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National Volunteer Week
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Noni Hazlehurst - real and relatable



Noni Hazlehurst stars in the new film *June Again*

by Josephine Allison

MUCH loved actor Noni Hazlehurst is convinced Australians have a hunger for local product. That is why she is so excited about her latest movie role playing June in *June Again*.

It is an interesting time for the movie to be released because through Covid people have had to assess their priorities and what is important, she tells *Have a Go News*.

"Australian film has been experiencing something of a much more popular profile lately," Noni says. "I think people want to see Australian stories because they tend to be about real-life

situations as opposed to the big blockbusters with lots of computer generated graphics and people leaping off buildings.

"We have seen enough disasters going on in real life so we need some heart-warming stories."

In the heartfelt comedy *June Again*, a twist of fate gives no-nonsense family matriarch June (Hazlehurst) a reprieve from the debilitating illness of dementia. Much to their amazement, June re-enters the lives of her adult children, Ginny (Claudia Karvan) and Devon (Stephen Curry) and learns that things haven't gone according to plan.

With limited time and plenty of pluck, June

sets about trying to put everything and everyone, back on track. When her meddling backfires, she sets about on a romantic journey of her own and discovers she needs help from the very people she was trying to rescue.

"The script was so beautifully written by JJ Winlove (who also directed the film) all I had to do was honour it," Noni says. "His script was so beautiful it needed almost no changes. It had been through several drafts when we got it and JJ painted a very clear picture for me to follow.

"I did a lot of research on dementia online and looked at a lot of videos on YouTube of family

members charting the journey of their loved ones suffering from dementia. Everyone is different, everyone suffers in different ways, there are no rules to follow, it's just instinct really.

"JJ has a fascination with memory, he was particularly inspired to think about what we are without our memories. He's not drawing on personal experiences of dementia in his own family but he was interested in the fact that a family member has a different understanding of what that family story is. We all have our own versions, so I think he was coming at that from a different point of view from other generations."

As a mother of two adult sons, Noni says *June Again* looks at the need for parents to be upfront about recognising their children as individuals and not wanting to fulfil their expectations. "It's about second chances, seizing the moment and understanding that often our ambitions for our children cause pain. We have this idea they should be a certain way and often that's not who they are at all.

"It's about seeing things clearly and never being afraid to apologise or change your mind about what you think is right because it may not be."

continued on page 35

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From the editor's desk



Jen and Tahlia Merigan with their mini lego replicas

THIS is our 350th edition of this newspaper. We hit the milestone last month of printing 80,000 hard copies and we won't stop until we reach our goal of 100,000 papers. Lots of work happens behind the scenes to produce this newspaper every month and I take the opportunity to extend my thanks to the many people involved. I also acknowledge our founders Judith Treby and Quentin Smythe whose brilliant idea came to fruition in 1991 and continues to grow, in this our 30th year of publishing.

COVID continues to plague us (if you pardon the pun) and I think will for some time yet to come. Again, this month we are unable to bring you the brunch review. After another lockdown (and a near miss) we know it really hits local businesses hard, so please support the adver-

tisers which allow us to bring you this newspaper free each month. Fingers crossed we will be Covid-free again and enjoy our everyday freedoms.

I had my 'flu shot recently and I hope I inspire you to have yours too. I now have to wait another two weeks before I can have my Covid vaccination. I have been a bit worried about getting the Covid injection after the news reports about the potential for blood clots. To allay my fears, I spoke to several medical professionals and they said the risks are very low, and it's more important to be protected from Covid. So I am heading to a clinic for mine soon too.

I've been reading a fascinating book published in 1962 called *Perth and all this!* authored by journalist Victor Courtney. It was lent

to me by one of our volunteers, Pat Paley, who found it in a second book sale. It's given me a wealth of knowledge about Perth's history and really helped me connect the dots about places and their names. In the early part of the 20th century late night trading in the city was on Saturday with shops open until 10.30pm. Of course, Perth didn't have the many suburban shopping centres or the population as we do now, but from this account the CBD was bustling with people and it provided a wonderful atmosphere in the town. I wonder whether the City of Perth could revisit something like this to revitalise our CBD?

Secret Women's Business is an eclectic group of women who through the medium of song, story and cheeky antics bring together a professional performance. During Fringe they had three sell-out shows with rave reviews. Their next performance will be at the Kalamunda Performing Arts Centre on Sunday 6 June from 2 to 4pm. It will be an afternoon of music and laughter with a variety of well-known songs. Tickets are \$25 and are available through the website - www.secretwomens.biz or www.trybooking.com/BPRUB.

Thanks to the readers who have contributed their thoughts about *Have a Go News* for our anniversary edition in July. It is so heartening to read them. Our 30th anniversary celebrations will kick off in June with a special movie premier at Palace Raine Square of *Dream Horse* starring Toni Collette. See page 49 for how to win a ticket. We are in the throes of finalising further celebrations and look forward to announcing more in the next issue.

I have really enjoyed watching the new season of *LegoMasters* on Channel 9. Tahlia and I were thrilled to receive a mini lego replica of ourselves recently and we snapped a photo to share with you.

Our Facebook page provides us with the opportunity to interact with people daily and we welcome you to join us on that platform. Like or follow our page at www.facebook.com/HaveagoneWS/.

If you are tech savvy and don't mind reading the paper digitally, we offer a service to receive a copy digitally via email on the day of publication just email readers@haveagoneWS.com.au for a sign up.

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

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

Ageing research snippet Using technology to reduce falls risks

FALLS are one of the most significant health challenges faced by older Australians.

A two-year trial of 503 Australians aged 70 years and older found the home based e-health balance exercise program, *StandingTall*, provided an effective, self-managed fall prevention program for older people living independently.

Professor Kim Delbaere, study lead and senior principal research scientist

at the Falls, Balances and Injury Research Centre at NeuRA, said e-Health exercise programs like *StandingTall* may be an effective way for older people to maintain their independence and quality of life in the future.

"The 20 per cent reduction in number of people experiencing a fall that resulted in an injury over a two-year period, could provide significant benefit to the safety and quality of life for our older generation," she said.

Word of the month

Obstreperous

adjective | ub-STREP-uh-rus

Definition

MARKED by unruly or aggressive noisiness or stubbornly resistant to control.

The Latin prefix *ob-*, means in the way, against or toward and occurs in many words. Obstreperous comes from the verb *ob-* plus *strepere*, meaning to make a noise.

The word has been used in English since the beginning of the 17th century.

Urban slang

New normal: A tactful phrase to remind people that while the world is forever changed, the world is adapting and adjusting.

Have a Go News Quick Quiz

1. New Norcia was founded by monks in 1830, 1840 or 1847?
2. Wave Rock is near which town?
3. Cervantes is on which coast?
4. The world's longest shell beach is in which State?
5. The world's longest fringing reef is?
6. Margaret River produces 25, 45 or 65 per cent of Australia's premium wines?
7. Bremer Canyon is famous for what predators?
8. Austal Ballroom can be found in which Perth venue?
9. Princess Harbour Sailing Club is where?
10. What river is near Bridgetown?

See answers on page 42

Quote of the month

OPINION is really the lowest form of human knowledge. It requires no accountability, no understanding. The highest form of knowledge is empathy, for it requires us to suspend our egos and live in another's world. It requires profound purpose-larger-than-the-self kind of understanding.

Bill Bullard

Great West Aussies - Did you know?

KYLIE Wheeler, born in 1980, was four-time Australian heptathlon champion from 2003-06 and won silver in the 2002 Commonwealth Games. She retired in 2009.

Funny historical fact

BRITAIN was the first country to issue postage stamps in 1840.

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WA's Seniors Minister intends to bring older people to the forefront



Minister for Disability Services; Fisheries; Innovation and ICT and Seniors and Ageing, Don Punch MLA

by Jennifer Merigan

MEMBER for Bunbury, Don Punch MLA, took on the portfolios for Minister for Disability Services; Fisheries; Innovation and ICT; Seniors and Ageing, in March.

Have a Go News spoke to Mr Punch about his take on seniors' issues. This newspaper has always worked to establish and maintain relationships with WA State Gov-

ernment Seniors Ministers.

"I am really excited about the portfolio and there are a number of agendas which I would like to work on," he said. "The first agenda is really making the contribution of seniors visible and bringing older Western Australians into the forefront of our thinking in terms of the contribution they make.

"One of the things that I

know many seniors have expressed to me, particularly older seniors, is that the older they get the more they have a feeling of disappearing from view.

"And sometimes I feel that myself, I'm in my mid 60s, and I think we need to make sure that what we do recognises we have diversity in our population and seniors are very much part of that."

With more than 590,000 people aged over 60 in Western Australia, Have a Go News expressed concerns that this demographic has been overlooked and not valued by government.

"Government has a strong leadership role within the seniors' area and equally organisations like Have a Go News also have a strong leadership role.

"There are so many aspects of everyday community life which wouldn't function without seniors being involved.

"The valuing of the portfolio and of seniors is a collective responsibility that we have to make sure is recognised and I understand that is part of my and my staff's role,

particularly around the narrative we put out as a government.

"We have to work as a community to maintain people in the circumstances they want to be in, and allow choice, supporting people in that. If we can do this, we will have healthier communities," he said.

Baby Boomers have a reputation of questioning and being activists; getting out there and challenging ideals. Minister Punch agrees people shouldn't hold back as they approach their senior years.

"I think it's part of what we call active ageing and ageing in community.

"The notion of retirement is not about disappearing out of view, it's about the opportunity to be active and doing the kind of things that are important to us."

Also on his agenda, Mr Punch wants to understand more about the vulnerabilities of older people in different parts of the life cycle. For example, when someone

loses a life partner, they often become more vulnerable and this can amplify issues of loneliness, isolation and depression.

"This is when people find it's easy to start thinking about not engaging, which can be the start of a difficult journey," he said.

"We know that when somebody is going through that vulnerability we need to really reach out, see how we can embrace them in a sense, include them and help them come to terms with their loss.

The other side of vulnerability the minister wants to address is to continue the work that has been done on elder abuse and highlighting scams targeting older people.

"People are often embarrassed about coming forward if they have been duped and I am very keen to look at what we can do from the government point of view, to identify and deal with this issue."

The interface with the Commonwealth and

state government around aged care and in-home care is another priority.

Although they are principally the responsibility of federal government, Mr Punch said there are overlaps in relation to health care.

"I do want to build a strong relationship with the Commonwealth in terms of how they deal with some of the difficulties in the aged care sector and how that unfolds.

Minister Punch believes that the geographic and demographic diversity of Western Australia is not as well understood as it could be by the federal government.

Have a Go News asked what his goals as Seniors Minister were for the first 12 months.

"I want a clear view of active ageing in our community and to work with local government to expand opportunities in that area.

"I want discussion about scams; for people to have easy points of access to tell their story and not feel they need to be

embarrassed and hide it away.

"I would like us to be in a position to structure a response on people's vulnerability that we know occurs and community responses to support people in those circumstances," he said.

One of the first initiatives is the election promise to roll out a safety and security rebate for seniors over the next four years of up to \$400 per annum.

The Minister said they are working through the process now and will get that out as early as possible. He also advises that there will be no changes to the Seniors Card program.

Mr Punch says he wants to get out and meet with community organisations and to hear from WA's seniors and listen to their stories.

Personally, I left the meeting feeling WA seniors may have a new advocate on their side.

Have a Go News looks forward to tracking his progress over the next 12 months.

New exhibition features regional artists



Mary-Lou Divilli, Bilbiji, 2019, photographic print, 76 x 108cm
Image courtesy the artist and Waringarri Aboriginal Arts.

THE John Curtin Gallery has announced 40 regional artists, including 16 Indigenous artists, will showcase their work in *The Alternative Archive* exhibition which opens 14 May.

Co-curated by Chris Malcolm (director, John Curtin Gallery) and Anna Louise Richardson (independent curator/artist), the exhibition will be the culmination of an ambitious three-year project to present a series of regional exhibitions, bearing the *Alternative Archive* name.

series encompassed 13 venues, 26 curators and 206 artists from as far away as Kununurra and Esperance. The artists were invited to create a contemporary visual archive of an aspect of their community drawn from personal relationships with the people, places and stories around them that they feel should be highlighted for their implicit personal, cultural or social value.

Curator Chris Malcolm said artists selected for the 2021 exhibition were representative of every

venue and their work best epitomised the curatorial aims of the project.

Alongside this exhibition was the opportunity to present a final professional development experience for the 26 regional curators involved. The curators spent time visiting the regions and worked closely with the regional curators to present innovative contemporary artworks in their own areas.

The John Curtin Gallery is at Curtin University and is open Monday to Friday from 11am to 5pm and Sundays from 12pm - 4pm.

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Quentin Smythe (Dec)

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Street address: 137 Edward Street Perth WA 6000
Postal address: PO Box 1042 West Leederville WA 6901
Website: **www.haveagonews.com.au**
Tel: **(08) 9227 8283**
Fax: **(08) 9227 8293**
Editor **Jennifer Merigan**
/Travel Editor
Please address all correspondence to the Editor
Email the editor/travel editor: jen@haveagonews.com.au
Email to production: production@haveagonews.com.au
Printers **IVE Group WA**
Assistant Editor **Tahlia Merigan**
Journalists **Josephine Allison** **Frank Smith**
Allen Newton **Lee Tate**
Columnists **Colin Barlow** **Jon Lewis**
Karen Majer **Tahlia Merigan**
Mike Roennfeldt
Contributors **Noelene Swain** **Vince Garreffa**
Production **Suyin Boehm**
/Graphic Artist
Advertising sales:
Direct Line: **(08) 9227 8283**
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BEYONCE, I'M NOT REALLY INTERESTED IN ANYONE'S TRUTH. JUST GIVE ME THE TRUTH.

Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor,
ANOTHER of the many reasons that I love the *Have a Go News* is the letters page. In April's issue there was the one by Bruce J Crane about Yorkshire accents and also the saying which when put into Aussie meant close

the door.

Here is one that we used to get when I was a kid "were you born in a tent?" which also meant shut the bloody door.

Keep up the very interesting and various items, keep up the good work in highlighting issues

that are very relevant to us all regardless of age because the information will come in handy for the younger ones as they get to our stage of life.

Margaret Ryan
Ballajura

Dear Editor,
FURTHER to my previous letter about deforestation. It is astonishing, but hardly surprising, that only around 10 per cent of Western Australia's original forests and woodlands in the South West remain since Europeans first settled here over 150 years ago.

According to the West Australian Forest Alliance, an area the size of ten football fields is cleared on a daily basis and only 15 per cent of the wood sold becomes structural timber, with a staggering 85 per cent being used for paper, firewood, charcoal and mill-waste.

Threatened wildlife species are also losing their homes, while the ancient jarrah and karri trees are being felled and the wood wasted on low-value products.

Although much of the above is verbatim and sourced from the WAFA website, I would very much like to hear from the logging industry to verify or counter any of these statistics.

If the percentages are correct, when are we going to say, "enough is enough"?

David Rudman
Port Kennedy

Dear Editor,
I WAS thrilled to read the article by Frank Smith, *Preventing Further Climate Change One Politician at a Time*.

What appealed to me about the Citizen's Climate Lobby's Australian carbon dividend is its fresh approach has the possibility to overcome the political impasse that Australia finds itself in, and provides a clear

path to a transition.

The article has inspired me to write to my Federal MP and demand my monthly dividend share from the fossil fuel companies which are currently allowed to pollute for free, while Australian households pay the health costs of air pollution and extreme weather damaging homes and infrastructure.

The dividend could go to-

wards buying an induction cooktop to replace an old gas cooktop, buying an electric super-efficient heat pump hot water system to replace my gas hot water system when it leaks or buying an electric car. All of which can be powered by solar, wind, batteries and pumped hydro.

Paula Samson
Applecross

Dear Editor,
MY name is Tim, my relations were the Sims and the Coates from Wundowie. Many years ago the tractor owned by A Sims was sold at a clearing sale at Wooroloo and I believe it went to a property near El Caballo, it was a 1946 petrol/kerosene Fordson power major with hydraulics, it had SIMS etched on one of the rear tyres.

I am interested in trying to find it, I can verify by the number stamped on the crankshaft as I fitted the current crankshaft and still have the original broken crankshaft in my shed.

If any readers know about this, I would appreciate them contacting me via the editor.

Tim Sims
via email

Dear Editor,
WHAT a pleasant surprise, in the letters section of the April issue, Bruce Crane related a humorous incident about his Yorkshire accent.

Too often guest columnists, who do their best to research their comments before publication, are criticised.

I am certainly not against any writers airing their view, that is the whole point of the exercise. But my praise goes to the editor for presenting a good balance of topics, the article in question brought a smile to my face, a very nice change indeed.

Joe Lunn
via email

Dear Editor,
IT was great to see Frank Smith's article about the Citizens' Climate Lobby in your April edition. The carbon and fee and dividend scheme that it proposes could work more rapidly to reduce emissions than carbon offsets and carbon capture and storage.

I look forward to seeing more articles on climate solutions, such as electric vehicles.

Jennifer Hole
Willetton

Dear Editor,
WE need more caravan parks on our coast as the days of setting up caravans in parking bays are long gone. Control is a must, litter control, litter disposal, provision of ablutions, water and the like all come at a cost.

If one has the means to travel then one must be prepared to bear the cost of modern facilities.

Remember when caravanning that it's enjoyable and provides freedom from humdrum existence. Whatever the reason just enjoy yourself.

Think back to what it would have been like before bitumen roads, travelling on a horse and buggy and not forgetting those flies.

Bob Johnson
Bassendean



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It's a jungle out there.... lawyer pens tome about interesting Perth characters



Perth criminal lawyer Henry Sklarz

by Josephine Allison

IN a legal career spanning more than 35 years Perth criminal lawyer Henry Sklarz has witnessed the great and not-so-good pass through the system, witnessing a slice of life at times humorous but at other times spine-chilling and shocking.

Sklarz, born in Perth in August 1950, the oldest son of Polish immigrants who came to WA after World War II, has written an entertaining book, *Jungle Law*, a glimpse into the chaotic, violent and often hilarious world of crime through the eyes of one of Perth's top criminal defence lawyers.

The collection of short stories recounts the murderers, drug smugglers, rapists, prostitutes, unsuccessful bank robbers and more thrills and spills of those caught on the wrong side of the law.

In one humorous story, entitled *The Lotto Winners*, Sklarz says that in the early years of his legal practice he had many Polish clients as he spoke the language fluently, having more such clients then than now.

"During this time in the early 80s, there were about 14,000 Poles in Perth who had come after being displaced from Poland after the Second World War," Sklarz writes.

"One Monday morning, I arrived at my office at about 7.30am and was hurriedly met by my first Polish client for the day. She did not have an appointment but said it was extremely urgent that I see her.

"Her story began with her and her husband sponsoring her mother from Poland for a six-month holiday. When she

arrived the mother became fascinated by the idea of Lotto and couldn't believe the size of the prize money that could be won each week.

"The agreement was that each of the three of them in the family would contribute a third of the cost of the ticket and share any winnings that came their way. However, as time passed, the daughter and son-in-law became tardy in paying their weekly contributions for the Lotto tickets.

"Then one Saturday night while the mother sat glued to the television watching the Lotto draw for that week she started screaming with delight, she had won \$5 million. The elated daughter moved from the kitchen to the lounge to embrace her mother, as her husband rushed past and plucked the winning ticket from his mother-in-law's hand like a bird of prey and disappeared into the bedroom, locking the door behind him."

Sklarz tells of a race against time that Monday morning as the husband

could have claimed the prize from LotteryWest but the manager agreed to stall things to allow the court process to take its course.

An injunction order was served on LotteryWest which stopped the \$5 million to the husband. In the following week it became evident that the mother had paid for the whole cost of the Lotto ticket and legally didn't need to share it.

"It transpired that the daughter and son-in-law reconciled their marriage and apparently agreed with the mother that they would take \$4.75 million and the mother would get \$250,000 and "f... off back to Poland."

As the author states wryly: "It's amazing how a Supreme Court injunction can rekindle the love and devotion between a husband and wife. Unfortunately for the mother, though, there was a lot less love and devotion afforded her."

Educated at Trinity College, Henry Sklarz attended the University of WA where he graduated with

a Bachelor of Arts, Bachelor of Jurisprudence and Bachelor of Laws. He established his own firm in the 1980s and during his many years of practice, worked as a barrister at the WA Independent Bar. While he has worked in various areas of the law, he is a specialist in criminal law acting solely as a defence counsel.

In *Jungle Law*, character names, certain locations, incidents and events may have been changed in order to protect client confidentiality and maintain anonymity.

"I have also used some poetic licence to fictionalise certain details for dramatic effect," he says.

Sklarz says he wrote the book because over many years people asked him about his interesting cases.

"And so I was motivated a few years ago to write a book.

"I have been practising law for more than 30 years and had a large selection of cases I could refer to. In some instances, I referred to newspaper articles of the various

cases and otherwise on my best recollection."

"I have had the fortune of travelling the entire state of WA and representing people in criminal matters in places from Kununurra to Albany to Kalgoorlie and in between. Some of my clients have been interesting characters who, for the most part, are good people until they end up on the wrong side of the law for various reasons such as alcohol, drugs and mental health problems."

Sklarz says he finds his profession as a criminal defence lawyer fascinating and challenging due to the interesting characters and aspects of the law. He hopes to continue working for a considerable time.

In his spare time, he enjoys fishing, boating, travelling and camping with his son and friends.

Jungle Law (\$24.95, Vivid Publishing), can be purchased via www.vividpublishing.com.au/junglelaw. It is also available at Amazon, Booktopia and Book Depository.



Roses Day raises funds for cystic fibrosis

CYSTIC Fibrosis (CF) is a rare recessive genetic disease for which there is currently no cure. It affects nearly 400 people in WA and around 190 of those are under 18 years of age.

Whilst modern treatments have extended life expectancy over the years, people with CF still face many challenges and tragically die too young.

There is one day of the year where Western Australians are called

upon by Cystic Fibrosis WA (CFWA) to make a real difference to those living with CF. That day is 65 Roses Day – held

this year on Friday 28 May.

The Covid-19 pandemic hit the CF community hard. Infections are a major risk for people with CF – it can result in long hospitalisations. So many people with CF, and their families, were forced into complete isolation to protect themselves. Covid also meant that CFWA's largest

annual fundraiser – selling fresh roses on the streets in May 2020 – was not possible.

This year's 65 Roses Day will gladly welcome back a sea of fresh roses being wrapped by hundreds of volunteers to be sold on the streets of WA, plus offer the chance to purchase virtual roses.

CFWA is determined

to fight back this year, setting their largest ever target of selling 20,000 roses.

Cystic Fibrosis WA chief executive officer Lisa Bayakly says: "Last year we had to think quickly, and the

team created our virtual rose garden for 65 Roses Day. This year we can't wait to get back on the streets selling roses from Broome to Albany, spanning over 2,500kms."

"Having fresh and vir-

tual roses means buying a rose has never been easier. We hope people will buy both on 65 Roses Day, Friday 28 May – maybe a beautiful fresh rose for home and a digital rose for a colleague or friend," she said.

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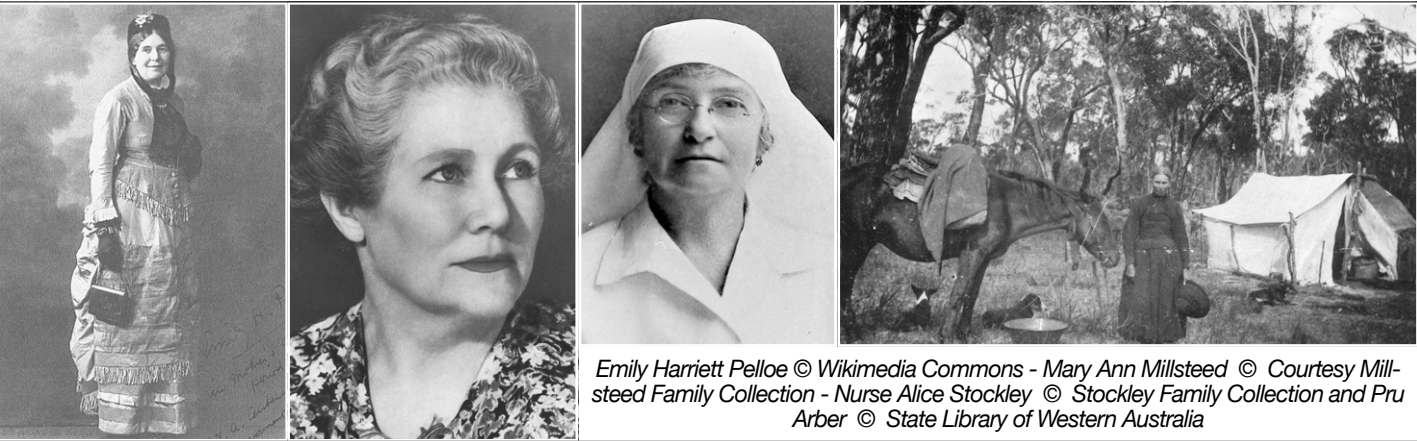
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Paying tribute to Western Australian women of the past at new exhibition



Emily Harriett Pelloe © Wikimedia Commons - Mary Ann Millstead © Courtesy Millstead Family Collection - Nurse Alice Stockley © Stockley Family Collection and Pru Arber © State Library of Western Australia

WA Women's Hall of Fame was established in 2011 in recognition of the Centenary of International Women's Day, held annually on 8 March.

The purpose of the Hall of Fame is to acknowledge and celebrate the enormous contributions and achievements women have made to Western Australia.

Since its inception, the Hall of Fame has maintained a *Roll of Honour*, acknowledging women posthumously. This is to ensure that all Western Australian women could

be recognised, from the traditional custodians of this land for tens of thousands of years, to pioneer women who made this country their new home, all of whom have

been a part of growing this great State. This year special focus has been given to fourteen women who made a significant contribution to WA's history

prior to 1921. Their stories are as varied as they are inspiring and give a great representation of the important part women have always made to Western Australia. The women featured include Jane Swain Adams (1851 – 1934); Pru Arber (1851 – 1932); Fanny Balbuk (1840 – 1910); Nurse Frances Cherry (1872 – 1941); Mary Ellen Cuper (1847 – 1877); Mother Ursula Frayne (1816 – 1885); Lady Margaret Forrest (1844 – 1929); May Gibbs (1877 – 1969); Helen McGregor Scott (1793 – 1883); Mary Ann Millstead (1887 – 1949); Emily Harriett Pelloe

(1877 – 1941); Nurse Alice Maud Mary Stockley (1866 – 1944) and Mary Hynes Swanton (1861 – 1940). Like many other women from our past, these women's stories of determination and resilience, are an important part of the historical fabric of the State in which we live today. Don't miss this inspiring exhibition which runs at the South Perth Historical Society Gallery and Cultural Centre, 111 Mill Point Road, South Perth from now until 13 June. It's open on Fridays 10am – 4pm, Saturday and Sunday 1pm – 4pm and is free to attend.

LGBTI elders' well-being at the heart of GRAI's training activities



GRAI spokesperson, June Lowe
GRAI (GLBTI Rights in Ageing Inc) was formed in 2005 after a group of friends from the LGBTI

(Lesbian, Gay, Bisexual, Trans, and Intersex) community, decided that after years of lobbying for their human rights, they didn't want to 'go back into the closet' if they accessed aged care services, which they feared were homophobic. GRAI spokesperson, June Lowe, said: "We know that that organisations must 'come out first', putting out overt signals of welcome, as well as training their staff to understand that simply 'treating everyone the same' continues to brush under the carpet important issues of diverse sexuality and gender. "Without these steps,

LGBTI clients will continue to hide their identity and relationships, fearing poorer service. "The LGBTI community has suffered greatly from past discriminatory laws and social attitudes, which continues to impact into the present day. "LGBTI elders routinely hide their identities for fear of discriminatory treatment, and the mainstream community remain ignorant of the cumulative legacies of this self-concealment." Over the 16 years since its formation in Perth, GRAI has worked in advocacy for law reform, training in the aged care sector, and

community building to further the rights and well-being of LGBTI elders. One of their early activities was to conduct a survey in collaboration with Curtin University of residential care providers, which showed how little the aged care sector knew, or cared to know, about LGBTI culture and people. Of the survey respondents, a staggering 86 per cent said they believed 'we don't have any of those people here'. This became the title of this survey report. Since this time GRAI has worked with government agencies on law reform issues, particularly lobby-

ing for amendments to the Aged Care Act (2010) which gave LGBTI elders 'special needs status' in aged care. This meant that the sector could no longer continue its mainstream approach. GRAI is the WA specialist provider of LGBTI inclusivity training, offering workshops to aged-care and health-care sectors on how to make their organisations culturally safe and welcoming for LGBTI people. GRAI is working in the community on a variety of projects and activities. Coming up soon are two significant events – firstly Rainbow Roof, a seminar

on alternative housing options for the LGBTI community on 11 May and secondly, Q-Connect a nine-week ageing and well-being program for LGBTI people over 60. The housing seminar will take a community-led approach, exploring a wide range of options and ways LGBTI people can work together to achieve the type of ageing environments we want. See more information and book through: rainbowroof.eventbrite.com.au Q-Connect' is a nine-week wellness program. It is peer-designed and peer-led to achieve optimal relevance and interest. Meet-

ing on Friday mornings, each week will focus on a different domain of wellness – intellectual, social, environmental, emotional, physical, spiritual and vocational. The Q-Connect program starts with an introductory session on 21 May and is a collaboration between GRAI and Connect Vic Park. More information and bookings through: tinyurl.com/LGBTIconnect Transport is available if needed for both Rainbow Roof and Q-Connect. For further information on GRAI's activities, contact June Lowe on june@grai.org.au or 0435 517 753.

