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Hitting Australia's back roads



Heather Ewart on the Nullarbor Plain

by Lee Tate

HEATHER Ewart has touched a nerve with television viewers, bringing a taste of genuine Aussie country life into our lounge rooms.

She conceived and led the ABC series, *Back Roads*, to instant success with more than one million viewers – a challenge for any program, especially in its first series.

After a stellar career covering politics and world events, Heather says, in her true-blue Aussie voice: “I’ve got the best job in the world, I reckon.”

Freshly back home from the Pilbara after leading her four-person Melbourne filming team across the Nullarbor, Heather is already plotting the seventh series of *Back Roads*, which remains one of the ABC’s top-rating television series.

“We were so lucky getting the current series filmed just a week before the COVID-19 lockdown,” Heather says from the holiday house on the NSW south coast she shares with husband and fellow ABC journalist, Barrie Cassidy.

A country girl from a long line of Victorian farmers, Heather, 63, is happiest in the bush – and it shows. Her natural manner and ability to coax country folk, who are notoriously shy of media coverage and cameras coming into

their lives, is palpable.

When not on the road, grandmother-of-one Heather loves to swim and walk Maggie, her Maltese-poodle cross, whether along the beach or near their Melbourne home, along the bitumen from the MCG.

Their two children Katie, 24, and Adam, 38, (Barrie’s son from his first marriage) play a big part in Heather’s active life when she’s in from the back roads.

“I’m just naturally active. I love a brisk walk to get the heart and lungs going. It’s important to keep the mind active, I reckon.

“As we get older we should be involved with a community, to have some connection, to feel wanted, to feel loved,” she said.

On one filming trip, Heather was impressed with a country town looking to raise the region’s profile to attract tourists. Everyone pitched-in and, thanks to volunteers, created a successful music festival.

Heather said: “A local told me: ‘To make things really work you need to get volunteers aged over 60. They have the time to think and to do, to get involved’.”

Heather has criss-crossed country roads from Hobart to Derby, at first with the four team members, their filming gear and belongings crammed into one hire car.

“I don’t know how we did it. Suitcases fall-

ing down on us and having to pack it all up after every place,” says Heather who now has the luxury of leading the squad in two rentals.

The roving journalist has been in many ‘sticky’ places in her pursuit of stories as foreign correspondent based in London, Washington and Brussels. And national affairs correspondent and chief political editor on the ABC’s current affairs program, *The 7.30 Report*.

The daughter of a shire president who wanted her to be a lawyer, Heather always wanted to be a journalist: “because I loved to read and write.”

She sailed into the then-chauvinistic media world, as she later explained.

“When I arrived in Canberra in 1980, there were hardly any women in the Press Gallery. Not all the blokes were like that – Kerry O’Brien, Laurie Oakes, Paul Lyneham and Bazz (Barrie Cassidy) were very supportive.

“There weren’t even female toilets in the Press Gallery. You had to go to another part of Old Parliament House just to go to the toilet.

“And there were a lot of men working there who saw young women as fair game. You knew not to go to some politicians’ offices on your own, particularly after they’d had a few whiskeys.

continued on page 7



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DESIGNED IN NORWAY

From the editor's desk



I HAVE certainly enjoyed getting out more and seeing friends and family following the lifting of many of the COVID-19 restrictions. I am also very pleased that once again we can travel around Western Australia and this month, we have included some travel pages.

We welcome back many of our local WA travel businesses. Remember it's now more than ever that they need our support.

★★★★

I personally want to thank the many people who heeded our call for support and sent through donations to the newspaper. And to the advertisers that continued in our pages during the worst of the crisis. I have despaired seeing more than 150 newspapers closing down across the country and I want to reassure readers who have

contacted us that we will not.

★★★★

We have worked hard to put in strategies to ensure our survival and our reduced staff in the office including myself have all taken on multiple roles. We had a stroke of luck receiving a small grant from the Judith Neilson Institute, which has helped us to continue engaging our freelance journalists. My team of journalists are an extremely talented bunch who I am proud to have by my side. When the pandemic hit, they all offered to work and be paid when we recovered. This grant has meant they could be duly paid and produce quality stories.

★★★★

Although we live in a digital world, there is nothing better than reading a hard copy newspaper, particularly when it's *Have a Go News*! Demand for the printed edition is always hard for us to keep up with and I am very proud to let readers know that we will be printing 70,000 hard copies from this month. You will find more copies distributed at shopping centres and supermarkets across WA with regular

top ups to these locations. If you can't find a copy at your local centre just ask them to contact us.

★★★★

Creating communities and providing a sense of belonging is one of the essential ingredients to a happy life. The Glyde In Community Centre's coordinator Ann Reeves mentioned that due to COVID-19 they had offered all their usual courses online. Interestingly they had not received the usual take-up and Ann said that clearly most members appreciate activities to be in-person, noting that technology cannot replace the warmth of human interaction. Amen to that!

★★★★

This month we are replacing our regular TV Talk column with a new offering for readers from Lee Tate. I am sure you will enjoy looking back at some of the interesting and topical stories he covered during his career.

