they have to take a cut.

Old business hands say: business is like a game. He who dies with the most toys, wins.

In sport, players at the elite level take home truckloads of pay – some take millions every year – which often gets them into trouble: drugs, wild ways, domestic issues. Sports clubs provide financial guidance to keep their players falling off the straight-and-narrow, focused on what matters most to the organisation – results.

Results, of course, boosts attendances, lure supporters and boost money through the gates plus big-deal sponsors and media companies hungry for

broadcast rights.

Then there are our banks. Australia's big four banks, in a nation of 25 million, manage to scrape in billions of dollars each and every half year.

If big companies don't make more money than the previous year, heads roll. Jobs are often first to go, but not of directors who may even find justification – perhaps by 'cutting the fat' – to raise their own salaries, profit-share and expenses. All their decisions, of course, being made 'in the interests of shareholders'.

TV and radio news focusses daily, even hourly, on share market fluctuations. Shock, horror, there's been a dip in share prices of some companies since yesterday. But, in

this paper loss, how many people are really affected by that downward dip in a company stock?

This is not to say a healthy capitalist system isn't good for the majority of us, for growth, jobs and advancement. But Covid-19's worldwide economic slap-in-the-face has highlighted how much money is in the financial system and can be put to use.

Elite sports players can cop 50 per cent pay cuts but still get half-a-million-dollars a year. Many executives, too. They still make more than the Prime Minister.

Of all the money circulating in the world, too much of it has landed in far too few places when many genuinely needy

causes have gone begging.

Australia's superannuation funds hold an eye-watering \$3 trillion (\$1 trillion is \$1,000 billion), the biggest lump of money in our history. That's enough money to buy every major Australian company on the stock exchange outright.

Despite trustees' commitments to invest our money in our own best interests, we have no say whatsoever in our superannuation. We are forced to contribute to these funds and that's proven to be a good thing, but we can't get involved in where it goes.

In baby boomers' lifetimes, excesses have risen to astronomical levels. Coronavirus has shown

how governments have billions of dollars in their power.

Of course, we can't just spend all the money and loans have to be repaid. But now seems a good time to take stock, appraise our collective lives and our own and our nation's aspirations.

We can start with a clean slate: Reassess our motivations, needs and priorities. To look at the big picture and ask: Do we want to continue down the same path as we rebuild our nation's fortunes? Do we want to drive the same road, maximising profits at the expense of jobs (wait for new purges with Artificial Intelligence) and the very needy?

Could we accept smaller profits and lower invest-

ment returns? Do we want to foster excessively-fat pay packets for our tycoons, sporting elite and movie actors? Do we really want to deny a better deal for health workers, teachers and police?

What a good time to let some fresh air. No, it won't change the world. But, with leadership, we could apply a little moderation.

What do you think email [info@haveagonews.com.au](mailto:info@haveagonews.com.au) with opinion in the subject line.

This article is supported by the Judith Neilson Institute for Journalism and Ideas.



## continued from page 4 Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor,

RECENTLY I had been self isolating for four days when I realised an urgent need to obtain photo ID. As my passport had expired in late 2019 and I don't hold a driver's licence, I was advised that I had to attend the Department of Transport. Relying on public transport it should have been a relatively quick trip.

I had my pension card, seniors card, Medicare card, bank and rent statements, electricity bill and passport in my possession.

It took three visits to even get to first base because I needed to supply a certified copy of my birth certificate which I did and even after that, because I use my married name I had to chase up a marriage certificate as well, which cost me \$50.

So from setting out at 9am for what I envisaged as an easy trip, I eventually returned home at 2.30pm in a state of exhaustion.

I wanted to share this with readers to save anyone else the same experience.

Sincerely

Lorna Brennan  
East Perth

Dear Editor,

I READ Lee Tate's opinion column in the April issue of *Have a Go News* regarding the older generation and agree with everything he wrote.

It reminded me of the three things my mother told me when starting my life journey...

1. Have good manners
2. Get a good education
3. Get a good secure job doing something you enjoy.

I always followed the list and although I wasn't a good scholar and left school early, I was good at arithmetic and spelling.

I found this very useful when applying for work. My first two jobs were clerical and then my third job was with the *Sydney Morning Herald* where I worked for 30 years. I stayed there until Warwick Fair-

fax took over the reins and got rid of all the staff aged over 50.

I moved to WA about nine months ago and I take the opportunity wherever I can to get hold of the local paper so that I can learn more about this great state.

Of all the papers I read I find the best is *Have a Go News* because there are great articles with no bad news, it's very informative and I find Lee Tate's writing as good as any journalist at the *Sydney Morning Herald*.

I do hope you can keep the paper going and that I and my guardian angel of a daughter, last another two years so I can have a rip-roaring dancing, drinking and singing 80th birthday party.

Yours sincerely

Ian Russell  
Port Kennedy

## Win a selection of puzzle books



KEEPING your brain occupied during social isolation is difficult and puzzle books offer a good way to keep you motivated and your brain ticking over.

*Have a Go News* is offering readers the opportunity to win a selection of puzzle books to keep you entertained.

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# Some inspiring photographic projects to tackle during social isolation



L-R; An example of cropping and B&W conversion - A children's photograph album - Albums of your travel images are perfect reminders of your trip - Calendars make the perfect project using your own images

by David Nicolson

DURING these times of enforced isolation it is important to keep busy. One activity is to organise your photographs, both printed and those in digital form. This can be rewarding on many levels, not the least of which is the cleaning up of boxes of dusty old prints and the digital equivalent by deleting poor quality or duplicated files on your computer.

This also applies to transparencies or slides. Many of us will remember those long and boring slide evenings when relatives returned from overseas.

You should be ruthless in culling images which are damaged, out of focus or simply of no further interest. There is the temptation when confronted with hundreds of prints or slides to consider scanning them all onto a computer. Depending on the number of images involved, this can be a long and tedious task and if not done properly will result in a great waste of time. This is where selective culling of your images is really worthwhile.

If you don't already have a scanner, you can buy a cheap multifunction unit which includes the scanner with a printer. The printer section is expensive to run due to the price of the cartridges, but the scanner section is perfectly good for prints. You can buy dedicated scanners to copy transparencies; the more expensive scanners may have the

facility already. Before setting off to scan all your images, practise on a couple first and check the results on your computer screen to confirm you have the settings correct. The two most important settings are selecting 'colour' or 'black and white' and the scanning resolution. As a general rule scanning your prints at 300dpi (dots per inch) should be good enough for most purposes. For 35mm transparencies select at least 600dpi and preferably 1200dpi to get a reasonable image.

Once you are happy with the scanning technique and the quality of the resulting image, decide on your filing structure for your computer. You may wish to make folders for family members, holiday designations and special events. It is advisable to make sub categories such as Christmas, weddings and birthdays under the special events folder. For holiday's subdivisions such as location, date, activities are useful. Here a pencil and paper are a good idea to plan out your directory structure before doing the first scan.

Once you are happy with the directory structure, create the folders and sub folders on the computer with easily identifiable names. Your scanned images can then be directed into these folders thus making it easier to find at a later date.

The same idea applies to your existing collection of digital files on your computer, assuming that these catalogues don't

already exist. If you are starting from scratch remember there are three ways of moving images around between folders. They are, 'cut and paste', 'copy and paste' and 'drag and drop'. If you use 'cut and paste', this removes the file from the original folder so it can be pasted in any other folder. Using 'copy and paste' allows you to move the image to another folder but leaves a copy of the image in the original folder as a backup. 'Drag and drop' is a bit more tricky. If you 'drag and drop' to a folder on the same disc, then it is the same as 'cut and paste', but if you do the same action across different discs, (or to a USB stick for example), it is the same as 'copy and paste'.

Once your images have been successfully catalogued you will probably want some convenient way to find and view them. Both Windows and Mac computer operating systems offer ways to do this, however the Windows operating system offers only a basic display mechanism. There is a free application called 'XnView MP' which offers a wide range of features including basic photo processing. Youtube has a number of tutorials on how to use this most versatile program.

Once all your images are nicely catalogued, what can you do to make the best use of them?

**Here are some ideas:**

Create your own photograph album. There are a number of online programs, such as Pho-

tobooksRus and Albumworks, which allow you to design your own albums. A free design application is provided plus help files to show how to edit the pages. Once the book has been completed, the resultant file is sent to the publisher and your creation will be delivered back to you by post in about two weeks. A variety of book sizes and options are available including soft and hard covers, quality of paper and binding types. You can make your own family albums, travel books, wedding albums and genealogical records. The results make great personalised Christmas or birthday presents for those friends or relatives who have everything. Learn how to modify and enhance your existing photos. Once you have digitised your images it is easy to make changes. These can range from simple actions such as cropping and straightening to full blown image processing such as black and white conversion, noise reduction and colour improvement. There are many programs available on the Internet which will allow image processing including XnView MP and GIMP, which is also free.

For more advanced work you will have to spend some money, but not a lot. Programs such as Photoshop Elements, Affinity and ACDSee are very reasonably priced. The top of the range is Adobe Photoshop CC and Adobe Light Room,

both of which require a monthly subscription. An alternative is ON1 which is also a very powerful program and good value for money.

The problem with all these programs and in particular the more advanced ones, is the learning curve. There are numerous books, magazines and online tutorials which will guide you through.

Post your images online. This is a great way to show off your images and get some feedback on how your photography

is going.

Arguably the best way to improve your photographic skills is to get comments from other photographers. Sites such as 500PX, Smug-Mug and Flickr allow you to see what fellow snappers are doing and should give you ideas on how to improve your own work. To take full advantage of their services there may be a small monthly or annual fee, but be careful, they can become addictive.

There is so much more that you can do with your photos such as making

calendars, restoring old and damaged images, emailing pics to friends and relatives, printing and framing. I trust I have inspired you to rediscover your photos that have been forgotten for years. You will be amazed at what you will find!

This article is supported by the Judith Neilson Institute for Journalism and Ideas.



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## Find the secret word...



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

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

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

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

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3. Baptistcare
4. Tan & Tan Lawyers
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6. Arcadia
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8. Karingal Green
9. Serpentine Falls
10. Bethanie
11. Brad Hutchinson Hearing

Entrants can enter via email [win@haveagonews.com.au](mailto:win@haveagonews.com.au) or write to Ad Words Competition C/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 31/5/20.

Congratulations to Karin D'Alessio, of Scarborough, our March 2020 winner.

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# When the world returns to normal should Sunday be a day of rest?



by Lee Tate

AFTER our enforced coronavirus hibernation, the world will undoubtedly come hurtling back at break-neck speed.

But wait, how's this for an idea? We make a big change and ease the world back to some sense of re-

ality. We make Sunday a day of rest.

Absurd as it sounds, this could be the day at the end of the week when everyone and everything we control takes a rest.

Shops wouldn't open, workers and students could take a break, everyone could switch off their mobile phones and their computers. Bosses wouldn't try to contact workers.

Sundays would be sacrosanct.

Those inclined could go to church, others could do their community bit, the kids could volunteer in summer at the surf club

or go to scout or girl guide outings. Companies could hold annual Sunday picnics with free ice cream and ginger beer for their workers (and Santa with gifts at Christmas).

Booze couldn't be sold and fresh bread wouldn't be baked. Service stations and garages would be shut, with the exception of an emergency roster station (other service stations would have a listing on their windows to indicate which station that is for that Sunday).

Workers would switch-off their brains and focus on activities and hobbies. Quality family time would

improve with working fathers and mothers both at home.

Sunday drives could be enjoyed and trips into the country increased. Visits to nana and granddad could be boosted with occasional visits to uncle, aunts, nieces and nephews.

Mum would bake a cake or biscuits to take and dad would arrange to take drinks for everyone. People might drop-in on friends and relatives unexpectedly.

During visits and Sunday-outings, nobody would take computers or electronic games and those in upmarket cars

wouldn't watch TVs fitted to the back of the front seats.

On longer trips into the country, mum might put a damp face cloth in the car's glovebox to clean kids' faces and hands before arrival. She might also bring a thermos, home-made sandwiches and cake and the car would stop at a park for lunch.

Car radios would be switched off to allow everyone to talk. On long road trips, family games would be played: Who's first to spot the red car or the flock of sheep. There's also the game of "I-Spy" (something beginning

with....S).

The whole family might go to the beach and set up a beach brolly for a couple of hours before lunch and head home before the sea breeze comes in. Someone might bring an inflated car tube to float on.

Relatives or friends could join the family picnic around the Swan River where some spots might yield prawns, blue-swimmer crabs, cobblers (and blowies and jellyfish).

Some Sundays, dad might take sons for a rock climb, mum might help daughters learn sewing or play with dolls – or rock climb, too.

Yes, Sunday could be an entire day of rest and recreation. With family first.

Nah! It would never work! (Footnote for younger readers: That's the way we were!)

Ed's note – that's how my Sundays were growing up in the late 1960s and 1970s.

This article is supported by the Judith Neilson Institute for Journalism and Ideas.



## Housing costs can hit some seniors hard especially when renting

by Frank Smith

OLDER Australians who live in private rental properties have among the highest relative poverty rates in the OECD according to a report, *Housing in an Ageing Australia* by the Centre of Excellence in Population Aging Research (CEPAR).

They also suffer greater rental affordability stress than younger age groups.

It is possible to live modestly in Australia when the age pension as your only source of income, if you own your own home outright or live in social housing. But people retiring with a mortgage or renting in the commercial market are not so lucky.

Traditionally most Australian seniors owned their own home outright at retirement. But not any longer. The CEPAR report argues that homeownership acts as both a home and as a store of wealth to guarantee financial security in retirement. But home ownership is currently in decline due to lack of affordability.

House prices have risen faster than incomes for various reasons including easier credit, negative gearing and capital gains tax discounts.

Moreover many people are deferring home ownership until later in life, resulting in more of them (36 per cent) retiring still with a mortgage.

CEPAR's survey found nearly eight per cent of older mortgagors were unable to pay bills on time due to higher health costs and inability to earn.

People who spend more than one third of their income in housing costs are considered to be under housing stress.

One consequence is an increase in homelessness, particularly among older women. This is partly due to greater numbers in this age group, but the number of women accessing homelessness services is also much greater than in the past.

The report says single older women with low education who rented their home could expect to live 7.7 years of retirement in financial hardship; they may be unable to heat the home, miss

meals, or have to pawn items. Unsurprisingly older renters are likely to have less family support and more depression.

A survey carried out by COTA WA, last year, also found that the wellbeing of those who own their home outright, or who live in a retirement village, are substantially better than those who still owe money on a mortgage into their older age, as well as those who are renting.

A person in private rental was 2.5 times less likely to say that they felt that their housing was affordable compared to those who owned their home outright, and even two times less likely than those with a mortgage.

There was a strong relationship between housing affordability and survey respondents feeling of well-being.

CEPAR says the pension system advantages owners at the expense of renters. They say that including the value of a home over (say) \$1 million in the asset test would save \$2 billion a year in pension payments that could be used to increase rent assistance or

help poorer pensioners in other ways. They also suggest an inheritance tax would be a good way to finance better pensions.

This change to the asset test would also encourage older people living in over-large houses to downsize, creating more housing stock for families.

CEPAR found that people who had downsized in the past were motivated to move (1) because the house was too big; (2) to be closer to family; (3) for lifestyle; (4) because the yard was too big; and (5) to alleviate financial stress.

In the latter case this was mainly to move to a cheaper house without a mortgage.

Many also moved to a retirement village where the initial housing cost were about two thirds of privately owned houses, although on-going costs could be high.

The report also found that older people were less likely to regret their decision to downsize compared to those who did so when they were younger.

Iain Shields of Home Hub said that more than 100,000 houses in WA are

unoccupied or under-utilised.

Home Hub is a not-for-profit organisation that tries to match people needing accommodation to what is available privately or as social housing.

"Home Hub is a one-stop shop that aims to bring potential renters and landlords together, matching suitable potential occupants with what owners want."

"We also aim to show potential occupants how to navigate what is available and combat issues such as computer illiteracy and lack of trust in government departments such as Centrelink and Homes west."

"On-line options are often the least visible to people seeking housing," he said.

This article is supported by the Judith Neilson Institute for Journalism and Ideas.



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## Perth's first drive-through Public Notary service due to coronavirus



Raymond Tan notarising a document

by Raymond Tan, Community lawyer and Public Notary

THESE are challenging times. WA is on a partial lockdown of all but essential services.

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ing sure that there is social distancing when clients come to the office. We are also constantly disinfecting our office open surfaces.

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If you are concerned about your health but still require documents to be notarised, please call our offices for a drive-through service.

The process will be:

1. Send us a copy of the document to be notarised by email.
2. We will prepare the notarial certificate and put Mr Tan's notary seal on the document.
3. You then drive to the front of our offices at 6/78 Terrace Rd, East Perth at the appointed time where Mr Tan will meet you.
4. It is best that you bring your own pen to limit contact.
5. You stay in your car, show us your identification document, and then sign your document in front of Mr Tan.
6. Payment will be made by credit card.

Any documents that need to be apostilled or authenticated at the Department of Foreign Affairs, can only be done by post.

The Department is not taking any face-to-face appointments and requires all documents to be posted to them with a self-addressed envelope for them to return the documents to you.

Do stay safe everyone and remember we all need to fight this virus together by not being together.

Readers can contact Mr Tan through Have a Go News via email [info@haveagoneews.com.au](mailto:info@haveagoneews.com.au) with Legal Advice in the subject line or direct at [raymond.tan@tanandtanlawyers.com](mailto:raymond.tan@tanandtanlawyers.com) where he offers free legal advice for general queries. Visit his website at [www.tanandtanlawyers.com](http://www.tanandtanlawyers.com).