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Theatre 180 brings two exciting plays to new city venue Burt Hall



The Children cast members, Jenny Davis, Andrew Lewis and Vivienne Garrett

by Josephine Allison

CELEBRATED Perth actor, playwright and director Jenny Davis has been heavily involved in past months helping Theatre 180 bring two plays to a new city venue, Burt Hall, in St Georges Terrace

which, she says, is an ideal setting.

"We are presenting *The Children* by Lucy Kirkwood, an award-winning British playwright and *I And You* by US playwright Lauren Gunderson," she says. "It is bringing together

two of the most exciting young writers internationally.

"We don't do a lot of overseas plays these days and it's nice to see the writing going on elsewhere. The beauty of both plays is about the legacy you leave, one

is from the point of view of seniors and the other from the point of view of teenagers.

"So you are bringing two ends of the spectrum together which suits us at Theatre 180. Coming out of the old Agelink Theatre we are all about intergenerational change and embracing it so it works well for us which is why these two plays go so well together."

The Children has been a big hit on London and New York stages. Kirkwood is one of the world's most exciting new playwrights, heralded as "the most rewarding dramatist of her generation."

In an idyllic cottage on the British coast, two retired nuclear scientists, Hazel (Jenny Davis) and Robin (Andrew Lewis) are enjoying the quiet life. Apart from electricity rationing, daily radiation warnings and coastal

erosion, everything with them is fine.

Around them, however, the world is in chaos, with the fallout of a nuclear power plant meltdown threatening their very existence. When old friend and colleague Rose (Vivienne Garrett) arrives unexpectedly, their future and past lives collide as they debate the present and the challenges they face.

I And You by America's most produced and popular playwright, Lauren Gunderson, features two top young WA performers, Sophia Forrest and Darius Williams. It burns with humanity amid a poetical call to arms for living the best life.

Caroline (Sophia Forrest) hasn't been at school for months, sick at home. She's trapped in her bedroom with only Facebook, Twitter and Insta for company. When classmate Anthony

(Darius Williams) arrives unexpectedly, spouting Walt Whitman's *Leaves of Grass* and brandishing an unfinished English literature project he urgently needs her help with, she is less than impressed and rejects this intrusion into her damaged life.

As they come together and reveal themselves through Whitman's electric poetry and over waffle fries, they discover a connection far deeper than either of them could have imagined.

Davis says Theatre 180 is creating a theatre space from a sound space at Burt Hall.

"Downstairs is a newly renovated play area. Since the Playhouse was demolished, the cathedral choristers have rehearsed there, but now they have their own designated place and the cathedral allowed us to use it.

"It has been turned into a studio-theatre so both plays have an intimate, 'fly on the wall' feel which suits us very well. Also, it's another space in the city to be used; we are always short of small theatre spaces."

Davis says both plays will be playing at different times. Opening night sees *The Children* at 5.30pm and *I And You*, at 8pm but on other days it is the other way around.

"The idea is that people, especially seniors, have lots of options. Both plays can be seen by any age but seniors will be especially interested in *The Children* and those with teenagers and teenage grandchildren will find *I And You* beautiful and moving."

The Children and *I and You* play at Burt Hall, 38 St Georges Terrace, Perth from 8-29 May. Bookings: www.theatre180.com.au

A large group of COCOA club members doing their bit for the economy in Mandurah



Mandurah Cruises' vessel

by Rose Hope

UNDER a bright sky, on a warm autumn day, our boat departed for the cruise. Through inky blue waters, our boat slowly made its way past the tree-studded foreshore of Mandurah. On the opposite side the Sebel Hotel hid a fascinating village.

Memories came to me of days spent wandering along pathways besides canals and over curved bridges and down little Italian laneways. I remember feeling as if I was in Venice and I truly fell in love with that little area. So it was with great pleasure that we turned into a bay which gave glimpses of the canals that I had explored many years ago.

Expensive housing right on the shore's edge and the myriad of boats anchored nearby gave testimony to the wealth of the area as we called into Dolphin Quay to collect our fish and chips.

A huge fig tree on the green lawns of the Sebel Hotel was the only survivor of the modernisation of the area. As our journey progressed the more adventurous made their way to the exposed front of the vessel to view dolphins keeping pace with the craft, but I preferred to admire the magnificent houses lining the canals, including a colonial cottage sandwiched in the background which dated back to days long gone.

As we left that magical place, we entered

a vast waterway on our return to base. Afterwards, we headed to a tearoom for coffee and whatever took our fancy. There were 35 Come out Camping Older Adults (COCOA) club members aboard. The Mandurah Cruise took an hour and a half and cost \$20 for a senior special plus \$12.50 for the optional fish and chips.

Quite apart from the fact that we had a thoroughly enjoyable day, we did our bit for the economy. And I can't wait to contribute more when we visit a country pub for great grub. The COCOA Club have three under-cover camps a year which are fully catered for and affordable and lots of great days out. For further information telephone Judy Hampson on 0450 735 415.

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Where opinions matter - is it time to track a fast train up the coast?



Train travel has big appeal



by Lee Tate

AUSTRALIA'S transport maps have a great, gaping gap and it's in Western Australia.

Railways stretch across from Perth to Sydney, from Adelaide to Darwin, Sydney to Brisbane and Brisbane to Queensland's north.

How good would it be to take a train from Perth, up the coast, to our North-West? Is this the big picture project that WA – and all of Australia – needs to keep us rolling?

The prospect of such an exotic journey will have international and national tourists salivating.

Times of adversity have brought WA some of its most memorable projects, from the Kalgoorlie water pipeline to Fremantle harbour and the Indian Pacific railway.

In the harshest environments and on borrowed money, we have broken ground on exciting world-standard projects that continue to prosper.

A West Aussie-built, state-of-the-art fast train would ferry countless tourists, year-after-year, boosting regional centres and opening-up remote areas.

A zippy train service would also be a valuable addition to the nation's defences and would provide transport for people who prefer not to fly – including workers – the aged and people with disabilities.

Employment opportunities to build trains, carriages, tracks and stations and to operate and maintain a regular rail

service should have governments, employers and unions drooling.

School groups could travel safely together, rather than going overseas as many students do. Keeping their money in WA. Families could take holidays together over long distances, perhaps to new coastal resorts.

WA could take a bite out of the tourist dollar that goes to Bali and other getaways.

Governments, companies and Indigenous bodies could obviously partner the operation that would help underscore our State's unique appeal on the world map.

WA planners have plenty of holiday concepts already in Australia to compare.

The Indian Pacific offers three nights in "gold service twin cabin with off-train experiences" in Kalgoorlie, Rawlinna, Adelaide, Broken Hill and

Blue Mountains.

Starting from \$3,069-a-person, Perth to Sydney travellers receive all meals, fine wines and beverages and "wake in the picturesque Blue Mountains and visit the majestic Three Sisters lookout."

The famous trip is described as "an epic four-day coast-to-coast adventure."

The Ghan Expedition cuts up through central Australia over four days with off-train experiences in Katherine, Alice Springs, Manguri and Coober Pedy. There's a starlight dinner at historic Telegraph Station in Alice Springs.

These dramatic and exciting adventures could easily be matched or exceeded by Western Australia.

The Spirit of Queensland Explorer and Rainforest Rail Adventure could help serve as a guide for our rail adventures.

It offers twin share packages from \$2,299-a-person with itineraries that include a Brisbane hotel stay and a two-day train trip from Brisbane to Cairns.

There's a Cairns hotel stay and trips out to rainforests, scenic railway, national parks and waterfalls, plus the Australian Butterfly Sanctuary.

A catamaran takes tourists out to the Great Barrier Reef and there's an optional, three-day extended stay by taking a car to Port Douglas with wildlife habitats and rainforests.

Australia's rail adventures stand out clearly on the world stage and the addition of WA would be a natural fit.

West Australians have the knowhow, money and incentive to provide a luxury train service to the North-West.

Planners face challenges including access to the land, Indigenous rights,

costings and choice of route and stops.

Which towns would come aboard? How many train stations along the route? What government incentives would be provided? Where would facilities be needed? How far up the coast would our adventure take us?

Clearly in our regional and remote areas, the railway would bring continuing business and employment opportunities. Food and drink, tours, expert guides, WA products, hire vehicles and accommodation – perhaps hotels – would all be required.

New facilities and tours could be shaped while the train and rail line are built.

Despite all the environmental, political and financial hurdles, a WA coastal fast train seems inevitable.

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



Walking club members enjoy camaraderie

Walking club welcomes new members to join the fun



OVER 55 Walking Association of WA (OFF-WA) has recently commenced their program of weekly, Tuesday morning walks for the year.

A free sausage sizzle

for members was recently held at Woodman Point.

Lorraine, the brilliant lunches coordinator, along with her band of willing helpers cooked 160 sausages with a choice of chicken, beef or pork, served in a soft roll accompanied with tasty cooked onions and a variety of sauces.

Members said it was very pleasant sitting under the shade of trees with friends enjoying

lunch after a walk along the path that follows the seafront.

If you would like to join the group, here is a list of the next four walks:

Tuesday 11 May, Peninsula Golf Course, Swanbank Road, Maylands.

Tuesday 18 May, Point Walter, Burke Drive, into Honour Avenue car park. Bicton.

Tuesday 25 May, Mulaloo, sea end of Mulaloo Drive.

Tuesday 1 June, Garvey Park, Fauntleroy Avenue off Great Eastern Highway, Redcliffe.

Come along, bring your lunch and a folding chair and gather at 10am.

For further information, check the website at www.over55walkingassociation.org.au or ring president Shirley on 0400 577 738.

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The Norseman reunion returns for 2021

THE ANNUAL Norseman reunion in Mandurah is on Sunday 16 May at the clubhouse in St Ives Retirement Village, 22 Carnegie Place, Greenfields from 10am.

Please RSVP to Bill King on 9534 9913 or email newbill13@bigpond.com about your attendance as numbers are required for parking details and the Covid19 restrictions.

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WHERE HOPE IS DEFINITELY ON OUR HORIZON

Perth's Perron Institute brings research from laboratory bench to bedside



Ann and Alexa doing the Parkinson's test at Perron Institute Clinic

by Frank Smith

FOR nearly 40 years scientists at Perth's Perron Institute have been researching an everexpanding range of medical conditions, among them stroke, Parkinson's, motor neurone disease, muscular dystrophy, myositis and multiple sclerosis.

The team take a multi-disciplinary approach which helps

translate research from bench to bedside, providing a better quality of life for millions of people around the world who suffer from these devastating neurological conditions.

The Institute has 14 specialist clinics receiving 2,800 patient visits a year, conducts 14 clinical trials and treats some of Western Australia's most complex neurological cases on behalf of Sir Charles

Gairdner Hospital.

The Perron Institute collaborates with many hospitals, universities and other research institutes nationally and internationally including all WA universities, the Florey Institute in Melbourne, Griffith University in QLD, Duke University in the United States and University College London.

In the 1960s muscle diseases were considered incurable, but through Emeritus Professor Byron Kakulas' research, he discovered that degenerated muscle tissue in Rottneet Island Quokkas could regenerate by administering vitamin E.

The iconic marsupials made a spectacular recovery, convincing scientists that research into a range of neuro-muscular disease was worthwhile.

In 1971 an International Congress on Muscle Diseases was held in Perth. This provided the impetus for establishing the Neuromuscular Research Institute in 1982. It was later renamed the Perron Institute

in honour of Mr Stan Perron and his family's long standing support.

The Perron Institute's scientific innovation has led to major breakthroughs in understanding the origins of many neurological disorders and provided insights into the diagnosis and treatment of them.

A prime target was Duchenne muscular dystrophy (DMD). This, occurring mainly in boys, is the most common childhood form of muscle wasting and is caused by a genetic error that prevents the body from producing dystrophin, a protein essential for maintaining muscle fibre strength and stability.

In its absence, muscle is much more susceptible to damage during regular activity, leading to loss of muscle and ultimately the ability to walk and breathe. Most children with Duchenne require a wheelchair before their early teens.

Professors Steve Wilton

and Sue Fletcher have developed three drugs that compensate for three different errors in the patient's DNA causing muscular dystrophy. The three drugs can treat 30 per cent of patients diagnosed with DMD. This revolutionised the treatment of this devastating muscle wasting disease.

When treated, young people who would otherwise be in wheelchairs by the age of 12 are still being able to walk until at least their late teens.

The Molecular Therapy lab, where this research is carried out is now based at the Centre for Molecular Medicine and Innovative Therapeutics at Murdoch University, a joint research centre with the Perron Institute. Professors Wilton and Fletcher have laid the foundation to treat a range of genetic diseases using their Antisense Oligonucleotide (AO) technology.

"Our platform technology developed for Duchenne muscular dystrophy is currently being applied to other

diseases. We are exploring the application of this approach to many other serious conditions, such as asthma, motor neurone disease, multiple sclerosis and possibly even COVID-19 infections," Professor Wilton said.

From six to eight per cent of the world population are affected by some 7,000 rare diseases which are in the sights of Perron scientists.

At the moment the Perron Institute has 16 research groups targeting stroke, Parkinson's disease, multiple sclerosis, motor neurone disease (MND), traumatic brain and spinal cord injury, Duchenne muscular dystrophy, other genetic rare diseases and most recently epilepsy.

Perron Institute scientists, together with scientists and clinicians in cooperating organisations, are helping to create the future of personalised medicine – tackling global health challenges by tailoring therapies to individuals.

Discover the mystery of the Heinrich Bunting map...

STEVEN Marcuson, novelist and map store owner will be guest speaker at the June meeting of the Western Australian Self Funded Retirees Association (AIR).

Steven will speak on a historical curiosity, the Heinrich Bunting map of the world produced in 1581 which was an odd cartographic production for its time.

Strange and controversial features show for example the foot of the Italian peninsula facing in the wrong direction, and above all a strikingly accurate depiction of the Western Australian

coastline and land mass long before Europeans are recorded as having explored that part of the world.

As a result of his interest in medieval maps and his writer's instinct, Steven has written a fast moving adventure novel *The Bunting Quest* in the style of the Da Vinci Code. This incorporates the medieval Bunting map in the story line. His descriptions should add further interest to the talk.

AIR promotes the interests of retirees who have funded their

own retirement, in whole or in part. It is recognised as a body speaking for retirees at federal, state and local government level.

It aims also to provide a forum for positive like-minded people.

The meeting will be held at 10am on Friday 11 June at the usual venue: the Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue, Floreat. Visitors are always welcome.

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

Conductor for choir needed

RETIRED Teachers' Association Choir has a long history and is part of the State Schools Teachers' Union of WA (SSTUWA).

Following the retirement of the conductor in December they are now looking for a new person to fill the role. It would suit a retired music teacher but this is not essential and payment for services can be arranged.

The group meet every other Monday at the SSTUWA building, 1 West Street, West Perth.

The room used for practice has excellent acoustics and there is a wide range of sheet music available.

They sing from 10am till 11.30am.

Anyone interested may contact SSTUWA reception on 9210 6000 or email contact@sstuwa.org.au

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Some mothers' do have them... a light hearted look at mothers



Rick Steele's mother Jeune
by Rick Steele

I WAS born at a very young age and apparently so ugly they slapped my mother. She claimed she had morning sickness after I was born. All I heard when I was growing up was: "Why can't you be like your cousin Cyril?" Cyril died at birth. It was one of Emily Pankhurst's

cronies that pointed out that for mothers, the pay is lousy and the career ladder non-existent. Mother, mum, mummy, mam, mummsy, mummy dearest, mama or maa are all in use for varying degrees of affection. The choice of greeting can reflect the depth and severity of trouble you're in, or the cost and magnitude of the request you're about to ask. "Mummy, can I borrow your car?" Later, same day. "Mummy dearest, you know your car. Well, I had a small accident, do we know a panel beater?" In my family 'mother' was used more for formal occasions, when perhaps the bishop came to dinner. "Mother pass the gravy please. Mother, may I be excused please?" Sunday church was also a mother day and 'maa' was only used at the beach or on holiday when the family felt free to test their new bad jokes. My mother-in-law has a speech impediment. Every now and then she has to pause for a breath. Boom

boom. I never forget a face. But, in my mother-in-law's case. I'm willing to make an exception. Of all the red-letter days in our yearly calendar that we celebrate, Mother's Day, in my humble opinion, should be at the top of the tree. After all, like father, we all have one, but birth via Mum was our point of entry, so to speak, to our time on planet earth, and therefore takes the cake. (Chocolate with whipped cream.) "When I find myself in times of trouble, Mother Mary comes to me." So sang Paul McCartney about the most famous mumsy of all. Known in Christian circles as the Virgin Mother of Jesus, I wonder whether Joseph passed the pub test when he had to defend himself. "I did not have sexual relations with that woman!" John Lennon wailed mercilessly: "Mother, you had me, but I never had you. "I wanted you, but you didn't want me, so I just gotta tell

you goodbye. Mamma don't go." Mother Teresa was born 1910 at Skopje North. Macedonia. Her origins were, Albanian, Indian, Ottoman, Yugoslav. Her real name was Anjeze' Gonxhe Bojaxhiu. No wonder they called her Mother Teresa. She said, "Peace begins with a smile." She died in 1997. Mother Superior is the 'Boss Cocky' (in charge) of the other nuns in a Catholic convent. Superior does not necessarily mean she is of greater intellect, or that she can kick a goal from the sideline, but more that she runs the show. The mother of invention, also a crucial member of society, begs the question; where did the inventor of the drawing board go back to when he messed up? Next week we start Diarrhoea Awareness Week. It runs until Friday. Surely the inventor of the flushing toilet deserves an award. The Mother Lode must surely be the atom bombs dropped on Naga-

saki and Hiroshima. My mother tongue is Kiwi with a fair dinkum sprinkling of outback Ozzy lingo. Kalbarri, Northampton, Geraldton and surrounds just suffered the mother of all cyclones and we wish them well for their recovery. Good luck, blessings and have a beautiful peaceful day all you mums out there. Grand mamma was busy in the kitchen cooking her famous, own recipe, ANZAC brownie biscuits. They were Grandpa's favourite and as he lay in bed dying, the aroma spurred him, and with extreme difficulty, he managed to extricate himself from bed and crawl slowly down the stairs and into the kitchen. As he outstretched his failing feeble arthritic right hand to partake of his beloved choice of maa's cooking, a wooden spoon whacked him hard on the knuckles. "Bugger off," she cried, "these are for the funeral!" Cheers dears.

Turning the tables... learning to make a positive from a negative



by Jon Lewis

AS you might imagine, during my early morning talk back show on Radio 6PR many opinions are offered to me. On occasion these opinions can take the form of criti-

cisms. It is something I do not enjoy, let me be very honest, however... lately I have found them most helpful. For a while I was receiving some quite strongly worded critiques and I was not enjoying the experience. What could I do? I wondered do how other people dealt with a situation like this, how would you deal with it? An idea came to me, so crazy, it just might work... I started to casually and then carefully take

apart the comments. I thought even though the opinions were harsh there was undoubtedly an element of truth to them. I think that was perhaps the reason I was not enjoying the messages. If they had clearly been removed from all forms of fact and logic, then I could feel comfortable in that I was innocent and therefore vindicated. Unfortunately for me that was not quite the case. Time to try my crazy idea. I simply took the comments as poorly

worded constructive criticism. The change in me was immediate and remarkable. Building momentum, I took one issue at a time. If the critique was about me lacking knowledge in a particular area, I made a point to read more about that topic. Tick! It could have been talking about a particular issue too often, so I spoke about it less. Tick! It may have been about my old Christmas cracker jokes... I found newer ones. Tick! As you may imagine, it became easier and easier. In fact,

I actually started to look forward to the messages. They were a short cut to self-improvement. It is quite hard to get a friend to offer any useful or helpful critique, as often they are too polite to point out a hard truth. This was not the case with the merrily ongoing messages. More came and were gratefully received. If the message hurt a bit then I knew it must be a good one and another chance to improve. Was I starting to feel the frustration from my

critics? They seemed to have less and less to cover. Eventually the negative messages stopped and to my great surprise something else happened... endorsing messages started to appear. Imagine that, a full turn around. There can be many reasons for the change of attitude in my now lost critics. It could be that they felt better for being acknowledged? Perhaps it was a lack of my failings for comment or it could be that I have improved enough to make

a difference? I am sure my critics will always be there in the background, keeping me honest and I am grateful now for it. This all reminds me of a few sayings... If someone gives you lemons, make lemonade. If someone throws rocks make a rockery. And if someone throughs bouquets, make a party. My radio ratings came in recently and it said number one. It is a team effort... thank you critics. All the best.

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Happy 100th birthday to Wilko... Australia's oldest cameleer



Wilko (John Wilkinson) and Sauli - Wilko cutting his 100th birthday cake - Wilko and Sauli

by Karen Majer

IT'S EASTER Sunday and John Wilkinson, known to all as Wilko, has driven his truck one and a half hours in a convoy to visit his camel, Sauli, named for his cook who "kept his back" in New Guinea during the Second World War.

Sauli and seventeen other camels will begin the annual series of Australian Desert Expeditions (ADE) in a couple of weeks. The camels will carry supplies and equipment for scientists,

tourists and desert devotees who will walk stages of the journey across the Simpson Desert from Andado Station in the Northern Territory to the Kalbarri River near the Birdsville Track in South Australia.

Wilko isn't walking this year but it's only three years since he was out with the camels. He's lost track of the number of desert trips he's done.

Yesterday was Wilko's 100th birthday, celebrated as Wilko Fest at the Deniliquin, NSW property of ADE leader Andrew

Harper. More than 80 people have gathered from far-flung places around Australia including north Queensland, Tasmania, and, in our case, Margaret River. Swags and campers cover the paddock as Wilko's family, friends and desert comrades enjoy a week-end of feasting, yarning and sharing tales of desert adventures.

Wilko has driven his truck from his home in Coleambally, about two hours away. He and his Jack Russel, Billy, are sleeping in the converted

truck which is accessed by a ladder. He has joined in all the activities on his big day, from morning coffee to a sumptuous lunch with a 'desert camel trip' themed cake, and late supper around the campfire. He enjoys a glass or two of red wine.

Wilko's erect posture hints at his military background.

"I enlisted on 9 May 1941," he said. "I served in the militia and the AIF. I was two and half years in the artillery. I went to officer training and served in New Guinea. Battalion

2NG1B."

His unexpected answer to my question about his war experience was "it was fun". In everything he says, his positive attitude shines through. Perhaps that explains his prescription for longevity.

"It's all about attitude, dealing with stress and eating well."

After returning to civilian life in 1945, Wilko followed a career in agriculture with a refresher course at Roseworthy Agricultural College, working a scrub block at Mt Crawford in the Barossa Ranges for ten years and managing properties in SA and NSW before pur-

chasing land in the Coleambally Irrigation Area where he and his wife, Jo farmed for 18 years. He also established a land-care group.

The desert was always there in the background.

"As a boy of eight I read about the explorers," he told me. "When I left school I took a gap year before entering Roseworthy and persuaded my father to let me fly to Alice Springs."

He regaled me with tales of riding on the mail truck, clinging to a rope on a tarp on top of the load, mustering cattle and driving a mob of 300 cattle from Alice Springs

to Adelaide.

"Since then I always loved being out in the country. My wife and I travelled most of Australia. I started with the camels in 1986. The camel trips gave me the opportunity to meet wonderful people. "I hadn't realised I had so many friends," he said. "Friends are terribly important."

Daughter Susie summed it up in her speech: "Dad, when you decide to get old, we're here for you."

How has he managed to live so long?

"I'm bloody pig headed. I don't want to die."

Happy birthday Wilko.

Delving into the options for aged care

NAVIGATING aged care raises many questions.

What are our options regarding places of residence and care availability? What costs are involved? How do we negotiate all the different paths?

Jan Desmond RN has had many years' experience as an aged care consultant, helping people to relocate or to access care services. She will be sharing some of her knowledge with members and visitors at the next meeting of the Association of Independent Retirees (Perth branch) (AIR) on Friday 21 May from 10am to noon.

The aim of AIR is to advance the interests of retirees who wholly or partly fund their own retirement. It meets on the third Friday of each month from 10am to noon at the Cambridge Bowling Club, Chandler Avenue West, Floreat.

Besides the meeting and morning tea they have a guest speaker, and over the year embrace many interesting topics related to finance, travel, health,

community and special interests of members.

Members (\$2) and visitors (\$5) are encouraged to bring the correct money and their own coffee mug. Proceeds from an

extra gold coin donation box for May's morning tea will go to the Cancer Council.

On Friday 18 June, financial advisor Nick Bruining will speak. This is a

registered event.

Visitors are most welcome. Enquiries can be addressed to Graeme gra lin@iinet.net.au or Margaret at marghw@iinet.net.au.



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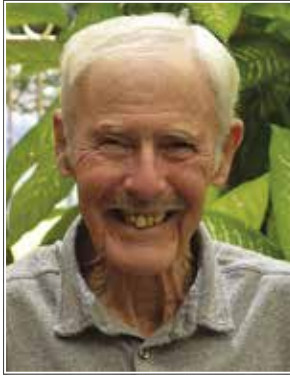
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In a kayak emergency what you do next really matters



L-R; Club member Barry - Kayaks on site

by Karen Finlayson

THREE friends in front and one behind, the sun on his back, the water flowing fast. Barry's in heaven. Rocks to negotiate, bends and branches to traverse, he's totally at one with nature. This is how he loves it.

Without warning everything changes. His boat is broadside onto the flow of water; he's come a cropper, the water's freezing; the kayak's wedged firmly between rocks and filling up with water fast. Definitely, not planned!

Barry struggles to stand up. Those small rocks in the shallow waters – very deceptive! They are the culprits – well partly.

Despite many near misses in eight years of paddling, Barry has only fallen in on a couple of occasions. To him it's a combination of skill, keeping your head, and luck. Luck has left him now

though. To make matters worse the river has forced the tailender past – no one can help him now. When they realise he is not behind them, they can't paddle back – not against the fast-flowing current.

Barry becomes exhausted as he struggles with the kayak. It's so heavy being filled with water. He manages to pull it to shore but still can't get it upright. He's feeling scared. The combined negatives play havoc. But he doesn't panic. It's OK to feel scared, it's what you do next that matters.

He learnt this as a young man in the Army Reserve – self-control and to think of options.

"Man, what am I going to do? I'm running out of strength and I'm feeling so cold."

Decision – abandon the kayak. Then a) pull himself out of the water and walk through the bush, or b)

float down-stream strewn on his back, feet in front as learnt in Club Safety Day training. Both decisions are good. He starts to relax.

Unexpectedly, he manages to get the kayak the right way up. He gets it emptied of water and clambers back in to continue downstream... "Phew, what a day!"

Barry has always loved being close to water. He rowed competitively for Fremantle Rowing Club and was a foundation member of Port Surf Lifesaving Club in North Fremantle for 14 years. This led to distance running four times a week which lasted for 35 years, quitting at the age of 75. Surprisingly, he had no damage to his knees or his feet.

Eight years earlier as he considered a retirement sport, he wandered into Hillarys Boat Harbour. Something was going on

in the water. It looked so pretty with small boats involved, as well as people in colourful attire. Barry was intrigued. The boats were kayaks in different shades, mostly lining the water's edge, others seemed to be upside down in the water. Barry moved closer.

"You'll love it mate. We're having safety practice. Come and join our club." – It was an old school friend.

Newbie Day was great and he knew he had a retirement box ticked. On top of that he loved the friendliness of the people right from the word go. Importantly too, his health and fitness level would be maintained.

He would have to purchase a boat – a bit of an outlay. What if he later decided it wasn't for him? But that didn't happen.

A chap who joined the same day became a great friend and within six years they were elected to the Club as president Peter and vice president Barry.

Only once before has Barry felt that panicky feeling – on his honeymoon. Mid-afternoon he had taken his new wife for a walk through the forest at Wellington Mills. They collected the map from the site office, signed out and headed off. The route markers were clear, the weather was mild, and an appetite for the evening

meal was building up.

Suddenly, Barry noticed the route markers. They weren't the markers they'd been following on the map. Shock, horror! Barry's heart began to race, his mouth felt dry – it's getting late, the light is beginning to fade. Will this be a cold night under the stars? He needs to stay calm and to think.

Then he recognises the markers on the trees are for the Bibbulmun Track. Decision – sooner or later, he'll come across some place he recognises. Then he can head for help. Eventually a smoke stack from the settlement loomed into view. He knew where he was. Then a ranger materialised – they had been missed. All was well – thank goodness for that.

The lesson learned as an army reservist has served Barry well. Stay calm. Make a decision. It's what you do next that matters.

If you are interested in paddling with the O55CC please contact: club president Chris Cocker on 0410 479 024 or club secretary Dale Winn on 0420 733 024.



Government updates on frozen British pensions

by Mike Goodall

FREE Trade talks between Australia and the UK are now in their final phase but the Australian government have said that it is not possible to mix the two discussions of trade and frozen pensions.

Unfortunately, the

British Government has chosen not to index pensions in Australia, and in most other Commonwealth countries where many UK expatriates reside.

Our Government's view is that their policy is a longstanding concern. It has made frequent representations to the

UK on this matter, without success.

The Australian Government argued strongly in favour of indexation of UK pensions in Australia in a submission to the UK's 2020 All-Party Parliamentary Group (APPG) inquiry into frozen British pensions. They pointed out that Expat UK pensioners have paid contributions under the same rules as pensioners in the UK and the EU and should be paid their UK pensions under the same conditions, no matter where they live.