★★★★

Services Australia have advised us that they are able to recommence the question and answer service with gen-

eral manager Hank Jonen this month. If you have a question about Centrelink and pensions simply email info@haveagonews.com.au with Hank in the subject line.

★★★★

We have a lot of fun on our Facebook page, please join our happy community at www.facebook.com/Haveagonews/ by liking or following the page.

★★★★

We offer more information for readers at the *Have a Go News* website, different to what is in the newspaper. The digital version along with back issues are available there too. If you would like to receive the digital version of this newspaper via email on the day of publication email readers@haveagonews.com.au.

★★★★

As we enter the winter season, I hope you stay well and warm and enjoy this month's edition of *Have a Go News*, your WA owned family newspaper!

Jennifer Merigan
Editor
jen@haveagonews.com.au
www.haveagonews.com.au

Ageing research snippet

Board games may stave off cognitive decline...

THE pandemic has seen a rise in people playing non digital board and card games. A recent study from researchers at the University of Edinburgh found that participating in these activities may stave off cognitive decline in older adults.

The more than 1000 people utilised in the study were born in 1936 and had been a part of the Lothian Birth Cohort 1936 — a study which evaluated the mental and cognitive capacities of its participants over a long period.

They assessed cognitive function when they were 11 years old, and then at ages 70, 73, 76, and 79 using 14 standardised cognitive tests.

They then asked the participants how often they played board games, cards, chess, bingo, or crosswords at ages 70 and 76.

The analysis found that people who played more games in their 70s were more likely to maintain healthy cognitive function in their older years. The researchers are also furthering investigations to seek which games were more beneficial.

We will keep you updated on their progress.

Word of the month

Malapropism
Noun
Meaning – when you say one word but mean another.
Example - Someone says that a restaurant is preposterous but they really should have said prosperous.
Illiterate him from your memory instead of obliterate.
The word comes from the French phrase mal a propos which means ill suited.

Urban slang

CLAP BACK: when celebrities respond back to something which has been said about them negatively usually online.

Funny historical fact

PEOPLE began drilling for oil in the 13th century. Marco Polo noted oil wells on a visit to the Persian city of Baku in 1264.

Quote of the month

AGEING is a state of mind, One must keep enthusiasm and curiosity.

Coco Chanel

Have a Go News Quick Quiz

1. Which presenter celebrated 40 years at Channel 9?
 2. Canning Highway is linked to which rock legend?
 3. Georgiana Molloy specialised in what?
 4. Name Australia's biggest monolith (in WA)
 5. Walga Rock is 49 kms east of which town?
 6. Paddy Hannan and co struck gold in 1893, 1899, 1900?
 7. Where in WA is King's Square?
 8. Human hearts beat 90,000, 100,000 or 200,000 times a day?
 9. Binningup Beach is in which WA region?
 10. Who hosted 6PR's Lifeline program for 33 years?
- See page 28 for answers.

Great West Aussies - Did you know?

RECORD-BREAKING jockey of 1946-84, Frank Treen won 2,000 races and 87 Cup events. He rode six WA winners in one day in 1967. Third in the 1958 Melbourne Cup on Red Pine, Frank rode 250 east coast winners. His Australian/Asian record for most cup wins on metro courses was 47.

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Chris Ilsley keeps it real on the airwaves every weekday night



Chris Ilsley

by Lee Tate

PERTH radio presenter Chris Ilsley is a very different broadcaster to legendary Graham Mabury.

"I never intended to become a Graham Ma-

bury-lite," said 57-year-old Chris who took over the 6PR night-time microphone after Mabury switched-off his 33-year stint in 2014.

"I never applied for a job at 6PR. I was

happy playing records on Bunbury radio and when I was up in Perth, I dropped into 6PR.

"I'd worked for their program director, Kevin Newman, before. He said: 'Have you ever thought of doing talk radio. You've got an opinion on everything and you're not afraid to express it.'

"I had been playing music on country radio stations up till then. Kevin said: 'You've got to grow-up sometime. You'll get to the stage when you're older and playing hot hits isn't cool anymore.'"

So Chris joined 6PR as a floater presenter in 1998, filling-in whenever a broadcaster was absent.

It was a role he relished and where he showed an intense interest in current affairs, history and music and a phenomenal memory.

"I just have this annoying habit that when

someone tells me something, I remember it. In my mind, when I look back, I see them telling it to me."

With his genuine interest in people, a consistent listening ability and healthy sense of humour, Chris was a good and reliable bloke to have in the radio station's hot-house conditions.

Stories about the radio industry's metaphorical revolving doors abound. Media candidates train for half a lifetime and juggle jobs endlessly to score a plum post at the microphone on a major city radio station.

Chris, whose love of radio began at age five when his grandfather gave him a little transistor radio in Narrogin, was in the right place at the right time to become 6PR's night-time voice.

It was also a blessing for 6PR management. Filling the shoes

of Perth's venerable and much respected radio personality would always be a challenge. To have a proven, informed and respected operator already working in-house, saved the station's bacon – and ratings.