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# So much to do, so little time - a reflection on are you being served?



by Rick Steele

I HAVE always enjoyed the slightly risqué humour of the British TV comedy *Are You Being Served?* With the recently published results of our WA 'stay at home and do not go out' policy, we seem to have done OK! I

can just hear young Mr. Grace saying: "You've all done very well!" There were a few complaints from people forced to stay in four-star hotels. "Room service? Send me up a larger room!" I came into my room the other night and there was a blonde woman on the bed. I said, "c'mon now, I don't want any nonsense, I'll give you 24 hours to get out." Some people were forced to stay at Rottneest for two weeks with the taxpayer paying the bill. Wow, that would be difficult. One bloke after two

days in the hospital took a turn for the nurse. Wash your hands twenty times a day they said. My grandfather used to take a bath once a month whether he needed it or not. I suppose that many families found the first few days, or even a week of lockdown somewhat of a novelty; something like an extra holiday. No school camping in the backyard, sleep ins, 24 hour TV, board games, Netflix and DVDs and the likes. However, before the second week has concluded, the situation may

well have developed into a form of Tony Barber's *Family Feud*. On my home ground, I couldn't wait to get into the garden. Inspired by the ABC gardening show with the little guy with the big beard I had plans to reinvent my chook pen, upgrade the garden beds and, and... Well, a revitalised garden bed was mounded and replanted, a new bed established, my mandarin tree planted, but the egg layers have gotta wait. "Mr Humphreys (Steele) are you free?" Whether it was inspired by TV or just the fact that

it had not been done for 20 years, her indoors – the trouble and strife – the love of my life – she who must obeyed decided the bedroom and the lounge room should be repainted. She wanted me to do all the vacuuming. I said, "I will do the whole house when Harvey Norman starts selling a ride-on Vac." Apparently we are not alone. Bunnings is making a killing while baby boomers try DIY decorating again! Meanwhile, back in the real world, my musician and drinking buddies

(one and the same) are singing: "I drink alone" while trying to pay the rent and scratch something to eat. We all realise it's rough out there, and there is some serious suffering going on, but no matter how bad, you have to take some comfort in the old adage. "There is always someone worse off than me." Cruel, and true, but we are blessed to be living in this wonderful free coun-

try, home of the ANZACS, close to the Kiwi bros across the ditch, and heading towards zero new COVID 19 cases. "You've all done very well." I said to my wife, after a full day redecorating: "Do you think some of the excitement has disappeared from our marriage?" She replied. "Can we discuss this during the next commercial break!" Cheers dears.



by Jon Lewis

ON my overnight radio program on 6PR I had an enlightening chat with a delightful guest, Libby Stone, which made me became aware of enjoying life more. We were talking about what makes us happy and how in our free time it's important to enjoy life. There are plenty of things we need to do and quite a bit more we

should do, but what is it we enjoy doing? In my free time, or to be truthful in my procrastination time... I seem to just fill it. This is how: playing on social media, watching a little TV, being slightly entertained by a video and going through the above-mentioned process a second or third time. The end result is I felt no better. I don't even feel rested. My guest invited me to list a few of the things I actually enjoy doing... I was surprised that this was a more difficult question than it seemed. I could think of many

things I do and many things that fill up my time. That was easy. Perhaps it was too easy? In fact it all seemed kind of automatic. However, I could not think of things I enjoyed doing! Can you? Another 'JL', John Lennon once sung 'life is what we do while we are busy making plans for other things'. Could he mean life is what fills in the time between our important things? I now wonder if my fill-in-life could actually be enjoyable? Imagine, if during the big things in life, in those precious in between mo-

ments, I might enjoy myself? If I actually ended that free time with a feeling of satisfaction, gratification and or elevation... NLP Master Libby asked me: "how would you then feel?" That was the first easy question: "Happy", I replied. So back to the tough question. "What makes you happy?" I covered the normal... love, food, I was stuck for a while... then I found a little thread, attached to a string, connected to something more substantial which lead me to my enjoyment.

I actually enjoy the company of my friends, talking to them, I enjoy making things, I enjoy fixing things, I certainly enjoy playing my ukulele but more, I enjoy learning new songs, I even enjoy sitting in our outdoor furniture during the day. Working nights on 6PR I don't often see these. I think now my free time will be enjoyable and not just filled in. It is funny how filled in time can leave you so unfulfilled. Bring on enjoyment I say. Now for a tough question to you: what do you enjoy doing? All the best.

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# Turning to nature to 'bring us home' during a stressful time



by Karen Majer

EVEN before our world was turned upside down by the coronavirus, many of us were feeling trou-

bled. Bushfires, droughts, floods and the impact on people, livelihoods, wildlife and the environment over the summer emphasised the reality of our changing climate. When my transition community group met in January, the overwhelming topic of discussion was how we can individually and together deal with what has come to be called 'eco-anxiety'.

Our meeting inspired a small group to come up

with ideas. The most popular, a 'Tribute Tree', came from retired psychologist Georgina Kelly.

"It's a simple idea," she told us. "A tree, a letter box at its foot, a symbol of our connection to nature. A tree to which we offer tribute in the form of a thought or a feeling written down, a word, a letter, a picture or anything at all expressing our appreciation for the natural world."

Georgina set about bringing her dream to reality by enlisting support from Transition Margaret River, our local Shire and the Undalup Association, embracing Aboriginal culture. With help from the Cowaramup Men's Shed and a group of volunteers, she took a 'mock tree' to introduce the Tribute Tree project to the community at the Bunuru (second summer) Festival in March.

"The response at the Festival reinforced that writing tributes fosters a sense of warmth and wonder about nature as well as an opportunity to express loss and regret about increasing environmental degradation. It provides an emotional reconnection, a spiritual charging and also an emo-

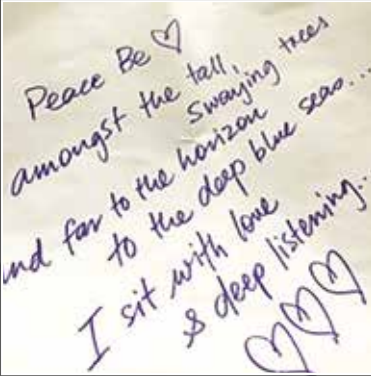
tion outlet, all of which are critical for good mental health," Georgina said.

"When I turned my attention to some of the statistics that are coming out around the vulnerability of individuals and communities, particularly our young, to conditions such as eco-anxiety, cynicism, disassociation, anger and depression, it became clear that observing increasing episodes of environmental degradation as well as the levels of anger and conflict around environmental issues were creating a toxic cultural environment. A place where all were failing to thrive."

"The connection with nature which is the actual heart of the matter was too often getting lost. Moreover, when I looked at friends who were working towards saving our environment in public and private spheres, I saw critical levels of grief and what I call eco-exhaustion. And often a pervading sense of alienation and isolation from a wider community that just seemed not to care."

This is a personal journey for Georgina, as well as helping her community.

"When I turned my lens on myself, I noticed I was



L-R; Letter to a tree - Georgina Kelly (left) with the Tribute Tree

careering from a state of despair and cynicism to a place where I wanted to be proactive and hopeful and then back again. There were times when I was courageous enough to care and times I just shut down. The Tribute Tree was like a note falling into place. It just made itself apparent as something I needed to do. I felt it was something that all people could benefit from, no matter how they positioned themselves in relation to environmental issues.

"Now I'm retired, I'm interested in feeding my life with neuroscience for the mind and nature for the heart. The convergence of these two interests lies in my commitment to

doing what I can to shift public interest away from unwitting self-destruction towards connection," she said. "My personal ethic is to do no harm. I would like to see the rights of nature taken seriously and respected."

The next step for the Tribute Tree is selection of a tree in a quiet reflective space where people can sit and record their feelings. Meanwhile, you can join the Tribute Tree group on Facebook [www.facebook.com/groups/209686943472167/](https://www.facebook.com/groups/209686943472167/) and contribute your own thoughts.

"Take a moment to focus on your feelings about nature."

"Bring to mind perhaps something about the nat-

ural world that brings you joy or wonder. Bring to mind a memory of one of the 'sweet moments' you have shared with nature. Write a letter to the tree," Georgina said.

When I was a young feminist there was a line I remember from *Surface*, a novel by Margaret Atwood: 'I lean against a tree, I am a tree leaning'. For me this line encapsulates that state of belonging and convergence with the natural world that is truly transcendent.

If we are willing, the fragility and the resilience of our natural world reduces us to tears, elevates us to wonder and, as one of the tributes from the Bunuru Festival reads, 'brings us home'.

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## Association of Independent Retirees suspends meetings but still active

MONTHLY meetings of the Association of Independent Retirees AIR (Perth Branch) have been suspended until further notice.

However AIR is asking members, via their monthly newsletter, if they would like to use meeting apps such as Zoom, in order to hold remote meetings to keep all members updated.

AIR aims to protect and advance the inter-

ests of retirees who wholly or partly fund their own retirement.

Usually they have a monthly meeting with a guest speaker and morning tea at the Cambridge Bowling Club on the third Friday of each month. The speakers cover many interesting topics relating to finance, travel, health, community and the special interests of members.

Future planned speakers include Senator Dean Smith, Eric Boon from Médecins sans Frontières, Tanya Trevisan on infill projects and financial planner Nick Bruining.

AIR always welcome new members. If you have any queries please contact Graeme [lin@inet.net.au](mailto:lin@inet.net.au) or Margaret [marghw@inet.net.au](mailto:marghw@inet.net.au).

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# Dance to keep fit at home with Ballet 4 You on YouTube



L-R; Three generations of ballerinas, Lisa with her daughter Mikaila Godfrey and granddaughter Alyssia - Lisa Purchas taking a class

by Josephine Allison

IT'S more important now than ever for older

women enduring social isolation to have an exercise program they can do from home, says

former ballerina Lisa Purchas, who launched Ballet 4 You in 2017.

Ballet 4 You was origi-

nally designed as a ballet inspired exercise program for women. Last year the program was

launched on YouTube. The program can be accessed anywhere in the world and in the privacy of home by visiting the dedicated YouTube channel Ballet 4 You - Ballet 4 Alzheimers.

"Ballet 4 You is a program I developed in 2017 for women with mild cognitive impairment and early stage Alzheimer's and it's also hugely beneficial for older people," Lisa said.

"We have five video clips currently uploaded to our YouTube channel playlist and people taking part don't need previous exercise or fancy equipment. Google translates to 300 plus languages and our on-line program is completely free.

"The current uploaded

playlist runs for 12 minutes and it would be great for women to take part each day.

"Exercise for older women improves strength, balance, cardiovascular fitness, well being and helps prevent falls. The classical piano music that accompanies all our Ballet 4 You video clips is with the compliments of Nigel Gaynor, musical director of the Queensland Ballet.

"We also have a Ballet 4 You Seniors Facebook page and a Ballet 4 You Ballet Alzheimer's Facebook page which we regularly update with interesting information, beautiful visual images and short exercise clips from classes. The website is [www.ballet4you.com](http://www.ballet4you.com)

Ballet For You has cancelled all its group and private classes for the present due to coronavirus, Lisa said.

"Like most people, we are reeling from the unprecedented and unexpected immediate suspension of business and classes for an indeterminate period," she said. "Because of this, we wish everyone good health and positivity during these strange times."

This article is supported by the Judith Neilson Institute for Journalism and Ideas.



## Have a Go News is a drop off point for Lids for Kids



HAVE a Go News is a collection point for people to recycle their

plastic lids. As our office is still open we can continue to receive lids.

Thank you to the many people who have already contributed to this Lids for Kids initiative.

The WA chapter of Lids for Kids is setting up their own system to turn these lids into products that will help local children, particularly those with disabilities and personal challenges.

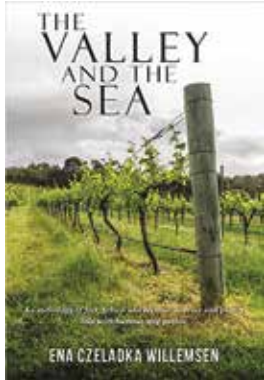
While this is on hold during the pandemic, we continue to accept the lids for the future. The lids suitable

for donation are from milk, juice, water and cool drinks and plastic bottles. Please ensure they are clean, and the inserts removed.

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

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

## Author donates books for appeal



READER and author Ena Willemssen, who wrote the book *The Valley and The Sea* has very generously donated 20 books to Have a Go News to sell

for our appeal.

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

There are snippets of local history throughout the book.

The author's father settled in Australia in 1924 as an immigrant from Croatia. He established a vineyard in Herne Hill where his knowledge of

viticulture from the old country was put to good use.

This is a book that can be dipped into in no particular order, depending on the reader's mood, there is comedy or perhaps a little poetry and even a little nostalgia.

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



Donations at time of printing 01/05/20



## Thank you to the readers who have supported our appeal

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Pat Paddon  
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Martin Yates  
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# Tips for making a home more dementia friendly



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

AROUND 70 per cent of people living with dementia live at home and ideally will continue there for as long as possible. If your loved one is living with dementia at home, it is worth thinking about small things you could do to make it a more dementia friendly space.

With many people spending more time at home at the moment, it is a great time to assess your internal and external living spaces.

Being able to live in your

own home is important to people for many different reasons. It brings with it a level of independence that is sadly lacking in many residential care homes. Our homes are usually a familiar and safe environment and a place to feel comforted and protected from the uncertainty in the world around us.

There are many changes you can make that will help support and retain a person's skills and abilities, as well as compensate for the effect dementia can have on them. You will also contribute towards improving their quality of life.

Any changes you consider should be made in conjunction with the person living with dementia. It is their home after all. By making too many changes all at one time you could unwittingly unsettle them even more. Not all changes will work for everyone, so it's best to try one or two things at a time and see if

they help before moving onto the next thing.

Eyesight can deteriorate as we age, and good lighting is important to help see properly. Dementia can affect a person's eyesight, as well as how a person sees the environment around them. Ensuring your home has adequate natural light and bright light bulbs will help the person with dementia to navigate their way around. Bright inside lighting may also help eliminate dark spots or shadows, which can be confusing. Replacing light bulbs and having windows cleaned are simple, unobtrusive changes that can be made to most home spaces.

Light also affects sleep patterns, so it is important to ensure there is a lot of natural light coming in to the home during the day, and at night there are curtains or blinds that can be closed to shut out any artificial light from outside.

Another area to look at in the home is flooring. Changes in the colour of the floor from room to room, or from rugs and mats, can look like a hole or an object to step over. Mats and rugs can also cause a person to trip and fall, so try removing them where possible. Lay brightly coloured tape to indicate steps and stairs and look for cables or other items which may be a trip hazard and move or remove them.

Dementia can affect how a person perceives colour and contrast. Contrasting the colour of furniture, bedding and light switches with walls and floors will make these items easier to see. It can also be useful to consider installing contrasting coloured taps and toilet seats, and using plates and cups that contrast with the table or tablecloth. Busy patterns and stripes can cause confusion, so try to minimise these.

Visual cues to help a

person remember where things are can be very helpful. Encourage keeping regularly used items in the same place, for example keys, phone, wallet and glasses on the table by the door. Grouping like items together on bench tops may also help a person find and use them. In the bathroom, group items such as toothpaste, toothbrush and hair brush on the bench. In the kitchen group coffee, tea, sugar and cups near the kettle. Consider labelling drawers and cupboards with a picture and description of what is inside. This will help a person with dementia to continue using the kitchen confidently and most importantly, independently.

These are just a few suggestions for changes that can be made around your home. To find our more, try visiting our website [www.alzheimerswa.org.au/live-well](http://www.alzheimerswa.org.au/live-well) or call 1300 66 77 88.

## Canoe club down but not out - members adapting to new conditions



The intrepid lone paddler sets out

by Jeremy Haslam

MEMBERS of the Over 55 Canoe Club (O55CC) are not taking the restrictions lying down. Well some are, but only after lunch or during TV in the evening, and of course at night, and er... sometimes if the sun shines and the garden is quiet, and a zzzzz is in order.

But other members have been out and about,

singly and in pairs. Some of their adventures follow in no particular order.

Choosing who to paddle with is fraught with trouble: who do I offend by not asking? Who do I offend by asking? Who will have me along anyway? Well our first hero avoided all these difficult questions by going out by himself. The fleet-of-one quickly chose a leader and a tail-end-charlie

(without argument) and set off bravely from Mosman Bay to the beckoning take away (only) coffee of Zephyrs Cafe.

Not used to paddling by himself he was feeling particularly brave rounding the wilds of Chidley Point without incident (a sort of mini Cape Horn) before stumbling across Zephyrs on the shores of East Fremantle. Feeling every bit the explorer he engaged with a swan while sipping his flat white on the shore. That done he made it safely back to his starting place. If you think this is boring wait until the next adventure.

The next pair had no difficulty in finding a kayaking buddy as they are a married couple (not always the best combination). They ventured out to Shoalwater Bay as it is a great place to kayak. At Seal Island they were treated to sea lions frolicking in the surf. There were no penguins to be seen on Penguin Island (never are). The ferries

were not running so the walk around the island was remarkably people free. No problems with social distancing. The sea breeze having settled in, the trip back was suitably bouncy.

Another next pair tackling the paddle out to Penguin Island were not a married couple (no whiff of scandal here), but the stories of their encounters with sea lions were bordering on the hallucinatory. A bit of a concern, but their paddle around to the scary side of Penguin Island was done safely and in good order. The one sea lion they encountered seemed a bit miffed that only two representatives of the O55CC had come to see him instead of the whole mob, so perhaps he did seem grumpy. Sea lions are very sensitive creatures.

A paddle on the upper reaches of the Swan went a bit awry for two good mates. The paddle was such an easy saunter in ideal conditions they

completely lost track of the distance covered. When lunch finally beckoned they had covered more than 10km. A lazy snack on the bank of the river in a small vineyard completed the idyllic picture. In a post-prandial haze it dawned on them that 10km out meant 10km back (quick thinkers these two), finally dragging themselves out of the water after a long two hours, they now report aches in places they didn't know they had places.

If you are interested in finding out more in readiness for a re-start (when ever that might be) you can phone O55CC president, Iris, on 0438 926578 or the secretary, Dale, on 0420 733024.