In its report the APPG recommended that the UK Government end the frozen pension policy and seek to provide UK pensioners living in frozen countries, including in Australia, with their full uprated UK state pension as soon as possible. However, the UK Government stated that it had no plans to alter the policy.

While the issue is ultimately one that only the British Government can address, the Australian Government will continue to raise the issue with their counterparts at appropriate opportunities.

Indexing is purely up to the UK Government and nothing the Australian Government does will make any difference.

However, the more pressure that Governments can exert onto the UK Government to make them understand how discriminatory their policy is, the more chance we have of them changing their mind.

The problem as I see it is that most UK MPs would prefer the money to be spent in their constituencies, to give them a better chance of re-election, rather than being spent on non-UK taxpayers.

The Australian Age Pension is indexed for all its pensioners regardless of where they live.

Am I UK State Pension Age?

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

Those born after 6 April 1960 can claim their pension one month later for every month they were born later, until 6 March 1961 when it will become their 67th birthday.

Anyone who would like to discuss any aspect 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.



Seniors Recreation Council Jottings



Rockingham Have a Go Day a LiveLighter Event

ON Wednesday 31 March the 2021 Rockingham Have a Go Day a LiveLighter event attracted about 850 seniors. This was the tenth Have a Go Day held in Rockingham, and for the first time at the Mike Barnett Sports Complex. There were more than 80 sites and activities spread across the main hall showcasing seniors' clubs, groups, agencies and businesses from the Rockingham and surrounding areas.

The official opening commenced at 10am and SRCWA executive officer Dawn Yates introduced the Hon. Don Punch MLA Minister for Seniors and Ageing. This was his first official engagement in his Seniors and Ageing portfolio and he embraced the opportunity to encourage seniors to "Have a Go" at the many activities on offer. Then City of Rockingham Deputy Mayor Deb Hamblin spoke on behalf of Mayor Barry Samuels.

Activities and entertainment included *Swing n' Sway* dance group, *Janie's Boys Choir*, indoor bowls, pickle ball, Hart Sports Equipment, quilts, Game of Bob, seated air soccer, Cycling Without Age – Tri Shaws, Exergaming, carpet golf, and Silver Chain's virtual reality experience.

Thanks to the hard work of the SRCWA Rockingham branch led by president Carole Overington. The Lions Club of Rockingham provided a free sausage sizzle along with free tea, coffee and bottled water on offer from the SRCWA Rockingham branch volunteers for all the attendees. SRCWA volunteers, the crew from Wooroloo and the local clubs and groups' hard work was invaluable in making this a great event. Thank you also to Cockburn Party Hire and SRCWA official photographers Martin Yates and Richard Dermody for capturing the day. This event would not have been possible without the sponsorship of; City of Rockingham, *Have a Go News*, LiveLighter Healthway, Government of WA, IGA Chelmsford Avenue, Kennards Hire and Cockburn Party Hire.



Kim Cross (Wonthella) Lee Poletti (Mosman Park) with SRCWA state president Phil Paddon

SRCWA State Over 60's Mixed Pairs Lawn Bowls

Seventy-six teams took part in the 2021 Seniors Recreation Council State Over 60's mixed pairs lawn bowls tournament. The games were held at various clubs throughout the Perth metropolitan area and culminated with the finals played at the Sorrento Bowling Club on Thursday 8 April. Congratulations to Kim Cross (Wonthella) Lee Poletti (Mosman Park) who won the final 18-16 over Ross Warburton (Brunswick) Linda Warburton (Mosman Park). Semi-finalists on the day were: Colin Hayes (Quairading) Jenny Parker (Mosman Park), and Chris Lander (Sorrento) Pauline Bourne (Sorrento). Dawn and Martin attended the final with SRCWA state president Phil Paddon who presented the trophy, medals and prizes to the winning teams. SRCWA acknowledges Bowls WA president Ken Pride, Bowls WA staff and all those involved for running this popular tournament.

Tech Savvy Seniors - Internet Banking Seminar Friday 14 May

SRCWA is conducting an Internet banking seminar with a guest speaker from ANZ Customer Care Team in Leederville on Friday 14 May. If you would like to attend this seminar please call 9492 9774 to register your attendance, a light morning tea will be provided. If you would like to register to receive information on SRCWA's technology events you can do that by calling Martin Yates on 9492 9774.

Tech Savvy Seniors - FREE Telstra Forum Loftus Recreation Centre, Leederville *Event date and time TBC

SRCWA in partnership with Telstra will be holding a technology forum which will include static displays and technology presentations with the opportunity for question time. This free event will include morning tea and lunch. Registration a must - to book attendance please call Martin on 9492 9774.

Have a Go Day 2021, a LiveLighter Event Registration is now open!

The premiere event of Seniors Week will be held on 10 November at Burswood Park from 9am to 3pm. Forms can be obtained by calling 9492 9773 or email dawn.yates@srcwa.asn.au.

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

New Programs at Perron Place

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Chess Club from Monday 10 May, 9 - 11am
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\$4.00 per session

Table Tennis from Wednesday 12 May, 9 - 11am
\$4.00 per session

Pilates from Wednesday 12 May, 5 - 6pm
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Indoor Bowls from Friday 14 May, 9 - 11am
\$4.00 per session

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Swimmers Have-a-Go at Masters Swimming WA state championships



Have a Go News Encouragement Award winner Daniel Paull

by Tarquin Bateman, Communications and events coordinator – Masters Swimming WA

LIVELIGHTER Masters

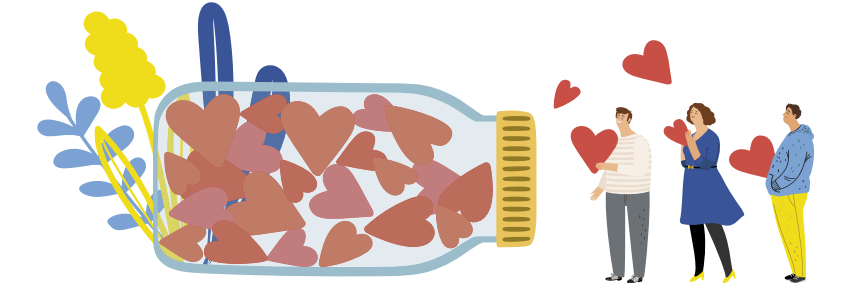
Swimming WA state short course championships were held at Mandurah Aquatic and Recreation Centre on Saturday 27 and Sunday

28 March. More than 250 swimmers and volunteers from 26 clubs made the trip down south to compete in races for fitness, friendship and fun. Over 100 new state records were set across the 24 events, and the event was a roaring success. Vorgee Swimmers of the Meet were Lauren O'Connor of Claremont Masters, and Stephen Hughes of Rockingham Masters. Claremont Masters took home the trophy for Top Club Points, and Mandurah Masters won Top Country Club. The Have a Go News Encouragement Award winners were Michael

O'Donnel, Daniel Paull, Steven Cranney and Graham Patterson. Michael O'Donnel is the newest member of the Sandgropers Masters virtual club, and this was his first time competing. The Sandgropers Masters train alone and had never met in person before. At the State championships, Michael stepped up to unite his club, allowing the Sandgropers to enter their first relay teams in history and take home the Handicap Club trophy. Michael also volunteered as a timekeeper to help other swimmers and clubs across the weekend. It was Daniel Paull's first time representing Superfins WA Masters at a State swim meet, and only his second time competing. Daniel had completed extra training sessions prior to the event so that he could help his team win. His enthusiasm for the sport and team spirit made him a worthy recipient. Steven Cranney has made a huge improvement in his swimming since first joining Rockingham Masters last year. From only being able to swim 50m at the beginning of his training, Steven stepped up to compete in multiple events. He was also of great assistance to his club across the weekend.

Beatty Park Masters member Graham Patterson has just started swimming after two hip replacements and a hernia operation. Showing true grit and determination, he was able to compete in a few events and represent his club proudly. Graham regularly volunteers and has even started the process of becoming a club coach. Sandgropers Masters swimmer David Sainsbury said the event was a lot of fun. "Masters Swimming WA and the clubs put on such a great show on the weekend," he said. "I am so glad we were able to rustle together a

group of Sandgropers for some relays on the weekend. "It was the first relay I have swum since I was a teenager, and it was a blast!" said David. Swimmers are now gearing up for the next round of distance meets and LiveLighter Club challenges before the Open Water season kicks off again in November. Want to have a go at swimming too? Masters swimming clubs are always looking for new members, and with more than 30 clubs across the state there is sure to be one near you. For more information, please visit www.mswa.asn.au.



We'd like to extend our heartfelt thanks to each of our 4,000 Vinnies Volunteers in WA.

YOU are the heart that changes lives of more than 65,000 Western Australians in need.

Thank you

66th wedding anniversary celebrations for WA couple



L-R; Joan and Brian in Miss Julie - Joan and Brian Pope today

JOAN and Brian Pope were married on 21 May, 1955 at St George's College Chapel at the University of Western Australia. They met in 1954 when they had both auditioned and were cast for a play at the UWA Dramatic Soci-

ety; Miss Julie by Strindberg. Joan and Brian said that apart from drama their links have been through music. Brian joined the WA Symphony Orchestra in 1959, but hearing loss at the age of 45 put a stop to his musical career. He then enrolled as a mature age student at Murdoch University and completed a BA degree and MPhil Philosophy in History Studies. Joan enrolled in the School of Music Unit at UWA, taking a break to complete a 'Music-through-Move-

ment' qualification (Dalcroze Eurhythmics) in Sydney, but returned to compete complete her UWA Arts Degree and Dip. Ed. Later she added a Bachelor and Masters of Education at ECU. Joan and Brian founded an Arts Festival for Children in 1964 to commemorate their first born son who died due to SIDS. Joan directed shows for the Gilbert and Sullivan Society, the WA Opera Company and numerous theatre community groups. She served on many committees from the Festival of Perth and the Playhouse, the Australia Council, the International Theatre Children and Young people, ASME, Ausdance, ACHPER, Dance and the Child International and local history groups. She was awarded an Australian honour, the OAM, UWA Chancellor's Medal and the Centenary of Federation Medal. Joan and Brian have had full and productive lives and we take this opportunity to wish them congratulations on their 66th anniversary.

Free lecture on cultural heritage presented by U3A

ARCHAEOLOGIST Professor Peter Veth has a passion for improving the recognition, respect and management of Aboriginal cultural heritage in Western Australia. Given the recent destruction of the Juunkan Gorge caves it's important to inform ourselves on this critically important topic. Hear Peter Veth explain how we can both celebrate the cultural assets of the First Australians as well as lay

the foundations for life-changing regional economies and heritage futures. He will illustrate his talk using real life examples from the Kimberley, Western Desert and the Pilbara. U3A Perth presents Cultural Heritage in Western Australia: New Perspectives at the State Library Theatre, Saturday 15 May at 1pm. Phone Christine on 0468 781 857 to reserve your free ticket.

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

FIND the code letters in the advertisements in this edition to make up this month's word and go into the draw to win a \$200 Coles gift voucher. There are 11 advertisements in this issue which contain a blue circled letter for the Ad Words promotion. Find the 11 letters to make up the word and then send your entry in to be in the draw to win.

Look out for these advertisements in sequential order to discover the blue circled letter to make up the Ad Word.
1. Shoprider
2. CPE Group
3. Perron Place
4. WA Premier Events
5. Future Living
6. Fremantle Round House
7. ATSA Independent Living EXPO

8. Glide
9. Bolgart Hotel
10. Kings Tours & Travel
11. Bradford Exchange
Entrants can enter via email with Adwords in the subject line at win@haveagonews.com.au or write to Ad Words Competition C/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 31/5/21.

More Home Care services for less money? Too easy.

Home Care is designed to help you stay in your home as you get older. Funded by the Federal Government, Home Care packages are made up of individually selected services that make life a little easier. Some of those services include cleaning, gardening, meal preparation, home maintenance, shopping, medication administration and more.

Our local Home Care team can help you choose the services you need and have your package ready to start within 48 hours of signing your Home Care agreement.

For an obligation-free quote, find your local Home Care Manager at acacialiving.com.au/homecare

Acacia
LIVING GROUP
acacialiving.com.au



Volunteers needed to help with the Masters Games in October



Volunteers needed for Masters Games

by Allen Newton

MORE than 1000 Perth volunteers are needed to help organise one of the largest multi-sports events in Australia. The Australian Masters Games, to be held in Perth for the first time in 28 years, will run from 7 to 16 October and will need plenty of help from people prepared to give their time.

Workforce coordinator

for the Games, Libby McGee, said the search for volunteers began at the end of March and was going well. "We've had lots of response from local Perth volunteers and a bit of response from interstate as well, which is really encouraging," she says. Ms McGee said they were looking for a complete range of volunteers, of any age and experience. They didn't need a

background in volunteering and all the training required would be provided. "Generally, we tend to have more mature volunteers, but we are really keen this year to expand our demographic and include students and working adults and mature adults who are retired. Anyone is welcome to join our team." Ms McGee said for most people volunteer-

ing was an opportunity to give back to their community or to their sport and particularly being involved in major events in Perth, which are few and far between. It's a great opportunity to get some major event experience. The volunteers will work across the event team and sport team, helping to run the Games which has more than 6000 competitors. Most shifts will be between 7 and 16 October, but some will be required before or after the Games period. The event team will cover areas such as accreditation, workforce management, operations with some of the back-of-house type roles, as well as the special events team.

For the most part volunteers don't require specialist skills, apart from journalists and photographers and sport liaison officers. Ms McGee said this was a great role for event management students to get involved with to gain some valuable experience.

"We are open and welcome to anyone who is interested in getting some experience and meeting new people. "We want to develop a great community of volunteers for the games." The competition for older Australians spans more than 50 sports including softball, baseball, athletics, lawn bowls,

dragon boat, ten pin bowling, darts, petanque, powerlifting and many more. There is no criteria to qualify to participate. The oldest registered participant is 91 and some swimmers are in their 30s. Created by the Confederation of Australian Sport in 1987, the Australian Masters Games

is a week-long festival of sport that brings together weekend warriors from around Australia and the world, to enjoy an extensive sport and social program in an exciting holiday destination. Applications for volunteers close on 23 May with more information at australianmastersgames.rosterfy.com.au/register

HELEN Box is heading into retirement and says the time has come to give something back to the community.

The now 71-year-old has played tennis in two previous Masters Games, in Tasmania in 2017 and Adelaide in 2019, which she says she absolutely loved the experience.

But this time Ms Box decided that because the Games were in Perth she would do some volunteering.

"I just want to help out in that capacity, I think it's a nice way to meet new people and I enjoy being among people."

"I'm just about to retire and will be retired at the end of May, so I will have a lot more time."

"I've seen what other volunteers do when I've been a participant as a tennis player, so I thought I'd try to put myself out there and do something a bit different."

"Putting yourself out there in a different environment and meeting new people is important."

Ms Box said she had also started volunteering for food rescue charity, Second Bite providing meals to those in need.

"I feel it's very important as a person in the community that we put ourselves out there."

"It's not for everybody, I know, but I'm a people person and that's my way of enjoying retirement, doing a few different things."

She says she didn't find getting involved in new things at all off-putting.

"Fortune favours the brave and I don't like the grass to grow under my feet, so it's good to make the most of each day," she says.

Please... No more lids for now

HAVE a Go News is no longer a collection point for Lids for Kids.

Currently there is no coordinator for Lids for Kids in WA and until something is set up for the future we cannot continue to collect lids.

Lids for Kids in the eastern states has joined forces with Rethink Recycling, but they are yet

to set up centres in WA.

We will keep readers up-to-date with developments as they come to hand. At this stage we have been advised that some Containers for Change depots take clean lids and Precious Plastics in the southern suburbs will also take clean lids only.

We take the opportunity to

thank the hundreds of people who have taken on this initiative and have recycled their lids.

There is an obvious desire in the general public to recycle further, if you would like to encourage our state government to offer better recycling contact Environment Minister Hon Amber Jade Sanderson.

Win a scratchie pack



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

To be in the draw, simply email 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 31/5/21.



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www.motobility.com.au



Easybeat Walkers celebrate 20 years of fun, friendship and fitness



Happy members of the Easybeats

by Josephine Allison

EASYBEAT Walkers is moving to a different beat these days, 20 years after it started as a health group. It's now an older persons exercise, lifestyle and social group, says secretary Terri Van Lamoen.

pervised by a trainer, then stretch our brain with card and board games, darts, skittles and table tennis and finish with morning tea, mostly healthy of course," Terri said.

The group currently has 46 members as well as eight senior members who attend some social events through the year. Average weekly attendance is about 35, the average age of members 79 with 20 members aged over 80 and three over 90.

Forty four club members recently celebrated its 20th anniversary with a bus trip to Golden Ponds, Baldvis where they enjoyed the gardens, lakes and walking paths. There was a meal and birthday cake with seven founding members entertaining with stories about the club's early days and their favourite memories.

The group evolved after coronary care nurse Julie Walker realised that after treatment, heart attack victims were sent home to a possible second attack. She lobbied doctors and the Health Department to establish the Healthy Heart Program to give patients a better chance of avoiding another attack.

In 1999 the WA Health Department gave a two-year grant for a program incorporating exercise and health for heart patients and their carers. The program included exercise, walking, diet, healthy food choices and heart health awareness.

When funding ended, group members, who had already bonded as a group of friends (not just patients and carers,) decided

to form an independent club, helped by the City of Joondalup which provided a meeting place.

These days, Terri says health benefits from weekly exercise helps keep body and mind connected and working.

"Mutual support has been an important aspect of the club down the years. This is shown by social interaction, celebrating birthdays, puzzles, games and long-lasting friendships. Top this off with guest speakers, entertainment, low cost lunches and outings, the occasional bus trip and other events throughout the year.

"Despite many members being pensioners, we fundraise and allocate budget funds to support local organisations such as Wheelchairs for Kids, Grandparents Rearing Grandchildren WA, Silver Chain, Guide Dogs WA and Alzheimer's WA.

"The distinguishing feature that makes our club unique is that we are self-funded, not attached to a church or local council or just a clone of an over-reaching organisation.

"I think the future is as strong as the past. The secret to ensure the club's survival is new members each year at the lower end of the age spectrum. Our next step is to encourage younger members to join the committee.

"In the meantime, we will keep exercising our bodies and minds and enjoy social outings with old and new Easybeat Walkers."



by Lee Tate

TWENTY-NINE years ago, we media monitored every move by the Queen, on her fourth visit to Western Australia. And the crowds came out as usual.

Because of the monarch's incredible fortitude and longevity, nobody dared question how many more visits the Queen would make to WA.

Indeed, 10 years ago,

As it happened...beyond the stories - a look back at a right royal tour

the Queen bounced back to open the Commonwealth Heads of Government Meeting in Perth before heading east.

So news from the Palace, proclaiming no more Queen world tours, has passed surprisingly quietly in Australia.

Ending a perfect run of successful WA visits (15 to Australia) for the Queen and Prince Philip from 1954, everything went like clockwork 29 years ago. But it was the end of an era.

There may be more Royal tours, but they will never be the same. For her successors, there won't be the same adoration. People will turn out for Charles and Camilla as well as William

and Kate but not in the same numbers, nor in the same glorious, welcoming spirit.

The curtain has fallen on that towering degree of bowing and scraping. And respect.

Even those with republican sympathies cannot ignore the majesty of Her Majesty. There will never be the same thoughts for her heirs.

How many royal generations before republicanism rolls into Australia?

Elizabeth II was the first reigning monarch of Australia to set foot on Aussie soil, on 3 February 1954. She was 27. She came to WA in 1963, 1981, 1988, 1992 and 2011.

When the Queen left Perth for her first visit to

Albany, more than 25,000 school children lined the route from Fremantle to Guildford. A banner read: "Please bring the Royal children next time you come."

Since 1867 there have been 50-plus Australian visits by Royal Family members, with just six before 1954. Not all went smoothly.

Prince Alfred, Duke of Edinburgh and son of Queen Victoria, was the first member of the royal family to visit Australia, in 1867, during his world voyage.

He missed WA, stopping at Adelaide, Melbourne, Brisbane and Sydney where he received a violent welcome.

While picnicking on

Sydney's Clontarf beach on 12 March 1868, the Duke was shot by Henry James O'Farrell in an assassination attempt. But he recovered and seven months later sailed on to New Zealand.

Then, in 1881, Prince George, 15, came to Australia with his brother, Prince Albert Victor of Wales, 17. Midshipmen in training, they sailed into Albany on *HMS Bacchante*, then took a passenger ship to South Australia, went overland to Melbourne and sailed on a navy ship to Sydney.

In 1901, Albert Edward, Prince of Wales and his wife, Alexandra, were set to sail here but Queen Victoria died on 22 January and they had

to prepare for a coronation in 1902.

So, Edward's son Prince George, Duke of Cornwall and York, and Mary, filled-in. They landed in Albany aboard *SS Ophir* and sailed on to Melbourne where the Duke opened Australia's first federal parliament.

In 1920, Edward, Prince of Wales, arrived in Victoria on behalf of his father, George V, to thank Australians for their role in World War I. He was flanked by the legendary Lord Louis Mountbatten.

In WA, their railway carriage overturned near Bridgetown. Neither was fazed with the prince climbing out clutching his papers in one hand and a cocktail shaker in

the other. He reportedly commented that "at last, something has happened outside our program."

The Queen's tours, however, rule supreme. In the year after her succession to the throne, the Queen and Prince Philip undertook a six-month grand tour of the Commonwealth.

Over 58 days in Australia, they visited 57 cities and towns across all States and territories except the Northern Territory. They kicked off their Aussie expedition from Fremantle aboard the royal yacht *Britannia*.

During that national tour, 75 per cent of the population turned out to catch a glimpse of their Queen.

WA PREMIER EVENTS PROUDLY PRESENTS



THURSDAY 26 August
Goldfield's Art Centre, Kalgoorlie

FRIDAY 27 August
Belvoir Rustic Barn, Upper Swan

SATURDAY 28 August
Astor Theatre, Perth

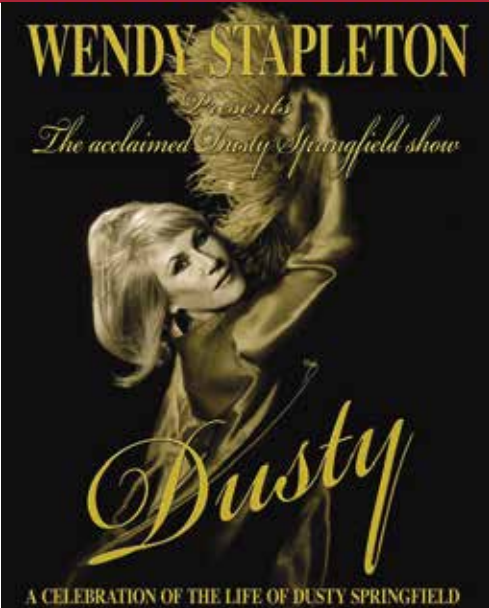
SUNDAY 29 August
Mandurah Performing Arts Centre



THURSDAY 30 September
Belvoir Homestead, Upper Swan

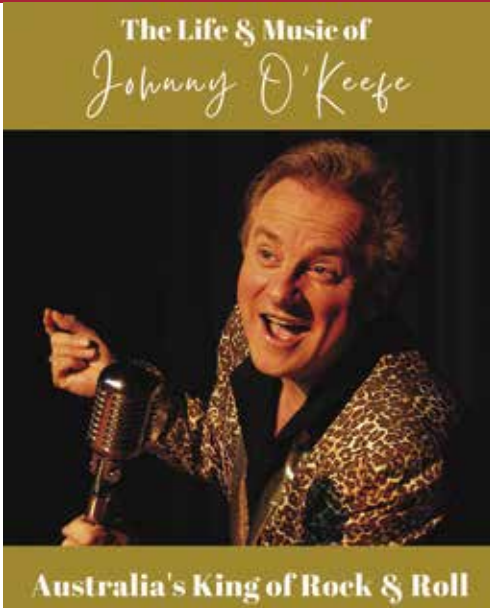
FRIDAY 1 October
Astor Theatre, Perth

SUNDAY 3 October
Bunbury Regional Entertainment Centre



SATURDAY 2 October
Astor Theatre, Perth

SUNDAY 3 October
Belvoir Rustic Barn, Upper Swan



THURSDAY 14 October
Belvoir Rustic Barn, Upper Swan

FRIDAY 15 October
Mandurah Performing Arts Centre

SATURDAY 16 October
Bunbury Regional Entertainment Centre

SUNDAY 17 October
Astor Theatre, Perth

For ticketing information visit
www.wapremierevents.com.au



THURSDAY 11 November
Astor Theatre, Perth

FRIDAY 12 November
Esplanade Hotel, Fremantle

SATURDAY 13 November
Belvoir Rustic Barn, Upper Swan

SUNDAY 14 November
Bunbury Regional Entertainment Centre



Services Australia's free specialist financial services



by **Hank Jongen,**
General manager.
Services Australia

SERVICES Australia offers a number of specialist services you can access for free. One I often refer people to is the Financial Information Service (FIS).

FIS provides free, independent and confidential

information, as well as tools and resources to help you make informed decisions about your current and future financial needs.

FIS is available to everyone, not just people getting government payments and services.

The service helps people of all ages and circumstances to make informed decisions about their finances, particularly people with complex financial situations, or those who are financially vulnerable.

Financial information service officers are specialist staff who are available through a national phone service. They're

located across the country in more than 130 Services Australia service centres, and have an expert understanding of income support payments and financial matters.

FIS Officers can help you if you're managing a change in your circumstances, like being newly employed, being made redundant, dealing with an illness or disability, becoming a parent, getting divorced or becoming a carer.

They can help people who want to save for the future, are returning to work, thinking about or preparing for retirement, receiving compensation payments, or thinking

about moving into aged care.

FIS officers can explain:

- how financial products work
- how government payments work
- resources that may help you with your financial matters.

They provide tailored financial information, education and support, however they're not financial planners or financial counsellors, so they won't promote or provide advice on purchasing investment products. FIS Officers also won't make decisions about your payments.

To speak to the Financial Information Service, call 132 300. Say 'Financial Information Service', when prompted for the reason of your call. This will take you through to a FIS officer who will help you with your situation. Depending on your circumstances, the FIS officer may book a further face-to-face interview for you, in or near your local Services Australia service centre.

Until next time.

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

Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor,

Re Lee Tate's article on public holidays MOST us don't know what we are celebrating, but for those poor devils who are slogging their guts out in jobs they hate, these holidays are a godsend that are badly needed. So leave them be.

Rose Hope
North Beach

Friendship through flowers



COME along and enjoy friendship through flowers at WA Floral Art Society to see members designs and demonstrations and enjoy afternoon tea and raffle.

Meetings are held on the second Saturday of the month at Osborne Community Hub, 11 Royal Street, Tuart Hill. 12.45pm for 1pm start. Entry \$10.

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

Coronavirus (COVID-19) information

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

3 in 1 Market @ SHOWGROUNDS

- Handmade Crafts
- Antiques & Collectables
- Polka Dot Vintage Market



WE'RE BACK and BETTER THAN EVER!

RESCHEDULED DUE TO LOCKDOWN...

Saturday 5th June 9.30am - 4.30pm
Sunday 6th June 9.30am - 4.30pm
CLAREMONT SHOWGROUNDS

- Over 300 indoor market stalls
- FREE antique valuations (12pm-3pm daily)
- Trains stop INSIDE showgrounds

WIN \$2,000 CASH
(door prize)

Entry \$8 Children under 10 FREE
www.treasuredcraftcreations.com.au
www.facebook.com/3in1market

9 MUST WATCH PROGRAMS THIS MAY



9NEWS AT 5.00

One of Perth's most trusted and experienced media stalwarts, Monika Kos, fronts a one-hour live and local bulletin, weekdays at 5pm.

LIVE & LOCAL 5.00PM



9NEWS AT 6.00

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

FULL STORY NIGHTLY 6.00PM



TRAVEL GUIDES

Your favourite travel critics are back and will have you dreaming of that next big holiday: the loveable Fren family, twin cowgirls Stack and Mel, posh retirees Kevin and Janetta, best mates Kev, Dorian & Teng, and long-time couple Matt & Brett.

WEDNESDAYS 7.30PM



DOCTOR DOCTOR

Australia's favourite bad boy, Dr Hugh Knight (Rodger Corser) faces his toughest challenge ever. Will romance rekindle when Penny (Perth's Hayley McElhinney) arrives back in town, or will Hugh fall for high-flying council administrator Sharma (WAPA graduate, Chantelle Jamieson)?

WEDNESDAYS 8.30PM



DESTINATION WA LOCALLY MADE

Join Trevor Cochrane and his team as they hit the road and experience our great state's most beautiful locations and hidden gems, right on our doorstep. Why not make your next destination, WA?

FROM SUNDAY, MAY 23, 5.30PM



TODAY

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

WEEKDAYS FROM 5.30AM



60 MINUTES

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

SUNDAYS 8.30PM



CELEBRITY APPRENTICE

Highly respected British billionaire and business magnate, Lord Alan Sugar, serves as CEO for the Aussie celebrity candidates, each vying to become the next Celebrity Apprentice.

COMING SOON



WEAKEST LINK

One of the most iconic early-noughties game shows Weakest Link is set to return to Channel 9, featuring a new host: comedian, actress and Aussie national treasure Magda Szubanski.

COMING SOON

@9NewsPerth | @Channel9



Let's go Motoring - test driving the ultimate in German engineering...