Chris knew it would take time to win over listeners and build his own loyal base but he would have to do it his way. He immediately renamed the 8pm-midnight slot, *Perth Tonight*.

"I was no Graham, of course, and obviously this program was never going to be an extension of Graham's *Nightline* program," Chris told me.

"I was also the first presenter in that slot since 1978 not to be an ordained minister of religion."

Father-of-three Chris was thoroughly grounded in country radio. After leaving Narrogin schools he was DJ in Albany, Ka-

tanning, Northam, Geraldton and Bunbury.

His switch to talk radio was seamless and his nightly program has kept to its successful format of current affairs, talkback, humour and Chris's regular spot of musical history, when he gets to play a few songs and provide background on the artists.

"The immediacy of the material, being relevant to our audience and the response we get are all the important ingredients of the program."

"Of course, there's always the unexpected. When we're preparing the program, it can be hard to predict what will get the most response but that's always a part of it, every night," he said.

Chris comes from the old school of media: Checking all the facts in the time available, seeking both sides to every

story and making clear to listeners the difference between fact and opinion.

"People will get angry at something that someone says and I'll say: 'don't get angry. That's just their opinion. It's not fact. Understand the difference'."

"These days on social media, anyone can write anything that somebody has told them in the pub. It usually takes only 30 seconds to show people are talking a lot of crap."

"Many criticise mainstream media, yet it still remains the most reliable source of accurate news."

"Maybe one day, social media will seek to emulate the accuracy of traditional media," Chris said.



Books for sale at Historical Society



ROYAL WA Historical Society's major fundraiser book sale which was scheduled for the beginning of April was postponed due to the COVID-19.

The Society has come up with an innovative way for people to

enjoy the books which were on sale. Buyers can purchase a book bundle for \$25 and support programs which foster an enjoyment of Western Australian history.

Categories include fiction or junior fiction.

Each bundle has a fantastic mix of books in excellent condition and tied up with a bow. Social distancing measures are in place to keep people safe when they pickup them up.

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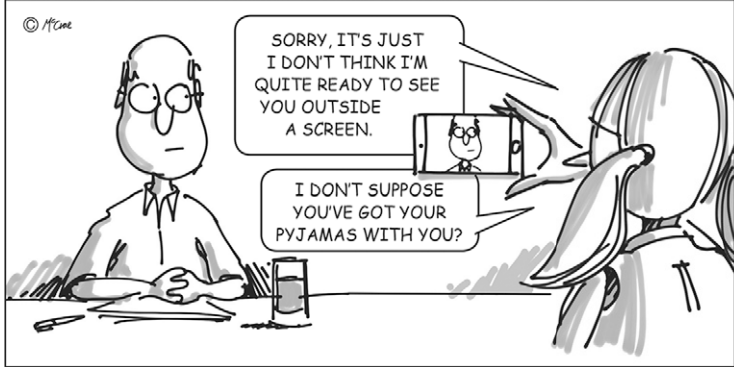
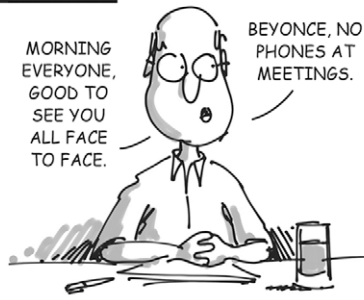
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CLOTHES FOR EMPERORS



Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor,
JUST to conclude my climate change missives.
How can we really trust scientists when they continually change their minds?
Carl Sagan opined that "In science it often happens that scientists say: 'that's a really good argument, my position is mistaken' and then they actually change their minds and you never hear that old view again."
The diet industry is another example – since the 70s we have seen an increase in obesity and saturated fat was thought to be the leading cause of heart disease.

Cholesterol is still considered to be the big demon, but why is it that 75 per cent of people who have heart attacks are recorded as having normal cholesterol levels? I digress.
Johnny Ball, UK presenter of Think of a Number claims that: "Only four per cent of the CO2 emissions is put there by man and the rest is natural."
The 'anti-Greta' climate realist Naomi Seibt is also putting forward some persuasive arguments, mainly on You Tube and it could be reasoned that "realist" is possibly a more accurate description than "denier."
In the fullness of time, is it possible that NASA will finally admit that nobody set foot on the moon? Or Darwinism is found to be bunkum? Or statins are unnecessary and just a pharmaceutical money spinner? Or, indeed the climate will take care of itself?

Yours sincerely,
David Rudman
Port Kennedy

Ed: If Mr Rudman's views are correct we may be wasting some money on renewables. If he is wrong and we take no action, we risk making large parts of the planet uninhabitable.

Dear Editor,
I AM surprised to hear that *Have a Go News*, which has such great editorials, does not appear to receive advertising or sponsorship from local or government departments.
Clearly the City of Joondalup, of which I am a ratepayer, and our state and federal ministers should be doing press releases and advertising on all aged matters and initiatives in *Have a Go News* which has excellent articles on many issues and is very relevant to readers.
Also this is a very good way for them to show

their commitment to their electors and in the case of local government to their ratepayers and to show what they are providing to ratepayers.
Have a Go News has an excellent way of writing articulate and concise articles on all topical matters.
I hope this will be read by, for instance, MP Ian Goodenough who is doing a good job and that he will also pass it on to colleagues and agencies.