## Pandemic causes a huge backlog in the UK for expat British pensioners



by Mike Goodall

THE COVID-19 situation in the UK is causing massive problems for the two Government departments we work with: Her Majesty's Revenue and Customs (HMRC) and the Department of Works And Pensions

(DWP). Both are working with reduced staff levels and reduced access hours on the telephone.

Mail is being delayed and, in some cases, just not arriving. Response times to work in the pipeline are growing rapidly because many of their services have been reduced or stopped and they are just prioritising urgent cases creating an even greater backlog.

I am often asked whether a person is eligible to a share part of the UK State Pension with their divorced partners.

There is no simple answer, especially since the rules have changed over

the years and the date that a person reaches State Pension Age (SPA) determines which rules apply to them.

However, the current rule is that a basic state pension cannot be split or shared if your marriage or registered civil partnership ends. This means that a weekly pension paid to one partner that is received from the UK Government is protected from being split between a person and their former spouse.

However, most people currently reaching SPA have contributed under both the old system (pre

6 April 2016) and the new system that commenced on 6 April 2016.

Under the old state pension system if you reached SPA before 6 April 2016 a person could benefit from the National Insurance Contributions of their former spouse upon divorce. Therefore, a man born after 5 April 1945 and before 6 April 1951 and a woman born before 6 April 1953 could be eligible to a state pension based on their divorced spouse, provided that they have not remarried or entered into a registered civil partnership.

This rule can provide a surprise bonus for those

who qualify.

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

Anyone who would like to discuss the above in greater detail or to understand their options on any other aspects of their UK State Pensions, is welcome to contact Mike Goodall on 08 6364 0859, 0403 909 865 or via e-mail [mikecgoodall@btconnect.com](mailto:mikecgoodall@btconnect.com)

### Coronavirus (COVID-19) information

For the most up to date information about the global pandemic visit the Western Australian Department of Health website at [healthywa.wa.gov.au/coronavirus](http://healthywa.wa.gov.au/coronavirus) or contact them on the Coronavirus Health Information Line on **1326 843** at any time.

You can also visit the Australian Government Health Department website at [www.health.gov.au](http://www.health.gov.au)



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



TO all our friends and colleagues we send our best wishes. Like many of us SRCWA has been re-located to working from home during these times of social isolation. We want to assure everyone that we continue to work for and on behalf of the seniors of Western Australia. We are still planning events, programs and services so that when the COVID-19 restrictions are lifted we will be ready to implement them and move forward.

There may be a small delay in responding to your queries but if you call the office on 9492 9773 and leave a message, we will return your call as quickly as possible.

Have a Go Day 2020

Have a Go Day a LiveLighter Event is planned for 11 November and this year the event will focus on Remembrance Day and we are planning to acknowledge all the observances at the event. Expression of interest forms are now available to all clubs, groups, not-for-profit organisations and businesses who would like to attend as a site holder. While plans are full steam ahead to run this event as scheduled, it will remain in the planning stages until the COVID-19 restrictions on mass gatherings are lifted. Please contact the office on 9492 9773 or email [dawn.yates@srcwa.asn.au](mailto:dawn.yates@srcwa.asn.au) to request further information or have an expression of interest form emailed.

Pole Walking

Following the article Jen Merigan ran in the March edition of Have a Go News promoting pole walking, SRCWA received much interest and requests for information. We have also been able to organise for some people to start pole walking. Thank you to Have a Go News for all their efforts in providing outstanding information. Call the office if you would like to know more about this activity.

SCAMS targeting seniors

Scams and rorts have been around no matter what the era. Although scams seem a lot more sophisticated these days, they have in most cases done the rounds before in one guise or another. We have been taught to lock up our physical property such as houses and vehicles and the same is advisable with our digital presence on computers and the internet.

Some things we can do to make ourselves a little more secure online is to "lock" our computer by doing the following:

- Installing regular updates, allow the operating system to automatically update at regular intervals.
- Installing antivirus software and regularly update it.

If you have a computer and don't know how to do this ask someone who may be able to help.

Don't click on links in "unknown websites" you may see a notification when you visit some sites which state "Congratulations You Are A Winner, Click Here To Claim Your Prize!" this may be an invitation to allow malicious software to be installed on your computer.

Malicious software can affect how your computer works it may also send every keystroke you make and data to a scammer's computer.

This information can then be used to access personal information without your permission.

Always Remember:

- Financial institutions will generally not send an email requesting personal details.
- If you receive unsolicited communication from a service provider treat it with caution, call the provider on the phone number on your usual statement to confirm.
- If a deal or opportunity seems too good to be true it definitely is.
- If you feel uncomfortable at any time during a request let them know you will be getting some independent advice from a trusted adviser.
- Keep yourself informed on current scam trends by signing up for WA Scam Net Alerts, phone the Consumer Protection Advice Line on 1300 30 40 54.

If you have any concerns about scams, please contact Martin at the SRCWA office on 9492 9774 (leave a message with your details) and he will get back to you.

While we are available to assist people with advice and try to locate answers to questions if we are able, there may be delays in responding to your queries. Call the office on 9492 9773 and leave a message, we will return your call as quickly as possible.



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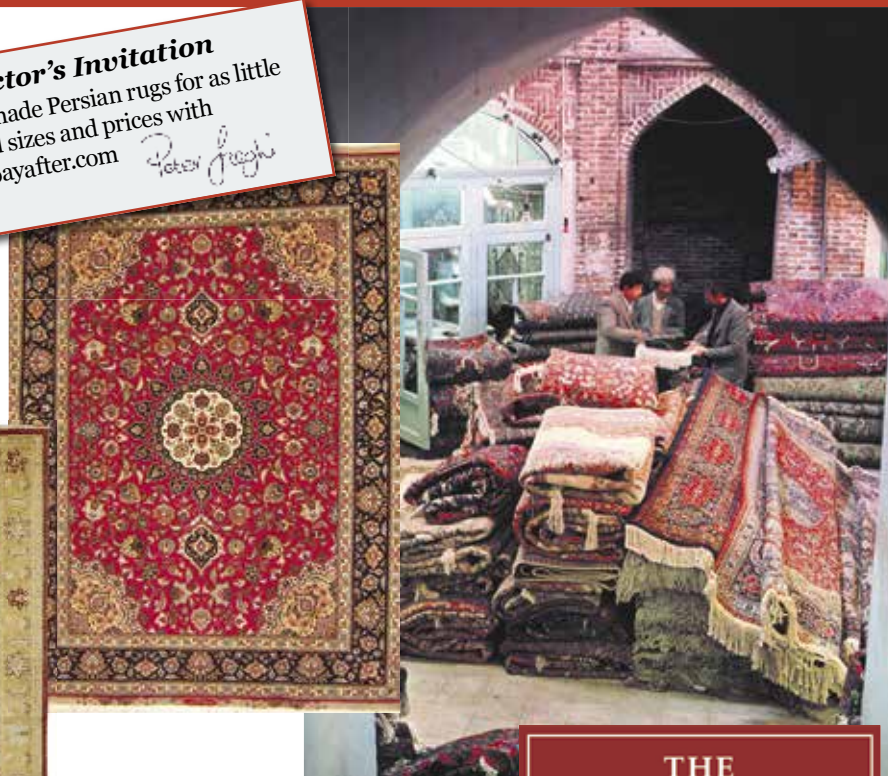
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## TV Talk with Lee Tate - the repetitiveness of television commercials drives one to madness



JUST when we thought television adverts could drive us mad, along comes coronavirus to compel us into more TV.

More TV, more ads. But what is maddening are the continually-repeated, barrages of adverts in the one program.

My current bugbear is with SBS relentlessly promoting its own shows

– over and over. Some of the RAC commercials are also given more than a healthy hammering – “I’ll call Mike in claims” – and we’re being blasted by bank adverts offering to back whatever ventures we pursue.

Relief comes in a Cadbury chocolate commercial with a little girl buying chocolate with buttons and telling the shopkeeper: “It’s for my mum”. I melt every time.

TV networks are cranking-up adverts about themselves in these troubled times. We’ve pooh-poohed that in the past, but self-glorification rules on the box.

I reckon the best TV

commercials have yet to be written, at least for Western Australians. I’d love to see a no-apologies plug and push for the great State of WA, its people, its goods, its services, attractions and ways-of-life.

Charity begins at home, especially after crises. Previous Buy-WA adverts would pale into insignificance with what could be done; what needs to be done, to lift us off the mat.

We’ve had a taste of support from tycoons, corporations, governments, the Premier, support agencies and individuals including Fiona Stanley. They have called

for support for unity and togetherness in nicely-balanced TV adverts. But it is just a sprinkling. Corporations have cash, governments have clout and people have push to get behind WA for the greater future good.

The full force of WA’s advertising, marketing, promotion, media and entertainment worlds can provide the fillip this State needs to crank us up post-coronavirus. Unabashedly, we would promote WA people, goods, services and attractions in a long campaign.

An advertising campaign, supported by gov-

ernment and sponsored by those who care and those who will benefit, could feature a series of WA testimonials.

Presenters would be respected citizens and leaders, children, TV stars, seniors, disabled, sports stars past and present, business people, health and emergency workers, tour operators, city and country mayors, teachers, mums and dads, resort managers, baristas...

All could volunteer their time and I’d be surprised if we weren’t knocked over in a rush of applicants.

The sort of thing for the adverts would be:

1. “Hi. I’m a West Australian mum and I am going to focus on buying West Australian. A healthy, happy State is best for our family. For all of us.”

2. “Hello, we are 100 per cent West-Australian business and your support will ensure we keep delivering the best of WA for West Australians.”

3. “Hello, I’m a West Aussie dad and when I look for something for the garden, I look for West Australian products.”

4. “Hello. You may have seen me in television programs which means I work away from home a lot. But I love Western Australia. I’ll be

having my next holiday in Western Australia.

5. “G’day. I’m a proud member of WA’s parliament. Even though MPs are often divided, a strong State is in all our interests. When shopping, buy West Australian. It supports us all.”

Of course, there must be plenty of variety. We don’t want adverts that drive us mad.

*This article is supported by the Judith Neilson Institute for Journalism and Ideas.*



## A collection of heartfelt stories of love and loss



**Love and Loss**  
Edited by Renee Hollis  
Reviewed by Pat Paley

LAST month I reviewed the book *Struggle and Success*, a compilation of 25 true stories by or about people over the age of 60 from around the world. In this book

there are another 25 from the same short story competition, this book is titled *Love and Loss*, a collection which editor Renee Hollis describes thus: “these real life stories are moments in people’s lives that show the importance of forgiving, the tragedy of forgetting and the turmoil of moving on.”

Roy Innes’ story of Mary Amundsen, his unrequited childhood love in the 1950s, is beautifully written, gentle and soft. His words portray a love still vivid after all these years. His agonizing and paralyzing shyness renders him speechless whenever she is near. There is a

heartbreaking end to this story and when he thinks of her now: “my eyes get tight and there is a deep ache in my heart.”

Maria Nolan’s story called *Fairy Godmothers* tells of Maria aged nine meeting with a distant relative, a stunning, single blonde from England who arrived with a man in tow, divorced and a protestant to boot. This was 1966, a small town in Ireland with small town morals and rural narrow mindedness. The humour in this story conjours images of a sophisticated blonde bombshell taking on the gossipy scandalised matrons of the day.

These stories will make you laugh, make you cry and make you think, some may take you on a journey of your own but all of them with take you into their heart.

RRP \$29.99 available from all good book stores and online at Exisle Publishing [www.exislepublishing.com](http://www.exislepublishing.com)

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We have one copy of this book to give away to a reader. To be in the draw simply email [win@haveagoneews.com.au](mailto:win@haveagoneews.com.au) with **Love in the subject line or write to Love and Loss C/- Have a Go News PO Box 1042 West Leederville 6901. Closes 31/5/20.**

## Want to live with less food waste?



Share a compost bin with Share Waste

HERE are some tips for people who would like to dispose of food waste but don’t have a compost bin. Try one of these alternatives to placing food scraps into your general waste bin.

Ask your neighbours what they do with their organic waste and if they are interested in joining in to find a

solution to divert your food scraps.

Contact a local school and check if they have a compost or worm farm and are happy to receive food scraps.

Share a compost bin – drop off food waste to someone close by. Visit [www.sharewaste.com](http://www.sharewaste.com) to see if there is anyone in your area.

Contact your council to locate a community garden near you, they are always looking for more compost.

Use a pick up service for household food waste – contact [www.kooda.com.au](http://www.kooda.com.au) for a new approach to waste.

Collect your food scraps in a Bokashi Bucket; once full find a place to bury the contents.

Use social media for help or advice and join Earth Carers, Zero Waste and Plastic Free Living.

These tips are brought to you by Earth Carers – a group dedicated to living with less waste.



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# Time to discover some of Perth's little picnic pockets



Left to right; Harold Boas Gardens - View from Bayview Park - Marmion Marine Park

by Numbat,  
Our Travelling Scribe

PERTH is dotted with tranquil gems, little picnic pockets that don't feature in promotional brochures or TV travel blurbs but could easily outdo any exotic place. None are counted among WA's fabulous lookouts or famous tourist haunts; some you would have driven past without a second glance.

Western Australia is endowed with many dramatic and natural locations but our recent travel restrictions raised the relevance of little nooks and niches we have handy to Perth. A short drive or bus or train ride puts Perth people among these little pockets of peace and serenity, but few of us know or make use of them.

Some of these idyllic places have markers - names of pioneers or historical facts, little bits of colour to inform.

Top of my list takes you to the tumbling waterfalls and lovely green and shaded grounds of Harold Boas Gardens, almost mid-city on Wellington Street, West Perth.

Somewhat the passing traffic isn't a noise factor, perhaps because the park is embraced by abundant foliage, nature at its best.

This lush place provides a pocket of beauty, easily accessible to nearby flat-dwellers and office workers including those in Lotterywest House. Yet, although hordes of people trudge-by on weekdays, it never seems busy.

With its serene, little

lake and cascading water, it was originally known as Delhi Square but was re-named after prominent architect and City of Perth councillor Harold Boas when it was redeveloped in 1976.

Towering trees planted there in 1900 have been retained in all their magnificence.

Another ideal picnic place - with enough space to run dogs and kids is Manners Hill Park with its classic pavilion, twist Mosman Park and Peppermint Grove.

A cow paddock until 1899 when the Crown bought it, the grounds have been converted into a wide, open, generously-grassed and manicured public reserve. With a public playground across the road, along from Royal Freshwater Bay Yacht Club, the reserve is well patronised but there's plenty of room, lots of shade and generous bench seating. It is a picnickers' paradise with the pavilion usually empty.

A marvel to look at for its simplicity, the 1903-built pavilion is one of the few remaining public pavilions in an open reserve. Its design comes courtesy of the prominent architect Sir Joseph Talbot Hobbs. Prior to building the pavilion, this fantastic piece of public space amid some of WA's wealthiest homes, was owned by engineer and politician Edward Keane and boasted a six-hole golf course.

For the grandest views of Perth and a perfect picnic place with room for kids and hounds to run around,

visit Bayview Park in Mosman Park.

With its lofty, bird's-eye views across the Swan River, distant sand spit, yacht clubs, sailing boats, ferries, canoes and birdlife, this place is uplifting.

Along from the local bowls club and long stretches of level lawn, is the lookout - now including plaques on a wall with names of long-term local families, including my own, who had Housing Commission homes nearby.

The cliff face plunges deeply to the river, savaged by prisoner work gangs in the 1800s, hacking out large limestone blocks used in some of Perth's finest buildings including Government House and Old Perth Boys School.

Capstone was also loaded onto river barges, serving as gravel in the construction of St Georges Terrace. Quarrying went on there for 60 years.

Now the place is one of Perth's gems for the picnicker, tourist and pampered privileged who perch up there.

Down by the riverside, along Mosman Bay, massive trees provide generous shade on a narrow, grassed strip that is welcoming and easy on the eyes, with bobbing yachts and groups of ducks and not-too-shy swans. Don't be surprised to see few people there.

From the yacht club and running along to one-time tearooms, this strip of prime picnicking property was once rich farming ground for wheat, oats and rye. It was served only

by barges and boats until Johnson Parade was built by the Cottesloe Beach Roads Board in 1920.

This makes a perfect place for kiddie paddling and relaxing with easy access, nearby playground, toilets in the park and café a stone's throw away.

When we were kids, our parents - or grandparents when they were up from Albany - would take us for Sunday drives up the coast to Marmion Marine Park.

We'd hop into our Holden or the grandparents' Hillman Hunter and go to the end of the coast road. In the fifties, this meant the stretch of coast ending for most at Trigg. Home to the last café on our suburban coast it was the turning point before heading home with ice cream for everyone.

That glorious strip of beach now accommodates coastal walkers, surfers, swimmers, sailors, divers, cyclists and skateboarders. Yet its little bays and pockets of beach between cliffs provide picturesque picnic places, perfect for paddling and well-protected for kids and oldies.

Extensive reefs keep out predators, providing safe swimming, paddling, floating and skin-diving stretches with room for everyone.

The key is to come early, to nab a spot and beat the breezes, tucked between little cliff-lined coves around Mettams Pool.

It was named for World War I veteran, Frank Mattam, who loved the spot, except for dangerously-sharp limestone rock when walking there. Starting with

a crowbar and extending to explosives, dedicated Frank gradually eliminated sharp points of rock in a labor of love that took 35 years and was taken up by his children and

their children.

What's around the next corner?

This article is supported by the Judith Neilson Institute for Journalism and Ideas.



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Over these two days, undertake tours to the Super Pit, Questa Casa Bordello and Kalgoorlie-Boulder audio walking tour. Explore the streets, have a meal in a historical hotel, check out the museum. NB Clothing restrictions apply on Super Pit Tour

### DAY 4. KALGOORLIE TO PERTH

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

Book with Kalgoorlie-Boulder Visitor Centre  
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HAGN338-053545

## Reflections of fishing trips and the catch that never was



My mate Jim Blackie with a beautiful brown trout from Little Pine Lagoon on the first afternoon....it turned out to be his only fish during a tough week

by Mike Roennfeldt

I MUST be getting old. It was just before the arrival of the coronavirus and I had just returned from two hopelessly disappointing fishing trips. I

was almost ashamed to admit to myself that I'd had a great time regardless.