The sleek Mercedes Benz E 300 Coupe



by Tony McManus, Host, Saturday Night Show, 6PR Perth.

OUR roads in WA are not great; there I've said it out loud. You know you agree. Because we all know that wonderful feeling of driving on a brand new piece of road, smooth, quiet and oddly exhilarating. Whatever car you're driving, it feels different, the way it should be. New or older car; you hope

the road would always be of that evenness. But then, two and half kilometres on, it reverts back to the familiar noisy, unsettling experience to which we have become accustomed. I often wonder whether it's acceptance of our rubbish roads that has subliminally influenced our herd mentality, towards driving medium and larger SUV's, rather than the greater driving experience that only well designed and engineered sedans can provide. And that experience was never more pronounced than when driving around our beautiful South West in the week after the Easter break. If any car was going

to be resistant to crap roads, the recently facelifted Mercedes Benz E 300 Coupe would be the one. It's designed and engineered to be driven with composure, while dripping in poise, calm, aligned self-confidence. No longer the sole domain of Mercedes Benz, but they invented, then perfected it. Starting from around \$117,000 plus on-road costs; it's a colossal good drive. A 2.0 litre turbo four-cylinder petrol engine, delivering 190kW of power. The rear-wheel drive, two-door, nine-speed automatic transmission drive experience is joyful in the extreme. And all the while feeling wonderfully familiar.

Inside the Benz also provides amazing levels of satisfaction. Plenty of leather and technology; arguably few do it better. The 12.3-inch infotainment screen is easy to use and can be set up in seemingly an endless number of ways. The "Hi Mercedes" voice command is so easy; so much so, you may consider never needing to rent an office space ever again. Your car is the new working from home office. All the fantastic Benz bells and whistles are in place and supremely instinctive after only a few hours behind the wheel. However, it is what you pay for. The colour ambient lighting feels marvel-

lous, along with the electrically adjustable seats, easy to use navigation and information systems; very handy when looking for a particular Margaret River vineyard or two. This is a big car, but the 2.0-litre four, is more than acceptable. It has plenty of power when needed and solid acceleration. It is certainly not a hot hatch, nowhere near as exhilarating. But the purr of the Mercedes engine, the ease of steering and sharp throttle response, all add up to a most satisfying package. If we are to be the "State of great drives", we really need to have great roads. World class; not unlike an E Class Benz.

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

10.15am each Sunday
Regular services of Holy Communion

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

Holy Honey
Buy Father Steve's organic raw honey

www.stpatricksmtlawley.com
Father Stephen Conway 0478 514 516

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

VOLUNTEER RECRUITMENT DAY

SUNDAY 23 MAY | 11AM-2PM

Whiteman Park Village outside the Visitor Information Centre

COME AND JOIN A WONDERFUL TEAM OF VOLUNTEERS AT THE PARK:

- Garden maintenance (planting, weeding, light digging, mulching, clean-up)
- Drivers and conductors (bus, train and trams)
- Customer service officers with retail experience (museums)
- Craftsmen (mechanics, electricians, fitters, panel beaters, painters)
- Social media
- Tour guides

To find out more join us at our recruitment day! Meet volunteers from our transport heritage groups, and learn more about the skills we are seeking.

WIZARD *pharmacy*

FLU Vaccination

- Administered by a Wizard Pharmacist
- Available at multiple locations throughout Western Australia
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Walk-ins welcome.
Avoid the waiting room!



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member
benefits
apply***

To
Book

Call
1300 929 929

Go to
wizardpharmacy.com.au/flu

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

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

RECOGNISE. RECONNECT. REIMAGINE.

NATIONAL 17-23 MAY 2021
VOLUNTEER
WEEK
RECOGNISE. RECONNECT.
REIMAGINE.

Volunteers are the life blood of community, often with issues of their own



Gaela Hilditch

by Allen Newton

GAELA Hilditch is battling a debilitating form of the eye disease glaucoma.

While it's not much fun for Gaela, she says if it wasn't for the disease, she wouldn't have been prompted to get involved in the charity support group which helps other sufferers in Western Australia.

While some forms of glaucoma can be relatively easy to manage, Gaela

has a form of the illness that is challenging to keep under control.

It keeps her constantly researching alternative treatments and drugs, something that prompted her to volunteer to get involved in the support group 20 years ago, when she was first diagnosed.

For the last eight years she has been running the group, pretty much on her own.

"I felt we needed a lot more education from

experts, so I've been organising three meetings a year with ophthalmologists," she says.

"Years ago, we would have one speaker a year and then all the other speakers were 'how not to fall over' and things like that."

Ms Hilditch said the group back then wasn't attracting big attendances.

While it now attracts good numbers she said organising the group takes up a lot of her time.

"I often get calls from people who have been recently diagnosed and want to chat on the phone about how they are feeling."

"While I'm not really in that role, I feel a lot of compassion for them, and I know what they are going through, so obviously I do communicate and talk to them."

"I also advise them to ring Glaucoma Australia, which they often do."

Gaela is particularly busy before meetings,

organising catering, venues, speakers, sending emails to people about the event and putting out flyers.

"It takes a lot of time and motivation to keep going," she says.

And while it's hard work, Gaela says the results are satisfying.

"For the most part people are very appreciative that I do the work – and that's what keeps me going."

For the most part running the group is a one-person job, without a lot of support, except for the help of her husband.

"He's amazing, he writes all the labels, packs up all the stuff, the glaucoma stand, and he does all the books."

"We charge \$5 entry, which all goes to Glaucoma Australia, because our afternoon tea is provided by Perth Eye Hospital, but I have to arrange it all."

She says Glaucoma Australia is very supportive of the work she does.

Gaela is happy enough

to take on most of the work herself.

"We used to have a lovely lady who would turn up and say she would sell all the Glaucoma Australia raffle tickets for us, so you don't have to worry about that. She stepped in and did it, used her own initiative."

"Other people have said they'd like to volunteer and help."

"I say to them the best thing to do is come to a meeting, see how it's run and see what's needed and then you can figure out how best to support it."

"Those people never turn up. It's quite extraordinary."

If it wasn't for her own glaucoma Gaela says she wouldn't have got involved with the group.

"Glaucoma is not a sexy disease. It doesn't have a big profile out there and it mostly affects old people."

She says though that volunteering provides a sense of purpose.

"There's nothing like feeling that you are helping others."

"I must admit I get the biggest buzz when people ring me up and they've been diagnosed, or they are looking at having a surgery and I ask them 'have you checked out such and such?' or 'has your specialist offered this option or that option?'."

"They tell me they feel so much better having spoken to me and that makes me feel really good about the role that I do."

How long she can keep going? Gaela is not sure, although a meeting is planned for July, which she hopes will shed some clarity on the future.

"That will bring up a lot of issues, like do people feel they can help or volunteer and if not, why not? Maybe they think I'm running it so well that I don't need any help."

"I'm looking forward to that session and it may give me a new spring in my step."

City of Perth

Thank You

CITY OF PERTH
VOLUNTEERS

Volunteers play an integral role in much-needed City of Perth services including the Citiplace Community Centre, the Access and Inclusion and LGBTQIA+ Advisory Groups, Heritage Perth and the iCity Visitor Service.

The volunteer team are invaluable to the City, 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 2021.

For further information or to volunteer, contact info.city@cityofperth.wa.gov.au



Make a difference to older people's lives

ADVOCARE'S Community Visitors Scheme is entering its third year of helping older people stay connected.

Program manager Justine Martyr said that more than 200 older West Australians have already benefited from their program.

"All our volunteers are police-checked and matched to clients. We match people based on location and shared interests. Our volunteers range in age from 18 to

85. Visiting someone who is isolated or lonely can make a great difference to their life; sharing stories and companionship can reduce stress, anxiety and depression for both the older person and the volunteer."

While most of Advocare's visitors do one-on-one visits, group visits can also be arranged. Advocare recently had a call from a potential volunteer who plays piano and was keen to do regular visits in an aged

care facility playing music for the residents.

Advocare asks volunteers for a minimum of two hours per fortnight to dedicate to the program.

Justine said: "Clients really look forward to their visits and volunteers tell us how rewarding they find it. Our volunteer coordinators Navodini and Michelle are passionate about this part of the role and love going through the process of finding the

perfect volunteer for a client."

"Recently they've been able to link a number of older people with volunteers who are fluent in their native language. It's rewarding to hear the stories of clients who are now able to converse in their own language."

"One of our early experiences was a client with some very distinct wishes in a volunteer which seemed impossible to find in one person. Literally the next day, we had a call from a potential volunteer who possessed all the attributes on the wish list. We were able to set up a successful match for the client which lasted until they passed away."

Advocare is always keen to welcome new volunteers throughout the Perth metropolitan area. If you are interested in becoming a volunteer or would like a volunteer to visit you, please email volunteer@advocare.org.au or call them on 9479 7566.



City of Stirling
City of Choice

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!

Tel: (08) 9205 8555 | www.stirling.wa.gov.au

Save the Children NATIONAL 17-23 MAY 2021 VOLUNTEER WEEK

Our Op Shops: CANNINGTON, EAST VICTORIA PARK, FORRESTFIELD, GIRRAWHEEN, MORLEY, MOSMAN PARK, MOUNT HAWTHORN, MYAREE, CLARKSON, O'CONNOR, ROCKINGHAM, SCARBOROUGH, SOUTH FREMANTLE, SOUTHERN RIVER, TUART HILL & WILLETTON

Ph: (08) 9209 2437

Thank you! We couldn't do it without you!!

ASTLEY care

Astley Care would like to sincerely thank all our volunteers, past and present, for more than 35 years of care, compassion and commitment towards our clients.

9490 2393
23 Astley Street, Gosnells
email: admin@astleycare.com.au

www.astleycare.com.au

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Our mission is to enable families of people with developmental disability to plan and implement services that enhance their quality of life and provide a long-term secure future.

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Steps to creating a secure future

RECOGNISE. RECONNECT. REIMAGINE.

NATIONAL 17-23 MAY 2021
VOLUNTEER
RECOGNISE. RECONNECT.
REIMAGINE. WEEK

Animals give us a better life, leave them a better world



Jackie and Tuk the malamute

JACKIE lives in Perth with her foster pet, Tuk the malamute.

She tells how volunteering with rescue animals helped her connect to a deeper purpose and passion in life.

"At the age of eight I welcomed my first furry teacher – Rex. He taught me compassion and love through all stages of life. As a teenager, I knew nothing of growing old, but he gave me his paw and led me on this journey."

"Since then, I've been blessed with several other gorgeous dogs."

"A deep love for my pets blossomed into a passion for helping all animals when I started volunteering at a res-

cue organisation about 30 years ago.

"Looking into the eyes of those broken souls helped me realise I don't have to solve all the issues of animal cruelty. I just have to make a difference to one animal's life."

"One day I will be reunited with my beloved animals who have gone before me. Just as I have chosen to show up day after day, year after year, with a heart full of love to help the animals who have been victims of cruelty, so I have chosen to make a difference to the lives of animals after I have gone by leaving a gift to RSPCA WA in my will."

Thank you Fremantle Round House Heritage Guides

Round House Volunteers welcome visitors, from far and wide, to the oldest public building in the State. Volunteer Guides provide visitors with information and history of the Round House. The Guides also point out places of interest from the gun deck where the 1 o'clock gun is situated and fired.

T: 9336 6897 E: enquiries@fremantleroundhouse.com.au



New Volunteers are welcome and we are currently recruiting for Weekend Guides willing to be trained to fire the cannon.

Advocare

Empowering People

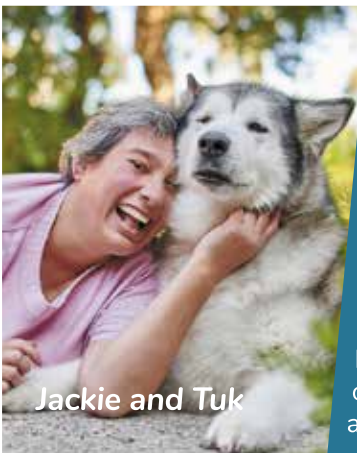
Make a difference in an older person's life
- become a volunteer in our Community Visitors Scheme



To find out more about volunteering or
to have a volunteer visit you phone **9479 7566**
volunteer@advocare.org.au www.advocare.org.au

HOME EVER AFTER

RSPCA
Western Australia



Jackie and Tuk

**Together, we can
build a better world
for the animals we
love so much.**

Looking into the eyes of those broken souls helped me realise I don't have to solve **all** the issues of animal cruelty. I just have to make a difference to one animal's life, because it will mean absolutely everything to that animal.

**By including a gift to RSPCA WA in your Will, your love
for animals can live on, and help end animal cruelty.**

For more information about this comforting program, please
contact RSPCA WA's Gifts in Wills Coordinator:

☎ (08) 9209 9365 ✉ bequests@rspcawa.org.au

Alternatively you can complete this coupon and post
it to: RSPCA WA, PO Box 3147, Malaga WA 6944

Mr / Mrs / Miss / Ms / Other: _____

Name: _____

Phone: _____

Address: _____

COMMUNITY NOTEBOOK

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

AMRA MODEL RAILWAY EXHIBITION

Claremont Showgrounds Exhibition Centre

5-7 June, 10am-4pm

Tickets costs apply online or at door.

email amra.trains@westnet.com.au

Ph 9377 3456

HEALTH AND HEALING EXPO

30 May, 10-4pm. Free entry

Joondalup Resort,

Country Club Boulevard. Connolly

THE GATHERING

Northern Suburbs Social Group

St Anthonys Parish Hall, Dundobar Road

Wanneroo. \$5 Contribution. Bring a plate to share.

Meeting 20 May. Registrations 10.15am.

Music, quiz, entertainment, and a raffle.

Proceeds to Wheelchairs for Kids.

Sean 0431 018 388 Jim 0431 866 320

CITY OF BELMONT

Women's Multicultural Friendship Group

Come along and share information, stories

and make new friends. 10-11.30am

Fortnightly Tuesdays during school terms.

Belmont Resource Centre Info 9477 7453

39 Elizabeth Street, Cloverdale

community.development@belmont.wa.gov.au

CELEBRATING EDDIE STORM'S VARIETY SHOW OAM

89TH Birthday and 70-years of entertaining.

2 June, \$5 for Senior members only. \$10 Adults

Tea and coffee included. Walk ins okay.

Mandurah Seniors Centre, Ormsby Terrace,

Mandurah. Enquiries 9550 3799

THE GILBERT AND SULLIVAN SOCIETY presents THE PIRATES OF PENZANCE

A zany musical comedy featuring a cast and orchestra of 50 plus.

2-12 June at the delightful Dolphin Theatre

35 Stirling Highway, Crawley.

www.ticketswa.com/event/pirates-penzance-0

TicketsWA: 6488 2440

PERTH HILLS ARTISAN MARKETS

Mundaring Arena 16 May, 9.30am-3pm. Free entry.

All are welcome to enjoy this great family friendly

extravaganza. Showcasing local artists, crafters,

producers and creatives.

MULTICULTURAL FESTIVAL

Saturday 12 June. Goldfields Art Centre

35 Cheetham Street, Kalgoorlie

With a fantastic entertainment and a variety of stalls

to browse this event is one not to be missed.

mailbag@ckb.wa.gov.au 9021 9600

PINJARRA FESTIVAL

Saturday 5 to Sunday 6 June, 10am-4pm

Free event. Entertainment for the whole family.

Including acts, activities and attractions including

live music, market stalls and lots more.

Contact 9531 7777 mailbag@murray.wa.gov.au

JUMBLE SALE AND CAKE STALL

St Michael & All Angels Community Hall

Corner George and James Street, North Beach

Saturday 12 June, 9am-12midday

Clothing, toys, cakes, preserves, plants,

raffles and morning tea.

SUDBURY COMMUNITY HOUSE

Neighbourhood House Week

Tuesday 11 May, 4.30pm-6.30pm

30 Chesterfield Road, Mirrabooka

African drumming, face painting, magic show and

sausage sizzle.

Ph 9344 8011 admin@sudburyhouse.org.au

AMMPT Western Region (Inc.)



CLASSICS OF THE SILVER SCREEN

2021 Film Program presents for your pleasure

Hello Dolly

starring Barbara Streisand & Walter Matthau

Monday 24 May

Live organ music before the show

Admission; Members \$6 Seniors \$9 Public \$11

Grand Cygnet Cinema, Preston Street, Como

Ph 9367 1663

Doors open 11.30am Screening starts 12noon

Email: waregion@ammpt.asn.au or write to

The Secretary, PO Box 5147 Dalkeith WA 6009

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that needs a break from the shelter?

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rewarding experiences visit
www.cathaven.com.au

Friend to Friend



Instructions - Please read carefully

Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:

Friend to Friend
PO Box 1042
West Leederville WA 6901

Each person may submit one entry every month.

Abbreviations used in Friend to Friend

ALA: All letters answered	DTE: Down to earth
GSOH: Good sense of humour	ND: Non drinker
SD: Social drinker	NG: Non gambler
NS: Non smoker	NOR: North of River
SOR: South of River	TLC: Tender loving care
WLTM: Would like to meet	

Please nominate a category for your advertisement.

Tick one box only.

- | | |
|---|---|
| <input type="checkbox"/> Travel companion | <input type="checkbox"/> Wishing to contact |
| <input type="checkbox"/> Seeking a friend | <input type="checkbox"/> Seeking a partner |

Name

Address

Phone Email

I am over 45 years of age (Signature)

Obtaining replies to your Friend to Friend Reply Box entry:

Please include two stamped (\$2.20) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

Seeking a Friend

ADVENTUROUS no ties, friend needed for North West trip. June, July, August and possibly September. View to future travels, perhaps Norfolk Island? Must be straight, NS, NG, GSOH, fin sec only need respond. Male or female, 60-70ish, good health, tolerate relaxed type. Let's talk soon. ALA.
Reply Box 8829

AUSSIE lady, attractive appearance, WLTM Aussie guy 68-70, NOR, for a friendship. Like outdoors, barbecues, theatre, sports etc. NS, SD, GSOH, someone with decent, genuine persona. Previous replies were way off base. This time hoping for successful responses.
Reply Box 8824

CREATING a singles dinner group for five men and five women aged 65-75 and single seeking friendship/companionship, restaurants located around western suburbs, no fees other than the cost of a set meal.
Reply Box 8815

ENGLISH rose 72, caring lady, looking for gentleman to be friend or partner, GSOH, SD, NS, lives 6004. Likes people who can make me laugh and brighten up a lonely day. ALA.
Reply Box 8813

EUROPEAN 6', been in Perth 65 years, WLTM European lady 60, 6', NOR to come attend 70th birthday party, SD, NS, like company, movies, dinners, travel, dancing, walking etc.
Reply Box 8806

EX-COUNTRY guy, 80, NOR, vegetarian, nature lover, Christian values, invites petite outdoors lady to meet for nature walks, picnics, 1-2 days a week. Must be smart dresser for occasional dining out. Fin sec. No schemers.
Reply Box 8817

NEWS UPDATED DAILY
www.haveagonews.com.au

GENT 69 WLTM lady up to 70. I'm medium build, 5'6", light tan, NS, SD, into music, movies etc. Ladies start new life with happy man. Begin to live again. Just give me a try. ALA.
Reply Box 8821

GENTLEMAN 63 no baggage, likes social outings, dining in/out, looking for slim to med build lady for companionship.
Reply Box 8827

HEALTHY Asian small build, Christian widow, 71, loves walking, dining, catchup coffee and some reading when able. WLTM Christian widower, similar age for friendship and companionship, SOR, ALA.
Reply Box 8818

HEALTHY fit woman 72, GSOH, SD, NS, Albany, Mt Barker, Denmark area, kind, caring, aware and lighthearted, WLTM man 68-74, fit and healthy, all of the above. Love life's simple joys, nature, sunset with wine and chesse!
Reply Box 8814

LADY 70s, attractive, slim, youthful appearance, WLTM well presented single gent, easygoing, warm, matured, genuine, NS, SD, NG for company, friend, more if compatible, NOR.
Reply Box 8807

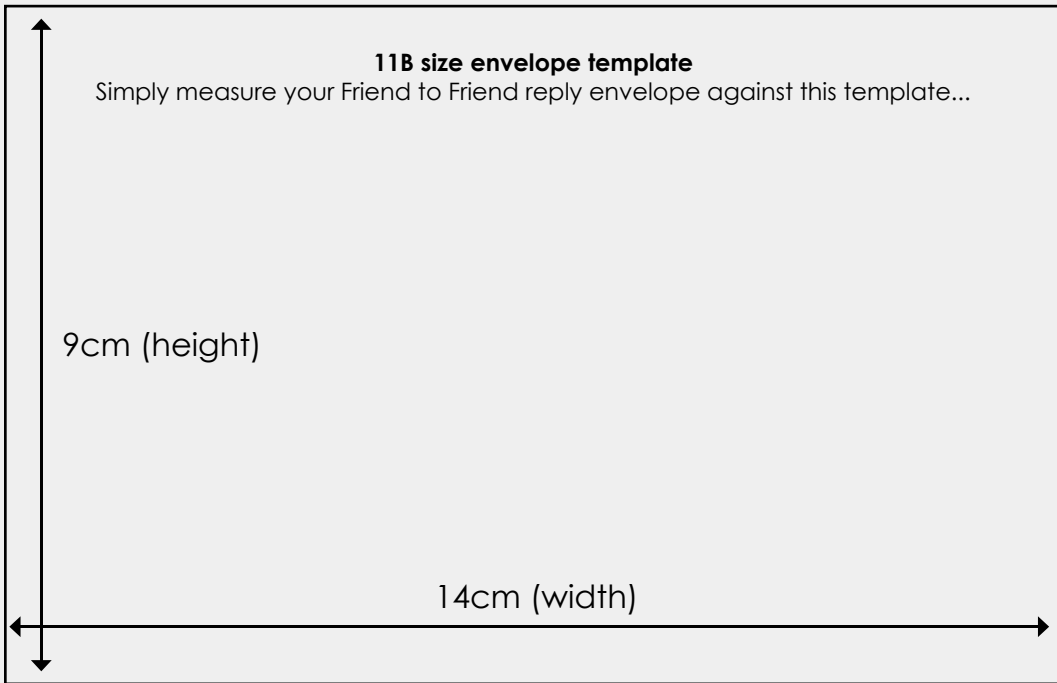
LOOKING for smartly dressed romantic man 70+ who wants to enjoy life with me. I am vibrant, young at heart, active, outdoors, fishing, boating, gardening, swimming, camping, vacations. Please only contact if you are genuine.
Reply Box 8810

MY name is Kenneth Rafvet, active romantic, often lonely, WLTM warm hearted lady, 60-70, works too much, could find room for amiable soulmate NOR, NS, ND, TLC.
Reply Box 8820

SIMPLICITY contentment and yes, indispensable friendship. Refined Filipina Australian lady, height/weight proportionate. 70 going on 50. Being alone is not what it's cracked up to be. Fun, fit and free. Thank you from a friend.
Reply Box 8819

NEWS UPDATED DAILY
www.haveagonews.com.au

When replying to an Friend to Friend entry...



To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to: eg. Reply Box 4100 c/- Friend to Friend, PO Box 1042, West Leederville, WA 6901. (example only) Write your reply on a single sheet of paper and place inside an 11B size envelope (measures approx. 14cm x 9cm). Please note, due to the popularity of the service,

it is essential that all Friend to Friend replies are sent in a 11B size envelope see diagram below. No greeting cards, bulky items and photos. All replies will be forwarded early in the next month. All replies are strictly confidential and are not opened. Replies must be in response to reply boxes no older than three months.

SOLUTIONS MATCHMAKING

"The safest way to meet a genuine and suitable companion"

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SPEARWOOD LADY 74 slim, well-grmd, attr, sociable, d.t.earth, enj dancing, movies. Sk wid gent 70-76.

CANNING VALE LADY 70 slim, youthful, attr, blonde, fun-loving, modern, confident. Sk likeminded gent 60-75.

SCARBOROUGH LADY 70 slim, active, loyal, kind, well-grmd, cheerful, sociable, enj o/doors, music, movies. Sk respectful gent with GSOH 65-75.

HELENA VALLEY LADY 72 quiet, active, happy, loving, enj the arts, singing, dance. Sk supportive and kind gent 68-80.

MT CLAREMONT GENT 79 fit, active, GSOH, retired professional, enj boating, swimming, dining. Sk sociable lady 70-80.

MAYLANDS GENT 83 d.t.earth, quiet, GSOH, enj travel and current affairs. Sk sincere and fun-loving lady 78-83.

FALCON GENT 75 young outlook, friendly, easy going, jovial, enj travel, sport, music. Sk lady 67-77.

WARWICK GENT 77 relaxed, confident, sociable, well-mannered and grmd, likes sport and socialising. Sk intel lady w/ fun spirit 68-79.



SOLUTIONS
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*conditions apply

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Seeking a Partner

ACTIVE affectionate gent, too many interests, NS, SD, live in Mandurah area. Love to meet lady similar age, fit, active for long term relationship if compatible. Let's meet for coffee. Take it from there. ALA.
Reply Box 8825

ATTRACTIVE English Australian lady, 70+, med build, SOR, 6107, GSOH, ND, fin sec, educated, seeking a well groomed, fin sec, genuine gent, 67-74, (not separated) for permanent, long term relationship. I like music, reading, walking, country drives, good conversation, socialising, genuine replies only. ALA. City or hills area.
Reply Box 8826

EASTERN European gentleman, personable, slim, 69, healthy, happy, likes cooking, gardening, social activities, bush walks, family research, seeking socially intelligent, spirited lady, postcode 6056 or nearby to share a simple life in a peaceful location.
Reply Box 8822

GENT 73 happy, presentable, likes dining out, country travel, enjoy female company, GSOH, NS, ND, loves watching all sports, own home, fin sec, let's walk, talk, travel in the country, anything to make life grand. Seeking fun-loving lady long term partner.
Reply Box 8812

GENTLEMAN 75 seeks lady friend same era. No preferences just be a good person. Me; well, fit, happy and established. They say a change is as good as a rest so let's go.
Reply Box 8811

GUY early 70s, 183cm, NS, ND, DTE, VGSOH, fin sec, tactile, likes travel, driving, walks, movies, gym, seeks slim lady to share life's ups and downs with. Let's meet and talk, nothing to lose.
Reply Box 8809

ISN'T there a lovely lady around 70-80 who would like to spend the best of her life with me. I am 80, very caring and have lots of love to give you. NS, SD.
Reply Box 8808

NEWS UPDATED DAILY
www.haveagonews.com.au

LADY WLTM 68-78 guy to share twilight years, usual social activities, share common interests. View to mutual trustworthiness, companionship with independent, fit lady. Let's explore future possibilities. Missing that special friend, travel companion, partner. ALA.
Reply Box 8823

WANTED! One gorgeous, brilliant man, widower, who wants a gorgeous, brilliant woman - widow in his life. I'm a fairly positive person with a GSOH, balanced. I'm 67, so you would probably be round 67 to 72. I'm reasonably fit and love life, just need someone to share it with. I'm SOR but love to travel. Write me, go on, have a go!
Reply Box 8816

Seeking a Travel Companion

SEEKING a travel buddy (lady). I am 67 and would like to cruise from Fremantle (up the top) to Sydney, April 2022 or October 2022. WLTM.
Reply Box 8828

Have you met your match?



We at *Have a Go News* are interested to hear if any of our users of Friend to Friend have found a life partner. Is this you? If you would like to share your story please email helen@haveagonews.com.au or write to; Friend to Friend PO Box 1042, West Leederville WA 6901 Your privacy will be respected.

Do you need a companion or friend?
Let *Have a Go News* help you through our Friend to Friend page.
Get writing and send in your coupon.



healthy living

ADVERTISING FEATURE



health options
for the mature
west australian

26 to 27 MAY
Claremont Showground



Disability equipment and assistive technologies inspire independent living



When ATSA's second Independent Living Expo in Perth was postponed, it was not only suppliers that were affected, more than 400 allied health professionals and visitors had registered to attend. The Expo was rescheduled twice and as the vaccines begin to roll out, confidence in attending events is returning, under the new Covid safe norm.

Have a Go News asked Interpoint's managing director Simon Cooper (pictured left), who has been running the ATSA expos since 2005, how final preparations for the May event were coming along, and what differences exhibitors and visitors would see. How has the show in Perth been affected in terms of the number of exhibitors?

Simon: The Independent Living Expos are the largest displays of assistive technology in each State. Only three companies withdrew from the Perth Expo. In the past month many new companies have signed. In fact,

the Perth show is 30 per cent larger than the 2018 event.

Have a Go News: And what about visitor registrations? How are they tracking, and do they meet your expectations?

Simon: When the show was postponed, we had already more than 400 people registered to attend. We've been in communication with all these people and most have reconfirmed they will be attending. So our registration numbers are tracking well, but we know from past experience, around 50 per cent of people who attend register on the day. So we need to keep the messages going strongly over the next two months. We are expecting more than 1000 visitors to attend.

Have a Go News: what plans are in place to ensure the expo is Covid safe?

Simon: Each State and venue have different health requirements which makes planning challenging and these can change

at a moment's notice. As a professional event organiser Interpoint is part of the Exhibition & Event Association of Australia who have developed nationally recognised strategies for holding large events. For this event we have submitted a Covid safe plan to the venue to ensure it meets the State Health Department's requirements.

The expo will operate in a similar fashion to other large indoor venues such as theatres and shopping centres. There will be hand sanitisers, social distancing and QR codes scanning people as they arrive. QR codes have been used for several years at the ATSA shows as they provide a contactless registration system. The halls are large, and we will be within the indoor limit capacity.