Graeme Taylor
Retired CPA Chartered Secretary
Duncraig

Dear Editor,
I ENJOYED the discussions in the April edition about the use and misuse of the word elderly.
They brought to mind an occasion from a few weeks ago when I was out on a short hills drive in a fairly new and shiny gadget riddled SUV with a couple who are very good friends of mine (we are all 70-ish) and their eight-year-old granddaughter.
About fifteen minutes into our trip the young one piped up: "Grandad, when you were young did you have anything in your car to always tell you which way to go?"
With eyes fixed firmly on the road, my mate replied, "Yes darling - your nan."

Ian Campbell
Armadale

Dear Editor,
IN the May 2020 edition of this newspaper I read an article by Lee Tate. Lee mentioned the banks and the superannuation system and I agree with his sentiments. The only thing is Lee seems to suggest that shareholders are raking in a lot of money at the expense of ordinary Australians.
My job for the last eight years has been full-time investor on the

Australian stock market and very few shareholders make money these days. It is all gamed by the select few investment banks and financial institutions who control share prices and make takeovers and all those kinds of cunning corporate manoeuvres.
We have a petition about the problems with this large part of the financial system – the Australian Stock Exchange (ASX) and I would certainly appreciate if you

passed this message on to Lee.
www.change.org/p/australian-public-stop-dishonest-practices-on-the-australian-stock-exchange-and-demand-a-royal-commission
Kind regards
Ben Pauley

Ed's note: Lee wasn't suggesting shareholders were raking in the money, only that they are the beneficiaries.

Captain Wayne Gardiner celebrates a lifetime of military service



Left to right; A young Wayne Gardiner talking to Dr Gordon Reid AO former Governor of WA at the Army Museum in Dillhorn - Wayne with wife Joan and son Douglas at his farewell presentation at the museum - Wayne receiving his OAM from the Governor, Kerry Sanderson AC - Wayne in an armoured personnel carrier alongside the museum manager, Major Henry Fijolek

by David Nicolson

ANZAC Day this year was truly unique. Gone were the parades in cities and towns across Australia; replaced by expressions of remembrance by individuals and small family groups at the end of their driveways. A moving experience which was felt by people Australia wide.

Someone who knows more than most about the great sacrifice of the Australian soldier is Captain Wayne Gardiner, OAM, RFD (Retired).

Wayne had been in uniform for 50 years, from school cadet to an officer in the Army Reserve until he retired in January 2020.

He was recognised for his service with the Reserve Force Decoration, (RFD), for 47 years of continuous service.

Wayne enlisted in the Citizen Military Force, (later known as the Army Reserve), in 1973.

After recruit training he joined the 10th Light Horse, Royal Australian Armoured Corps serving with them from 1974 to 1984.

He was promoted to Corporal in 1976 and subsequently commissioned to Second Lieutenant in 1979.

In his civilian career, after leaving the National Bank in 1977 he became an auctioneer and valuer with HE Wells and Sons and then with Gregsons Auctioneers before commencing his own business in 1996.

For many years he was the antiques and collectables expert on the popular Graham Mabury Nightline radio talk-back program.

Wayne's interest in the Army was much more than the prestige of wearing the famous 'black hat' (RAAC beret) and racing around in armoured personnel carriers. He also had a deep seated passion for Australian military history.

He joined the Military Historical Society of Australia while still at school in 1971 and is still an active member to this day. He has been given numerous presentations on a variety of military history subjects.

His involvement in the society led him to become one of the early volunteers at the Army Museum of WA which was setup in 1977 in the impressive colonial mansion known as "Dilhorn" in East Perth.

Wayne was posted

from the 10th Light Horse to become its deputy curator in 1985.

Although the Army had overall control of the museum, providing a small number of paid reservists, the bulk of the work of acquiring and curating the collection is undertaken by volunteers.

This is where Wayne's skills provided the expertise and enthusiasm to help the volunteers produce a museum of note with a special emphasis on the West Australian contribution to the Army, dating back to the early 19th century.

By the early 1990s the museum had largely outgrown its home and this coincided with the Department of Defence selling some of its property assets, one of which was to be Dilhorn.

This shake up however offered an opportunity to use the historic artillery barracks in Fremantle. This move took place in 1994 with the opening ceremony on 15 August 1995, VP day, (Victory in the Pacific).

Wayne became its second curator in 1996 taking over from the long serving Syd Jenkins who died suddenly that year. During Wayne's tenure he

was instrumental in setting up many significant events and displays.

None was as important as the complete redevelopment and upgrade of all the galleries. This started in 2009 following a substantial grant from Lotterywest. It was completed in 2016 largely under the guidance of the next curator, Robert Mitchell, although Wayne remained a central player during this major project.