There was a sentiment that I often used to express, but deep inside didn't really believe: "catching fish is just part of the picture and being out there in a beautiful environment is really what it's all about", I would declare.

I can't believe I spouted that nonsense. When I was younger and considerably more competitive, to me it really was all about catching fish and the beautiful environment was merely a bonus.

And here I am, many years later, reaping the rewards of the foolish utterances of youth, not catching much and still having fun.

It started in the Cocos Keeling Islands, where inclement weather saw us doing more sheltering than fishing for the first few days of our trip. I had thought the doldrums meant hot, still, sunny days but it turned out that monsoonal rain is also part of the picture.

Over our week stay we landed just a handful of bonefish, the prime reason for our being there. Shallow tropical flats where we had found them previously were strangely devoid of fish, partly I suspect because the big weed patches that attract the bones in to feed on a rising tide had completely disappeared.

I'm back in Perth for a few days before heading off to the central highlands of Tasmania. It's a place

I've been visiting most summers for at least the past 25 years. A couple of friends from Melbourne have a shack on Little Pine Lagoon, a legendary trout water where the IQ of the fish is often superior to that of the angler.

Again, the weather started out pretty nasty, this time without the softening compensation of tropical warmth. Bitterly cold westerly winds made life uncomfortable out on the water in my mate Jim's punt.

Mid-afternoon first day, Jim landed a stunning fish, a heavy shouldered brown trout of close to four pounds. Trout fishermen, and those who chase bonefish for that matter, always refer to their fish in pounds rather than kilos. It makes them sound bigger.

I spent the day without so much as a look from a fish. It also turned out that the big brownie was to be Jim's only fish for the week, although he did miss a couple of hits.

By the last day I still hadn't had so much as an enquiry but my maiden status was challenged late in the afternoon by a smallish but beautifully proportioned brownie of my own. Only one fish had risen to my dry fly over six days fishing but at least I had caught it.

By any one's standards it had been an abysmal double-header of trips but it didn't curb my enthusiasm for either place.

Next year will be better because surely you can't keep on having trips like that... can you?



# food & WINE

...eat, drink and be merry...  
ADVERTISING FEATURE



## Cider for autumn quaffing - a great way to support local brewers



by Frank Smith

MUCH as I like wine, I sometimes want to drink something to quench my thirst and particularly less alcoholic. Cider fits

the bill.

The number of cider makers has increased in recent years, particularly as growers have sought to find a use for apples that while perfectly edible

are not pretty or uniform enough for supermarket shelves.

This month I tasted cider from two producers in the Perth Hills and one from the Swan Valley.

Funk Cider was established in 2016 by the Michael Brothers, in the Swan Valley. They also make beer, wine, and non-alcoholic drinks.

Their range of ciders includes organic scrumpy, Bootsy Brett, bloody grapefruit, lemon cider, rosé cider, ginger, pineapple, passionfruit, and oak aged ciders. All products are unpasteurised and free from preservatives and concentrates.

**Pineapple Cider** is made with fresh pineapples thrown into the brewing cider. It is sweet and delicately aromatic. Funk say it is especially made for the ladies and their partners. Alcohol 3.0 per cent. RRP \$28 for four pack.

**Sex Machine Cider** is sweet cider made from Pink Lady apples and aged in French oak barrels. It has a smooth mouthfeel with a deep vanilla flavoured finish. Alcohol 4.5 per cent RRP \$18 for four pack.

**Perth Cider** is made from a blend of cold pressed granny smith and pink lady apples. The taste is semi-sweet with a clean and bold flavour. Alcohol 4.8 per cent. RRP \$18 for four pack.

**Saison Cider** is more traditional with a dry somewhat peppery flavour and long finish. Alcohol 5.2 per cent. RRP \$18 for four pack.

**Roleystone Cider** is the brainchild of Adam Casotti, a third generation orchardist from the Raeburn Orchards family and Ross Catalano. They set up the Roleystone Brewing Co inspired by an oversupply of apples and a desire to brew quality natural cider.

**The Original** is made from cold pressed fruit from a blend of apple varieties with no added sugar. It is pale yellow in colour, displaying a strong fruit aroma with a refreshing clean flavour and crisp finish. Alcohol 6.5 per cent. RRP \$22 for four

pack from the cellar door.

**Gold'n Pear** is a semi sweet medium bodied cider with just a touch of yellow. It is made from apple and pear juice with no added sugar or concentrate. It has strong aromas of apple and pear. The taste is clean and crisp with a touch of sweetness. Alcohol 6.5 per cent. RRP \$22 for four pack.

**Carmel Cider Company** is another long-established Hills fruit grower that has extended into cider. They make premium ciders from heritage cider apples, pink lady and Granny Smith. Their ciders are sold on 1.9L growlers at \$30 to \$35 with a discounted refill.

**Apple Keg Cider** - a clean refreshing style. Medium sweetness 4.5 per cent.

**Pear Cider** - delicately crafted to highlight the mellow sweetness of pears. Winner of the award for the best Perry in Australia in 2017.

**Apple** - A crisp apple cider on the dryer side.

**Apple and Raspberry** - A triple fermented cider with a hint of berry. Clean on the palate.

**Tree Ripened Apple** - A late picked apple cider. With higher fermentable sugar and lower acid. Barrel fermented. Very smooth.

**Heritage apple cider** - Made from heritage cider apples grown on the property. A much more complex cider with lots of natural tannins. Winner of the award of Champion Cider at the 2019 Perth Royal Show.

Owner Andrew Carruthers is now making home deliveries, call 0438 562 775.

This article is supported by the Judith Neilson Institute for Journalism and Ideas.



## Vince's corned beef and cabbage igloo lasagne



by Vince Garreffa

YOU have never had corned beef and cabbage like this. I created this to feed corned beef to a

mate who hates the stuff. It worked and it's delicious to boot. It would probably work on kids too. Good luck.

### Ingredients for 4

- 500g julienne strips of cooked corned beef (ask your butcher or deli to slice it thicker if you don't cook it yourself)
- Half a savoy cabbage finely shredded
- One large red onion finely shredded
- 100g capers
- 5 tablespoons

- mashed potato
- 4 medium skinned potatoes thinly sliced (short oval slices)
- Extra virgin olive oil (EVOO)
- 250ml melted butter, plus some spare
- West Australian Lake Salt
- Freshly cracked black pepper

### Method

Shred the cabbage finely, removing the occasional thick rib on the cabbage leaves as they can be tough. Now saute your fine onion and cabbage in some EVOO until it's nice and soft, then season to taste before adding the julienne strips of corned beef.

Gently mix together then add capers and mash potato. When mixed thoroughly take off the heat and set aside.

Melt 250g of salted but-

ter and add a pinch of salt and pepper, then dip each slice of potato before using the slices in one of two versions:

**First Method:** create a layered lasagne effect by using an oven tray about 5-6cm deep and about 20cm wide and 30cm long. First put down a layer of potato slices that you dipped into the melted butter then spread a thin layer of your meat and vegetable mix then more dipped potato slices and so on. About four layers of potato and three of the meat mix should make it a great pasta free lasagne that you bake at 180°C for three quarters of an hour to an hour. Sprinkle with parmesan cheese just before the cooking time ends for a nice brown finish on top.

**Second Method:** dip your slices of potato in

melted butter and place in a circle on a flat baking tray. Lay the slices as if they were bricks, each slice half on two undersides. Build your potato slices until you have a round wall with a hollow centre. Fill the centre with your meat and veg mix then cover the mix with potato slices like a roof enclosing an igloo without a door. Bake for three quarters to one hour at 180°C. In the last few minutes sprinkle a little cheese to help that brown finish.

Serve both methods hot at the table so your guests see the presentation before you cut into it.

Buon Appetito!  
*Ed's note - we sampled this dish and if you love corned beef like I do you will absolutely enjoy this innovative way to use the meat.*

## Gourmet meals delivered

JANE and Stephen Hitchings have been dedicated for more than 25 years to providing exceptional food service at establishments across the globe.

They returned to Perth in 2011 to fulfill their dream of providing the Perth market with access to world class food delivered to people's front door. They have achieved this with their business Poppet's Pantry.

Their goal is to provide people with delicious, cost effective, home-style meals that help to ease the demands of modern life.

Poppet's Pantry allows you people to serve meals to friends and family which have been prepared by a world class chef, in a commercial kitchen located in North Fremantle, using only the freshest and best local produce.

Their range of frozen meals includes Beef Bourguignon Pot Pie, Coq au Vin, Salmon Fishcakes and Lamb Tagine.

English born, Steve trained as a chef in London. He has worked in many establishments around the world including London's Ritz Hotel, Sir Richard Branson's Necker Island in the Caribbean and his own restaurant in the Hunter Valley.

Jane returned to her home town of Perth after many years working and living overseas. She spent several years within the international luxury yachting industry as a cook and purser, as well as managing a five star private island in the Caribbean.

Steve and Jane have two young boys, George and Tom. Poppet's Pantry meals often feature on the menu at their home.

The Hitchings also run a boutique event business, Samphire Catering and look forward to catering to Have a Go News readers with healthy and delicious food. For more information call 0432 877 984 or visit their website at [www.poppetspantry.com.au](http://www.poppetspantry.com.au)



## Letters to...Vince Garreffa

IF YOU want a particular recipe of Vince's, don't hesitate to drop a line to Have a Go News. Address your enquiry to Vince Garreffa c/- Have a Go News PO Box 1042, West Leederville 6901, or email your question to [vince@haveagonews.com.au](mailto:vince@haveagonews.com.au). Please include your phone number.

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# food & WINE

...eat, drink and be merry...

ADVERTISING FEATURE



## Eating fruit is the natural way to keep happy and healthy

by Noelene Swain

THIS year's harvest of apples and pears are now available in-store, signalling the launch of the new season of Western Australia's favourite fruit. In WA the apple and pear harvest occurs from March to June, commencing with the first picked varieties Galaxy and Red Sensation apples and Bartlett pears. Currently crops of Fuji, Kanzi, Pink Lady and Bravo are being picked... so let's get crunching!

This season, local growers are faced with

one of the most difficult growing seasons on record and are calling on shopper's support to buy fruit that may be hail marked, sun blemished or colour challenged. These visual characteristics don't affect the premium eating experience. You can make a difference by understanding skin blemishes don't impact on flavour.

Both apples and pears are extremely nutritious and should be an important food in our eating regime. Apples are rich in antioxidants and the soluble fibre pectin, which

are both known for their heart protective capabilities. Dietary fibre aids in reducing the risk of some cancers and helps to control blood sugar levels, which is important in diabetes sufferers. Interestingly, pears are one of only two food products that are non-allergenic, making them ideal for introducing solids to babies and for people on elimination diets.

### An apple a day keeps the doctor away

Research carried out by the University of Western Australia (UWA) and Edith Cowan University

(ECU) has shown the consumption of apples has a direct impact on human health by improving cardiovascular health.

The science behind how apples assist human health validates the health benefits of apples long advocated by the saying: "an apple a day keeps the doctor away".

Apples are high in flavonoids (widely known as antioxidants), which are concentrated in the skin rather than the flesh of apples so eat the whole fruit to obtain the health benefits, says Dr Catherine Bondonno who

worked on the study.

The local apple study screened the flavonoid content of more than 100 varieties of apples in Western Australia. It identified apples that are especially high in flavonoids, including Pink Lady and Bravo-branded apples.

Flavonoids work by increasing a molecule that is produced in blood vessels and help regulate blood pressure and flow.

Clinical trials demonstrated the positive effect of Pink Lady apple consumption on cardiovascular health – one study

demonstrated improved blood vessel function within hours of eating an apple and the second trial showed these effects are sustained following four weeks of daily intake by people at risk of cardiovascular disease.

So tuck into some brightly coloured local apples and enjoy them skin-on to maximise the health benefits. To increase your consumption of fresh apples, simply add to your daily breakfast cereal, use as a garnish on your salad or eat an apple or pear as an in-between meal snack – you can spice

things up by trying a different variety each day.

Whilst the weather is warm, store apples and pears in the fridge to ensure they keep that freshly picked crunch.

Fresh is best with WA apples and pears, yet they are just as delicious cooked in savoury and sweet dishes. Generally, the sweeter the fruit, the better it will perform in a cooked recipe. Grab an apple and pear today and enjoy the recipes below.

Brought to you by Fresh Finesse Fresh Food Promotions – [www.freshf.com.au](http://www.freshf.com.au)

### Apple ricotta pikelets

Preparation: 10 minutes;  
cooking: 15 minutes; serves: 4



**Ingredients**  
1 cup ricotta cheese  
1 cup grated Royal Gala apples  
½ cup white flour  
¼ cup wholemeal flour  
1 tablespoon honey  
1 teaspoon lemon juice  
1 tablespoon chopped pecans  
½ teaspoon cinnamon  
sprinkle of nutmeg  
4 eggs, separated  
natural yogurt and fresh fruit, to serve

COMBINE all ingredients together except egg whites. Mix until well combined. Beat egg whites until stiff and fold into batter. To make pikelets, brush the base of a pan with oil. Spoon about two tablespoons of batter into pan to make individual-sized servings. Allow to cook until golden on both sides. Continue until all the batter has been used. Serve warm with natural yogurt and fresh fruit.

## What's fresh in the markets this month



Russet beauties, Beurre Bosc pears  
© facebook @australianpears

**Pears:** Savour the flavours of autumn with fresh new season pears. Take your pick of varieties as the 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 accordingly.

**Fuji apples:** Look out for this popular apple right now and you'll be rewarded with that lovely straight-from-the-orchard taste. Available in a variety of sizes, the Fuji has a cream toned flesh and a delicious sweet and spicy fla-

vor – perfect for eating and cooking. The smaller apples are great for lunchboxes, being the ideal size for little hands, and you can serve the larger ones sliced with cheese and good bread to make a very satisfying lunch. Fuji apples also store very well. Grab a bag, pop them in the fridge and have them on hand to munch 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. That's a good indicator of juiciness.

**Portobello mushrooms:** Also referred to as Swiss Browns, these mushrooms have a longer growing cycle which results in a hearty meaty texture and rich flavour. Buy the size appropriate for the 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 mushroomy kick to soups, roasted vegetables and stuffing. Keep refrigerated in a paper bag for seven to 10 days. Wipe with damp paper towels – no need to wash or peel as they will absorb water and turn mushy when you cook them.

Prepared by Fresh Finesse Food Promotions [www.freshf.com.au](http://www.freshf.com.au)

### Coconut baked apple wedges

Preparation: 10 minutes;  
cooking: 25 minutes; serves: 4



**Ingredients**  
4 apples, quartered and cored  
1 lemon, zest and juice  
3 tablespoon macadamia nuts, finely chopped  
¾ cup shredded coconut  
1 egg, lightly beaten  
2 teaspoon sugar

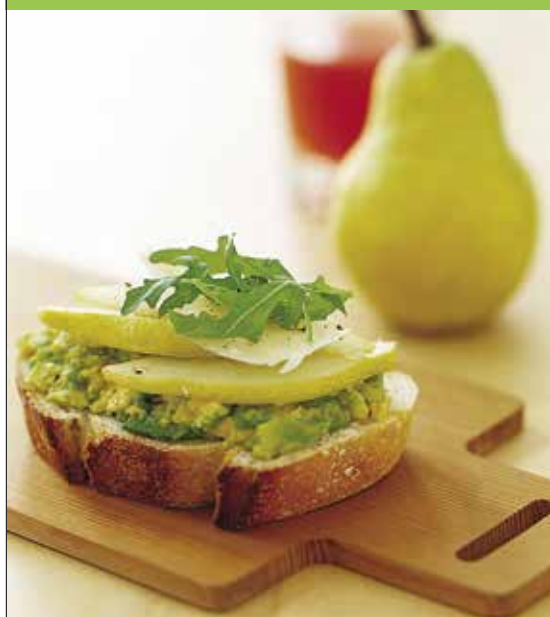
PREHEAT the oven to 180°C and line a baking tray with non-stick baking paper. Toss the apple quarters in the lemon juice. Combine the lemon zest, chopped macadamia nuts and coconut in a bowl.

Combine the egg and sugar in another bowl and dip the apple quarters into the mixture. Allow the excess egg to drip off, then roll the apple quarters in the coconut mixture. Place on baking tray and bake for 20 – 25 minutes or until the apples are cooked and golden.

## Cooking for one

### Pear, avocado and rocket open sandwiches

Preparation: 10 minutes; serves: 1



**Ingredients**  
2 slices sour dough bread  
½ ripe avocado  
1 ripe Bartlett pears, quartered, cored and sliced  
½ cup baby rocket leaves, washed  
25g shaved parmesan  
freshly ground black pepper  
lemon wedges, to serve  
LIGHTLY toast the sour dough bread if desired. Roughly mash avocado onto each slice and season with a pinch of salt. Top with slices of pear, rocket leaves and shaved parmesan. Grind over black pepper and serve with lemon wedges.

### Coronavirus (COVID-19) information

For the most up to date information about the global pandemic visit the Western Australian Department of Health website at [healthywa.wa.gov.au/coronavirus](http://healthywa.wa.gov.au/coronavirus) or contact them on the Coronavirus Health Information Line on **1326 843** at any time.

You can also visit the Australian Government Health Department website at [www.health.gov.au](http://www.health.gov.au)

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# food & WINE

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ADVERTISING FEATURE



## Share your recipes...Have a Go News' reader recipe - Lyn Price's banana cake



WE so enjoy hearing from our readers and this month Lyn Price has shared her recipe for a delicious banana cake.

"When I lived in Adelaide my little local supermarket had free local magazines each week which is where I sourced

this recipe," she said.