Have a Go News: What can visitors expect to see that is new at the show this year?

Simon: Firstly, let me start with what's not changed. The popular free

coffee, free parking and free education is all available. Visitors will see a new and totally revamped education program. In particular we have introduced some longer clinical sessions at the request of occupational therapists and also a dedicated technology stream.

We are still collating information from exhibitors as to what they are displaying but as it is two years since the last Independent Living Expo, we

are expecting a lot of new products to be displayed for the first time.

Have a Go News: And final question Simon, what have you heard from the disability sector in general regarding the events?

Simon: Without doubt people are very keen to engage in face-to-face conversations. The AT industry is very tactile and what we have heard is that visitors and therapists want to see, touch, feel and discuss patient

requirements. There is a pent-up excitement about the event; the vaccine roll-out and borders reopening is giving everyone a sense of optimism. The events, though different, will be of huge benefit to allied health professionals, visitors, carers and suppliers.

The Independent Living Expo will be held at Claremont Showgrounds on 25-26 May. The expo opens daily at 10am and is free to attend.

ACROSS the globe exhibitions have been severely impacted by the pandemic. From March last year, 95 per cent of events that were scheduled were cancelled or postponed.

Some tried to transition into virtual events and as restrictions began to slowly ease, hybrid (face to face and virtual) events began to appear. Initial feedback from these has been that people prefer the face-to-face interaction and we are already seeing a return to events. Large crowds at Optus stadium and live music concerts are returning as is WA's largest expo for assistive technologies.

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ATSA INDEPENDENT LIVING EXPO
26-27 MAY 2021
ROBINSON PAVILION
CLAREMONT SHOWGROUND
1 Graylands Rd, Claremont WA



healthy living

ADVERTISING FEATURE



health options
for the mature
west australian

26 to 27 MAY
Claremont Showground



Most healthy seniors buy complementary medicines



Senior Research Fellow
at Macquarie University,
Dr Alice Owen

by Frank Smith

ALMOST three quarters of healthy Australians aged over

70 years report using complementary medicines at least occasionally.

Complementary medicines listed by the Therapeutic Goods Administration are believed to be safe but without evidence of efficacy.

Dr Alice Owen, a senior research fellow at Macquarie University and her team analysed data from the Longitudinal Study of Older Persons (ALSOP) to assess self-reported use of complementary medicines by 14,000 healthy people over 70 years of age residing in Victoria, South Australia, Tasmania, Australian Capital Territory and New South

Wales, recruited through their usual GPs.

The survey asked specifically about use of fish oil, glucosamine, ginkgo, coenzyme Q10, calcium, zinc, vitamins B, C, D and E, multivitamins, and Chinese or herbal medicines.

"Nearly 75 per cent of respondents reported using them either daily or occasionally.

"The most frequently reported items were fish oil used by 44.5 per cent, vitamin D 34 per cent, glucosamine 27 per cent and calcium supplements 25 per cent of respondents.

"The proportions of complementary medicine users who

reported a history of depression (24 per cent) or osteoarthritis (59 per cent) were larger than for non-users.

"Diabetes was more common among non-users (10 per cent) than among complementary medicine users (seven per cent)."

The results led the researchers to express concern about marketing and promotion of complementary medicines.

"Complementary medicines are used by more than half the people in Australia, incurring out-of-pocket health expenses of about \$5.2 billion in 2019," Dr Owen said.

"While proprietary comple-

mentary medicines are generally regarded as safe, their widespread use by older people, who generally have a greater burden of disease, higher medical expenses, and low or fixed incomes, raises questions about their marketing and promotion."

Professor Paul Glasziou, the director of the Institute for Evidence-Based Healthcare at Bond University, told *The Guardian* that some advertisements used by the complementary medicine industry were borderline unethical.

"The promoting of these things to people who are getting no benefit from it, but are

paying for it and are maybe not getting an effective treatment that they would otherwise get, is borderline unethical," he said.

"There are a small percentage of people where these things will benefit. For people with osteoporosis taking vitamin D and calcium would be an appropriate thing to do but we are talking about a small percentage of one or two.

"There is no need for most Australians to be taking vitamin D supplements in a country where we worry about people getting too much sun," he said.

The research was published in February 2021 in the *Medical Journal of Australia*.

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Anti-bacterial soaps cause antibiotic resistance



Monash University Professor Trevor Lithgow

by Frank Smith

SOAPS that claim to be antimicrobial or antibacterial are no better than ordinary soaps at cleaning your hands and they are feeding the growing superbug problem and should be banned, says Monash University Professor Trevor Lithgow.

He says ordinary soap and water is an effective hand hygiene solution and reduces unnecessary exposure

to chemicals that are feeding antimicrobial resistance (AMR) and creating superbugs.

Since Covid-19, the simple act of hand-washing has been elevated beyond the mundane into a public health headline and potentially life-saving act.

People wash their hands more now. Soaps and sanitisers are in demand, and also ubiquitous – in handbags, backpacks,

at pub and shop doors. This is undeniably a good thing. But Professor Lithgow, who works on superbugs that are resistant to medicines, sees a downside.

Demand for household soaps with antimicrobial additives has spiked during the pandemic, with consumers duped by the false premise that they provide superior protection against germs and disease.

Superbugs – bacteria that are immune to antibiotics and other pharmaceuticals – are predicted to kill 10 million people a year by 2050, including tens of thousands of Australians.

He says while overuse of antibiotics is also driving superbug evolution, antimicrobial soaps and detergents are a contributing factor and should be banned.

In 2016 the United States, the Food and Drug Administration (FDA) banned 19 chemicals from soaps, including the two most prominent – triclosan and triclocarban. The reason the FDA gave was that the added chemicals did nothing.

Professor Lithgow says Australia should follow suit.

Not only do they do nothing, they're bad for the human environment and healthcare. The science is unequivocal on that.

"It's a very simple public health message: when it comes to hand hygiene, ordinary soaps are 100 per cent effective," Professor Lithgow says. "To suggest otherwise is a marketing ploy used by soap manufacturers that plays on human fear."

"Not only are the antimicrobial chemicals added into some soaps unnecessary, but they are also bad for public health. Every time we use antimicrobial compounds that are designed to kill bacteria, the bacteria respond by getting tougher and more aggressive, ultimately becoming resistant to conventional therapies like antibiotics."

Antimicrobial additives are also used in household laundry and cleaning products, where they upset the balance of good bacteria in the home and are

routinely washed down the sink and into waterways.

Choice, the consumer group, says triclosan and triclocarban not only contribute to antibiotic resistance they disrupt hormones. They can still be found in a number of personal care products, from soaps to cosmetics, toothpaste and even cutting boards and cleaning cloths.

Supermarket giants Woolworths and Aldi and manufacturers Reckitt Benkiser and Colgate-Palmolive have announced they intend to phase out soap products containing certain antibacterial chemicals over the next

12 months.

Consumers do not need to wait for government regulation banning antimicrobials in household soaps, they can make a real impact through the choices they make at the supermarket, Professor Lithgow says.

"This is a low-cost solution to a very big problem."

Limiting the number of deaths caused by AMR infections requires sustainable solutions: from how we wash our hands, to how we approach our GPs for antibiotics.

"We are not suggesting for a minute that people should wash their hands less. We

have all learned great lessons in hand hygiene from the Covid pandemic. If it is your only option, using antibacterial soap is better than no soap at all."

The best approach is washing thoroughly with plain soap and running water. If there's no soap and water available, a hand sanitiser with at least 60 per cent alcohol will also do the job.

"The message is, soaps are good. Keep using them. Keep washing your hands. But antibacterial additives in soap are not good. You don't need them, so don't buy the soaps that include them. It's in your hands," says Professor Lithgow.

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ADVERTISING FEATURE



health options for the mature west australian



Managing asthma and respiratory conditions in the lead up to winter

by Allen Newton

THERE'S been a drop in the number of people going to WA hospital emergency departments with respiratory conditions, but Asthma WA is urging people to prepare for a likely winter surge.

From July 2019 to June 2020, there was an eight per cent decrease in asthma presentations and a 12 per cent decrease in chronic obstructive pulmonary disease (COPD) presentations.

Asthma WA CEO, Donna Rendell said they weren't sure what was responsible for the decrease in numbers, but suggested good hand hygiene, social distancing and getting a flu shot were important factors in reducing avoidable presentations.

Ms Rendell said that Australia has the highest prevalence of asthma for adults aged 18-45 worldwide, so with winter upon us, Asthma WA is warning people with the respiratory condition to be prepared for the season ahead and not be fooled that asthma symptoms are on the decline.

Consultant in respiratory and sleep medicine, Dr John Blakey, backed up Ms Rendell's comments and said there seemed to be two

main contributors to the significant reduction in admissions.

"Firstly, a substantial proportion of asthma attacks are caused by viral infections. The increased awareness of physical distancing and hand hygiene due to Covid, coupled with the reduced travel to other areas, have helped greatly reduce the number of respiratory viral infections and influenza-like illnesses.

"Secondly, most people with asthma do not take their preventative treatment as regularly as intended. Concern about Covid-19 has encouraged more people to take their prescribed doses and has thus reduced their risk of having an asthma attack," he said.

Ms Rendell said the decrease in people presenting at hospital may have also been due to fear of contracting Covid-19 or other viruses.

"But asthma is still a respiratory disease that needs to be taken seriously. If someone is having difficulty breathing, it's critical that they commence asthma first aid and do not delay calling 000," she said.

"As we head into winter, it's essential respiratory conditions are well managed. People need to have an up-to-date asthma and/or

COPD action plan and ensure they take their medication as prescribed."

She said it was important for people with asthma or COPD to get both the flu vaccination and Covid-19 vaccination when it's available.

Ms Rendell said both the prevalence of asthma and its impact are higher than many people realise.

"One in nine Australians have asthma, so we all know someone who is affected by the condition, and its impact is far reaching. It doesn't always end up in emergency situations, but it can and often does have a significant effect on their quality of life including mental health, absenteeism and stressful hospital visits – usually due to inadequate management.

"And that's where the free services Asthma WA offers can make a difference, by continuing to help reduce the number of hospitalisations and improve quality of life through education and empowerment of people to take control of their respiratory health."

Asthma WA is available to answer questions about asthma on 9289 3600. COPD or patients should speak with their doctor for a review and to update their action plan.



Clockwise; Providing advice on asthma and COPD - Dr John Blakey - Asthma WA CEO, Donna Rendell

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let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian



THIS month Lee Tate nips up to Northam and finds much to do in this lovely small town just over 100kms east of Perth. Tim Dawe takes the sit-up sleeper on the Indian Pacific and meanders around Cook, soaking up the history of this town in the Nulbar. We also get a sneak peek into plans to upgrade the Busselton Jetty and Frank Smith talks to Barry Green owner of Western Tourist Radio.

★★★★

Although our snap

lockdown placed restrictions on people from WA visiting other states, these have been lifted reasonably quickly, allowing interstate travel to continue after only a few days and causing only a few hiccups. This came just after WA joined the travel bubble with New Zealand late last month. It's exciting to see people able to return to a favoured destination; the land of the long white cloud.

★★★★

We are now in a new normal for travelling and people need to take into account that further outbreaks of Covid may disrupt travel plans on occasions. Do check your travel insurance carefully as well as whether your booking allows changes without cost. When

booking it's also worth checking with your agent that if the trip is unable to go ahead that you can re-schedule or be refunded.

★★★★

Thanks to the hard work of Carol Redford, Western Australia is becoming a shining star for AstroTourism. The Shire of West Arthur and Darkan have become a favoured spot for astrophotographers. The stunning Lake Tawerning will be the backdrop for a special workshop to introduce first timers to the wonderful hobby of astrophotography on Saturday 15 May. Tickets available at www.stargazersclubwa.com.au.

★★★★

Local coach operator Elite Tours was taken over by the very affable Mike Mascall last year and I had the opportunity to meet



L-R; Lake Tawerning is a wonderful spot to take photos of the night sky - Elite Tours' happy passengers

with him and chat about his venture into coach travel. I must say his enthusiasm and desire to provide the best quality day tours is impressive. Mike and I are planning a very special competition for readers next month, so keep your eyes peeled for this in the June issue.

★★★★

It's coming up to final bookings for the day trip to Antarctica. It will depart

on 14 November 2021 onboard a Qantas Dreamliner aircraft which will offer spectacular viewing of the continent with its large windows. There are limited seats available and there is information available for readers on this page.

★★★★

I think most of us find wearing a mask annoying, although after an incident last month when we saw



a passenger fly from WA unknowingly with Covid, it seems the mandatory requirement to wear a mask for anyone visiting an airport or flying anywhere in the state or interstate is a good idea.

★★★★

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Jennifer Merigan
Travel Editor

The travel industry and readers are welcome to contact the travel editor:

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9am East Perth Terminal

Returns First drop approx 4pm

Includes Morning tea, lunch & luxury coach travel.

FRIDAY 28 MAY - North

Departs 8am HBF Arena, Joondalup
8.30am Morris Pl, Innaloo
9am Morley Recreation Centre

Returns First drop approx 4pm

We head to Bunbury for the day. Morning tea along the highway at a nice spot. Onto Bunbury via a scenic drive. Once in Bunbury we will have lunch at the Aristos Café on the waterfront. From here we will go the Bunbury Farmers Market for some of the best fresh food shopping in the South West! The eskies and fridge will be on board to take your purchases back to Perth.



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KALAMUNDA HISTORY VILLAGE

TUESDAY 22 JUNE - South

Departs 8.30am Canning Hwy & Murray Rd Melville
9am Pagoda Hotel Comer St Como
9.30am East Perth Terminal

Returns First drop approx 4pm

Includes Morning tea, lunch, entries & luxury coach travel.

WEDNESDAY 30 JUNE - North

Departs 8.30am HBF Arena, Joondalup
9am Morris Pl, Innaloo
9.30am Morley Recreation Centre

Returns First drop approx 4pm

We head to one of Perth's best kept secret gardens for morning tea. This will leave you astounded. It is truly unbelievable and like stepping into another world. It will take you some time to see it all and appreciate the incredible work that has made this possible. From here we will head to the Kalamunda Hotel for lunch, dessert, tea and coffee followed by time to visit the Kalamunda History Village afterwards. Entry fee is included.

NEW TOUR

\$95

COLLIE

FRIDAY 2 JULY - South

Departs 7am Canning Hwy & Murray Rd Melville
7.30am Pagoda Hotel Comer St Como
8am East Perth Terminal

Returns First drop approx 4pm

Includes Morning tea, lunch & luxury coach travel.

WEDNESDAY 7 JULY - North

Departs 7am HBF Arena, Joondalup
7.30am Morris Pl, Innaloo
8am Morley Recreation Centre

Returns First drop approx 4pm

Join us as we head to Wellington Dam to view the world's largest dam mural at some 8000 sqm in size. From here we will head into Collie to continue our Collie Mural Trail experience. Lunch at the Federal Hotel followed by another drive just in case we didn't see all the murals. Don't forget your camera! Please be aware this will be a fairly long day compared to normal.

MIKE'S MAGICAL MYSTERY TOUR #2

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Departs 8.30am Canning Hwy & Murray Rd Melville
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Returns First drop approx 4.30pm

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Travel to somewhere for morning tea. Then commence our country day trip. A hotel for lunch followed by a nice drive back through...and...and no, not giving any hints, wouldn't be a mystery then would it?



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let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian

Western Tourist Radio helps visitors get in touch with authentic experiences

by Frank Smith

THE only independent media left is community radio and small family-owned print publications like *Have a Go News*, says Barry Green, long term owner of WA Tourist Radio.

"It is important to tell the stories of local communities and small businesses," he says.

"The mainstream media is too large, too dependent on corporate advertising.

"Government tourism promotion has concentrated on international visitors. It does not overly encourage West Australians to explore their own state.

"If you listen to tourist radio you will realise that tourism is not all about foreigners. We aim to help visitors and locals learn more about the area and help them to discover unique local attractions and experiences."

The Covid-19 pandemic

has changed WA tourism for the moment with a call to wander out yonder, but Barry wonders if that emphasis will continue when overseas travel returns to normal.

He says the farming media is also in the thrall of fertiliser and chemical manufacturers who are the big advertisers.

"The farming community need to reconnect. We need to talk about regenerative agriculture. The modern Australian

diet has fewer vitamins and minerals than we used to eat at the end of World War II."

Barry and his partner Dale bought WA Tourist Radio over 20 years ago, shortly after Barry left GWN as the local TV station was swallowed by an eastern state media giant. It broadcasts local stories, local events and local music in Busselton, Bunbury, Dunsborough, Augusta and Cowaramup on 87.6FM. More recently he has added Radio WA 87.6 FM in East Perth.

Programs are also available as an audio magazine on the internet.

"The Internet represents the best of capitalism," says Barry.

"It provides a bottom-up source of information; it democratises information."

Tourism associations in the South West are invited to swap links with Touristradio.com.au at no charge.

"Stories are passed down from generation

to generation. Retelling the stories provides traditional knowledge for farmers and consumers.

"We need to learn how best to manage fires and maintain the soil from Aboriginals who have been caring for country for thousands of years. Aboriginals are used to listening to the wisdom of their elders.

"Our radio stories are not about celebrities; they are about local events and local people. We interview local people who are making WA what it is today. We are passionate about our future and our state and the people we interview are also passionate about their businesses and community organisations.

"We can talk about local businesses and events in depth that will interest both visitors and locals. Holiday makers listen in their accommodation, tent or caravan to help plan their next day's activities.



Owner of WA Tourist Radio, Barry Green

"We aim to make our radio programs sound more like a very local version of the ABC's *Australia All Over*."

Barry has a vision of cooperating with independent print media, like *Have a Go News*, to promote local attractions and farm and station holidays.

"For great stories in print and radio media the total effect is greater than the sum of the parts," he says.

Barry and Dale have owned and run a farm

near Donnybrook since 1988 and have renovated a cottage on the farm for farmstay accommodation. Barry is also president of Donnybrook Community Radio and promotes Pet Friendly WA so pet owners can bring their furry friend on holiday with them.

Barry wants the whole community, not just giant corporates, to benefit from tourism and for tourists to gain an authentic WA experience.

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The August Whalesong Festival kicks off on Friday 4 June at 6pm with the Tastes of Augusta dinner at the Colourpatch Café. Tickets are \$60 per person and include a welcome drink, shared platter starter and a choice of three mains and a selection of homemade Margaret River truffle chocolates.

Saturday 5 June will see a variety of entertainment including *The Magic of Dance* from 11am to 1.30pm featuring the Wadandi Cultural Custodians and a free kite display from 4 to 6pm at the back of the Augusta Hotel.

On Sunday 6 June immerse yourself in the *Blessing of the Fleet* from 9am to 2pm which celebrates the connection between land and sea. There will be market stalls, entertainment and the first whale watching tours kick off.

On Monday 7 June there will be a range of historical tours around the townsites.

For more information or to book tickets visit www.whalesongfestival.com.au.

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WINTER IN THE WEST

let's go travelling

Embracing the history of a tiny town along the tracks of the trans train

by Tim Dawe

SOME people bang on about the romance of trains and the joys of long-distance train journeys. When you're in a sit-up sleeper seat after 24 hours the Indian Pacific train can be a bit dull. But ever so gently there's a slight grab of the air-

brake. We glide to a complete stop the coffee in my cup barely moves. Then there's that familiar "ding-dong" from the carriage speakers; an announcement delivered in solemn tones. "Ladies and gentlemen, Australia now has one less cow. We have just hit a steer and it has knocked out the air-con-

ditioning. We'll remain here until we pick up the pieces and put it back together," says our duty manager. Hit a cow? What are the chances of that in the middle of the Nullarbor Plain? I've not seen a steer, or in fact anything alive, in five hours. Fortunately for us the backup power is instantaneous and the air-conditioning never misses a beat. Outside the forecast is for 44°C and it's already 11am.

I am travelling from Perth to Sydney via Adelaide and Broken Hill delivering a car to my daughter. My ticket is a very small add-on to the cost of transporting the car, making me something like accompanying baggage. Our enforced stoppage, in the middle of the longest straight stretch of rail in the world, is only half an hour from Cook, where we have a scheduled one-hour stop. Cook is tiny; not so much a town as a railway station with associated buildings. Cook is named after the sixth Prime Minister of Australia, Joseph Cook. It was established in 1917, firstly to service the railway construction workers, then as an integral part of the famous Tea and Sugar Train supplying isolated communities



Clockwise from left; It's hot outside - Cook's gaol - swimming pool - residence - golf club © Tim Dawe

between Kalgoorlie and Port Augusta. There was a butchery car, a bank car, a clinic car, a movie car, and even a Christmas car. The Tea and Sugar service stopped in 1996 but even now Santa boards the Indian Pacific each December to give the kids of the Nullarbor some festive cheer. At its peak Cook was a thriving community of 300 people. There was a school, hospital, post office, golf course and swimming pool. Artesian

water supported eucalypts and fruit trees. When the railway was privatised the town was used four times a week for crew stopovers and refuelling. Now two couples call Cook home; the men offload and on-load and the women run the little souvenir shop. It's time to stretch the legs and explore. My first foray is to view this mighty train from the outside, and to check on my daughter's car. Locomotives and carriages make

an impressive sight set against the flatness to the horizon. But there's no elevation for a photo of an 1800m train. The only thing open is the tiny souvenir shop with the local ladies doing a moderate trade in kitsch. I buy an ice-cream. Moving away from the track there're obvious signs of a settlement. One imposing two-storey residence is emblazoned with a large mural of the only industry in town: railways. Cook once boasted

a modern swimming pool. This one hasn't seen water for years, in fact it's full of soil. I discover Cook's gaol. It's a rusty corrugated iron structure resembling a large dunny except for the bars and bolts. South Australia's Cook is an isolated settlement; a spec in the middle of a remote and uncompromising land. Certainly my brief stopover was no Cook's Tour, although I did feel the warm embrace of its history.

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WINTER IN THE WEST

let's gotravelling

Nipping-up to Northam... a happy hamlet and true escape from the city



Pride in heritage buildings

by Lee Tate

NORTHAM wasn't even on the family radar when a day-long, picnic getaway in the country was mooted. Plenty of places within a car's striking distance of Perth were mentioned. And then Northam.

It turned out to be a great choice. A true escape from the city, lovely countryside with flowing rivers, heritage buildings, Indigenous culture and abundant eateries and wineries. Less than 100kms from Perth.

To a lot of city people, the best thing to come out of Northam is the Avon River; especially to those attracted to that annual watery/rocky challenge, the Avon Descent.

But they haven't taken into account the personality of this happy hamlet,

permanently populated by only several thousand people.

The Bilya Koort Boodja centre for Noongar culture and environmental knowledge sets an example of how to disseminate Aboriginal culture from its award-winning, multi-million-dollar base in the town centre.

"The Ballardong people of the Nyoongar Nation have lived with the Avon Valley's rivers, plains and lands around Northam for thousands of years," we are advised.

"Our Ballardong culture, our stories, are important for us to share, both the good and the bad."

Northam, while an agricultural heartland, proudly declares its main drag, Fitzgerald Street, as being second only to Fremantle

in historically-significant buildings.

Morby Cottage, home to pioneer John Morrell and the library, is one of the finest Australian examples of Brutalist architecture by renowned architect Iwan Iwanoff. Every street offers a glimpse into the past. Suburban gardens flourish in historic homes.

The town hotels and tempting eateries include the original café, Lucy's, where a roast beef and salad sandwich with a fresh fruit smoothie or milkshake (with metal straw) will rekindle memories of honest food.

No tourist can resist strolling 117 metres along Australia's longest pedestrian suspension bridge above the river. Northam is at the confluence of the Avon and Mortlock Rivers.

The Avon, having flooded the town, is now contained by man-made banks.

The rivers and the soil impressed European pioneers from 1830 when Ensign Robert Dale led a party of colonists into the region. Formally founded in 1833, Northam was named after an English town by Governor Stirling.

Proclaimed as "the largest inland town in the State not founded on mining", Northam was a

jumping-off point for hardy, hopeful prospectors heading in Kalgoorlie's direction to tap the Goldfields.

Commercial centre for the Wheatbelt, Northam railway station was opened in 1900 and the town continues to serve as a major railway junction. Northam is served by Transwa's AvonLink, MerredinLink and Prospector rural train services as well as the famous Indian Pacific to Sydney.

Just south of the town, Burlong Pool in the 1890s provided water for the Goldfields water trains and quickly became a popular swimming pool.

Northam also became home to thousands of migrants during the 1940s and 1950s when displaced people and immigrants fled Europe.

More than 15,000 immigrants came from the Baltic states and Hungary, Poland, Czechoslovakia, Italy, Yugoslavia, Ukraine, Belarus and Bulgaria.

Northam's migrant centre was the third largest in Australia. By May 1954, 23,000 migrants had passed through the Northam camp and many post-war arrivals, thankfully, decided to stay. The Northam Migrant Accommodation Centre closed in 1951.

Undoubtedly, a lot

of hot air comes out of Northam – a favoured site for hot air ballooning. American Steve Fossett launched from Northam on 19 June, 2002, and became the first person to fly around the world solo, non-stop, in a hot air balloon. Steely Steve returned to Australia and landed in Queensland on 3 July.

We can't mention hot air and politicians in the same hot breath but Northam has turned out more than its share of prominent politicians including our Governor's father, Kim Beazley Snr, a senior Federal Government minister and Carmen Lawrence, State premier and federal minister.

Others were State Government ministers Ian Laurance, Ken McIver, Frederick Piesse and

David Templeman.

Northam sporting heroes: Arnold Byfield and Bruce Duperouzel (first-class cricketers, WAFL and VFL footballers) and AFL footballers Leon Davis, Cruize Garlett, Darren Glass, Robbie Had-drill, Eric Glass, Ashley McGrath, Cory McGrath, Alistair Smith, Brennan Stack, Sydney Stack, Bobby Hill and Deven Robertson. Harry Morgan was a WAFL, VFL, and SANFL footballer.

Northam cricket greats: Geoff Marsh and Stephen Milosz.

Northam legends: Hugo Throssell (Victoria Cross), Ragnar Garrett (Australian Army officer), Ben Carlin (first to circumnavigate the world in an amphibious vehicle), and Elizabeth Backhouse (novelist, scriptwriter

and playwright).

From 1952, motor racing took hold and a historical car racing event, the Northam Flying 50s, is held each April, drawing 5,000 petrol-heads. Genuine horsepower dates to 1863 when thoroughbred horse racing kicked-off.

Horses also cemented Northam's strategic role in World War I. Horses bred in the area were transported to war overseas, supporting the famous 10th Light Horse Regiment. In WW2, strategic military camps, depots and installations made Northam the most concentrated area of military activity areas in WA.

History hunters, Avon admirers, heritage hopefuls and culture vultures won't go short in Northam. For day-trippers, it's picnic perfect.


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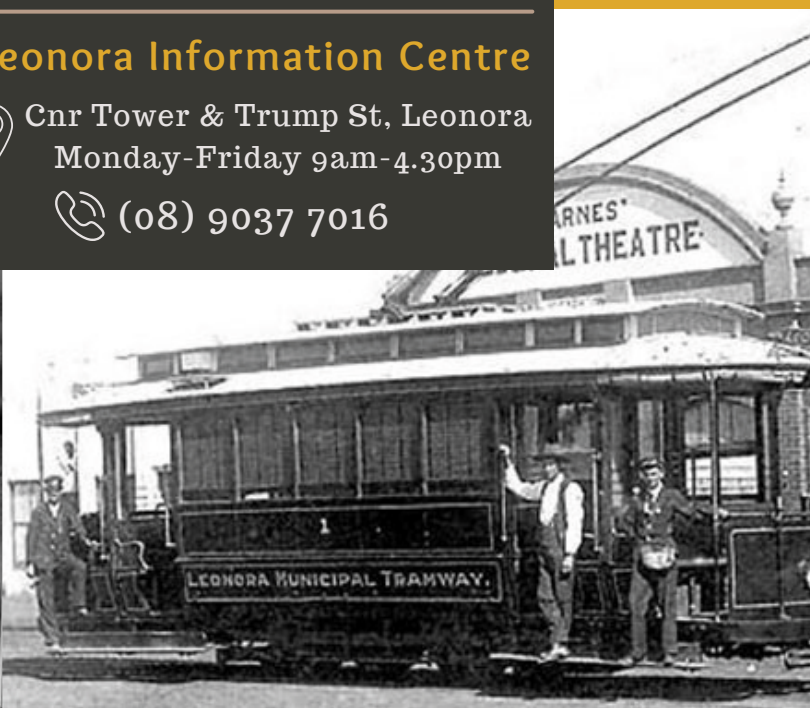
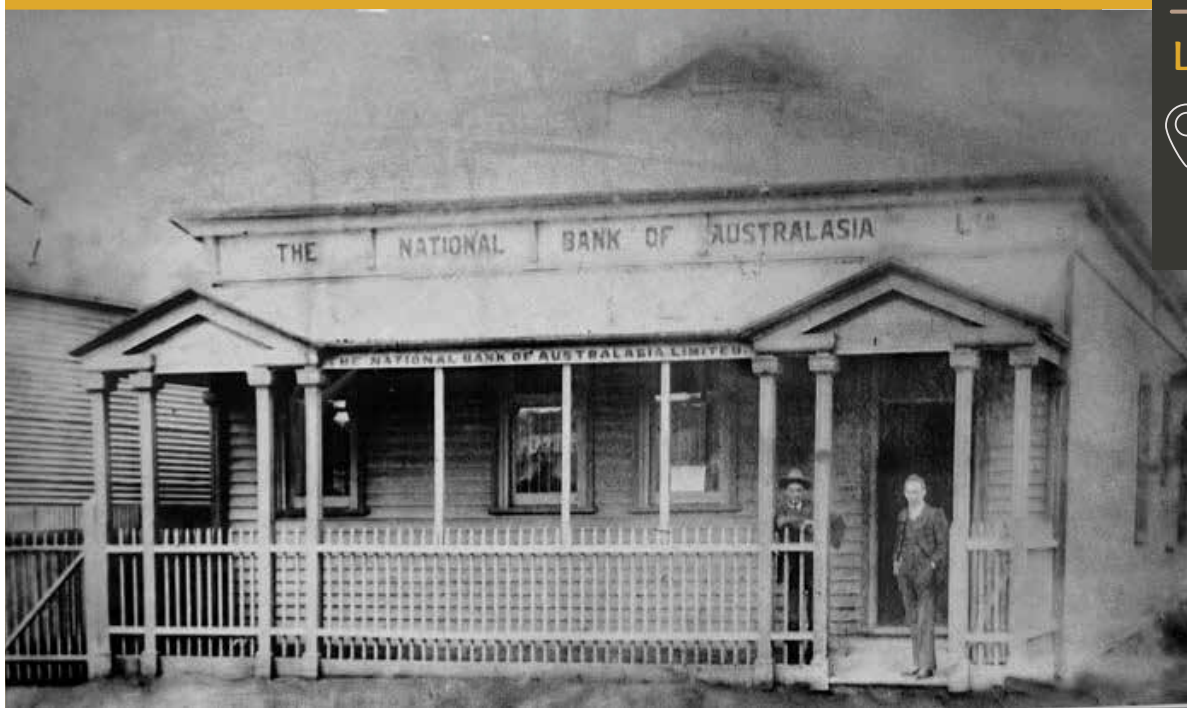


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The joy of fishing - recalling a day out with my old fishing mate Thommo

by Mike Roennfeldt

SOME fishing trips are pure magic for a variety of reasons and as I was reading through some old columns recently, I came across an account of one such day that my old fishing mate Michael Thomson enjoyed around 10 years ago. It was so brilliant a day out in metro waters I reckon it bears retelling.