It is now regarded as one of the best museums within the Australian Army History Unit; indeed it has been said by many visitors, that it is the best military museum in Australia, apart from the Australian War Memorial in Canberra.

Wayne became the museum's assistant manager in 2010 working closely with the current museum manager, Major Henry Fijolek and alongside the senior curatorial staff and other museum volunteers.

Wayne also played a significant role from 1995 and 2019 in the Perth ANZAC Day parade as a commentator on the ABC TV telecast where he provided detailed military history information on every group and various participants that passed the saluting dais.

When asked who may have been the most interesting person he had met, Wayne said: "as you can imagine, I was fortunate to meet so many; one that comes to mind goes back to 1972 when I met a 96 year old veteran, George Self, who had served in the Boer War of 1899 to 1902. He had a terrific memory of events from all those years ago which I found fascinating, even as a school boy. A special memory was when he showed me his Boer War campaign medals which he had kept in an original Queen Victoria 1900 Christmas tin. The tin being one of those sent out to the soldiers in South Africa. It was a wonderful moment to sit there beside a Boer War veteran discussing his medals."

Although Wayne retired from the Army Reserve and left the Army Museum in January 2020, his interest in military history has not diminished. He is now celebrating 43 years of happily married life with his wife Joan and their three adult children and the apple of his eye, a 20 month-old granddaughter.

Wayne's contribution to

Australia's military history and to veterans and their families was recognised in the 2017 Australia Day

Honour's list with a very well-deserved Medal of the Order of Australia (OAM).

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WA Multicultural Association encourages lasting friendships



Left to right; WA Multicultural Association committee - Multicultural Youth Talent Quest 2019

by Josephine Allison

MOST days Perth man Franco Smargiassi gets out and about, walking in his local community area. The president of the WA Multicultural Association is always delighted when he meets people from other countries, he tells *Have a Go News*.

“The other day in my walk I chatted with a man originally from Punjab in India and then a lady from Durban in South Africa, whose ancestors were of French origin. The richness of culture around us is amazing.”

Franco is involved with an inspiring organisation which had its beginnings in 2013.

“I belonged to the Abruzzese Emigrant Association of Australia

which, in 2007, inaugurated Perth’s tallest monument dedicated to migrants at Ozone Reserve on the Perth Esplanade.

“Following that project the president, Albert Di Lallo, suggested building a pavilion next to the monument but the vice-president said funds would be harder to find because of the then economic downturn. As treasurer I suggested that as the monument was built mainly from funds by people from Abruzzo why don’t we make the pavilion a broader based community project so we can invite people from other cultures to give a hand.”

“They agreed, we had a meeting and invited various people from other cultures – Greek, Filipino, Cambodian and Vietnamese – and we created a sub-group which went about fund-raising. In 2014 we inaugurated the building and handed it over to the City of Perth.

“Then I thought, we have a lovely group of people here, why don’t we create an association, the WA Multicultural Association, which we did. We are an emerging organisation trying to make a contribution, particularly in cultural maintenance.”

Franco says the association is rather unusual in a sense. Perth has a much older organisation, the Ethnic Communities Council of WA whose function is largely an advocacy body to look after the welfare and issues dealing with migrants and multiculturalism.

“Our association’s fundamental idea is first to promote educational, cultural and community based events, and encourage the retention of the richness of the various cultures we have, to maintain their traditions and languages and be proud of it. The second is to encourage people to get together and share this richness.”

We have organised five multicultural youth talent quests involving primary and high school children singing, dancing and playing instruments; it’s beautiful to see children performing in their traditional culture.

“But now we don’t know if we can put on the sixth multicultural youth talent quest, planned for Sunday, 11 October because of the

pandemic. Our main aim is to keep the community aware of these festivals, we send out daily emails about events of an educational and cultural nature happening in Perth and encourage people to attend.”

Franco says the association is in the process of renting rooms at its headquarters at Tuart College in Tuart Hill which closed its doors to education in 2018

Italian born Franco who moved to WA with his parents and siblings in the 1950s, has a community background, starting Albany Community Radio 6ACR in 1994, delivering an Italian program and another on music around the world. He now runs an online radio station from home.

“The idea is to move the station to Tuart College to make it into a community, multicultural station where people from different backgrounds can speak about their culture, their presence and activities in WA and inform people of events.”

Franco laments that globalisation is setting aside many of our wonderful traditions, including those enjoyed by Australians which he once experienced.

“When I go for a walk to give my body some exercise, I greet people from a distance, and it’s a real pleasure to meet people from all sorts of interesting cultures who live in the area. I also have a substantial list of friends from around the world that I have met on my travels.

“Most Sundays, I send

out emails with the various multicultural events that I enjoyed (pre COVID-19 of course, unfortunately in recent times there have been none) and lots of jokes... especially about the situation lately and they can get some good laughs about it.”

“It is sad this pandemic has happened, especially for people affected by it. Let us collaborate and work together. Community life seems to be declining in normal times, so when life gets back to a normal healthy situation let’s have a coffee in each other’s homes and share life.”