"I have used this Banana Cake recipe now for over 40 years!

"I have given it to friends over the years who say they cannot make a banana bake like mine but after they use this the recipe they say they can.

"I hope that many more people will have success with my recipe."

Send us in your favourite sweet or savoury recipe and if you can add a brief paragraph about where you found this recipe or if it was handed down from a family member, all the better.

They don't have to be complex recipes, just good hearty home cooking.

For those who are able please send in a photograph – mobile phones are fine to use, please just make sure the photo is in focus.

Email [jen@haveagone.ws.com.au](mailto:jen@haveagone.ws.com.au) with Reader Recipe in the subject line or write to Reader Recipes c/- Have a Go News PO Box 1042, West Leederville 6901.

### Lyn Price's favourite banana cake



#### Ingredients

400g self raising flour  
250g butter  
2 cups sugar (I use raw sugar but it does not matter if you use white sugar)  
4 eggs  
4 mashed ripe bananas  
2 level teaspoons of carb soda  
6 tablespoons of warm milk

Optional add a cup of coconut and some walnut pieces to the mixture. If you do not have enough bananas, or want to vary the cakes a bit, you can use grated apple or crushed and drained pineapple pieces to substitute half of the bananas.

#### Method

Mash bananas in a small bowl. Beat eggs in another small bowl.

Cream butter and sugar in a small bowl.

Put creamed butter and sugar mixture into a larger bowl and add beaten eggs. Mix well and then add mashed bananas, followed by warm milk.

Fold in the flour and add the carb soda.

To decorate the cake you can add whole walnut pieces to top before putting into oven.

Bake in preheated oven 180°C for about 45 minutes. Test with metal skewer.

Cool on cake rack. This mixture makes two large loaf/bar size cakes or is also suitable for muffins.

It is nice plain or with a little butter spread on it.

## Big Don's seafood hotpot with Far West WA scallops

by Don Hancey,  
Chef and WA Food Ambassador

#### Ingredients for four:

12 WA Shark Bay prawn cutlets, deveined  
200g Far West WA scallop meat  
2kg de-bearded WA mussels  
200g firm flesh fish: Cone Bay Barramundi, Gold Band Snapper or Harpuka cut into chunks  
6 ripe tomatoes diced  
1 red onion sliced  
2 medium heat chillies sliced seeds and all  
3 cloves garlic chopped  
1 lemon cut into quarters

good splash (glass) of WA Great Southern Riesling  
parsley and coriander for garnish

#### Method:

ADD onion, garlic, chillies and olive oil to a large heavy based saucepan. Cook on medium heat for a couple of minutes to bring out the flavours. Add in tomatoes and the Riesling, simmer for another couple of minutes. Then add in mussels, prawns and fish. Put lid on pan and cook for two minutes.

Add scallops and lemon, toss all ingredients in pan, replace lid and cook until mussels have opened... about another

two minutes.

To serve toss through some coriander or parsley leaves, serve on a large white platter or bowl.

#### Tips

- Be careful not to overcook the seafood. It is always best to slightly undercook fish.
- No need to add salt in this recipe as the mussels have enough natural salt from the sea water.
- Use fresh herbs from your garden like parsley and coriander.

Wine to accompany the hotpot should be a fabulous Great Southern zesty citrusy Riesling like Howard Park or Three Drops.



## Scratch and win



TO keep our readers' spirits up and to make up for the fact that we have fewer competitions due to the COVID-19 crisis we are running a few extras to keep our reader's spirits up.

We have five, \$20 Lotterywest Scratchie packs to give away to some lucky people, so be in the draw to win some scratchy fun.

#### WIN WIN WIN

To be in the draw, simply email [win@haveagone.ws.com.au](mailto:win@haveagone.ws.com.au) with Scratchie in the subject line or write to Scratchies c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 1/6/20.



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### Spicy chestnut, pumpkin and pancetta soup



Prep: 20 mins + chestnut prep time  
Cooking: 40 mins Serves: 4

THIS delicious soup thickens on standing, add extra stock if necessary. For extra heat, drizzle soup with sriracha hot chilli sauce.

1½ tbsp olive oil  
100g sliced pancetta, chopped  
1 brown onion, finely chopped  
2 celery stalks, sliced  
2 garlic cloves, chopped  
2 long red chillies, deseeded and chopped  
700g fresh chestnuts or 500g cooked and peeled chestnuts  
750g peeled and chopped butternut pumpkin  
5 cups chicken stock  
Reduced fat sour cream and extra sliced long red chilli, to serve  
To roast chestnuts

Preheat oven to 200°C (180°C fan-forced)

Cut a shallow cross into the flat side of each chestnut shell. Place prepared chestnuts onto a baking tray and bake for 15 to 20 minutes or until the shells split open.

Once cooked, remove chestnuts from the heat and wrap in a clean tea towel for five minutes. While chestnuts are still warm, quickly peel off the outer brown shell and remove the papery thin skin underneath.

#### To make the soup:

Heat two teaspoons of oil in a large saucepan over medium-high heat. Add pancetta and cook, stirring often, for three minutes or until crispy. Transfer to a plate. Set aside.

Heat the remaining one tablespoon of oil in the pan over medium heat. Add onion, celery, garlic and chillies and cook, stirring often, for four to five minutes until softened.

Add chestnuts and pumpkin and cook, stirring occasionally, for five minutes. Stir in stock and three-quarters of the pancetta. Cover and bring to the boil. Reduce heat, cover and simmer, stirring occasionally, for 20-25 minutes or until pumpkin and chestnuts are tender.

Puree soup with a stick blender until smooth. Season to taste. Cover and bring to the boil over medium heat. Ladle soup into serving bowls. Top each with a dollop of sour cream, the remaining pancetta and extra sliced red chilli and serve.

### Mushroom soup



Prep: 15 mins  
Cooking: 30 minutes Serves: 4

#### Ingredients

1 teaspoons oil  
1 onion, sliced  
600g mushrooms, sliced  
½ tablespoon fresh thyme  
Rind and juice of 1 lemon  
1 litre vegetable or chicken stock  
¼ cup cream

PLACE oil in a large non-stick pan over medium-high heat. Add onion and thyme. Cook, stirring often, for five minutes or until soft and golden.

Add the mushrooms. Cook, stirring, for five minutes or until mushrooms are tender. Add lemon juice and rind. Add the stock. Bring to the boil then simmer five minutes. Remove from the heat. Blend or process soup, in batches, to your desired consistency. Stir in the cream. Return to medium-low heat. Cook, stirring, until hot. Season with salt and pepper to taste.



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CHANGING COMMUNITIES. CHANGING LIVES.

NATIONAL 18-24 MAY 2020  
VOLUNTEER  
CHANGING COMMUNITIES. CHANGING LIVES. WEEK

Celebrating our community volunteers - they are the salt of the earth



Mia creating rainbows for residents

by Lee Tate

HORDES of heroes emerge when times are tough, during pandemics, bushfires and other disasters.

Special characters also emerge for major happenings in education, business, arts and sports. Heroes of a different kind, perhaps, but with something in common: they are all selfless volunteers.

Without them happily stepping into the breach, the world wouldn't function as it does. Volunteers are the salt of the earth.

Behind the scenes in many fields, invariably, there are men, women and children pitching-in their time, effort and faith – and sometimes money – because they choose to. They believe it's right.

Volunteers help form the backbones of our hospitals, health and medical systems, emergency rescue, community support and surf lifesaving.

The world's elite sporting events from the Olympics to tennis, golf, motor racing and football championships, are multi-billion-dollar operations. But all have armies of people who queue to volunteer behind the scenes: crowd-control, refreshments, public relations, goodwill, security, preparation and cleaning-up.

Every day, food from charitable organisations flows to the needy, relying on volunteers, handing out sustenance with cheer and goodwill.

School children have been known to volunteer to clean-up the playground or help with preparations for a special visitor, or looking after a needy student.

Older people who volunteer often say how their unpaid duties give them greater pleasure and reward than all their paid work did.

Volunteering can improve physical and mental health, counteracting stress and anxiety.

Self-confidence can bring a sense of accomplishment, according to veteran volunteers who vouch for spin-offs: developing new skills, getting a healthier body and gaining

more experience.

Many of us first tasted volunteering from cubs, scouts and guides – if not from primary school teachers calling for volunteers to step forward.

Volunteering has been around since the year dot, but now is a greatly organised and necessary part of most societies.

My retired mate offered his labours at a Perth hospital and found himself greatly enjoying a chauffeur's role. He ferries patients and disabled visitors around the wards and corridors in a golf buggy a couple of days a week.

Countless women cherish their years volunteering at charity shops and community outlets.

Thousands of us have volunteered for duties at Rotary, Lions and Probus – plus untold other community organisations – where comradeship really comes to the fore and lifelong friendships are forged.

Many of us were involved in successful fundraisers where the money went to good causes, but we mostly remember the fun and mateship in designing, preparing and implementing the various schemes together.

These days, governments – federal, state and local – all have organised volunteering groups and activities (check their websites). Not every volunteering organisation will appeal to everyone: sometimes the people don't 'click' that's human nature.

So we try another one. The good thing about volunteering is choice: You decide the organisation, you decide (with flexibility where possible) the hours and you decide when it's time to quit.

The old adage, to give is better than to receive, is true of volunteering.

Volunteering WA, WA's peak body for volunteering, says: "Volunteers contribute \$39 billion to WA's economy each year, more value than many other major industries."

Its vision is for every Western Australian to enjoy a valued volunteering experience that enriches

the State, through leading advancing and celebrating volunteering in WA.

Volunteering brings out many gems like this one regarding five-year-old Mia Rodriguez who has Down's Syndrome.

The Port Kennedy Primary School student had been visiting Rockingham's aged care facility Baptistcare Gracehaven for two years and became upset to hear visitors had been stopped due to Covid-19 protection measures.

So, she spent hours painstakingly drawing 98 individual rainbows – one for each resident – accompanied by an uplifting, hand-written message.

Rainbows are a symbol of hope during the global Covid-19 pandemic. World-

wide, children displayed pictures of rainbows in their windows to spread happiness.

"Mia's beautiful gesture let the Baptistcare Gracehaven seniors know she was thinking of them even though she is currently unable to visit them in person. It brought a smile to the face of every recipient," says our informant.

"It was also a fun and creative project for the Year 1 student who is now home schooling due to Covid-19."

Baptistcare CEO, Russell Bricknell, said he has been inspired by children like Mia who have been reaching out to residents across Baptistcare's facilities.

"We have many intergenerational and volunteer activities where children of

all ages connect with elderly residents and genuine friendships are formed.

"While there's no doubt residents are currently missing the time they normally get to spend with their young visitors, I know the children too miss the special interactions," he said.

Baptistcare Gracehaven residents and staff are regular supporters of Mia's fundraising efforts for Telethon and Down's Syndrome Australia.

To keep residents feeling cared for and connected, Baptistcare began developing an interactive virtual volunteering program and now says: "Online angels are needed to help care for Perth seniors."

"There has never been a better time for people to

keep busy by helping others – without even leaving their loungerooms."

They have been described as a new breed of volunteer, for virtual giving.

These are volunteers who are tech-savvy, with their own smart devices or camera phones and who are confident using platforms like Skype, Facetime and Zoom.

Anyone aged 18-65, who is a great listener and loves talking with seniors is welcome, with online orientation and training provided. Hours are flexible: Volunteers generally spend half an hour, twice a week, with residents.

Visits, long chats, book reading, quizzes and games will take place via technology rather than in

person.

Russell said isolation and loneliness were the biggest concerns when the whole community is having to stay away from aged care facilities.

"Virtual volunteers will make the world of difference to not only our residents, but to our team members," he said.

For more information: visit [www.baptistcare.com.au](http://www.baptistcare.com.au) and [www.volunteering.wa.org.au](http://www.volunteering.wa.org.au)

This article is supported by the Judith Neilson Institute for Journalism and Ideas.



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# CHANGING COMMUNITIES. CHANGING LIVES.

**NATIONAL 18-24 MAY 2020**  
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## Ahoy there! Norman Jorgensen entertains young readers with his winning style

by Josephine Allison

GRANDPARENTS looking for an entertaining book as a gift for their grandchildren might be interested in award-winning Maylands author Norman Jorgensen who was recently inducted into the WA Young Readers Book Awards Hall of Fame.

At their annual general meeting in February, the

WA Young Readers Book Award celebrated their 40th anniversary – a significant achievement for a volunteer-run group – by promoting their recommended reading lists for 2020. They also presented awards from their 2019 program and inducted Norman Jorgensen, and Andy Griffiths into the Hall of Fame.

Sixty something Norman, who was born in

Broome, started writing stories in primary school and had a story about his school read on the ABC Radio Argonauts Club. But it took many years for his first picture book, *In Flanders Fields*, to be published.

Beautifully illustrated by Brian Henderson-Lever, the story is set in World War I and tells of a homesick soldier who risks his life to rescue

a robin caught in the barbed wire of no-man's-land. It won the Children's Book Council of Australia (CBCA) Picture Book of the Year award in 2003, the first of many awards and the first of a dozen books Norman has created for children and young people.

Norman fell in love with books at an early age and has spent almost all his life working in the book trade surrounded by the works of authors and illustrators he admires. He developed a love of history from reading historical novels, as well as from watching old Hollywood movies, and these influences are often reflected in his own work.

The eldest of four brothers, he has lived in country towns throughout WA. He now lives in a 100-year-old house with

his wife, also a children's book fan, and his collection of old books and movies.

Norman has presented sessions for the City of Bayswater libraries during CBCA Book Week and as part of school holiday programs over many years. He is in demand as a visiting author for schools and libraries in the Perth area.

He describes himself as still a 12-year-old boy at heart and is especially keen to engage reluctant readers and charm them with his story telling skills.

His book, *Smugglers Curse* written in classic pirate style, was published in 2016 and is an exciting, action-packed adventure set in Broome, Fremantle, Albany and South-East Asia in the final years of the 19th century.



Norman Jorgensen

More information about Norman and his books can be found at [normanjorgensen.com.au/](http://normanjorgensen.com.au/)

This article is supported by the Judith Neilson

Institute for Journalism and Ideas.



### Thank You City of Perth Volunteers

The City of Perth volunteers play an integral role in providing much needed services to the iCity Kiosk, Citiplace Community Centre and the Access and Inclusion Advisory Group.

The volunteer team are invaluable to the City of Perth, its visitors and the local community.

As such, the City of Perth would like to thank the volunteers for their time, energy and incredible commitment in 2020.

For further information or to volunteer, contact [info.city@cityofperth.wa.gov.au](mailto:info.city@cityofperth.wa.gov.au)



City of Perth

HAGN/338-054175



**VINNIES CELEBRATES  
NATIONAL VOLUNTEER  
WEEK 2020**

**Vinnies WA celebrates this year's National Volunteer Week theme Changing Communities, Changing Lives.**

National Volunteer Week has approached us this year under very different circumstances. Like so many other organisations our plans to celebrate this week have been put on hold, except one, to recognise and acknowledge the wonderful contribution all our Vinnies WA volunteers make each and every day to our community.

Changing Communities, Changing Lives is a theme every single one of our 4000 Vinnies volunteers embraces. From our volunteers who donate their time to providing practical assistance to vulnerable Western Australians, to our retail volunteers who provide a friendly face to people who enter our stores, and our Distribution Centre volunteers, sorting, assembling, packing and keeping our shops and emergency assistance going.

Our Vinnies WA volunteers believe in the work we do. Their diverse backgrounds and different experiences add richness to our work. They help shape your community because they care, and want to change the lives of over 55,000 people each year that Vinnies WA supports.

To all of our Vinnies WA volunteers who are still working with us, the many waiting for us to reopen, and new volunteers wanting to join us, you all can and do make our Vinnies WA community a better place. Thank You!



HAGN/338-052875

## Maintaining valuable connections during a crisis

CONNECTION and socialisation are more important than ever during this pandemic. Aged care providers have had to get creative to ensure residents con-

tinue to feel connected, supported and part of the local community. Volunteers are a vital link for maintaining this connection.

In light of the

COVID-19 pandemic, Regis made the difficult decision to implement stringent access controls which limit visitors. This has meant family and volunteers are cur-

rently unable to enter Regis homes except under exceptional circumstances.

The passionate team has modified programs to ensure residents remain supported, entertained and social while staying safe. This includes modified 'virtual' intergenerational programs, pen pal programs and digital visits.

Regis residents love their volunteer's dedication, commitment and innovation. They actively make regular phone and video calls to residents and homes have received a large number of cards, letters, and 'bags of virtual hugs' (coloured in hands which hug the residents), emails, phone calls and video calls. These bring extra happiness to both residents and employees.

They also have a program 'Window of Connection' which allows visitors to book a time to come to see a resident and chat through the glass window. This has been a great success and has brought a lot of comfort to those involved.

Regis homes have also worked to support volunteers, including dropping off baskets of supplies including home made meals, soups, veggies and flowers to those who need a little extra support and love.

While COVID-19 may have forced them to pause visitation for now, volunteers and residents are ensuring that valuable connection remains as much of a priority as ever.

### Volunteer

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HAGN/338-053915

## Thank you Volunteers!

### At the City of Stirling, we highly value our volunteers!

We currently have more than 500 active volunteers in over 50 roles within community services. These roles are diverse and evolving to meet the community's needs. Volunteers enhance and extend programs that include tree planting, friendship groups, conversational English and youth advocates.

We recognise the unique skills, experiences and passion that volunteers bring to our organisation. They are a vital link in providing essential services for people living in our community.

In honour of National Volunteers Week, we would like to thank these individuals who contribute their time and skills volunteering and make a meaningful contribution to the lives of many.

**Thank you City of Stirling volunteers!**

HAGN/338-052802





# healthy living

ADVERTISING FEATURE



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## How older adults can stay connected and active during the pandemic



Rutgers University  
(US)'s Professor  
Emily Greenfield

by Frank Smith

THE COVID-19 pandemic has forced many people into self-isolation and

social (physical) distancing, resulting in changes in behavioural patterns and day-to-day functioning. This will often have consequences for their mental well-being says Dr Sandro Galea of the Boston (US) school of public health.