Thommo is one of the keenest sport-fishermen I have met and our countless trips together, with or with-

out our sons, provided us with some of the best fishing of our lives.

Back then, with three equally keen fisho boys, he was never short of a crew aboard his 7m centre console *Scotty II*. Sam, James and Dave are all blessed with plenty of natural ability and they each were happy for any one of them to land great fish rather than worry about competing against each other. A day out with the Thommo clan usually involved plenty of laughs and some pretty

hot fishing.

On this particular day he was joined by youngest son Dave and they headed out to their chosen spot off the south side of Rottnest. It wouldn't have taken long in the smooth-travelling *Scotty II* and first job after anchoring was to get a little berley going, an essential starter when chasing his favourite metro targets, skippy and yellowtail kings.

The first two hits happened while Mike was elbow deep in berley and the rod was in the holder, but he was prepared third time around. It felt like a thumping big skippy,

but after a solid workout on the light spinning outfit, a nice pink snapper shimmered into view. Hot on its tail was a fired-up Samson fish around 8-9kg that was obviously sizing up the pinkie.

Dave grabbed his fly rod, threw a short cast and with one twitch was hooked up solid. As the Sambo scorched off, they noticed the loose fly line was wrapped around the open scupper lid (God, I know that feeling) and the result was a catastrophic bust-off despite their desperate attempts to get it free in time. Not a happy Dave.

The well-oversize



Thommo with youngest son Dave on an earlier family fishing trip to Exmouth. Great fun and equally great fishing as usual.

pinkie was released and Mike followed up within moments with another good fish, this time a just-size dhuei that was also released. With that sort of action happening, he then decided to cast out a whole mulie. It drifted around for a couple of minutes before another solid hookup on a fish. That pulled even harder than a big skippy and repeatedly powered back to the bottom each time he looked like gaining line. The fight eventually ended with the biggest

King George whiting he'd ever seen coming to the top. With a big hole in the old landing net and no replacement yet, they had an anxious few minutes before securing the mighty KG with a glove. The 55cm length was impressive enough, but what made it special was its enormous girth. Gutted and weighed later at home, it pulled the scales down to 1.4kg and probably would have given 1.5kg a nudge when intact.

Three beautiful skippy around 750g each

followed, with Dave scoring on fly before switching to bait and getting blown away for the second time by a big Samson or yellowtail king almost as soon as it hit the water. All the fish had been landed on 8kg line with a fluorocarbon leader to the hook and no sinker.

With a feed of top quality eating fish and some heart stopping excitement behind them, Mike and Dave headed back to Freo over a perfect ocean.

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The Underwater Discovery Centre will be a shining light for Busselton



An artist's impression of the Australian Underwater Discovery Centre

by Lee Tate

BUSSELTON is breath-taking in its audacity, becoming the shining light in Western Australian tourism.

Its proposed Australian Underwater Discovery Centre, fermenting for five years, will elevate Busselton jetty to heady new highs in international tourism.

Non-profit Busselton Jetty Inc (BJI) has netted funds from big fish like the Federal and State Governments, as well as the local council to the tune of \$30 million.

Losing national and international tourists due to the pandemic, Busselton Jetty's 52 staff and 86 volunteers are bouncing back from the \$2 million hit to their income.

"We are building something that's truly amazing," said BJI CEO Lisa Shreeve.

"We have set out to triple our income because 25 per cent of our ticket sales goes back into Jetty maintenance, a unique business model to ensure sustainability of this State heritage asset.

Busselton is getting bang for its buck with a new building appearing to be lurching, whale-like, out of the water – emulating a whale spy hop.

But, like an iceberg, the bulk of the building will be below the surface. Tourists descend a staircases 8m to the ocean floor.

Its four storeys will include marine-flavoured artworks, museum-style exhibits and sensational underwater viewing in spaces for more than 140 people.

The jetty's burgeoning popularity has pressured progress on this jetty juggernaut. Currently, its underwater space is limited to 50 people. The jetty train is limited to 90 passengers. Unique ways of getting more people to the end of the Jetty are in the pipeline.

Underwater, tourists will view 300 species of marine life including stingrays, corals, marine mammals, octopus and seagrass meadows. Perhaps a passing shark or young whale.

With marine scientists

on hand, visitors can learn about conservation, clean oceans and the fight against plastics polluting the sea.

There will be underwater dining and rooms for conferences and social events.

"On top of the end of the Jetty we are building a village to house food and beverage options, host weddings and corporate functions, birthdays and other events nearly 2kms out to sea with amazing ocean and sunset views," Lisa said.

She said that with Australia's great international attractions like the Great Barrier Reef, WA needed a point of difference.

"We believe the Discovery Centre will be the catalyst to bringing international tourists back from early 2023, especially those we lost due to the pandemic.

"Travel bubbles would help us attract Singaporean and Malaysian tourists. In many Asian countries people don't swim so they never get the chance to see what's on the ocean floor.

"Seniors are also welcome. They can take the train out, use the lift in the building and all our facilities are accessible.

"We see many people spending quality time on the jetty with their grandchildren – on the train, teaching them to fish or visiting the underwater

observatory," Lisa said.

An 84-year-old lady recently went on the jetty's underwater helmet walk with air tank and hard helmet.

The marine building, made of bio-receptive

concrete to encourage marine-life growth, will be put together at Perth's Henderson marine centre and towed to Busselton.

Cyclone-proof, it will be floated over its pre-built

foundations and fixed on the sea floor.

Opening 31 December, 2022 for a big New Year's party, it will be a tribute to Busselton volunteers and locals who fought for decades for government

funds to re-build the fire and storm-damaged jetty before giving it a major overhaul and fresh appeal.

BJI advertised nationally for design and building companies to put

their best ideas forward. The winning business was Perth's Subcon Blue Solutions who are partnering with England's Baca Architects and Norwegian underwater engineering specialists, CoreMarine.

Ben Fitzgerald, the boss of CoreMarine that built a famous Norwegian underwater eatery, said the Busselton centre may herald a new age for underwater architecture.

"We've been dreaming about these environments for over a decade and now we have the computer technology and engineering skills to deliver."

In Perth, Subcon's Matthew Allen said: "With this project we're literally giving a window into what lies beneath."

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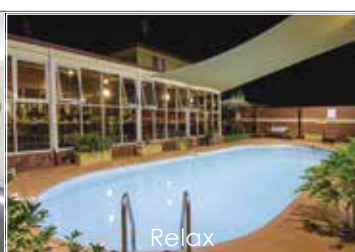
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WILDFLOWERS OF THE CORAL COAST Kalbarri, Monkey Mia & Geraldton	7 DAYS 24 to 30 August 2021	\$2890* Single \$3590*
BROOME Including The Shinju Matsuri Festival	5 DAYS 25 to 29 August 2021	\$3190* Single \$3790*
MIDWEST WILDFLOWERS The Wildflower Way & Midland Route	3 DAYS 5 to 7 September 2021	\$1190* Single \$1390*
KUNUNURRA & EL QUESTRO Plus Lake Argyle & Ord River	6 DAYS 4 to 9 September 2021	\$4190* Single \$4950*
EXMOUTH GETAWAY Featuring Turquoise Bay & Coral Bay	5 DAYS 12 to 16 September 2021	\$2690* Single \$3050*
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Do you feel younger or older than your actual age in years?



Recent research found that health had the biggest influence on subjective age

by Frank Smith

THERE are three ways of stating your age; chronological age (time since birth), biological age (biomarkers in blood and other tissues) and psychological age (how old you feel). Recent research reported in *New Scientist* last month found that the age

you feel (your subjective age) is a better predictor of longevity than your chronological or biological age. We all know younger people who think and behave older than their years and seniors who are young at heart. Being young at heart is seriously good for you. A lower subjective age correlates

with better health, longevity and general well-being. Research on centenarians shows that one thing they have in common is a positive attitude. This is much more strongly correlated with long life than any biomarker. When you ask a person how old they feel, their answer varies with their mood and the cir-

cumstances around the question. However, most of us have a baseline subjective age which can be measured.

Dr Alex Zhavoronkov, a researcher at the Buck Institute for Research on Aging in California, has identified factors that predicted subjective age using a large data set, the MIDUS (Midlife in the United States) which included 20 years of data gathered by the US National Institute on Aging.

MIDUS was designed to measure how behavioural, psychological and social factors influence health and well-being with age. Thousands of people aged 25 to 75 were interviewed in the 1990s, 2000s and 2010s. Each time, volunteers were asked more than 1000 questions about all aspects of their lives, including their physical and mental health, well-being, personality, beliefs, social lives and sex lives.

Dr Zhavoronkov and colleagues used artificial intelligence (AI) to search the thousands of answers to find those that best predicted the subjects' chronological age and secondly their subjective age.

They found that health had the biggest influence on subjective age. Two of the top three predictive questions are: "Does your health limit your ability to do vigorous physical exercise such as running or heavy lifting?" and "Are you taking prescription medication to manage your blood pressure?"

The second-most influential factor in people's subjective age is how satisfying they expect their sex life to be in 10 years' time.

The analysis showed that a 60-year-old with a subjective age of 65, for example, is twice as likely as a 60-year-old with a subjective age of 60, to die early.

A study of 17,000 participants over 20 years, led by Professor Yannick Stephan of the University of Montpellier in France, found that individuals felt on average about 15 per cent younger than their chronological age. Feeling 8 to 13 years older was related to about 25 per cent higher risk of early death.

Disease burden, physical inactivity, functional limitations and cognitive problems, but not depression, accounted for most of the association between subjective age and mortality.

The authors said the study provides robust evidence for an association

between an older subjective age and a higher risk of mortality across adulthood. It supports the role of subjective age as a predictor of faster aging.

Answering 1000 questions may be bit too much but AI enabled Zhavoronkov's team to identify 15 questions that estimate a subject's psychological age.

You might want to try them yourself to find your subjective age. Go to app.young.ai/psycyoage and complete the questions.

I did and was delighted, although a little sceptical. I am 81, but my subjective age according to the app is 65.

continued from front cover Noni Hazlehurst - real and relatable by Josephine Allison



Noni Hazlehurst

June Again was filmed in Sydney in the

summer of 2018 but held over. Noni says humour and a sense of sadness come across in the film.

"That is what I love about it because no life is unbelievably comedic and no life unbelievably tragic which is what makes the film real and relatable."

Noni is one of Australia's favourite and most respected actors and presenters. The celebrated film, theatre and television actor, beloved *Play School* presenter and *Better Homes and Gardens* host has an impressive and wide-ranging career portfolio spanning 40 years.

In 2018 she completed filming series six

and 'The Final Chapter' of the popular *A Place to Call Home* for Foxtel. She has been honoured with an Order of Australia.

Noni has just completed an episode of an ABC series called *Fires* based on the experiences of New Year's Eve 2019 when bushfires engulfed a town and people had to shelter on the beach.

"I'm doing another series of *Every Family Has a Secret* which I host and I have a movie which is supposed to be happening in November but keeps getting put back," she said.

Life is always busy and rewarding for Noni Hazlehurst.

Life's journey starts and ends with family



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Wills & Estates

WA Will Week

23-29 May



WA Will Week - The perfect prompt to get you planning for the future

AS part of WA Will Week (23–29 May 2021) the Public Trustee (Department of Justice) will host free community education seminars across Perth, encouraging people to think and talk about Wills and estate planning.

The free seminars cover all aspects of Will making including; what to consider and include in your Will, why it's important to have one, who can contest your Will, what's involved for executors in the deceased estate administration process, securing decision-making in later life, and more.

Public Trustee marketing and events officer, Claire Sharman says: "WA Will Week serves as the perfect prompt for what might otherwise be viewed as an awkward conversation. It opens up the opportunity to talk with loved ones about what plans are in place should life take an unexpected turn for the worst, including


losing legal testamentary capacity to make a Will."

Mrs Sharman points out that a professionally drafted Will, together with a family discussion about how you would like your estate distributed after you are gone, goes a long way in helping to reduce the likelihood of surprises and conflict for loved ones in the future.

"Your Will is one of the most important documents for you and your family, so it is wise to have it prepared by professionals. While, some people are reluctant to pay for this advice, a small investment up-front can save loved ones a lot of time, heart-ache and expense down the track," said Mrs Sharman.

"The free WA Will Week information seminars are always very popular and fill up quickly, so we encourage people to book early to avoid disappointment."

Register on line at www.trybooking.com/BPVOV or phone 1300 746 116.



Change in your circumstances? Time to update your Will



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You know you should have a Will, but for one reason or another, you have put it off. Or, perhaps you have a Will and it no longer meets your circumstances, which may cause substantial problems for your loved ones after your death.

Shirley and Emily have been recognised by the Doyle's Guide for their extensive experience in Wills and Estates.

Phone: 9445 2686 Email: office@bespokewills.com.au
Web: www.bespokewillsandestates.com.au Suite 6, 14 Main St Osborne Park

IMPORTANT reasons to update your Will include changes in relationship status and new family members, such as a new grandchild, not included in an earlier will, or a beneficiary or executor dying or losing capacity, or significant changes in your assets such as receiving an inheritance or downsizing your home.

Every time there is a major event in your life you should review your Will. It is important that it is up-to-date and reflects your current wishes and circumstances. This will ensure that there is no confusion or additional stress for your loved ones when you pass away.

People often make a Will but then forget to review it. It is important that your Will still reflects your wishes as these may change over time.

Does your Will contain guardianship clauses for who will care for your children?

Are your children now grown up and possibly have their own children?

A change in relationship status can also impact how your estate is distributed.

Marriage revokes a Will, unless it was made in contemplation of your marriage. If you have recently married, your will should be updated. Divorce also revokes a Will, unless it was made in contemplation of the marriage ending. If you are separated, but not yet divorced, it is extremely important that your Will reflects your changed circumstances. If you pass away without having updated your will, your ex-spouse could inherit any property you left to them, regardless of how long you have been separated.


If you are not married, it is still important that you have a current Will as a de facto partner may have a claim against your estate upon your death.

If your Will is not up-to-date your wishes may not be carried out and your intended beneficiaries could miss out.

It is important to review your Will at least every three to five years.

If you would like to update your will or have any questions about your current will please contact HHG Legal Group on 1800 609 945 or email reception@hhg.com.au.

70 years young...



Guide Dogs WA is celebrating their 70th anniversary of changing lives this year.

Guide Dogs WA was the first Guide Dog association to be established in Australia, back in 1951. For the last 70 years we have been providing Guide, and more recently Assistance Dogs to Western Australians living with low vision, disability and/or illness.

Our Guide Dog training program is the only one of its kind in Western Australia. In the last six months, 10 Guide Dogs and two Autism Assistance Dogs have graduated from our program and are assisting Western Australians.


Seven new Guide Dog puppies have also recently arrived to start their journey to become working Guide Dogs. These puppies will live with volunteers for the two years that it will take for them to complete the training program. During this time they will learn basic obedience skills, become confident in a variety of situations, then progress to learn key guiding skills before being matched with a Western Australian living with low or no vision.

Since its inception, Guide Dogs WA has relied on the generous support of the Western Australian community. It costs over \$50,000 to train a Guide or Assistance Dog. We are very grateful to everyone who has helped us and volunteered their time, put coins into our collection dogs, purchased merchandise, made a regular or occasional donation, sponsored a dog or left a gift in their Will. Your kindness has enabled us to provide these life-changing dogs to Western Australians who need them.


You can help support us into the future by leaving a gift in your Will to Guide Dogs WA. You can do this by including Guide Dogs WA as one of the beneficiaries in your Will, after you've provided for your loved ones. If you're writing or updating your Will your solicitor or legal adviser will be able to help you with the correct wording for this.

For most people a gift in their Will is the biggest donation that they will ever be able to make to charity. Your gift whether large or small will help us provide more Guide and Assistance Dogs to Western Australians who need them in the future.

For more information about leaving a gift in your Will to Guide Dogs WA please call Kay on 9311 8285, email giftsinwills@guidedogswa.com.au or visit www.guidedogswa.com.au/gifts-in-will/



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Wills & Estates

WA Will Week
23-29 May



The ins and outs of Wills and bequests

PERTH northern suburbs branch of the Association of Independent Retirees (AIR) will hear a presentation by Emily Nixon from Bespoke Will and Estate Lawyers on Tuesday 20 May. Her talk will be about essential information that people should know with regards to the ins and outs regarding Wills and bequests.

The following meeting will be on 17 June, when the speaker will be from the Seniors Housing Advisory Centre which is part of Consumer Protection WA. The Centre provides free information to retirees or those considering retirement about housing options available when they are ready to downsize.

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

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

All meetings are held

at the Penistone Park Community Sporting Facility, 27, Penistone Street, Greenwood.

All AIR members and any interested guests are most welcome.

Cost \$4 per person including raffle, tea or coffee.

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

Celebrating 10 years of a local community law practice



"Hi, I'm Jude Keatley (pictured left). In 2011 my partner and I opened jk legal in Armadale. The plan was that I would do the legal work and my partner would do the secretarial and book-keeping work. I was going to practice family law and Wills.


"We had no plans to be anything more than that, but we found that there were more people needing help than I could help on my own, and responding to that need we grew.

"I'm proud to say that this year marks the 10th anniversary of jk legal. I now employ 13 wonderful staff who can help with a range of legal issues including family law, criminal law, personal injury matters, deceased estates and conveyancing. While most of our clients come from Armadale and the surrounds, we also have clients from as far away as America.



"My goal has always been to provide reasonably priced, quali-

ty legal service in an environment where clients can feel relaxed. We understand that you only visit us if you have a problem and that means you are probably going to feel anxious. We go out of our way to make you feel comfortable, and cared about.

"If you have a legal problem, please give us a call on 6196 0401. If you don't need help right now you can follow us on Facebook... you never know when you're going to need a lawyer."



Barristers and Solicitors

Have you been meaning to make a Will but just never found the time? Is your Will in need of an update?

Will's Week is the perfect time to get it done.

The team at jk legal can assist with your Will to ensure that your wishes can be given effect on your death.

We can also prepare an Enduring Power of Attorney or Enduring Power of Guardianship for you, to give you peace of mind during your life time.

We offer fixed prices for simple Wills, and packages including a Will and an Enduring Power of Attorney and/ or Guardianship to keep things cost effective.

We also offer a range of other services such as:

- Deceased Estates including Probate, Letters of Administration and Contested Estates.
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- Civil including Debt Recovery, Dividing Fence and Neighbor Disputes, Employment Law and Contracts.
- Family Law including Divorce, Property, Children and Child Support.
- Criminal Law, Traffic Offences and Restraining Orders.

If you or anyone you know needs a Will or any of our other services, please contact the team at jk legal.

22 Fourth Rd, Armadale
PO Box 670, Armadale WA 6992
Phone: 08 6196 0401 Facsimile: 08 6196 2413




**Life can be unexpected.
Make a Will today.**

While you never know what's just around the corner, effective planning can bring peace of mind. Join the Public Trustee for a free Wills and Estate Planning Seminar during WA Will Week and learn more about making and storing your Will and planning for the future administration of your financial affairs and estate.

Wills & Estate Planning Seminars

Bookings essential.

Visit www.trybooking.com/BPVVOV or Ph: 1300 746 116

Monday 24 May

Time: 10.15am – 11.45am
Venue: Cockburn ARC

Wednesday 26 May

Time: 10.15am – 11.45am
Venue: Mindarie Community Centre

Tuesday 25 May

Time: 10.15am – 11.45am
Venue: Technology Park Bentley

Friday 28 May

Time: 10.15am – 11.45am
Venue: Public Trustee Perth CBD

Time: 1.00pm – 2.30pm
Venue: Public Trustee Perth CBD

Time: 5.30pm – 7pm
Venue: Public Trustee Perth CBD



WA Will Week
23 – 29 May 2021

www.publictrustee.wa.gov.au

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ADVERTISING FEATURE

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

Sample Vince Garreffa’s tasty and easy-cook aubergine thighs



CHOOSING young tender aubergine (aka eggplant) that have no mature seeds inside will save you the trouble of having to salt and bleed your slices. Leaving the skin on gives great colour and is probably good for you. Laziness can be good for me.

- Ingredients for four
- 8 boneless skinless chicken thighs
 - 8 long slices of eggplant 5ml thick middle cut
 - 8 batons 1cm x 1cm x 6cm of eggplant discs skin on
 - 1 cup of small diced green capsicum
 - 1 cup of small diced red capsicum
 - seasoned flour
 - West Australian extra virgin olive oil (EVOO)
 - breadcrumbs (you can use gluten free breadcrumbs)
 - 200ml white wine

- 1 beaten egg
 - West Australian organic lake salt
 - Freshly ground black pepper
- Method:
- Dip your eggplant batons into seasoned flour, then egg, then breadcrumbs and fry gently in EVOO till light golden brown. Set aside. Dip your long slices of eggplant into seasoned flour and fry in EVOO until light golden brown, then set aside on paper towel side by side – not on top of each other. Now fry your mixed capsicum until a little brown

and set aside.

Season your thighs with salt and pepper (the chicken thighs you naughty person), roll around a crumbed baton of eggplant and surround the chicken with a long slice of eggplant. Now put your rolls into a baking tray and cover with the capsicum and white wine.

Cover the tray with alfoil and bake at 200°C in the oven for 30 minutes. Remove alfoil and sprinkle four tablespoons of breadcrumbs over your rolls and bake for a further 15 minutes. Serve cut in

half crossways. You will like my thighs.
Buon appetito!



Vince is the proprietor of Mondos Butchers located at 824 Beaufort Street, Inglewood. They are open Tuesday to Friday 9am – 5.30pm Saturday 9am to 2pm. Phone 9371 6350 or visit www.mondo.net.au.

Letters to...

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

Knife and fork talk with the Dining Divas - return to the Bayswater Hotel



by Judith Cohen and Pat Paleeya

OUR trip out this month saw us heading back to the Bayswater Hotel to sample the \$21.99 seniors lunch buffet. A welcome return to normality after the closure of the buffet during Covid times.

The dining room area was well patronised. This is due entirely to the same excellent standard

of food choices offered. The buffet looked fresh, crisp and very colourful (get your vitamin fix here) so we dug in with gusto.

The buffet was bursting with colour coming from myriad salads (Greek, coleslaw, mixed leaves and a Mediterranean) fresh fruit, cheeses, ham and salami and heaps more.

Hot food included soup, roast beef, battered fish, chips, gnoc-

chi, cauliflower cheese, chat potatoes... the list goes on.

Tea and coffee are included in the price. We tried to taste everything, even off each other's plates.

Unfortunately, our eyes being bigger than our bellies this wasn't possible, so another visit looms for us to finish the job.

Superb presentation, delicious food, definitely

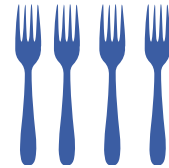
a bang for your buck. Both the hot and cold bains marie were continually replenished by the hard-working staff.

Highly recommended.

When you go to pay, you'll get a flash back to the sixties when your wrist is stamped with a red stamp as proof of payment. This threw us back to our night clubbing days and we flashed this around on the train journey home. You have

your fantasy – we'll have ours!

Four forks
Bayswater Hotel
80 Railway Parade
Bayswater
9271 7111
www.bayswaterhotel.com.au



Knife and fork talk ratings

- Five forks – excellent food and service
- Four forks – overall good food and service
- Three forks – reasonably good food and service but could make some improvements
- Two forks – food and service needs improvement
- One fork – would not recommend

WEEK DAY LUNCH SPECIALS

Information correct at going to press

BAYSWATER HOTEL
\$21.99 Seniors lunch buffet
Mon-Fri 12pm-2.30pm
Railway Pde Bayswater
9271 7111

CHEF & CO RESTAURANT
\$20 Seniors lunch special
Wed-Fri 12-3pm
1000 Beaufort St
Bedford
9271 2288

PARKERVILLE TAVERN
\$17 lunch special
Mon-Fri 12-2.30pm
6 Owen Rd Parkerville
9295 4500

PUBLIC HOUSE
\$18 lunch special
Tues-Fri 11-3pm
263 Adelaide Tce
Perth 6117 0675

ST GEORGE HOTEL
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Every day 11-3pm
2 Morris Rd Innaloo
9446 2424

THE LEISURE INN
\$15 and under seniors meal
Everyday. 11.30am -8.30pm
Cnr. Chalgrove Ave / Reid St
Rockingham
9527 7777

What's fresh in the market place this month

Kiwi fruit: It's now easy to choose WA-grown kiwi fruit: simply look for the distinctive red Western Australian sticker. Grown in Pemberton these little gems are vine ripened for maximum flavour and hand-picked throughout May and June. The emerald-fleshed kiwi fruit has a mild sweet taste and soft texture that lends itself to many uses in both savoury and sweet recipes. Skin, flesh and seeds are all edible. The best kiwi fruit are plump with a little bit of give.

Fuji Apples: Look out for this popular apple right now and you'll be rewarded with that lovely straight-from-the-orchard taste. Available in a variety of sizes, the Fuji has a cream toned flesh and a delicious sweet and spicy flavour – perfect for eating and cooking. The smaller apples are great for 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. Make sure they 'give' a tiny bit when squeezed as a good indicator of juiciness.

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, the Beurre Bosc are 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 them and store on the bench or the fridge accordingly.

Portobello mushrooms: Also referred to as Swiss Browns, these mushrooms have a longer growing cycle which results in a meat-like texture and flavour. Buy the size appropriate for the 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 stuffings. Keep refrigerated in paper bags for seven to 10 days. Wipe with damp paper towels – do not wash or peel as they will absorb water and turn mushy when cooked.

Prepared by Fresh Finesse Food Promotions www.freshf.com.au

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Western Australia's only kiwi fruit grower achieves sweeter success



by Noelene Swain

DELROY Orchards has been producing WA's only locally grown kiwi fruit amidst Pemberton's pristine karri forest since 1988. This year, production will top 4,000,000 pieces of vine-ripened kiwi fruit as a result of new techniques applied by a new generation of orchardists.

Four years ago, Delroy Orchards owner, Russell Delroy was seeing declining yields and increasing production costs due to ageing vines. The curious spirit that led him to pioneering kiwi fruit production in Western Australia, led to an answer to reinvigorate the orchard's 10,000 ageing vines.

Boldly they embraced a range of new management practices. They meticulously pruning old wood from the 10,000 vines along 25km of trellis, during the annual winter pruning, then carefully nurtured the

new growth through spring and summer. The result for their effort has sustained bumper yields for harvests ever since.

The Delroy team continues to improve farm management techniques to ensure optimal eating quality for consumers. Vine ripening of their kiwi fruit crop has created greater flavour and a naturally sweeter eating experience.

Other kiwi fruit producers around Australia and New Zealand strip pick and cool-store fruit. Vine ripening is a more labour intensive picking process but Delroy Orchards is committed to delivering the freshest, sweetest and most flavoursome kiwi fruit to consumers.

"It has been a challenge to reinvigorate the vines but the results are incredible. We've doubled yields and continually improved our picking practices. This has resulted in an amazing improvement in fla-

avour and sweetness. Being locally grown means we offer fresher fruit that has not been stored. Fruit is picked ripe and in store quickly," said Orchard manager, Jamie Collins.

Delroy Orchards' kiwi fruit is grown free of any pesticides. Pollination is assisted by 800 beehives and pest insects are kept in check with the use of beneficial bugs. Fruit is all hand picked to ensure maximum quality.