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Creating a little magic in our lives from simple tasks

by Jon Lewis

LATELY I have been very much appreciating how to create a little magic. It's a kind of magic that is real and really easy to do. For example each day I make the bed. I'm sure you do too. It's a nice thing and makes you feel better about yourself when it's done.

So, there I was reading an interesting story about how in Japan people are sent to hotels if they show signs of the COVID-19.

What actually grabbed me was the perfectly made bed in the accompanying photo. It was... perfect. Was this hard to do, could I do it?

Needing to find out, I looked up a video on how to achieve the same. I actually found many informative videos. I chose the shortest and watched it, then watched one more... in under ten minutes I had learned the 'magic' of making a five-star hotel bed. To be fair my attempt was more like a four star and yet it provided some magic for me.

I have also learned how to make some magical meals.

It started with a desire to take my darling wife

out to a restaurant. At the time no restaurants were open. Undaunted, I created the 'restaurant experience' in our own home. This required me to quickly learn how to cook a restaurant meal. I started with something simple and made a shepherd's pie. You guessed it, I had a look at some videos on how to make such a delight. Magic.

Watching videos is a great way to experience actually doing it and really getting to understand how it is done. It's like having a teacher guide you and then being able to ask another teacher the same thing and getting their perspective. Before long I had created a nourishing dish and the resulting experience was... magic.

As I become braver, each Friday I attempt a new recipe as if by magic. Even just folding shirts can be magic. I noticed for me they always seem to come out sort of crumpled. In the shops new shirts always look so beautiful and so crisply folded. With the help of a video or two on how to fold shirts, I can now fold a shirt in under 30 seconds. What's more it actually looks like magic. I hold the shirt in two positions and say abracadabra. As I lift my hands to the sky the shirt appears to fold itself. Magic.

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CWA members rally in country and city to lift spirits and initiate projects



Country Women's Association of WA (CWA)'s state president Elaine Johnson

by Josephine Allison

THE Country Women's Association of WA (CWA) has stepped up admirably amidst the current pandemic. Its members remaining in constant contact via videolink and sharing ideas, says new State president Elaine Johnson, of Quairading.

"The CWA is very busy at present, the door to head office might be

closed, but staff have been operating from home with a few people coming in so we are still getting the job done, with videoconferencing to the fore.

"Members chat with the State president online each Friday morning. I have invited members to speak with me, share ideas, recipes and craft projects. That keeps me open to the members,

and I have an informal fortnightly board meeting online for an hour, so everybody can chat about what they are thinking. There is a lot of work involved when you do things this way."

Quairading based for the past 30 years, Elaine was elected State president last August.

"I went to my first CWA meeting aged nine," she said. "An older sister, now deceased, was secretary of the Dumbleyung branch. I won a competition knitting a square with two toothpicks and others said it was foul play because I had small fingers."

"But I thought to myself that when I grew up I would become a CWA member."

Elaine and her husband first settled in Quairading after buying a business in the area. "My husband is a former police officer and so was I in my younger days."

"The CWA has certainly kept me busy and active, especially since I was elected president last year; I was re-elected

unopposed this year. (The annual State conference has been deferred from July to November.) I've certainly improved my driving skills, perhaps I was hidden away in the country but driving backwards and forwards to Perth has kept me on the go.

"You have to be up and running, fully aware of what you are doing, which is a good thing. It's life changing, invigorating, I am proud of our members and how they have helped with COVID-19. Many people rely on the CWA for friendship and the social aspects of their lives, especially those in isolated areas."

"They have done wonderful things to keep in contact with others such as writing on a card and sending it on to another member, playing telephone tag, phoning one member and passing it on, having Zoom meetings and picnics in the park. It's an eye opener how members have coped."

"For ANZAC Day, members did wonderful

things such as putting rosemary on their letter box or front door, making wreaths, meeting at the end of the driveway on their farms. Amazing things really."

The CWA of WA has around 2200 members across 130 branches and Elaine says numbers are increasing.

"We have lots of younger members, some in the 30 plus age group and some even younger which is a good thing. That is what we have been aiming for."

I have a catchphrase: "Have your say and join CWA. I try to encourage young people to think outside the square. If there is something in the community that affects women and children and families, have your say. Start off at branch level and the issue moves through the various levels of our organisation and it may become a motion if members feel it is important enough to proceed."

"If you look back to our founding members they had wonderful ideas about improving the lives

of women, children and family and that has not changed. We are strongly opposed to domestic violence and we protect the rights of women and children, but we help with as many fathers with their problems with children... not all families have both parents there for them."

Elaine says the West Perth headquarters in Hay Street is the third building the association has occupied in the area and there are no plans to move.

"Our CEO has been working hard to ensure physical distancing is in place when staff return to work full-time but the front door won't be open to the public."

The CWA has embarked on a new partnership with the Road Safety Commission which will be a big boost for road safety messaging throughout

WA. Elaine said both organisations can work together to promote road safety initiatives to help keep regional and metropolitan communities safe.