He says it is necessary to plan for the mental consequences of loneliness as populations isolate and to develop ways to intervene. It is also critical to devise mechanisms to prevent this resulting in domestic violence and child abuse.

To monitor how the social restrictions affects people, Swinburne University of Technology researchers have launched a global survey that will monitor people's health and wellbeing.

"Humans are social beings who rely on connections with other people to successfully thrive in the

world," says study leader, Dr Michelle Lim.

"When our connections are disrupted, it can impact our health and wellbeing. As we try to contain the spread of COVID-19, the degree and types of connections we have are restricted. We are investigating the impact of these restrictions on how we relate to each other, as well as our physical and mental health."

The Survey of Health and Wellbeing: Monitoring the Impact of COVID-19 will be administered three times over the next six months. People over 18 are invited to participate. They can access the survey at [swi.nu/shawcovid](http://swi.nu/shawcovid). The first survey remains open until 30 September 2020.

Professor Emily Greenfield specialises in ageing at the Rutgers University (US). She says older

adults, especially those who lack robust social networks are at high risk of social isolation.

Many older people who relied on libraries, senior centres and cafés for daily interactions no longer have access to these places. They are also prevented from interacting with family members outside their homes – a cornerstone of social connection for many people in later life.

Professor Greenfield says resources and strategies are available to maintain social connection and physical activity for homebound older adults while still practicing social distancing.

She says many older adults can access tools on the internet to connect with others.

"The idea that older adults are digitally in the dark age is more myth than reality. While it is true

that internet use is more prevalent among adults in younger age groups, research indicates that, over the past two decades, internet use among adults ages 65 and older has increased dramatically."

Even before the pandemic, people were using digital platforms to make social opportunities more available to homebound older adults. Numerous seniors' organisations are bringing group-based educational and social programming into a digital environment for older adults at home.

Professor Greenfield says research consistently demonstrates the benefits of physical activity for later life health – physical, mental and cognitive. Mobility disruptions during the pandemic can quickly lead to a more sedentary lifestyle, which can have health repercussions.

Older adults can use online resources to facilitate exercise and physical activity within their homes. For example in Perth the Arthritis Foundation is offering Tai Chi classes using Zoom, while Edith Cowan University has exercise videos available free of charge over the Internet. These are also available on the *Have a Go News* website [www.haveagoneews.com.au](http://www.haveagoneews.com.au).

If a member of your family is living with dementia go to [www.alzheimerswa.org.au/wp-content/uploads/2020/04/Help-Sheet-Online-activities-resource.pdf](http://www.alzheimerswa.org.au/wp-content/uploads/2020/04/Help-Sheet-Online-activities-resource.pdf) for ideas to keep them and you connected.

If you are interested in native birds you can even go birding at home. Visit [www.networkbirdlife.org/birding-at-home](http://www.networkbirdlife.org/birding-at-home) for information.

Those who don't have access to the internet at

home can take advantage of telephone-based programs, including personal reassurance phone calls from organisations such as the Red Cross (Telecross) and Carers WA carers wellness program. These programs are free. For more information call Red Cross on 1300 885 698 or Carers WA on 1300 227 377 or email [nessprogram@carerswa.asn.au](mailto:nessprogram@carerswa.asn.au).

There are also pen pal programs in this paper. Ask family members, friends and professionals to look up Google for potential options.

*This article is supported by the Judith Neilson Institute for Journalism and Ideas.*



## Would you or someone you know benefit from a free food and care package?



MY Flex Home Care is a locally owned and operated health-care company that is going that extra step to giving back to the local community during this rapidly changing coronavirus (COVID-19) pandemic.

The Perth based healthcare company is offering a completely free community service delivering free care packages to older

and vulnerable people, who cannot or do not wish to leave their home at this time.

These packages include pasta, long life milk, fruit, vegetables, fresh bread, toilet paper and soap.

My Flex Home Care have more than 20-years experience in providing trusted services to clients in Perth who wish to re-

main in their own home for as long as possible. Their highly experienced team of support workers and nurses will make sure you or your loved one are okay when delivering the free care packages. These will be delivered around the Perth metro and surrounding areas until the end of June.

The team have already deliv-

ered in excess of 100 food packages to the elderly, disabled and to those in self isolation in April, from as far north as Yanchep and down as far south as Mandurah.

If you or someone you know is in need of a free care package during this difficult time, then please call their friendly home care team on: 9427 7500 or email [homecare@myflexhealth.com.au](mailto:homecare@myflexhealth.com.au)

## Respecting tradition



Douglas Whitworth © Tony McDonough

FOR 97-year-old Douglas Whitworth who lives at Baptistcare David Butfield Centre Residential Care in Gwelup, ANZAC Day holds special significance.

It's the day the former Australian Infantry Forces (AIF) private, who served in World War II in New Guinea defending the city of Lae, remembers his time in service and his fallen mates who fought so bravely.

Despite the current Covid-19 restrictions across Australia's aged care homes, the Baptistcare team made sure Douglas was able to uphold his ANZAC tradition with a laying of a wreath at the foot of the facility's flagpole proudly flying the Australian National Flag.

While the ceremony was a quiet affair it was an important acknowledgement for the serviceman who had enlisted as an 18-year-old in 1941, something he needed his parents' permission to do as he was not yet 21.

He joined as a 'Choco' National Serviceman before being transferred to the AIF as a signalman responsible for keeping communication lines open by laying and maintaining long cable wires, while most importantly keeping his head down.

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# healthy living

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## Revolution needed in healthcare - using telehealth to its advantage...



What the doctor sees during a telehealth consultation

by Frank Smith

A REPORT by The Australian Academy of Technology and Engineering (ATSE) funded by the Australian Research Council, sets out the way forward to bring our health system into the 21st century.

Launching the report, Professor Hugh Bradlow, President of ATSE, stressed the need for better use of telehealth.

"At present telehealth is

only widely applied in psychiatry, but it has the potential for much wider use.

"Smart wearable devices on patients at home reduces risk, avoids spreading infections and with the aid of artificial Intelligence, helps us to detect asymptomatic conditions.

"Covid-19 is leading to rapid adoption, but managing the pandemic would have been better if these innovations had already been in place,"

he said.

The report says the pandemic has highlighted deficiencies in the Australia health care system. It may be one of the best in the world, but it could be better.

Health care is still almost entirely focused on cure, rather than prevention; it still relies on face-to-face consultations and length waits in GP clinics or hospital emergency rooms.

Our ageing population brings with it increasing levels of chronic illness and more demands for health and medical interventions. To this is added emerging diseases, such as coronaviruses, driven by globalisation and climate change.

The gap between the current health system and its technology-enabled potential creates an enormous opportunity for improvement.

ATSE spoke to experts

in business, government and research to find the best solutions available through digital and data technologies, precision medicine and integrated care through technology. The result is a vision of a high performing, technology-supported, patient-centred, prevention-focused healthcare system.

This new prescription for healthcare – with a focus on prevention and wellness, enabled by technology – does away with paper files, in favour of secure electronic health records.

Health professionals will be able to easily share patient information, and analysis of big (but anonymised) data will enable accurate monitoring and prediction of population health trends. This will enable governments to act early and invest in large-scale preventative measures for emerging

lifestyle and infectious disease.

Genetic testing and screening will become affordable and support personalised medicine, with prevention and treatment targeted to individual's needs.

Information gathered through smart phones and wearable devices will provide doctors with a real-time picture of an individual's health – and provide consultations and prescribe treatments through phone and video.

Remote consultation will also open up better treatment options for people who live remotely or who are unable to leave home safely, and have limited access to medical specialists.

There are some misgivings amongst patients and GPs regarding telehealth consultations. However researchers at Brigham and Women's Hospital and Massachu-

setts General Hospital in the US found over 80 per cent of telehealth consultations effectively replaced face to face visits overall, ranging from 62 percent in dermatology to 93 per cent in psychiatry.

To achieve its vision, ATSE has made four recommendations to help policy-makers, businesses and researchers accelerate positive change.

1. Switch to electronic health records as soon as possible. Not just My Health Record but a comprehensive record of symptoms and treatment over a lifetime.

2. Use of telehealth and mobile technology to improve access to healthcare, saving patient and doctors' time and eliminating the need for transport to clinics in most cases. At-risk people can be diagnosed, treatment plans devised, and appropriate support arranged – all without having to leave

their homes.

Smart devices will automatically monitor patients' temperature or oxygen levels, and help prioritise medical care to those who need it most.

3. Training for health care workers in the essential skills to use new digital technologies;

4. Government support for translating medical research and preparing it to get out to where it's needed – patients.

The report says despite a thriving medical research sector, Australia struggles to get our world-class medical research readied for use in every day health care.

This article is supported by the Judith Neilson Institute for Journalism and Ideas.



## Stem cell nutrition and maintaining heart health

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

How much work is that?

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, from this action 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 45,000 km of branching blood vessels every day. And all this pumping is done by a 280g muscle the size of your fist. It's no wonder some people's

hearts just wear out.

A number of 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 using stem cell 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 and backed by science, patented and guaranteed. Every time you consume two capsules between four and nine 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 ones.

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

## Enhance your mobility



A NEW range of Dutch and Danish premium walkers has just been released to the West Aus-

tralian market by Choice Living Solutions.

The Rollz Flex is designed to provide those with limited mobility a better alternative than generic walkers. It has a small turning circle that encourages better posture, easier braking and handle height adjustment and a large 20kg capacity shower proof shopping bag. It also comes in a range of colours and two sizes.

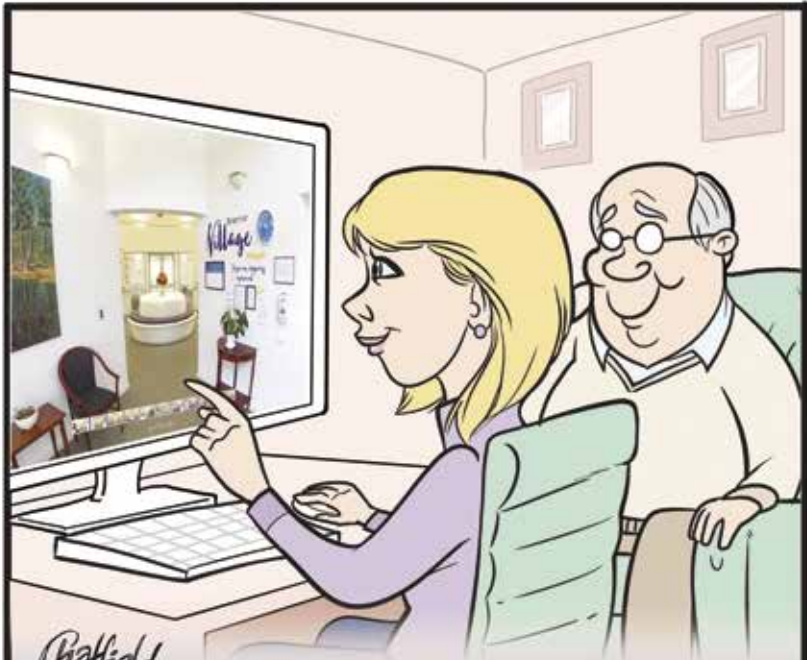
The Rollz Motion is a combination walker and true wheelchair for one for those times when you may need seated support. It has larger wheels for a more comfortable ride and comes in a range of colours and two sizes.

Finally, the Carbon Ultralight is the world's lightest seat walker weighing only 4.8kg. It is sleek and unobtrusive, has press button handle height adjustment and is available in Oyster White, Black or Red.

All walkers can be customised with a range of accessories.

See advertisement on page 25.

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# healthy living

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## Staying active while isolating - here's a range of exercises to maintain fitness



Professor Ken Nosaka demonstrates two chair exercises. Move legs as if walking and stomp; knee-high steps raise knee and thigh higher at each step.

by Frank Smith

OLDER people are more vulnerable to COVID-19 than younger ones, so many are self-isolating. But there is more to self-isolation than arranging a supply of food and toilet paper.

Edith Cowan University (ECU) professor Ken Nosaka is an exercise science expert specialising in older people. He says it is important to stay active.

"Older people in particular are at risk of physical decline, and a lack of regular exercise could lead to a litany of problems including reduced muscle strength, coordi-

nation, balance, flexibility and mobility, and decreased cardiovascular and respiratory functions, all of which can make people more susceptible to ill health," he says.

"The home could be an ideal place for exercises to make all people, including older people, healthier and fitter and improve immune function to reduce the risk of COVID-19 infection. Some quick and easy exercises can be done from the comfort of home requiring no equipment and just a bit of motivation.

Professor Ken Nosaka has created two quick and simple exercise pro-

grams both seniors and younger people can do at home, some of them while sitting in a chair. These have been published on YouTube and are available through the *Have a Go News* website.

Writing in *The Conversation*, Professor Emmanuel Stamatakis of the University of Sydney and co-authors advised people in isolation to take regular breaks from their computer, tablet, or smartphone every 20 to 30 minutes. Walk around the house, take some fresh air on the balcony, in the garden or yard, or play with your dog for a few moments.

They said climbing stairs is an extremely time-efficient way to maintain fitness. If you live in an apartment, avoid lift encounters with other self-isolating neighbours by using the staircase for any necessary outdoor journeys.

They say home based strength exercises that utilise your own bodyweight – such as press-ups, sit-ups and planks – are as important as aerobic exercise. Aim for at least couple of sessions per week of two to four sets of eight to 15 repetitions with a two minute rest between sets.

Listening to music and dancing at home is

stress-releasing. Dancing is an excellent way to protect the heart and maintain fitness as it can reach moderate and vigorous intensity. It also has mental health benefits to help us cope with the coronavirus-imposed solitude.

Social-distancing is a good opportunity to bond more with children and dogs. Let your pets take you away from that screen for some exercise play.

The end goal during self-isolation is to prevent long term physical and mental health damage by sitting less, moving as often as possible, and maintaining fitness by huffing and puffing a few times a day.

Cancer patients especially need to exercise at home. ECU professor Rob Newton says: "It is absolutely critical that cancer patients exercise on most if not every day to maintain their health, help fight the disease and manage treatment side-effects.

"However, research indicates the incidence and severity of COVID-19 is higher in cancer patients, particularly those that are older. Patients urgently need home-based exercise programs developed to support them in self isolation."

Professor Nosaka said

motivation to exercise was a problem. People who attended a club or gym were motivated but 75 per cent of people did not continue at home.

Normal work around the house, such as gardening or cutting up vegetables while standing up counted as exercise. It was also important to stand up every ten minutes or so when sitting and sit down very slowly.

"This exercise has enabled a 95-year-old woman in my research

group to regain the ability to stand and sit unaided," he said.

Whatever your age or state of health it is important to exercise and even a little exercise is better than none.

This article is supported by the Judith Neilson Institute for Journalism and Ideas.



### Coronavirus (COVID-19) information

For the most up to date information about the global pandemic visit the Western Australian Department of Health website at [healthywa.wa.gov.au/coronavirus](https://healthywa.wa.gov.au/coronavirus) or contact them on the Coronavirus Health Information Line on **1326 843** at any time.

You can also visit the Australian Government Health Department website at [www.health.gov.au](https://www.health.gov.au)

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# GREAT HOME and GARDENING



## Mum's the word - a history of the chrysanthemum flower and other gardening things



Left to right; The chrysanthemum originated in China before 500 BC - Graham Ross - Yarra Valley bulb varieties

by Colin Barlow

THIS month nothing says: "I Love you" like a chrysanthemum on Mother's Day. Whether you are giving or receiving one as a gift, you are sure to be taken with their beauty and elegance. The chrysanthemum originated in China before 500BC and has since been bred to become one of the most popular and recognised flowers in the world.

The name chrysanthemum means 'gold flower' and refers to the species *C. coronarium* and *C. segetum*, both of which have yellow flowers.

Initial breeding in China later spread to Japan at the end of the fourth century. A few varieties were grown in Holland as early as 1689, arriving in the United Kingdom in 1764. New chrysanthemum cultivars were introduced from the East by famed plant hunter Robert Fortune around the mid 1800s and French and American growers in the late 1800s.

Due to constant selection or hybridisation over many centuries, the range of flower types and forms today is astounding. Chrysanthemums are classified by the floral charac-

teristics of the plant. These groups include Exhibition, Incurred, Reflexed, Intermediate, Anemone, Singles, Pompons, Sprays, Spiders, Spoons and Quills, Charms, Cascades, and Unclassified. With so much variety to choose from, even the most discerning gardener should find some which are interesting. Flower colours include white, yellow, bronze, pink, purple and red variations.

Most Chrysanthemums naturally flower in mid to late autumn as their flowering is initiated by the shorter day length. Growers often mimic this pattern by blacking out their tunnels and glasshouses for at least 14 hours per day, so that the plants will flower at other times during the year.

Chrysanthemums can grow up to two metres tall and are grown for

garden decoration or cut flowers. They usually have several smaller blooms per stem called sprays. The ones you often see in florists have had these lower or side buds removed to produce a much larger and valuable single flower.

The WA Chrysanthemum Society's annual flower show which is usually held in early May was cancelled this year due to the Covid-19 restrictions, but that shouldn't stop you from getting your fix of these elegant and luxurious blooms. Check them out on the website [www.chrysanthemumwa.com/](http://www.chrysanthemumwa.com/) or Facebook page and be inspired to grow some of your own.

### Bulb Bonanza

The cancellation of the biggest horticultural event in the Southern Hemisphere, the Melbourne International Flower and Garden

Show (MIFGS), caused problems for many growers who had been growing stock for 12 months. For some it was between 30 to 60 per cent of their annual turnover, so it was disastrous. But every cloud has a silver lining.