WA kiwi fruit, labelled with a red kangaroo sticker is easily identified from imported kiwi fruit; It is available in stores from late April through until mid July.

Coles, Woolworths and Aldi, as well as Bunbury Farmers Market, Tony Ales and good independent stores will all be stocking this high quality, locally WA grown product this season with its fresh, local and flavoursome attributes.

Honeyed ginger jewels



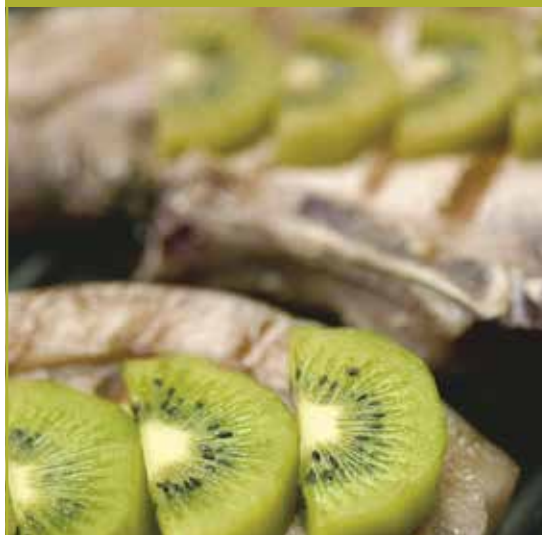
THIS is a perfect combination for local winter WA kiwi fruit. Take a moment to check you're buying local fruit with the red kangaroo sticker – it's way fresher and supports local families.

4 Kiwi fruit, peeled, diced or sliced
2 oranges, segmented
¾ cup fresh orange juice
1 tablespoon honey
2 tablespoon sultanas
½ teaspoon crushed fresh ginger
3 tablespoon natural muesli or sunflower seeds

Combine orange juice, sultanas, honey and ginger in a serving bowl. Fold through chopped orange segments. Refrigerate until 30 minutes before serving. Gently fold in Kiwi fruit. Sprinkle with natural muesli or sunflower seeds.

Preparation: 10 minutes + 30 minutes to macerate; serves 4

Pork steaks with fresh WA kiwi fruit and nutty rice



THE sweetness of fresh kiwi fruit goes beautifully with pork and will tenderise it due to a natural enzyme that tenderises protein.

4 pork steaks (600g)
3 kiwi fruit
3 cups liquid beef stock
1 teaspoon ground turmeric
1 cup white rice, uncooked
2 tablespoon fresh coriander
2 tablespoon pine nuts
2 spring onions, sliced

Combine raw steaks and the mashed flesh of one kiwi fruit in a large dish. Refrigerate for 30 minutes. Meanwhile, bring beef stock and turmeric to the boil in a saucepan.

Add rice, simmer for 15 minutes or until tender. Test, then drain. Grill or barbecue steaks for five minutes each side or to your liking. Allow to rest for 10 minutes. Fold coriander, pine nuts and spring onions into rice. Divide onto serving plates. Serve with pork steak, topped with sliced kiwi fruit.

Preparation: 10 minutes; cooking 15 minutes; serves 4

A good selection of wines to buy to drink now or cellar and wait



by Frank Smith

MOST wine in Australia is drunk within a week of purchase, however many wines benefit from cellaring for ten years or more. Few of us have the patience to wait that long, and we tend to miss out of the benefits of long maturation.

However, Umamu (balance and contentment) has undertaken the cellaring for us. Their philosophy is to give wines time to age in the bottle before release, a rarity in today's market. They market a range of older wines and you can even buy a vintage se-

ries to allow wine buffs to compare year on year.

Umamu Sauvignon Blanc Semillon 2009 and 2010 are what a well

matured SBS should taste like. Vibrant green hue; a bouquet showing citrus, straw and a touch of toasty oak and pal-

let with nice texture and acidity and a long and fresh finish. Price on application.

Here are some wines ready to drink now, although patience might be rewarding in some cases.

Clandestine Vineyard Shiraz 2020 from the McLaren Vale, South Australia is deep purple in colour. It exhibits aromas of black cherry fruits, earthy molasses and spice. The palate is full bodied with dark fruits and just enough chewiness from the tannins. Matured in old oak with some newer barriques to add spice. The finish has a savoury liquorice and cherry character. Vegan friendly. RRP \$28.

Forester Estate Semillon Sauvignon

Blanc 2019 is pale straw/green in colour with aromas of ripe lychee, melon and pineapple fruit, roasted red capsicum, lime and thyme. The palate is full and soft, with fruit characters of lychee and gooseberry with subtle herbaceous characters of grass and thyme. Goes with a wide range of light meals, an everyday wine for all occasions. Ready to drink now. RRP \$26.

Robert Stein White Label Riesling 2020 escaped the bushfires and smoke taints of most wines produced in Mudgee last year. This Riesling is pale straw coloured with a golden shimmer, with aromas of lemon and line with savoury herbs and crunchy apple. The palate is dry and flavour-

some with orchard fruits, lime zest and orange and a long finish. RRP \$35.

Taltarni Fumé Blanc 2017 is a crisp straw colour with a fine green hue. The wine expresses aromas of guava along with complex mineral and delicate oak. The palate is well balanced with mouth-filling grapefruit acid and melon flavours that softly dissipate into honeydew with a long lingering creamy finish. A good representative of the fumé (touch of smok-

iness) style. RRP \$26.
Juniper Crossing Shiraz 2018 is clear and bright, a deep garnet colour with purple hues. The aromas are of blackberry, plum, spice and roasted meat notes, with a touch of oak-derived vanilla and cinnamon. The palate is medium-bodied, fleshy, concentrated and awash with raspberry, red currant and blueberry with crunchy acidity and smooth, fine tannins. RRP \$25.

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A medium avocado provides around 12g of fibre

An avocado a day helps your gut feel ok

by Frank Smith

EATING avocado as part of your daily diet can help improve your gut health, a new study shows.

Avocados help you feel full and reduces blood cholesterol concentration, therefore it is good for heart health.

Diets including avocado help diabetics control their blood sugar and because it is a good source of healthy (mono-unsaturated) fat, it helps in weight control.

Now a trial has shown that avocados are also good for your gut.

Researchers at the University of Illinois, USA provided volunteers with one meal per day as a replacement for either breakfast, lunch, or dinner. One group consumed an avocado with each meal, while the control group consumed a similar meal but without the avocado.

The participants provided blood, urine, and faecal samples throughout the 12-week study. They also reported how much of the meals they consumed, and every four weeks recorded everything they ate.

The purpose of this study was to explore the effects of avocado consumption on the

gastrointestinal microbiota, said Hannah Holscher, assistant professor of nutrition in the Department of Food Science and Human Nutrition.

“Our goal was to test the hypothesis that the fats and the fibre in avocados positively affect the gut micro-biota. We also wanted to explore the relationships between gut microbes and health outcomes,” she said.

The researchers found that people who ate avocado every day as part of a meal had a greater abundance of gut microbes that break down fibre and produce metabolites that support gut health. They also had greater microbial diversity compared to people who did not receive the avocado meals in the study.

These changes correlate with beneficial health outcomes.

Avocados are rich in fat; however, the researchers found that while the avocado group consumed slightly more calories than the control group, slightly more fat was excreted in their stool.

“Greater fat excretion means the research participants were absorbing less energy from the foods that they were eating. This was likely because of reductions in bile acids, which

are molecules our digestion system secretes that allow us to absorb fat.

“We found that the amount of bile acids in stool was lower and the amount of fat in the stool was higher in the avocado group,” she said.

Soluble fibre content is also very important. A medium avocado provides around 12g of fibre, which goes a long way toward meeting the recommended amount of 28 to 34g of fibre per day.

“Most people consume around 12 to 16g of fibre per day. Thus, incorporating avocados in your diet can help get you closer to meeting the fibre recommendation,” she said.

Eating fibre isn’t just good for us; it’s important for the microbiome, too.

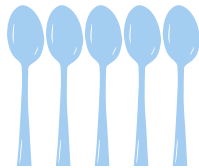
“We can’t break down dietary fibres, but certain gut microbes can. When we consume dietary fibre, it’s a win-win for gut microbes and for us.

“Avocado is a really nicely packaged fruit that contains nutrients that are important for health. Our work shows we can add benefits to gut health to that list,” Professor Holscher said.

The study was published in the *Journal of Nutrition* earlier this year.



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Dr Marc Sim

Eat your greens every day for stronger muscles and fewer falls

by Frank Smith

EATING just one cup of leafy green vegetables every day could boost your muscles. Poor muscle function is linked to greater risk of falls and fractures.

Researchers at Edith

Cowan University (ECU), led by Dr Marc Sim, examined data from 3,759 Australians between the ages of 25 and 85, taking part in Melbourne’s Baker Heart and Diabetes Institute AusDiab study over a 12-year period.

Food intake was estimated by a questionnaire which asked participants to record how often they ate any of 74 different foods.

Foods such as green leafy vegetables and beetroot are naturally high in nitrates. Other sources of dietary nitrate include bacon and other processed meat which are not considered part of a healthy diet.

Dr Sim said cooking reduces the nutritional value of green vegetables as nitrate is lost in the cooking water.

“I am concerned about residential aged care when vegetables tend to be boiled for a long time. To save the good stuff use the water vegetables are cooked in to make soup or for cooking rice,” he said.

The team found those people with the highest regular consumption of green leafy vegetable or beetroot had 11 per cent stronger lower limb strength and four per cent faster walking speeds than those with the

lowest intake.

The greatest benefits to muscle function were observed at nitrate intakes of about 90 mg/day. This intake is easily achieved by consuming one cup of nitrate-rich green-leafy vegetables, such as spinach, lettuce or rocket daily. The relation between total nitrate intake and strength was driven predominantly by vegetable-derived nitrate as opposed to non-vegetable-based sources of nitrate.

Muscle function was measured by the strength of knee extension in participants. Walking speeds by the time it took them to get up from a chair, walk eight feet, turn and return to the chair.

Dr Sim said the findings reveal important evidence for the role diet plays in overall health.

“Our study has shown that diets high in nitrate-rich vegetables may bolster your muscle strength independently of any physical activity,” he said.

While leafy greens may be some of our least favourite vegetables, they could be the most important and provide the greatest health benefits.

“Less than one in ten Australians eat the recommended five to six serves of vegetables per day,” he said.

“We should be eating a variety of vegetables every day, with at least one of those serves being leafy greens to gain a range of positive health benefits for the musculoskeletal and cardiovascular system.

“It’s also better to eat nitrate-rich vegetables as part of a healthy diet rather than taking supplements. Green leafy vegetables also provide a whole range of essential vitamins and minerals critical for health.

“A balanced diet rich in green leafy vegetables in combination with regular exercise, including weight training, is ideal.”

Poor muscle function is a key risk factor for falls and is vital for maintaining good

overall health, especially bone strength later in life.

“With around one in three Australians aged over 65 suffering a fall each year, it’s important to find ways of preventing these events and their potentially serious consequences,” said Dr Sim.

Presently, mechanisms by which nitrate improves muscle function remain unclear, although other trials have shown beetroot juice can lower blood pressure and improve vascular function.

Dr Sim said the next step of his research will be to explore strategies to increase leafy green vegetable consumption in the general population.

“We are currently recruiting for the MODEL Study, which examines how knowledge of disease can be used to prompt people in making long-term improvements to their diet and exercise,” said Dr Sim.

This research was published in the *Journal of Nutrition* last month.



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GREAT HOME and GARDENING



Lovely new plant releases just in time for the end of autumn



Left to right; Zamioculcas 'Raven' - Hydrangea 'Magical Rubyred' - Radermachera sinica 'Jade Jewel' - Philodendron 'Lickety Spit'

by Colin Barlow

THERE is always a sense of excitement when any new plants are released in Australia, and this autumn is no exception. Several colourful and interesting plants are hot right now, and you wouldn't want to miss out on them. So, make certain that you head down to your local garden centre, nursery or hardware store and take a sneak-peek at these beauties. You will struggle not to be tempted; I know I was and besides, you can never have enough plants. So, let's look at what's on offer.

Hydrangea Magical Rubyred

This new cultivar has some of the deepest burgundy flowers around of any Hydrangeas grown. This stunning plant grows to 90cm high and wide, with its rousing red display starting in spring and going all the way through to autumn, finishing with an exotic dusky mulberry hue. These luxurious mop-top flowers have deep ruby red petals that almost cover the bush and are complemented by the feature dark green, almost black leaves.

Hydrangea 'Magical Rubyred' will bring a splash of long-lasting fiery colour to your garden or can be used as an indoor table-top feature in a brightly lit spot over the summer or Christmas period. It is a perfect container plant for patios and courtyards, or for planting in moist, partially shaded spots in the garden away from the hot afternoon sun. Try it in a pot outside the front door or entrance and remember to always use a premium potting mix.

Zamioculcas Raven

This distinguished dark leaved variety of the ZZ plant is named Zamioculcas zamiifolia 'Dowon'. It is marketed under the name of 'Raven' due to its elegant shiny black feather-like leaves. The black Raven ZZ plant first appeared in a South Korean nursery belonging to Hyuk Jin Lee in 2006. One of his regular ZZ plants sent out a single dark-coloured branch due to a natural mutation.

When it was propagated, the same characteristics carried over to new generations. Mr Lee eventually acquired a plant patent for the cultivar name 'Dowon'.

The new 'Raven' ZZ

plant variety grows to 60cm tall and across and is prized amongst interior designers and rare house-plant lovers. It features intense purplish green, nearly black foliage that makes a bold statement and stands out amongst other plants. Pair its purple-black foliage with colourful contrasting foliage from Chinese evergreens, dumb cane, and mother-in-law's tongue. Watch as the new leaf emerges bright green before gradually transforming to almost black over a period of around eight weeks. To hasten the darkening process, provide the plant with more bright light.

Radermachera sinica Jade Jewel

If you want to create your own inner jungle than look no further than Radermachera sinica 'Jade

Jewel' a new larger leaved variety of the attractive China doll or Asian bell tree. The delicate and attractive glossy green foliage is divided into leaflets making this a great choice for brightly lit indoor area or lush shady courtyard or patio areas.

Its form is quite narrow and compact growing to two metres high and 60cm wide as a houseplant. But be aware when planted outside as it can grow to tree-like proportions. Luckily it responds well to pruning to shape. Scented tubular flowers add to the exotic feel of this elegant plant. Allow the potting mix to dry out between watering and fertilise in spring and late summer for lush growth.

Philodendron Lickety Spit

This is another inter-

esting and easy-care plant for interior decorating, growing to around one metre tall and wide with a clumping habit. It has mid glossy green, deeply cut leaves that create a beautiful accent inside any room, or a lush tropical feel outside in the garden. As each leaf emerges and matures it becomes quite different to the last one with more incisions and lobed undulations creating an ever-changing frilly appearance.

This philodendron tolerates neglect and dry indoor air, growing in both shade and bright light. Outdoors it will grow in partial shade and full sun once acclimatised with adequate water. Another plant perfect for filling your patio or home with lush tropical foliage but

with a sturdy disposition.

Kings Park plant sale

The Friends of Kings Park plant sale will be held on Sunday 30 May from 9am until 12.30pm unless sold out. There are plenty of opportunities to purchase native plants not available from commercial nurseries. The Volunteer Master Gardeners will be on hand to assist customers. All proceeds from the plant sale supports further research and projects in Kings Park and Botanic Garden. Call 9480 3643 or email friendskadmin@bgpa.wa.gov.au for more information. You can also check out the rare and interesting plants available at www.friendsofkingspark.com.au/friends-plant-sales/.

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Perth's most loved three-in-one market rescheduled due to lockdown



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RESCHEDULED due to the ANZAC Day long weekend lockdown for June, the Treasured Craft Creations' 3 in 1 Market @ Showgrounds fair offers a range of unique creations from more than 300 local small businesses.

The event comprises three individual fairs which include handmade crafts, antiques and collectables and the Polka Dot Vintage Market, all conveniently located at the one venue.

The craft exhibitors offer a wide variety of unique and quality handmade crafts for sale. Enjoy a shopping experience where the person selling the product is the per-

son who made it. Craft stalls are situated inside the Robinson Pavilion. They also have a wide range of food products.

This fair includes antique and collectable dealers selling their wares at more than 100 stalls situated inside the Silver Jubilee Pavilion.

Free antique valuations are also available from 12pm to 3pm daily where customers can bring along a family heirloom.

People with a passion for vintage and retro clothing and accessories can browse in the 3 in 1 Market's Polka Dot Vintage Market.

Admission to the 3 in 1 Market is \$8

with children up to 10 years old admitted free.

There will also be a chance to be in the draw to win the \$2000 door prize.

The 3 in 1 Market @ Showgrounds is organised by Treasured Craft Creations. It will be held on Saturday 5 June and Sunday 6 June from 9.30am to 4.30pm at Claremont Showground. This year things may be a little different with social distancing, but it will be an event not to be missed.

For further information about the fair, phone 9457 9315 or visit www.treasuredcraftcreations.com.au

The role of aromatherapy in the path to wellness



CONCENTRATED oils extracted from plants for health promotion or for treating illnesses is known as aromatherapy.

These highly scented extracts, commonly referred to as essential oils, contain substances that not only give plants their smell, they are also reputed to have medicinal benefits. Essential oil applications range from use in massage therapy blended with a carrier oil, by simple inhalation, added to baths, or probably most often by diffusing into the living space.

Essential oils are used to stave off the common cold, for air purification purposes, or for purely scenting a space. The antioxidant, antibacterial and antiseptic properties of essential oils work to provide functional benefits so sought by wellness enthusiasts.

Sandalwood oil, a viscous liquid renowned for its fragrant woody and slightly nutty notes is highly valued in perfumery, pharmaceutical, and cosmetics. Indian Sandalwood contains two types of sesquiterpene: alcohol-alpha-Santalol and be-

ta-Santalol. Alpha-Santalol is the active ingredient that gives sandalwood oil its anti-inflammatory quality. It also works as anti-anxiety medication, by interacting with receptors in the brain that regulate stress and nervousness.

Another study using crude extracts of sandalwood oil showed antibacterial activity against *Helicobacter pylori*, which causes bad breath, stomach, and ulcer diseases.

Always use essential oils in accordance with product guide-

lines. Consult a natural practitioner or aromatherapist if you are unsure. The Quintis range of high-quality aromatherapy essential oils are a homage to Indian Sandalwood Santalum album.

This suite of oils includes six pure essential oil blends (containing 95 per cent feature oil with five per cent Indian Sandalwood oil), and 100 per cent pure Indian Sandalwood oil.

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Discover the Leonora Heritage Trail



Left to right; Tower Street, Leonora from outside the post office present - circa 1905

LEONORA, located 828km north-east of Perth, in the Northern Goldfields, is filled with gold mining history.

Gold was first discovered in the area in 1895 and a year later the town-site of Leonora was established. By the early 1900s Leonora had a population of more than 1,000 people

and boasted seven hotels, various general stores and merchants, several bakeries and tailors, and a tram service that linked the town to the nearby settlement of Gwalia.

A showcase of this history can be found on the Leonora Heritage Trail. The trail consists of 30 sites, including some buildings

that are still standing today. The walk includes a number of old banks, hotels and churches, a Masonic lodge, the old fire and police stations, and the Barnes Federal Theatre.

The journey begins at the Leonora Information Centre and library. The building, originally constructed of hessian and iron, housed the National Bank of Australasia. It was rebuilt in 1903 as a weatherboard and corrugated iron structure, the façade is mostly unchanged today. Pop in to grab your copy of the guidebook and find out everything else there is to see and do in the area.

See further details on page 31.

Solution for BIG Crossword page 50

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U		T		R	E	N	A	L		F	R	I	E	N	D	
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	N		C	H	U	R	N	S		T	E	N	D	O	N	
	F	R	E	E	S		E	T	H	E	R		L	A	G	E
S	E	E		N	E	E	D	Y		A	S	H	E	S		A
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A		C	R	A	Z	E		E		O		B	A	S	I	L
R	A	T	E				S	E	D	A	T	E	S			B

PRISM solution page 52:
Lute, fife, clarinet, mandolin, trombone, recorder.

Solution for Sudoku page 52

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

U	N	C	L	E
O	T	H	E	R
A	R	R	O	W
B	R	O	O	M
L	U	N	C	H
P	A	I	N	T
C	Y	C	L	E
A	T	L	A	S
W	H	E	E	L

Solution for Colour Blocks page 52

Solution for Crossword page 52

T	H	R	E	A	D	B	A	R	E	
O		E		R			E		R	
U		C		S	T	E	E	P	L	E
R	O	U	G	E				L		G
N		P		N		S		A		A
A	R	E	N	A		I	N	C	U	R
M		R		L		N		E		D
E		A				C	A	M	E	L
N	O	T	A	B	L	E		E		E
T		E				R		N		S
	U	S	H	E	R	E	T	T	E	S

Answers for Have a Go News Quiz page 2:

- 1847
- Hyden
- Coral Coast
- WA
- Ningaloo
- 25 per cent
- Killer whales
- Crown Casino
- Albany
- Blackwood

Downsizing

ADVERTISING FEATURE



New homewares shop with lots to put the zing into homes



Creating a fresh look to any room can give you so much pleasure and Decorista in Charles Street, North Perth offers a great selection of homewares



by Zofia St James

WE have had a magnificent autumn with beautiful warm days, but the time has now arrived to layer up, put the electric blanket on, drag out the winter doona and get the slow cooker working.

It all sounds very romantic. I'll romanticise at any opportunity but for

me it's making the most of life and celebrating what we have.

I would like to think that I could make over a chicken coup into an egg laying resort for chickens. So it's been with every place I have lived in and contributed my spin.

I've bought well over the years and so by the time I lay my rug down, position the furniture, hang the art, organise my books and photos and viola... I have a set up an instant home.

How is your abode looking? Just somewhere that you crash or a sanctuary from the maddening crowd?

Our homes should reflect us, warm us, inspire

us and anyone who visits. So, if you are up for a little makeover or your place needs a little style up and colour injection... ask me how.

The other day I visited a one-stop furniture, custom made sofas and rug studio on Charles Street, North Perth called Decorista. It is celebrating its first anniversary and the guys are still making big plans to expand their range including adding garden and outdoor furniture into their huge courtyard area.

They sell homewares and decorator pieces and also import and supply a beautiful range of mirrors.

It's definitely worth calling in and taking a look.

As I entered, I passed an upholstered deep but-toned bed head that you just pop against the wall and put the bed against it. It was the discounted price that grabbed my attention as when I see something so nice, I just wish I could find someone to snap it up.

A bed head really makes the bed... excuse the pun. It's practical as well as adding that styled and polished look some people wish they knew how to achieve in their interiors.

Creating a fresh look to any room can give you so much pleasure; a renewed quality of life and a feeling of enjoyment, especially on days when

we languish at home because it's cold outside or because of lockdown.

Then you can relax in your very own private oasis. That's why I bang on about its benefits and how easy it is to transform a space with just a few things.

Do treat yourself to some things this month in order to create a feeling of warmth and cosiness as the cool starts to creep in. It is money well spent and we should always spoil ourselves.

Please feel free to phone or email me. I can point you in the right direction to put some zing back into a tired room. I'd love to help. Have a fabulous month ahead.

Zofia offers an interior style consultation for readers and a free phone or video call consult. She can assist with de-cluttering, restyling, choosing furniture and personal styling. For those interested in a free styling opportunity please contact Zofia on 0406 336 607 or email intshg@gmail.com

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With loneliness and feeling unsafe becoming so common for over 50s, and limited options available to afford a great lifestyle, Helena Valley Lifestyle Village provides an affordable, gated community with fabulous resort facilities where people feel safe and enjoy wonderful activities, bringing a sense of joy and purpose to life again.

FOR MORE INFORMATION PLEASE CALL



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0400 219 691



Call Mark Emberson
0404 852 272

Helena Valley
Lifestyle Village

2340 Helena Valley Road, Helena Valley
e helenavalley@nlv.com.au

f facebook.com/helenavalleylifestyle

Downsizing

ADVERTISING FEATURE

A secure and resort style lifestyle is available in Helena Valley



A vibrant lifestyle community and more awaits at Helena Valley

by John Green, project director Helena Valley Lifestyle Village

LONELINESS and feeling unsafe are becoming common for over 50s, and limited options are available for a great lifestyle. Helena Valley Lifestyle Village provides an affordable, gated

community with fabulous resort facilities where people feel safe and enjoy wonderful activities, bringing a sense of joy and purpose to life again.

Helena Valley Lifestyle Village has seen exceptional sales since the start of the year. We have taken offers on the same number of homes this year, as we did in the previous two-and-a-half years combined. I know we are not the only people to have experienced an improvement in the marketplace with the rise of the real estate market in Perth, but it sure is nice to see.

We are hearing many stories of people selling for more than their listed home price, while in return, others are then having to pay more when purchasing. We are also hearing our clients say that their agents are telling them to secure where they are going, prior to putting their house on the market, because it will sell as soon as they do. We've not heard stories like that for a very long time.

So, if you have been considering making a change to right size your living arrangements, now is the best time to get in. Why wait any longer to enjoy greater freedom and take advantage of living in a beautiful village with wonderful facilities, surrounded by a vibrant lifestyle community that shares and cares.

Don't wait until you're old to make the move. Do it while you can still enjoy it and are physically fit and able to get the most

out of life. Too many people leave it too long and are unable to enjoy the experience as much as they would wish. 'We're here for a good time, not a long time!' It's a cliché for sure, but one that rings true – especially when we regularly hear 'I wish I'd done it years ago'.

People tend to regret the things they didn't do, more than the things they did. So, if joining our community is something you, or someone you know, have been thinking about, make sure you take the time to call in and get a taste of whether it's for you. We would love to show you around the facilities and meet some of the amazing people who live here.

Stage 7A is selling fast. Before we could even finish building the homes on Stage 8A, we'd sold almost all of them. We're now taking orders ahead of schedule for our next stage 7A (yes, we changed the build order of the stages) and seven home sites are already accounted for.

Bear in mind that not all home designs fit on all sites, so the most versatile sites always go first. To make sure you get the design you want, don't delay, reserve your site now.

Construction on stage 7A will be underway in May 2021, due for completion around Sept/Oct this year. Hope to see you soon. Book a village tour today, you won't be disappointed you did. Find out more information on page 43.

Applying for home care funding is made easy for people

IF you have tried accessing home care funding you may have already found it a little confusing. You are not alone in this. There is a wealth of

information available and navigating your way through it all is not so easy, but with a few signposts showing the way it need not be too difficult

There are three main eligibility criteria for a Home Care Package. You must be over 65 or over 50 for Aboriginal and Torres Strait Island people, live in a private residence and have a need for assistance with some everyday tasks including housework, gardening, laundry and shopping.

Genuinely having a

need for assistance is the key, so first write down a list of all the things you are finding difficult to do at home and if possible, why. You will need this later.

Next step is to apply for an assessment by an Age Care Assessment Team (ACAT) member. You can call My Aged Care (MAC) on 1800 200 422 and they will decide if you are eligible for an assessment, so it's not such a good idea to tell them you can manage but have your list ready to tell them where you are having problems.

Or go to the MAC website at www.myagedcare.gov.au select "Types Of Care" then "Help At Home" and follow the prompts to fill in the questionnaire. Or give the list to your GP and ask him or her to make the call for you

If this application has been successful, you'll be contacted by an ACAT assessor to arrange a full assessment in your home. This is where it will be decided if you are eligible for funding. You will then receive a letter telling you of their decision



Applying for home care funding can be a lengthy process but doesn't need to be difficult and can be well worth the effort involved.

If you would like more detailed information to

help you through each stage of this process, please call CPE Group on 1300 665 082 or email info@cpegroup.biz for their *Guide Through My Aged Care to a Home Care Package*.

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Downsizing

ADVERTISING FEATURE



Introducing Honda's new battery range of power equipment



HONDA has introduced a new professional battery range, consisting of a leaf blower, brushcutter, hedgecutter and two lawnmowers, offering the power and performance that comes with Honda but with the convenience, ease of use and comfort of battery.

The new battery range is powered by a choice of three high-performance batteries, a 4.0Amp hr,

6.0Amp hr or 9.0Amp hr units from Honda's new universal battery system.

Honda's battery leaf blower offers powerful and robust performance with the versatility of interchangeable flat and round nozzles provided as standard. Ease of use is assured through optimum balance to keep the nose towards the ground, while variable speed control allows the operator to

work at their own pace to suit their working environments. Comfort and convenience were also a priority in the development of the new unit, with a waist belt-mounted battery to reduce weight, padded with a single-hand release and a universal fit for right or left-hand operation.

The new brushcutter ensures optimum usability with the familiar 'bike' handle system and har-

ness for complete control. It also offers the safety and convenience of stall-free operation, with the head automatically releasing if jammed. A three-tooth blade and nylon line head are provided as standard.

Honda's new battery hedgecutter provides a fast, precise and clean cut thanks to its 60cm Swiss-made hardened steel double-sided blades. It also offers the safety and

convenience of stall-free operation, with the blade automatically releasing if jammed. Ultimate comfort and ease-of-use is assured with a three-way adjustable rear handle, which can move 90 degrees right or left.

Honda's new IZY-ON battery lawnmowers bring new levels of performance and quality to the battery market, both models carrying over the same qualities and build standards that live up to the name of Honda. The HRG416XB (16") and HRG466XB (18") IZY-ON models deliver exceptional performance even in demanding conditions, powered by a choice of 4Amp hr*, 6Amp hr or 9Amp hr lithium-ion batteries.