"The CWA of WA is keen to ensure international visitors keep to the left side of the road, especially on transport routes and we support progress to improve passing lanes of regional highways."

The CWA of WA is forging ahead with many projects, especially in these challenging times. If anyone would like to become a CWA member please contact State office on 9321 6041 or go to the website www.cwaofwa.asn.au.



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continued from front cover

"That was the era but it's mind-boggling when you think about it,"

After reporting on the governments of Fraser and Hawke, Heather was posted to Washington as North America correspondent.

Barrie, now Bob Hawke's press secretary, missed Heather and re-signed to follow her overseas.

"Bob Hawke's minder quits for love," reported one women's magazine.

Shortly after Heather arrived in Washington, the first Gulf War broke out and Heather worked every day straight for seven weeks.

She also covered Bill Clinton's presidential campaign, getting access to Bill and Hillary: "that was amazing."

After four-and-a-half years Heather was given another foreign posting, job-sharing with Barrie in Brussels.

On the couple's return to Melbourne, Heather worked on *The 7.30 Report* as Barrie launched

the successful ABC Sunday program, *Insiders*.

Cruising our back roads and promoting country life, Heather couldn't be happier.

"There's so much to see, I reckon," she says.

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Where opinions matter - is it time to add more discipline to Australian life?



by Lee Tate

LIFE on earth is perilous. A plague of microscopic bugs can bring down humankind. Our self-indulgences, self-interest and vanity seem even more obscene in the wake of the virus. Near the start of Australia's lockdown, a leading

authority said: "Tell your kids it's ok now to sleep in till lunchtime and watch TV or computers all day. We want them to stay at home." Yes, but what sort of message are we sending them? Plague or no plague, do we really want our kids to think it's acceptable to be lolling about all day? Especially teenagers and older. While the plague brought limitations, partial-confinement rules didn't prevent anyone being mentally and physically constructive and active. There was no serious suggestion from authorities and probably most

parents, for younger people to use the time to apply themselves, perhaps in a new line of study, interest or fitness routine. Humans over our lifetime have developed a soft underbelly and are in no condition to combat whatever nature – or our enemies – throw at us. Life-threatening nasty bugs will keep coming. Given this lesson, will we be in any better shape in a decade or in another generation to withstand it? Let's be frank. We in the Western world have become dominated by inactivity, obesity, self-gratification and self-interest. We baby boomers see laziness, self-obsession and obesity spreading. Many of us are part of it. Our grown children and grandchildren are glued to technology, committed to quick gratification, lacking discipline and

often overweight. Somehow, even in the poorest communities, they waste money on attention-grabbing tattoos, rings and body studs. This is as the same time that we are producing humankind's great advances in medicine, science and technology. And some of the brightest minds. But they are not the majority. Do humans face a healthier future? What have we learnt? Can we change direction? Australia could quickly mop-up some of the idle, the unemployed and directionless – of which we have the most in our history – by introducing a broad form of national service. Many equate national service with conscriptions for war, especially the Vietnam war when young men were coraled into

being nashos. This one could perhaps be called National Training Service or similar. National service does not need to be dominated by weapons or indeed have anything to do with military matters. However, given the uncertainty of international affairs, part of a national training service system could be military-linked. Despite the nation's money woes, a multi-billion-dollar defence budget will remain and could contribute to a national training service. National service works successfully in many countries. With or without it being military-based, if our national training service was run along military lines, graduates would add discipline to Australian society. With our newly-boosted ranks of unemployed

or partially-employed, on top of those who would make themselves available because they believe in it, there's no shortage of candidates and no shortage of instructors. Australia's Defence Forces are superb in training. Men and women emerge with professional, academic and technical skills that can be put to use in the civilian workforce. Military bases could be extended (more jobs) and schools used at weekends for lessons and training. Australia clearly has the skills to train and discipline legions of idle people in designing, creating, building, reinforcing and renovating – financed by the defence budget. There is obviously no shortage of human power. On the social side, a workforce is needed to

support all those with mental issues and dementia, the homeless and those with poor diet, Indigenous-issues, disabilities, age-related demands like shopping and cleaning, even baby-sitting. Tightened security of homes, shopping centres, schools, businesses and public facilities is warranted. Putting unemployed people to work will reduce crime rates. A national training service will give graduates a sense of achievement, involvement and purpose and strengthen Australia's backbone. What do you think? Email info@haveagone.ws.com.au with opinion in the subject line.



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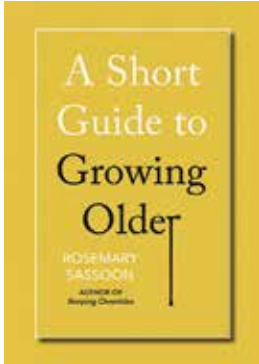
A brief and concise guide to getting older and the plans you need in place...