Many are now making their excess stock available online to consumers. One of these Drewitts Bulbs, a wholesale grower and family business located in the Dandenong Ranges in Victoria, has made their extensive range of the quality bulbs available to West Australians to enjoy.

Owners, Tim and Madeline Drewitt, have selected a range of Yarra Valley Bulb varieties suited to our warmer climate in WA. These include varieties of daffodils, jonquils, hyacinths, Iris and tulips.

Many of these rare, unusual and different bulb

varieties have never been offered for sale in Australia before, so it is very exciting in these troubled times. Plus, all are packed in environmentally sourced and friendly recycled craft bags.

You can check out their quality range of bulbs at [www.drewittsbulbs.com/](http://www.drewittsbulbs.com/). The Yarra Valley range of bulbs are available through selected Bunnings stores, including Albany, Bunbury and Busselton in the regions and Armadale, Balcatta, Cannington, Innaloo, Joondalup, Maddington, Malaga, Mandurah, Melville, Midland and Rockingham, in the metro area.

Take the opportunity to grow something a little different as we enjoy our time at home.

### Join the online Garden Clinic Club

In these uncertain times it is always important to get knowledge-

able information about your garden. Luckily, garden expert Graham Ross from Channel Seven's *Better Homes and Gardens* is on hand to provide help whenever you need it through his Garden Clinic Club.

You can save a massive 50 per cent on a Graham Ross' Garden Clinic Club Gold membership today for only \$29.95/year. Plus, you will receive the following benefits:

- Access to the Garden Clinic email helpline seven days a week
- The Garden Clinic digital gardening magazine each season
- Access to 'The Garden Clinic' online library to help you get your garden growing.

So, why not join today at [www.gardenclinic.com/join](http://www.gardenclinic.com/join) and help yourself or someone you know to help take care of their garden.

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WITH time on our hands, what a great opportunity to get outside and have that rainwater tank in and ready before the 2020 winter rains arrive.

Rainwater collected from your roof and stored

in a tank can be used for many things around the home - drinking water, pot plants, washing the dog, veggie patch... the list goes on.

Harvesting water from homes and sheds is an

easy, simple and economical way of providing a supply of good quality water - and it's free.

West Coast Poly's Winter Savers Promotion offers tanks at great prices and runs through until 30 June.

A small yard doesn't mean you can't have a rainwater tank. If space is an issue, West Coast Poly have a range of slimline tanks from 1500 litres to 3000 litres which are designed to fit neatly under the eaves of your home, or a small courtyard tank of 720 litres may be ideal.

When choosing the location of your tank, consider where it connects to your downpipes and stormwater drains to minimise pipe work required at time of installation. Your tank will require a stable base, so select a smooth, firm, level surface on which to site the tank (paving, concrete and sand are all suitable), keeping in mind one litre of water weighs one kilogram.

To work out approximately how much rainwater you could collect multiply the length of the roof area by its width times the annual rainfall for your area. Multiply that by 0.6. You may be surprised how much water you can actually harvest.

Give it a go, install your rainwater tank before winter and take advantage of our winter savers.

Visit the website for more details [www.westcoastpoly.com.au](http://www.westcoastpoly.com.au).

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# Downsizing

ADVERTISING FEATURE



## Keeping busy with projects for the home during the COVID-19 lockdown...



L-R; Use a piece of furniture for an entirely different purpose like this cabinet is now a bar - Getting the pantry organised - Make your bedroom a cosy place - Redesign your space if you are working from home and find your inner Sophia Loren and cook spaghetti



by Zofia St James

IT'S BEEN an interesting time being in self-isolation for the last month and for some even longer.

For some, like my parents who live on five acres in the country, nothing is really different apart from the border restrictions.

I do feel that it takes a certain mindset to embrace what needs to be done in order to look after ourselves and others.

Not being able to see loved ones and to feel their hugs would have to be the hardest part.

It's one thing to be and live alone but I know for some the enforced isolation has only served to highlight the loneliness.

For anyone who feels like that, please reach out and know there is always

someone to talk to.... like me.

It was pleasing to see some small changes have now come into place.

Let's all have some patience, but the hope of normalcy and some light to that end is encouraging.

I do believe it will be a new normal, that perhaps as grateful as we thought we were, will seem like complacency.

Let's all emerge fitter, happier and excited about life, what we love about it the most and of course who we love and shares our journey through it all.... amen? I think so!

This month as the cold slides in, we know how to stay in, we naturally are more than happy to, come winter (funny how we cope knowing the choice is ours).

With the time we have had in isolation I hope you have sorted the cupboards and drawers, de-cluttered and made a little cash selling the excess.

This beautiful autumn weather was the perfect time to clean up around the yard, re-pot plants

and complete some DIY projects which you may have been procrastinating about for ages.

It provides a sense of feeling productive and an opportunity to enjoy the results.

We have had the most beautiful autumn to accomplish all of this, all while being able to throw open the windows and walk in the sunshine to get a good dose of vitamin D.

For those of you wanting to create an instant cosy inside, it's easy. It's all about creating layers and choosing some colour that applies a sense of rich colour and depth into a room.

For the bedroom be generous and have plenty of pillows for comfort. A throw and cushions in order to lie back for a lazy afternoon of reading or a snooze.

Make a cup of tea, sit down in your lovely or-

ganised abode and let's write out a game plan for what we most want to achieve over the winter months.

Now is the perfect time to create a story board of ideas which you would like to use in your home. If you need some help with this don't hesitate to contact me. Cut out ideas from magazines, print things off the computer and put together some of the things you would like to see in your home.

Or write lists of the books or movies you'd love to read and see and make a list of the recipes you would like to cook. Now that we can have friends and family over for dinner it's the perfect opportunity to cook something entirely new. Let's learn something, volunteer some time to something, share something, but at the very least, do something to stay inspired.

My job is to inspire you. Seeking inspiration is a fantastic thing to do as it's energising to have ideas and that cannot be anything but life enhancing.

Staying fit, strong, healthy and happy, enjoying your home and the quality of life that we have in Australia is what my column is about.

For the season ahead

please feel free to contact me for a complimentary consultation chat or FaceTime visit with any questions for your home and especially how to create the cosy look you want for winter. Stay strong everyone, we're not alone.

Zofia offers an interior style consultation for readers and during COVID-19 pandemic

would like to offer readers a free consult over the phone or by video. She can assist with de-cluttering, restyling, choosing furniture and personal styling. For those interested in a free styling opportunity please contact Zofia on 0406 336 607 or email zofia.stjames@hotmail.com.

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# Downsizing

ADVERTISING FEATURE



## A new concept in aged care living



Karingal Green  
executive director  
Hayley Crespi

KARINGAL Green Health and Aged Care Community opened in High Wycombe on 4 May.

This is a new concept in aged care and the

home is a vision realised for Hall and Prior CEO, Graeme Prior. The plans have been over a decade in the making.

The thoughtfully designed connected community offers generously appointed, modern accommodation designed to suit the specific needs of residents.

It offers beautiful living and garden spaces; a wellness centre, heated hydrotherapy pool, gymnasium, café and cinema; an on-site allied and primary health clinic; and a dedicated research, training and education centre.

Karingal Green executive director Hayley Crespi said the 160-bed

home will cater for a range of residents.

"We offer rooms that cater to all care needs and we also have companion rooms so couples can stay living together which we believe is vitally important in aged care," Hayley said.

"Karingal Green can cater to every individual's needs; our 'whole of person' model of care means we support our residents' needs mentally, physically and spiritually."

Karingal Green provides a nurturing and supportive environment with excellence in care at the core of every decision made.

"Care need is different

for everyone," Hayley added. "So we spend time getting to know you and what is right for you. We want you to feel safe and comfortable knowing you are getting the care that you deserve."

Karingal Green offers care on permanent, respite or day respite basis as well as Parkinson's and dementia care and there is also a purpose-built area for individuals under 65 that have high level 24/7 care needs.

Relationship manager Tess Woodford is available for private tours of Karingal Green, to organise please contact 1300 096 988 or enquiry@karingalgreen.com.au.

## Is Coronavirus impacting your retirement?



AS THE Coronavirus (COVID-19) causes economic upheaval, what does this mean for your retirement finances?

Here are five ways your retirement fund can weather the storm:

Deeming rates are going down. If you have a large superannuation balance, you may qualify for the Commonwealth Seniors Health Card. The card gives self-funded retirees the same benefits as an Age Pensioner - which could be worth up to \$2500 per year. You could also receive a \$200 Energy rebate and a \$250 Regional Seniors Travel Card. Check for eligibility.

You can boost your fortnightly Aged Pension via the Pension Loan Scheme.

Sage Financial Group can show you how. Changes to the market value of your investments could make you eligible for higher Age Pension. As a part pensioner, for every \$1,000 asset change, you could receive an additional \$78 per year in age pension.

Adviser-managed portfolios will seize opportunities. At times like this, you will be thankful of having one of Sage's retirement specialists looking after your investment strategy and offering non-biased expertise on the economic market. This should mean your fund will only be mildly affected.

If you receive a superannuation income stream, the government has announced the minimum amount you need to draw has been halved for this and the next financial year. This could help reduce the impact on falling markets on your balance.

Speak to a retirement specialist today at Sage Financial Group to protect your retirement fund. Call 9445 2955 for details.

## Roy Lewisson's downsizing retirement plan... to build the perfect house



"EVEN though I have a background in designing and building sustainable homes, I purchased a block with the idea of developing it into three typical double-storey, tilt-up 4x2 cookie-cutter suburban units," explained Roy Lewisson.

"But that changed after speaking to my architect Michelle Blakeley and hearing her parents' story about downsizing into a double-storey inner-city apartment.

They soon realised that as 70-somethings, the second storey was just not practical. What they wanted was single-storey living that was future-proofed, to allow them to age in place.

In 2018, Roy and Joanne opened their family home to the public as part of Sustainable House Day, and Roy used the occasion to do some initial testing of the market for his proposed development next door.

"All the flyers I had printed disappeared, I had 30 phone calls and had coffee with 20 people - 16 single people and two couples, all of whom were over 60. All the feedback I received men-

tioned the same four priorities; single storey, sustainability, security and no strata, in the same order."

So that is what Roy built - three innovative, architect-designed single-storey homes that offer inbuilt sustainability, security and independence, in a friendly established community.

"Independent living and ageing in place, where the services and assistance can come to you, appears to be the aspiration for most of the retirees, or future retirees, I have spoken to.

"After discovering that there is a shortage of this kind of accommodation, we've decided to move into one of the three homes ourselves and remain in our community.

"So we finally have a retirement plan and a pretty good idea of what our future will look like."

Roy is passionate about the topic and about his project.

The remaining two homes - at 90 Hope Street, White Gum Valley are currently on the market. For more information call Roy on 0434 999 326 or see advertisement on page 29.

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Eaton

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## Bethanie Waters

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Yanchep

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Innaloo

## Bethanie Geneff

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# In good times and bad Perth's Tivoli Club entertains and delights



Left to right; Tivoli Club president Sandy Sharpen - the Tivoli Club usually has around 18 to 24 performers for each show comprising singers, dancers and comedians

by Josephine Allison

JACK 'Skinny' Martin was an enterprising man who saw the need for entertainment in Perth in the years after World War II. Thanks to his good-planning and flair the Tivoli Club was born, attracting people of all ages to performances down the years.

Dwarfed by surrounding buildings, the Applecross District Hall remains the venue for the all-singing, all-dancing, colourful Tivoli troupe who entertain audiences with their special themed shows through the year. Behind the tap dancing, dancing, joke-telling volunteer performers is an inspiring story of hard slog, long hours rehearsing and a dedication many might envy.

Recent events have put this year's shows on hold, but the club, which is totally self-funded, is hoping to stage a Christmas show. People need light entertainment and a laugh today now more than ever.

"Before the 1970s there wasn't much happening entertainment-wise around Perth," says Tivoli Club president Sandy Sharpen. "Then along came Jack 'Skinny' Martin in 1971 who put shows together for football and bowling clubs or anyone who wanted to hire performers."

"Jack was a comedian and he, a magician and an acrobatic group performed everywhere. They became so popular it was decided in 1973 to have a permanent venue

at the Applecross hall. Jack was quite an entrepreneur and ran bingo on Saturday nights which helped pay for costumes and overheads such as rent and the band.

"The club has always been voluntary with no paid performers. Back in the 80s and 90s Dorothy Trembath, a leading teacher of acrobatics, was the producer-choreographer and husband Bill the musical director. Daughter Marilyn joined as a choreographer after performing in the United States with the likes of Liza Minnelli, Wayne Newton and Sammy Davis junior.

The Tivoli Club usually has around 18 to 24 performers for each show comprising singers, dancers and comedians. Some performers have

moved on to professional careers including dancing at the Moulin Rouge in Paris. Singer Jackie Love was a performer at the Tivoli before achieving national fame and others include soprano Rachelle Durkin, actress Tammy MacIntosh, Patricia Stephenson, Colin Hurley and Peter McIlroy.

The late Richard (Dick) Morris was a leading light at the Tivoli for many years, delighting audiences with his repertory, comedy turns and naughty innuendo. He migrated to Australia from the United Kingdom with wife Maureen and their two daughters, who also performed at the Tivoli Club.

"Dick had worked overseas professionally and his first love was comedy, but he was also

a singer," Sandy said. "He taught many of us and was extremely generous with his time."

One of the star turns down the years has been the Tivoli Tappers, a group of around four women whose tap dancing always delights. Among them is Roberta, 83, who can still take a stylish turn around the stage.

The Tivoli Youth Performers (formerly the Tivolettes) aged 6 to 17, take the opportunity to gain stage experience and confidence for the future.

In October the club calls for submissions for ideas for next year's shows and three are chosen. The director chooses the music, ideas for costumes and puts the shows together, as well

as directing. Hardworking seamstress, Elaine has sewn the colourful costumes for about 20 years, a big job with many hours of work involved.

Rehearsals twice a week take 10 weeks, starting in February for an April show. Most shows are well attended and the Christmas event is quickly booked out. Various groups often book three shows a year in advance. Auditions for new performers are held four to six weeks before rehearsals begin.

"Several young performers are now studying at the WA Academy of Performing Arts," Sandy said. "Performers like the fact there is no pressure, it's friendly and fun."

About 18 years ago Jackie Atkins and her

sister Candy Rostron decided on the chicken and chips menu served at interval which has been a big success. Sandy Sharpen introduced the three separate shows format which works well.

"We want both audiences and performers to have fun and enjoy something affordable," Sandy said. "Tivoli is secure as a club and looks forward to re-opening when the current restrictions are lifted. It's something to enjoy in these stressful times."

This article is supported by the Judith Neilson Institute for Journalism and Ideas.



## New British mystery crime series now out on DVD



LONDON'S best detectives take on its worst crimes in *London Kills* a sleek British mystery series from the creator of *Suspects*.

Veteran DI David Bradford (Hugo Speer, *Britannia*) heads an elite murder squad, but he's been on leave following the unexplained disappearance of

his wife.

In his absence, ambitious DS Vivienne Cole (Sharon Small, *The Inspector Lynley Mysteries*) has been leading the investigations. When Bradford returns to work, the two clash over their methods and lines of inquiry.

Despite the tension,

Bradford and Cole strive to solve complex crimes, along with DC Rob Brady (*Bailey Patrick, Bodyguard*) and trainee DC Billie Fitzgerald (*Tori Allen-Martin, Unforgotten*). Together, the team probes the staged suicide of an MP's son; a groom killed at his bachelor party; the corpse

of a married man discovered by his mistress; and a body washed up near the Thames.

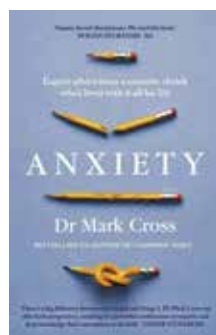
The only case David can't crack is the one most personal to him - until another of their investigations uncovers evidence linked to his missing wife.

*London Kills* Series one released on DVD 6 May - RRP \$29.55.

WIN WIN WIN

We have five copies of series one of *London Kills* to give away to some lucky readers. To be in the draw simply email [win@haveagone.com.au](mailto:win@haveagone.com.au) with *London in the subject line or write to DVD Competition - C/- Have a Go News PO Box 1042, West Leederville 6901. Closes 31/5/20.*

## The most common mental health issue...



**Anxiety**  
by Dr Mark Cross ABC Books  
Reviewed by Lezly Herbert

THIS is a timely book - with fires, followed by floods, followed by the worldwide pandemic, there are plenty of things that can cause anxiety at the moment.

Psychiatrist Mark Cross has suffered from anxiety all his life, his mother and grandmother suffered and now he treats

patients with the most common mental health condition in Australia.

The book is full of his personal and clinical examples that explore the nature of anxiety, the multi-layered causes, treatments and lifestyle changes that can help. As a psychiatrist, he sometimes prescribes medication and he details these medicines as well as their side-effects. He also looks at some of the 150 different types of psychotherapy and how to navigate mental health systems.

"We need this book," Magda Szubanski says in her foreword to the book. "As I write this, Australia is on fire. As a consequence, anxiety on both national and personal levels will, without question, escalate."

Although not written in response to a national crisis, Mark's book is an expert, deeply compassionate, practical guide to anxiety, in all its manifestations.

Available from all good book stores. RRP \$34.99.

## #338 MAY EDITION PUZZLE SOLUTIONS

### Sudoku page 34

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

### Crossword page 34

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

### Sudoku page 35

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

### Crossword page 35

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

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### Have a Go News Quiz Page 2:

1. Sheridan's Badges 2. Western Power 3. Dixie Marshall  
4. Australia 5. Lotterywest 6. Tim Finn 7. UWA 8. Tennis  
9. Fiona 10. Anthony Hopkins.

Square Shuffle page 34: Teak, Coca, Pine, Palm.

Square Shuffle page 35: Harp, Drum, Oboe, Gong.

Wheel Words page 34: Solution: Cart, Chat, Chit, Hart, Itch, Rath, Tact, Tahr, Tart, That, Titi, Attic, Chart, Tacit, Tract, Trait, latric.  
9-letter word: ARTHRITIC.