Both feature a new purpose-built brushless motor design, for optimum efficiency and to minimise noise. The 466 model also offers integrated on-off,

Versamow™ selective mulching function.

Honda's new battery range is powered by either of three high-performance batteries which are part of Honda's universal battery system – offering one battery for everything.

For domestic use the 4.0Amp hr and 6.0Amp hr units provide a maximum current flow of 24amp, IPX1 is rated for water resistance, and weighing just 1.3kg. The larger 9.0Amp hr version, for heavy, frequent, professional usage, offers a maximum current flow of 45amp, IP56 rated for all-weather usage, with a weight of just 2.3kg.

Each of the new batteries features unique Thermo-Smart technology to keep cool even in the most demanding conditions and over long periods of use, ensuring consistent high performance and longer bat-

tery life. Thermo-Smart constantly monitors each cell's voltage for temperature, which coupled with a unique battery housing design using advanced subframe material, ensures fast and efficient heat dissipation for continuous current requirement.

The professional 9.0Amp hr unit is designed to be recharged more than 1000 times, with a robust outer casing which can withstand a two-metre drop test. It also features a battery charge level indicator and charge cycle count, motion activated sensor and rotational display via its LCD screen.

Honda's new battery range is now available from Honda's authorised dealer network. Get into your local Honda dealer today or visit www.honda.com.au for more information.



Wally and Beth Meacock

Home is truly where the heart is for Wally and Beth

REMAINING active and connected to family and friends as we get older is a philosophy 88-year-old Wally Meacock wholeheartedly embraces.

The octogenarian swims daily in North Fremantle, plays golf every Thursday and each month he visits his local Probus Club to catch up with friends. But keeping fit and in touch with mates became challeng-

ing a few years ago when Beth, his beloved wife of 67 years, began to develop dementia.

"It became difficult to care for Beth on my own, and while I would do anything for her, we decided that we needed to get some help," said Wally.

That help came in the form of a Baptistcare customer engagement consultant who helped Beth and Wally find the

right level of home care.

Baptistcare team members now regularly help Beth with personal care and practical support, including meal preparations, cleaning and gardening.

"Arranging for home care has given me my independence back, and I can continue to do the things I love knowing that Beth is well looked after,"

said Wally.

"For Beth and I, being able to remain at home with support and care means we can stay connected to our family at such an important stage in our lives".

For a limited time, Baptistcare is rewarding people who join or switch to their home care with a free \$250 Eftpos card. Find out more at www.baptistcare.com.au



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Lifestyle villages are a great choice for over 50s to downsize but not everyone wants to, or can afford to tie up the capital to buy into one. Apartment blocks only offer short term leases and retirement villages are known for high entry and exit fees. Providence Lifestyle offers boutique living where you can rent rather than buy and live in a friendly safe gated community with great facilities to enjoy life.



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Class acts herald inaugural Perth International Cabaret Festival



Left to right: Guy Ghouse and Gina Williams - Louise Anton - Michael Griffiths

by Josephine Allison

THE wide ranging talent of West Australian entertainers will be showcased next month when the inaugural Perth International Cabaret Festival takes place at His Majesty's Theatre from 19 - 27 June.

Artistic director, performer and Helpmann

award winner, Michael Griffiths says audiences can expect exceptional world class entertainment at the curated festival which has been almost two years in the making.

"We originally planned the festival, the brainchild of Ali Welburn and Graham Lovelock, around 18 months ago and it was set for a 2020 opening but, for obvious reasons,

that didn't happen," he said. "So it was then full steam ahead for this June and we are all very excited about it."

International cabaret diva sensation Meow Meow, the master of intricate guitar tapestries Lior, exquisite Noongar singer Gina Williams and award-winning Guy Ghouse, are among more than 30 artists to perform

at His Majesty's.

"There's lots of acts so we are all really thrilled, especially with the big WA content," Griffiths said.

The diverse range of talent and age groups has the youngest, 23-year-old Jamie Mykaela in *Daddy*, a no-holds-barred performance of comedy, rock'n'roll and signature scathing wit. The oldest is the famous Carlotta, 77, in

The Party's Over WA premiere featuring the icon, political activist and living legend who retires from the stage soon.

Have a Go News' very own Rick Steele, performs in the world premiere of *Once Upon a Time*, a chronological journey of a career spanning 50 years which started in his homeland New Zealand. He tells of rock 'n' roll life

on the road, mixed up with stunning originals and classic covers.

Louise Anton's *One Woman, One Piano, One Voice* (Perth premiere) celebrates 40 years in music. Anton's soaring vocal range, melodic piano style, personal interpretations and stories, both funny and poignant, are interwoven with classics from Burt Bacharach,

Barbra Streisand, Nina Simone and Billy Joel to contemporary hits and her own outstanding original compositions.

On opening night *Koorlangka Reimagined*, Gina Williams and Guy Ghouse welcome the audience to “sit at our campfire” and share, songs and stories, matching rare, ancient Noongar language to the glorious strings of the *Dolce Ensemble* and the piano genius of Russell Holmes. The event also includes a smoking ceremony on stage and Welcome to Country.

Griffiths, a WAAPA graduate, will accompany friend and fellow graduate Steven Oliver in the WA premiere of *Bigger and Blacker*. From the ABC's hit television series *Black Comedy*,

Oliver brings his critically acclaimed cabaret show direct from the Sydney Opera House. He weaves comedy and contemplation through stories of love and loss and mines his own life to reflect on fame, friendship and the power of music accompanied by Griffiths on piano.

Other acts include the WA premiere of *Michael Griffiths Greatest Hits*. Griffiths has dusted off his LPs and perused his one-man shows to curate a solid gold line-up of his favourite tunes. They include Madonna, Cole Porter, Kylie Minogue to A-ha, *Eurythmics* and the *Violet Femmes* with a three-piece band.

Amelia Ryan and Libby O'Donovan appear in *Unsung*, a loud, raucous celebration of the original pop and rock divas with music from Lynne Randall, Little Patti, Judy Stone, Marcie Jones, Wendy Saddington, Margaret Roadknight and more.

Perth drag performer Dean Misdale takes the audience on a reality shaking behind-the-scenes look at what it really takes to be a 'queen' and survive life's twists and turns among the glamour-filled world of drag. Fiona Choi, *Dragon Lady - The Many Lives & Deaths of Anna May Wong*, charts the course of immigrant daughter to Hollywood's first Chinese movie star to international style icon. Anna May Wong's career spanned silent film, talkies, Broadway, cabaret and television before she was struck down by alcoholism and an industry unwilling to see past her Asian face.

Award-winning West End leading lady Lucy Williamson presents an evening of Judy Garland songs, stories and personality. Fresh from playing a critically acclaimed run as Garland in *The Boy From Oz* at Crown, she is joined by music director Joe Louis Robinson on piano, recreating and reimagining the legendary songbook.

Griffiths said it was hoped the festival would become an annual event.

"This puts world-class entertainers in the spotlight, they are true professionals," he said.

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Williams & Ghouse



Carlotta



Michael Griffiths

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We're celebrating *Have a Go News'* 30th anniversary with a special movie preview



THANKS to Sony Pictures we're kicking off celebrations for our 30th anniversary with a special screening of the new film *Dream Horse* based on an incredible true story starring Toni Collette and Damian Lewis.

This inspiring story of Dream Alliance, an unlikely racehorse bred by small town bartender, Jan Vokes (Toni Collette) in South Wales. With very little money and no experience, Jan convinces her

neighbours to chip in their meagre earnings to help raise Dream and compete with the racing elites.

Their investment pays off as Dream rises through the ranks and becomes a beacon of hope in their struggling community.

Dream Horse is a classic tale of triumph against adversity, as an ordinary woman makes her wildest dream come true.

The special preview will be

held on Wednesday 9 June at Palace Raine Square, arrivals at 9.30am with the screening to start at 10am.

All winners will receive a lolly bag and bottle of water and go into the draw to win a door prize on the day.

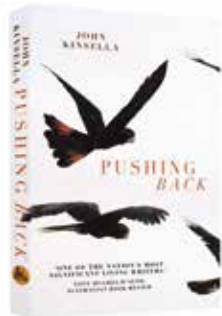
We have 65 double passes to give away to this film. To be in the draw to win a ticket simply follow the instructions below.

Dream Horse is in cinemas from 10 June.

WIN WIN WIN

To be in the draw to attend the *Have a Go News* 30th anniversary *Dream Horse* morning preview which will be held at 9.30am on Wednesday 9 June at Palace Raine Square simply email win@haveagonews.com.au with *Dream Horse* in the subject line or write to *Dream Horse* C/- *Have a Go News* PO Box 1042 West Leederville 6901. Closes 30/5/21.

Local author's evocative stories of people, place, animals and environment - *Pushing Back*



by John Kinsella
Reviewed by Pat Paley

JOHN Kinsella's collection of short stories showcases human nature at its best and its worst. He challenges our own presumptions and assumptions regarding human behaviour and how society prejudices

situations due to preconceived ideas of stereotypes and stereotypical attitudes.

The author's insight into the lives of others and his skilful shaping of the observations has resulted in this brilliant and haunting look at the complex yet indomitable spirit of our society.

Many of these stories will linger in your memory long after you have read them. In my case *The Little Red Car* does just that. I can't forget it simply because it turned my thought process upside down. The little red car is carrying four boys all high on amphetamines intent on terrorising tourists on

the Nullarbor. They discussed tape and murder and packed into the car are baseball bats, an axe and machete, the tools of their trade.

After failing to carry out their plan on a young family they stopped a campervan ready to attack the elderly couple inside. Now, dear reader

you are probably thinking that this couple are done for, you may be visualising a stereotypical pair of old dears sweet and harmless and extremely traumatised by the unfolding events. But what ensures with this encounter begs the questions just who were the ice-cold psychopaths

in this riveting and quite disturbing tale from John Kinsella.

He hones his craft to perfection, his rich vocabulary and unforgettable imagery makes him a master of his art.

Published by Transit Lounge. RRP \$29.99 available at all good bookstores.

Giselle - Celebrating 180 years of ballet



Polly Hilton as Myrtha Queen of the Wilis with the dancers of West Australian Ballet in *Giselle* © Sergey Pevnev

WHEN Jean Coralli and Jules Perrot premiered their new full-length ballet in 1841 Paris, needless to say they couldn't have predicted *Giselle* would become a cornerstone work of romantic classical ballet over the next 180 years.

Commonly known as 'ballet's great tragedy', it's in 2021 that West Australian Ballet celebrate this milestone with their own acclaimed version of the work, opening at His Majesty's Theatre on 13 May.

"*Giselle* is a work that looks at a misleading love, it transports you as you feel all of *Giselle*'s emotions and heartbreak as Albrecht deceives her. It's a work that Sandy and I danced many times and one that is very meaningful to us," said Aurélien Scannella, artistic director of West Australian Ballet.

"Our version was the first full length ballet we created for the people of WA and it remains true to Coralli and Perrot's original, with the inclusion of many beautiful details from the versions we

danced," continued Scannella.

The historic production follows peasant girl *Giselle* as she falls in love with Albrecht, a prince in disguise. When she discovers he's engaged to another, her grief becomes unbearable and she dies of a broken heart, with her spirit joining the ghostly Wilis.

The Wilis, which see 15 dancers take to the stage in white romantic tutus, are vengeful ghosts of women who had been scorned by past lovers. The Wilis lure men into the forest to make them dance until they die.

A further historic element to the transcendental work is Adolphe Adam's powerful score, which will be played live by the West Australian Symphony Orchestra under the direction of talented Western Australian conductor Jessica Gethin.

Giselle is showing at His Majesty's Theatre for 11 shows from 13 to 22 May including a new mid-week matinee, tickets are available via www.waballet.com.au

German Film Festival returns to the screen



to screens with the latest in German cinema, something we sadly missed in 2020. The Festival will be a great opportunity for people interested in German language films and culture to reunite and reconnect – and we look forward to welcoming them."

At the Centrepiece of the Festival program is *Fabian: Going to the Dogs* (*Fabian oder Der Gang vor die Hunde*). Straight from its world premiere at the 2021 Berlinale, Dominik Graf's adaptation of Erich Kästner's iconic 1930s Berlin set novel, sees a dashing idealist played by Tom Schilling find love amidst the twilight hedonism of pre-Nazi Germany.

The Embassy of the Federal Republic of Germany are long term supporters of the Festival.

Jens Hoch, head of the Embassy's culture section, said: "We are

delighted that the Festival is back in 2021 as films are such an important way for cultures to connect. We are thrilled that some of the best of contemporary German cinema will be screened nationally."

For more details visit www.germanfilmfestival.com.au

WIN WIN WIN
We have some dou-

ble passes to give away to the German Film Festival for some lucky readers to win. To be in the draw simply email win@haveagonews.com.au with *German in the subject line* or write to *German Film Festival* C/- *Have a Go News* PO Box 1042, West Leederville 6901. Closes 31/5/21.

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City Of South Perth Historical Society Inc

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WA Women's Hall of Fame exhibition
7 May - 13 June

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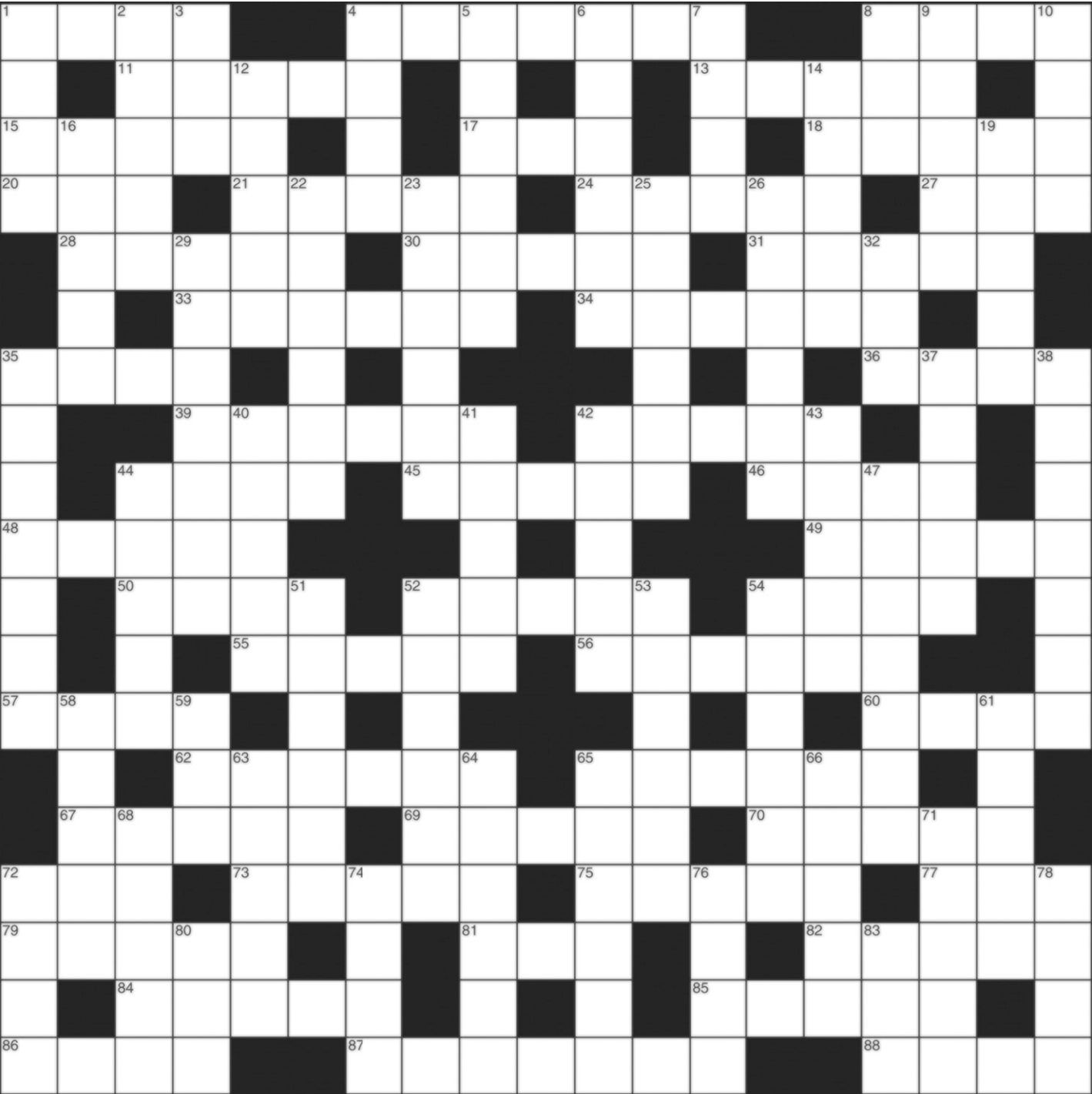
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Have a Go News PUZZLES PAGE



BIG CROSSWORD - SEE PAGE 42 FOR SOLUTIONS



- ACROSS**
1. Kitchen hand
4. Wander
8. Swelling
11. Let up
13. Computer correspondence
15. Victimises, ... upon
17. Angry crowd
18. Summarise
20. Large lake
21. Vietnamese city
24. Symbolic brooch
27. Period of time
28. Beneath
30. Revolt (against)
31. Lead-in
33. Length units
34. Expel (lawyer)
35. Surrender
36. 365 days
39. Quake
42. Ache
44. Sweat droplet
45. Dark hours
46. Arrests
48. Samurai weapon
49. Goad
50. Post haste (1,1,1,1)
52. Lessened
54. Burrowing mammal
55. Of the kidneys
56. Acquaintance
57. The Leaning Tower of ...
60. Suss
62. Butter containers
65. Sinew
67. Unchains
69. Anaesthetic
70. Light-bodied beer
72. Notice
73. Poor
75. Hearth flakes
77. Grow old
79. Rail transport
81. Jug rim
82. Metal bar
84. Mania
85. Pesto ingredient
86. Deem
87. Tranquillises
88. Greek letter
- DOWN**
1. Drinking vessels
2. Blue water (sailing)
3. Map legend
4. Penny-pinching
5. Military forces
6. Patted
7. Comprehend writing
8. Tell a porky
9. Gastric ailment
10. Father
12. Pale
14. Rink
16. Utilise again
19. Scent
22. Raised (eyebrows)
23. NW US state
25. Burning
26. Long-armed ape
29. Slimmers
32. Attempt
35. Portrait photo (5-2)
37. Follow
38. Put right
40. Scanning device
41. Foe
42. Brigand
43. Relay stick
44. Trawlers and launches
47. Going thin on top
51. Look over
52. Merited
53. Hot-air machines
54. Butt in
58. Surmise
59. Trump card
61. Do without
63. Hair dye
64. Fashioned
65. Leaf beverage pourer
66. Fertile desert spot
68. Respond
71. Predatory bird
72. Stellar object
74. Sheep
76. Centres
78. Famous volcano
80. Fury
83. Pen tip

Canning Districts RSL opens its doors to new members

CANNING Districts RSL has been operating in Cannington for 51 years offering a place of meeting and mateship for members. Although originally established for ex-service personnel and returning servicemen and women it now welcomes anyone to join the club and utilise the facilities. Some members have been

with this sub-branch for 30 years or more, however these numbers are dwindling and it needs to encourage younger ex-service men and women, the general public and, of course, current serving personnel, that the RSL in Canning welcomes new members. It has a great facility with dining room, bar and outdoor areas

and holds regular quiz, dance and karaoke nights. The premises are also available for private functions. On site there is a lovely memorial rose garden where many members ashes lie in peace and ANZAC Day services and Remembrance Day services are held every year.

Due to lockdown, the planned ANZAC Day service was cancelled. An open day has been rescheduled on 15 May from noon. The branch is putting on lunch and afternoon tea and will be laying a wreath and having a small commemoration for our ANZACs. Members of the public are

most welcome to attend, and see whether they would like to join the club. The Canning RSL sub branch is located at 162 Wharf Street, Cannington. Contact secretary Eleanor Wilkins on 0418 958 865 for further information or to register to attend the open day.

Celebrating Western Australia in two books



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compiled this book about
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those used on Her Majesty's British coinage dating back to the very beginning of her history-making reign to the present. Brought together on one golden crown for the first time, this coin is certain to be popular.

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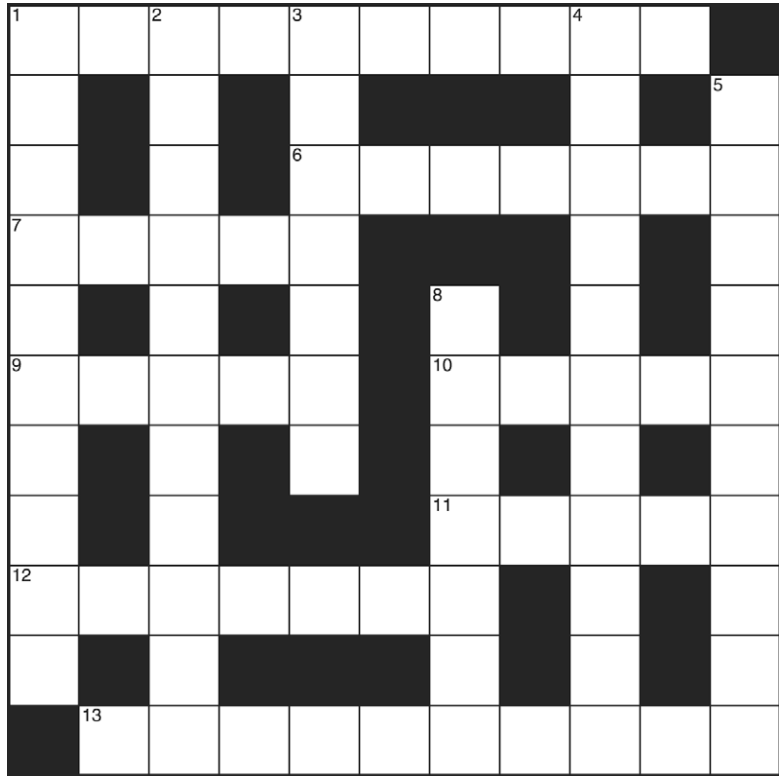
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Have a Go News PUZZLES PAGE



CROSSWORD



STRAIGHT CLUES

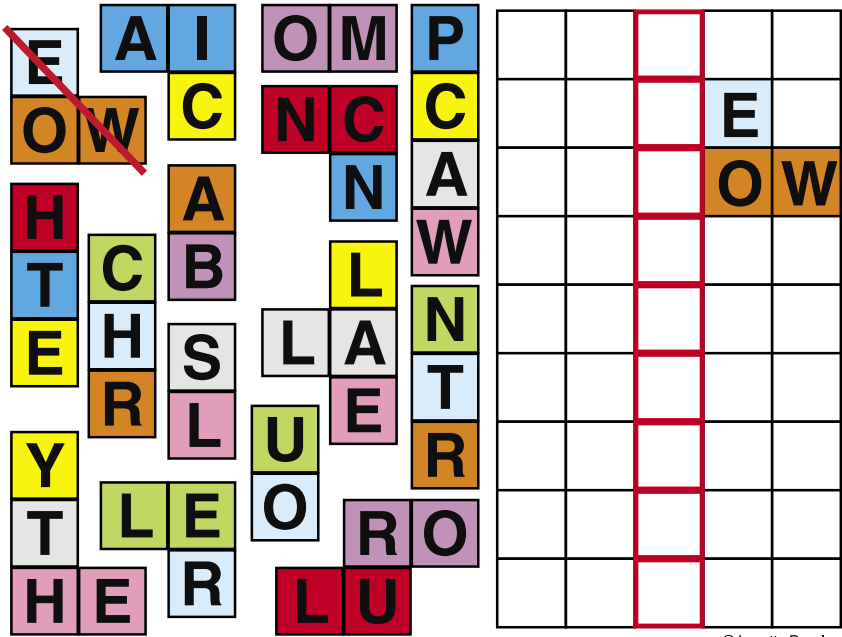
- Across**
- 1. Frayed (10)
 - 6. Spire (7)
 - 7. Make-up item (5)
 - 9. Amphitheatre centre (5)
 - 10. Run up (debts) (5)
 - 11. Humped beast (5)
 - 12. Remarkable (7)
 - 13. Cinema attendants (10)
- Down**
- 1. Medieval jousting event (10)
 - 2. Recovers (11)
 - 3. English football team known as the Gunners (7)
 - 4. Substitute (11)
 - 5. Irrespective (10)
 - 8. Earnest (7)

CRYPTIC CLUES

- Across**
- 1. Cockney Fred Bear sounds worn out! (10)
 - 6. Pet eels escape in church tower (7)
 - 7. Baton, Khmer and Moulin all require blusher (5)
 - 9. Stadium in Kildare, naturally (5)
 - 10. Become liable for fashionable dog (5)
 - 11. Ship of the desert arrived second place (5)
 - 12. Famous for not having desk (7)
 - 13. Torchbearers see the rust around (10)
- Down**
- 1. Could be made to turn on team competition (10)
 - 2. Repeats cure incorrectly but still gets better (11)
 - 3. Lanes leading up to a roundhead weapons store (7)
 - 4. Successor makes salesman and the French bind together (11)
 - 5. No matter what, consider smaller amount (10)
 - 8. Showing no hypocrisy since Her Majesty returned (7)

COLOUR BLOCKS

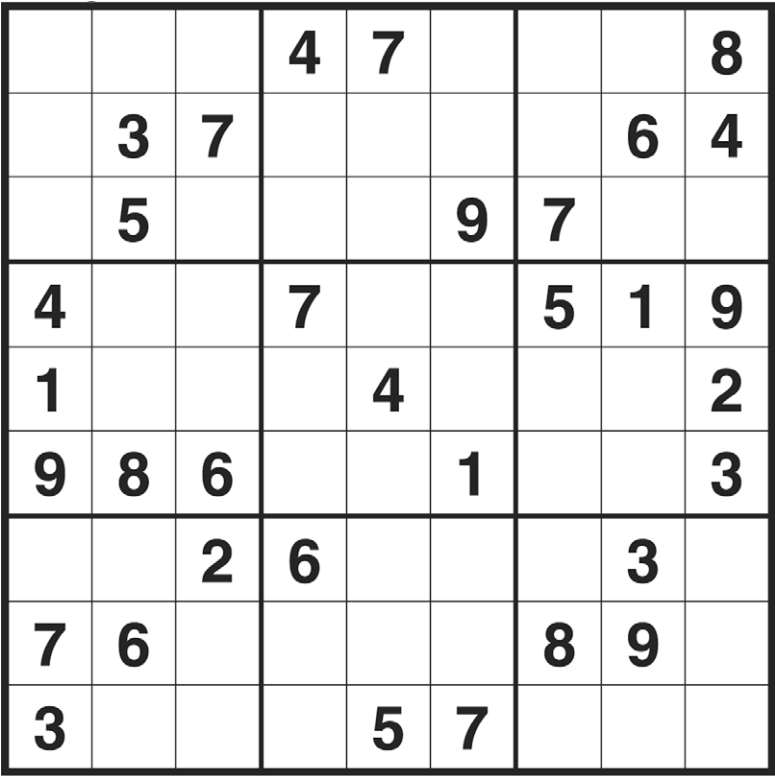
THIS is like a jigsaw puzzle. All the blocks fit together to make nine five-letter words reading across. Each word is a different colour. The mystery answer will read down the middle.



© Lovatts Puzzles

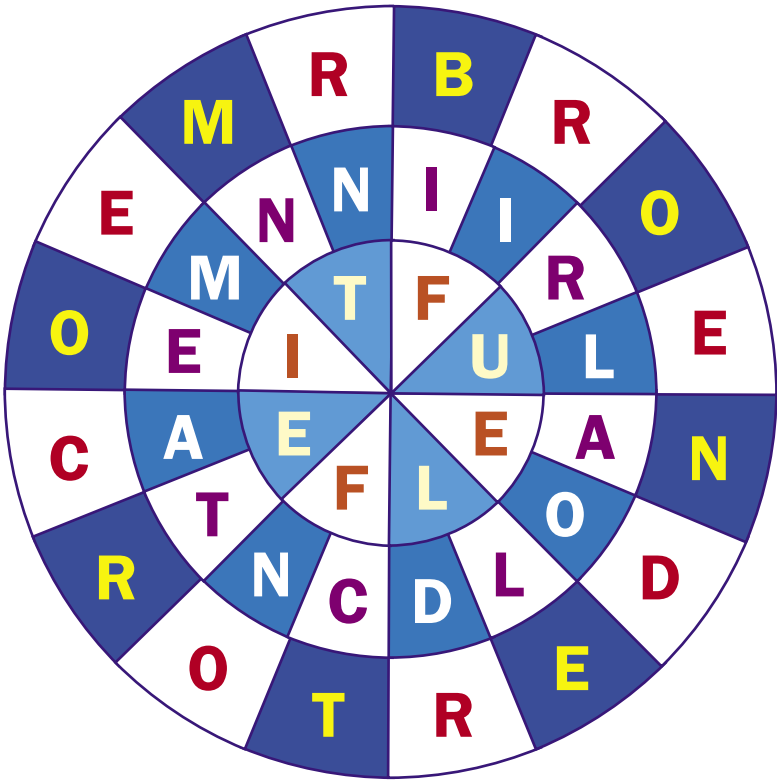
SUDOKU

Fill the grid so that every column, every row, and every 3x3 box contains the number 1 to 9. **RATING: ★★☆☆☆**



PRISM

Track down the six musical instruments in our prism. The words appear either clockwise or anti-clockwise and are on alternate spaces.



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