Wheel Words page 35: Solution: Agar, Game, Gape, Gate, Gear, Gent, Germ, Gnat, Gram, Gran, Mega, Page, Pang, Raga, Rage, Rang, Tang, Agape, Agate, Agent, Anger, Gamer,


Gaper, Grant, Grape, Grate, Great, Manga, Mange, Pagan, Pager, Panga, Prang, Range, Engram, Garnet, Magnet, Manage, Manger, Parang, Parget, Ragman, Garment, Magenta, Magnate, Manager, Pageant, Pangram, Rampage, Tanager, Tangram.

9-letter word: PENTAGRAM.



Friend to Friend

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☐ Travel companion

☐ Pen friend

☐ Wishing to contact

☐ Seeking a friend

☐ Seeking a partner

Abbreviations used in *Friend to Friend*

ALA: All letters answered

GSOH: Good sense of humour

SD: Social drinker

NS: Non smoker

SOR: South of River

WLTm: Would like to meet

DTE: Down to earth

ND: Non drinker

NG: Non gambler

NOR: North of River

TLC: Tender loving care


Name

Address

Postcode

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I am over 45 years of age

(Signature)

Each person may submit one entry every month.

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Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:

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Obtaining replies to your Friend to Friend

Reply Box entry:

Please include two stamped (\$2.20) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

Seeking a Friend

ACTIVE

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

Reply Box 8546

GENT

UK/Aus, 70, 180cm, presentable, educated, VGSOH, sociable, NS, SD, enjoys travel, gym, family, beach, coastal walks, usual social activities, seeks intelligent, attractive, compatible, easygoing lady to mid 60s, all travel modes, destinations considered, northern suburbs, coffee?

Reply Box 8542

GENUINE

caring, widower, 80, NOR, longing to pamper petite, fun loving widow, 65-75, as companion on beach walks, coffee breaks, fitness sessions, picnics. Later anticipate dining out, fun, shopping, country and coastal drives, romantic getaways.

Reply Box 8544

NEWS UPDATED DAILY

SENIOR

Christian gent, 80, SOR, widowed carrying no baggage, fin sec, caring and affectionate, loving companion, WLTm lady with likewise attributes and meet for coffee to see if compatible after present situation fades away.

Reply Box 8549

Seeking a Partner

AUSSIE

bloke 71, tall, large solid build, SD, NS, WLTm Aussie girl, medium/large build, NS, SD for friendship, travel Australia after Covid-19 is gone, in large caravan, satellite TV, share expenses. Let's chat on phone. SOR.

Reply Box 8547

GENTLEMAN

73, fit, happy, healthy, WLTm lady; fit, happy, healthy too. Looking for partner with stories to tell.

Reply Box 8545

UK

lady postcode 6065 WLTm gent 80s spend time together in long winter NS, NG, SD, NOR, TLC, eat in/out.

Reply Box 8552

Seeking a Travel Companion

GENT

59 history lover seeks male travel companion aged 50-70 with similar interest for UK historic and France war sites over 1-2 months.

Reply Box 8551

Seeking a Pen Friend

AUSSIE

European gent, 68, want a pen friend; ladies 60-68, any nationality, NOR or SOR.

Reply Box 8548

UNCOMPLICATED

woman 71 seeking a good man for love and support in good times and bad, share fun, laughter and adventures. Young at heart looking to share friendship and romance, hobbies, holidays, NS, GSOH, NOR, SD.

Reply Box 8553

WIN a \$200 shopping voucher...

See page 9 for details.

WIDOWER

early 80s, healthy, active, caring, no baggage or vices, easygoing, fin sec, WLTm similar era, caring lady for companionship/relationship if compatible, NOR, ALA.

Reply Box 8554

Have a Go News is bringing back pen pals...

We know that many of us have put aside the art of letter writing so we thought it would be a good idea to bring back the pen pal.

If you would like to write to someone simply send in a note to us and we will connect you with a fellow reader.

We are offering either email or written letters – so see below on how to connect...

☐ Yes I would love to connect with a fellow reader:

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☐ mail

Subject preference

Name

Address

Suburb

Postcode

Email address

☐ I would prefer to write to:

☐ male

☐ female

☐ anyone

Simply email info@haveagonews.com.au with Pen Pals in the subject line or write to Pen Pals c/- Have a Go News PO Box 1042, West Leederville 6901.



Norma's language of love



Norma Levitzke communicates using Auslan

Photo: Tony McDonough

FOR most of us having a window to the outside world during social isolation is good for the head and the heart, but for Norma Levitzke who lives at Baptistcare David Butfield Centre Residential Care in Gwelup it has an even greater significance.

It allows the 96-year-old, who has been profoundly deaf since birth, to have precious signing conversations with her family.

When COVID-19 lockdowns were introduced for aged care facilities, the team at Baptistcare David Butfield Centre realised that while phone calls could help other residents remain connected to their families, it wouldn't be effective for Norma.

The solution – a chair positioned in clear view of an exterior door with a large glass window panel to enable her three children to sit in the garden and communicate using Auslan - the sign language of the Australian deaf community.

Norma's son Trevor, his brother Phillip Levitzke, and sister Gail Manton take it in turns to visit their mum for a daily chat and a laugh.

"Our dad, who was also deaf, passed away when we were all very young, so mum brought us up and we all learnt sign language from an early age," said Trevor.

"While mum became quite adept at lip reading and following oral communication, she also socialised a lot within the deaf community and has always recognised the importance of Auslan.

"The current visitor restrictions are necessary, but our family is grateful to have found a way to keep seeing mum and being able to have our daily conversations."

Baptistcare David Butfield Centre residential care manager, Jane Green, said whenever her team look out and see someone sitting on the garden chair, they know Norma has visitors.

"It's heart-warming to see them signing, laughing and maintaining their closeness during these difficult times," she said.

"It reinforces how important it is for us to do whatever we can to help people maintain their connections during social isolation and for families to stay in touch."

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NORTH BEACH LADY 70

very pretty blonde, slim petite, fit, youthful, well presented, easy to talk to, good listener, sk gent 67-75 to build a future.

WANNEROO LADY 80

beautiful, refined, very well grmd/spoken, d.t.earth, relaxed, funloving, enj dancing, social gatherings, travel, Live shows & loves the footy. Sk gent 75-85.

MANDURAH LADY 68

slim, well grmd, active, creative, enjoys all life has to offer & hopes to meet a man who still has the energy and inclination to live life & share it w/ someone special. Sk gent 65-73.

APPLECROSS LADY 70

slim, attractive, intelligent, feminine, stylish, blue eyed blonde, beautifully groomed. SK fit, healthy, educated man who loves travel 68-80.

MANDURAH GENT 79

retired farmer/businessman, active, fair w/ blue eyes, well grmd, sincere nature, dependable, love o/doors, boating, caravan travel, sk happy, funloving lady 74-82.

JOONDALUP GENT 73

wid, loves life, always a gentleman, great conversationalist, confident, honest & trustworthy, enj golf, fishing, walks, swimming, cooking, local travel. Sk lady 66-76.

DIANELLA GENT 73

Tall, well grmd, well read, energetic, charming, good communicator, enjoying retirement from prof. background. Sk lady 65-73 positive & self-confident.

COTESLOE GENT 70s

handsome, charming retired professional, modern, humorous, fit, loves travel. Sk stylish, feminine, intelligent woman w/ GSOH 65-70s.

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\*conditions apply

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# CROSSWORD

## CRYPTIC CLUES

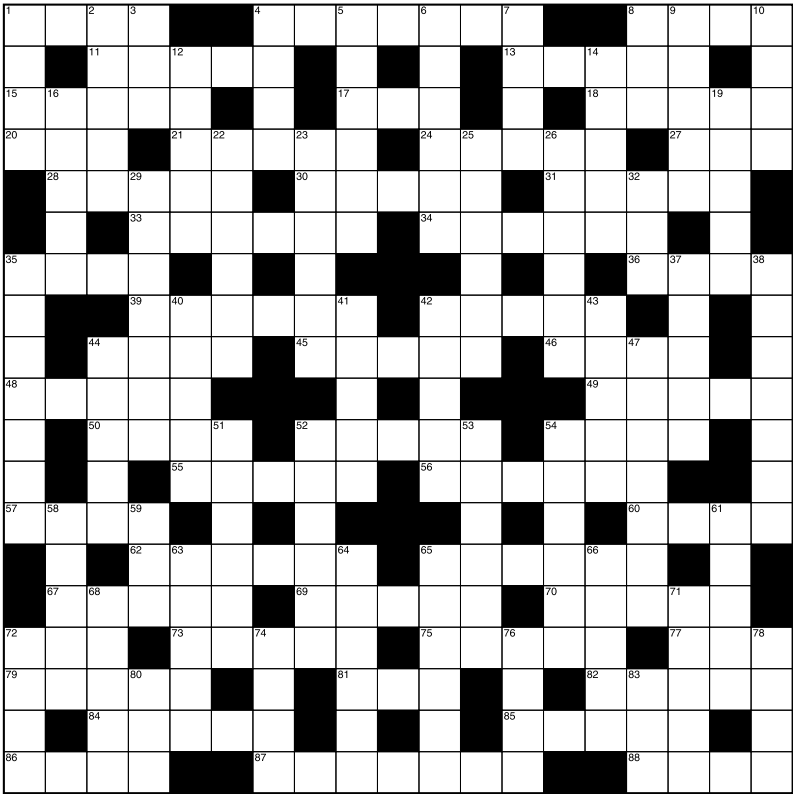
### Across

1. Walks on sister, initially, then male relatives (8)
6. Outlaw located in Brisbane (3)
7. Dream Les spoilt gems (8)
8. Leaves half a meadow (3)
10. Auditoriums adjust the rates (8)
13. Not scant, perhaps, but unvarying (8)
16. Inside is a yearning to speak (3)
18. Come to an end when Ustinov not at home (5,3)
19. Time that is lost when pigeons become pigs (3)
20. Scholars of French caught up in stunts (8)





# Have a Go News PUZZLES PAGE



- DOWN**
- 1. Solid
  - 2. Mimicking
  - 3. Post-baby-boomers, ... X
  - 4. Invitation footnote (1,1,1,1)
  - 5. Buildings defacer
  - 6. Understated
  - 7. Information
  - 8. Trivial lie
  - 9. Make reparation
  - 10. Jug
  - 12. Helicopter blade
  - 14. Room beneath a roof
  - 16. Successors
  - 19. Growths
  - 22. Sings Swiss alpine-style
  - 23. Shirked
  - 25. Water mammals
  - 26. Embroidery loop
  - 29. Submitting (application)
  - 32. Acid drug (1,1,1)
  - 35. Reveals
  - 37. Foot joint
  - 38. Stinging insects
  - 40. South American mountains

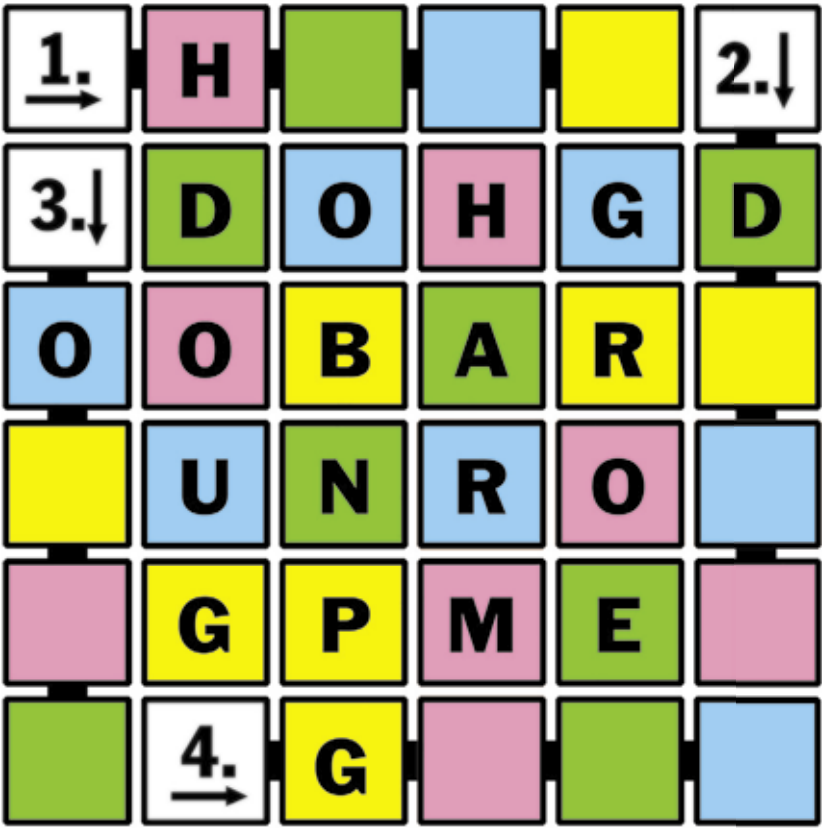
- 41. Gapes
- 42. Survive (3,2)
- 43. Consumed
- 44. Deeds
- 47. Reflective road marker
- 51. Ballroom performer
- 52. Holy
- 53. Stern
- 54. Weirdos
- 58. 4th month
- 59. Squeeze fondly
- 61. Financial holding
- 63. Fortunate
- 64. Snow vehicle
- 65. Crowbars
- 66. Let up
- 68. Leaves out
- 71. Prig
- 72. Rip-off
- 74. Unbutton
- 76. Ascend
- 78. Bargain
- 80. Cradle
- 83. Some

- ACROSS**
- 1. Surrender signal, white ...
  - 4. Studied for exam
  - 8. Celebrity status
  - 11. Advantages
  - 13. Look forward to
  - 15. Large horned African beast
  - 17. Catch (thief)
  - 18. Steak cut (1-4)
  - 20. Human males
  - 21. Wrote by machine
  - 24. Grill
  - 27. And not
  - 28. Eskimo house
  - 30. Crypt
  - 31. Paved with ceramic squares
  - 33. Harsh experience
  - 34. Moral principles
  - 35. Pre-owned
  - 36. Rush
  - 39. Yacht's cooking area
  - 42. Elegance
  - 44. Flippers
  - 45. Titled ladies
  - 46. Chop wildly
  - 48. Reform
  - 49. Bird claw
  - 50. Grew old
  - 52. Sights
  - 54. School market
  - 55. Long tales
  - 56. Desires greatly
  - 57. Dress ribbon
  - 60. Periods
  - 62. Open wounds
  - 65. Birthright
  - 67. Unprincipled person
  - 69. More senior
  - 70. Prevents, ... from
  - 72. Mobile phone chip, ... card
  - 73. Unrefined
  - 75. Other way round, vice ...
  - 77. Bloodshot (eyes)
  - 79. Snap (fingers)
  - 81. Owing
  - 82. Brown in pan
  - 84. Trifled
  - 85. Part with cash
  - 86. Is compelled
  - 87. Manage
  - 88. Holler

## CROSSWORD

## SQUARE SHUFFLE

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



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## SUDOKU

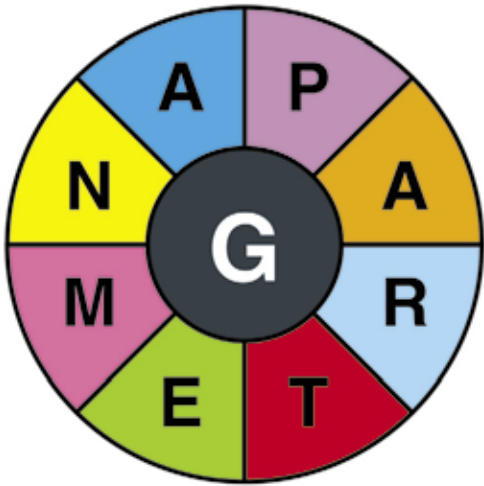
Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.

Rating: ★ ★ ☆ ☆ ☆

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

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## Wheel Words



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

24 Good 32 Very Good 37+ Excellent

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## Stories about Western Australia in two books



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**NOW OPEN**  
FOR ALL YOUR HEARING  
CARE NEEDS

# I feel connected now I can hear well

Before getting hearing aids there was a period of about a year and a half when I couldn't hear well. I felt socially isolated because I didn't know what people were saying; conversations were out of my reach. I felt ashamed to have to say "I beg your pardon". And it was really embarrassing when, on occasion, I hadn't heard the full conversation and had responded accordingly. So during that period of my life and my husband Martin's too, social contact centred around our children because they were aware of my problem and made allowances.

Martin and I have been together 57 years and I have to say he's been very patient about my hearing problems. I understand that hearing loss could be very annoying to those around us because it affects others quite a bit too. For my part, I was tired of living in a relatively silent world where conversations were interrupted, connectedness was restricted, spontaneity was stalled and small talk was just about impossible, and I knew I had to do something about it. I couldn't even have a decent telephone conversation on my mobile when I was out or in company because the volume was set so high, anyone near me could overhear the discussion.



Annette Visagie with  
Audiologist Brad Hutchinson

A breakthrough came when I saw a story in the paper a few years ago that I related to, about a farmer who had been helped by Brad, and the experience he described before getting hearing aids sounded similar to mine. So I thought that I'd try to achieve an outcome like his, and was fitted with devices around six years ago that have just been replaced with the newest hearing aid technology. These fresh aids are wonderful and have truly enriched my life. I wear them all day every day, and I am completely dependent upon them to hear well enough to remain connected.

I can now join in on conversations and feel part of the group rather than feeling left out and I am no longer exhausted from trying so hard to listen. I'm more confident in my participation because I don't have to continually ask for repeats. And it's better for my friends too because they no longer have to worry about my embarrassment at not having heard what they've said.

Now I'm able to participate like people with normal hearing. Martin and I talk to each other constantly, I'm happy in a crowd and our lives are much the better for hearing aids. Thanks to Brad and staff at Brad Hutchinson Hearing for their wonderful care. **Annette Visagie**

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