Reviewed by Pat Paleeya
A Short Guide to Growing Older
by Rosemary Sassoon

THIS slim volume has been written for the benefit of those approaching the later years of their life with perhaps preconceived ideas of what this 'older age' encompasses. In her introduction Rosemary Sassoon writes that few of us seem to visualise what it might be like growing older – being challenged by the physical and mental changes that can occur – and how to prepare ourselves for a time where these circum-

stances may arise. In this guide the author offers encouraging advice on various aspects of ageing, suggesting that planning for your future can enhance later life by having many goals such as becoming a volunteer, joining social groups, getting creative and partaking in any activity that stretches the mind and body. Rosemary Sassoon is of the older demographic herself and writes from experience, having had many a set back of her own journey towards growing older. Concise and comprehensive, this short guide is straight for-

ward while lightly hammering home our sometimes head-in-the-sand attitude to our future senior years. Published by The Book Guild - It is available to buy online from Amazon and The Book Depository. **WIN WIN WIN** To be in the draw to win a copy of *A Short Guide to Growing Older* simply email win@haveagone.ws.com.au with *Guide in the subject line or write to Growing Older c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 30/6/20.*



Rosemary Sassoon's book *A Short Guide to Growing Older*

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Ageism becomes more obvious during the current pandemic



Senior lecturer in Sociology at Monash University,
Dr Barbara Barbosa Neves

by Frank Smith

THE COVID-19 pandemic has caused a massive social upheaval the Australian community, a team of Monash University researchers have found.

In particular ageism, always present, but rarely mentioned, has become apparent.

Dr Barbara Barbosa Neves, senior lecturer in Sociology at Monash University, says the pandemic is laying bare how older people are treated.

"Ageism is the most common form of discrimination. Surveys show 20-30 per cent of younger people have a stereotypical view of older persons. However, only 10 per cent are heavily prejudiced; more young people are prejudiced than older people and more men than women.

"We woke up recently to the shocking news that Spanish soldiers found corpses left behind

in their beds in at least four locations as they disinfected nursing homes in the battle against the country's rising number of covid-19 cases.

"Yet recently a 103-year-old Spanish woman recovered from COVID-19.

"We've also heard of Italian doctors using the age of patients to decide who to save due to limited number of ventilators."

"Chronological age is not a good guide to behaviour; many older people play a valuable and active role in society. Age is only one dimension.

"Coronavirus is laying bare how we see older people in our society. It's exposing intrinsic ageism stereotypes and discrimination based on age. It's exposing how older people are viewed as all the same or in two extremes: either too frail and vulnerable, or too irresponsible and greedy," she said.

Older people are a very diverse group with different resources, needs, and aspirations.

Ageism can affect people of all ages, but it's particularly prevalent in later life. And it has terrible consequences – older people who believe the negative ageing stereotypes have worse health outcomes and lack a sense of personal value.

"They think I'm too old" is what older people told me countless times during my research on loneliness and technology in care homes. Too old for others to care; too old to be seen; too old for technology.

"In our society, ageing is mostly seen as a problem – if you're old, you're decrepit, declining, dependent, past the expiration date, over the hill.

"However, for most of us, not dying young is a good thing. Two hundred years ago, life expectancy, worldwide was less than 40

years; in 2019, it was about 72. Attitudes towards ageing haven't changed as fast as life expectancy.

Now COVID-19 is exacerbating ageism in Australian communities, from devaluing those more vulnerable, to the implementation of blanket policies that can significantly limit the rights of older people.

The social costs of this pandemic will take a while to account for – in the meantime, we need to ensure our sociological expertise is used to build a more inclusive and fairer world.

"It is ok to be old. Ageing has challenges, but older people are entitled to quality of life," she said.



Spotlight on mental health in Diabetes Week

MENTAL health has become a priority since the COVID-19 pandemic began. In recognition of the struggles people living with diabetes may face, mental health is the theme for this year's National Diabetes Week, running from the 12-18 July.

Diabetes can be hard to manage and may not always go to plan. This can be exhausting and lead to diabetes distress, the emotional burden of living with and managing diabetes.

Some indicators that people living with diabetes may be feeling distressed include anything from being overwhelmed by the demands of living with diabetes to feeling guilty when their diabetes management gets off track.

To combat this, people living with diabetes can consider the following actions:

- Stop blaming themselves; let go of high expectations of their management.
- Be kind to themselves; talk to themselves as if they would to a close friend.
- Re-assess their goals; If they feel like nothing is working, breaking goals into smaller, achievable steps is a great place to start.
- Get connected: They may want to flesh out feelings with loved ones or other people living with diabetes.

To find out about local peer support groups, interested people can call the Diabetes WA Helpline on 1300 001 880, Monday - Friday, 8.30am-8pm.

"We encourage people who may be feeling diabetes distress to have a think about what might help them, and reach out to their healthcare team or GP to discuss their concerns," said Carly Luff, manager of clinical services, Diabetes WA.

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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. Club 55
2. Cancer Council WA
3. Ray White

4. Make My Health
5. Accolade Memorials
6. Juniper
7. Foothills Denture Clinic
8. Fantastic Services
9. Ringtails Motel
10. Sage Financial Group
11. The Cove Dunsborough

Entrants can enter via email win@haveagonews.com.au or write to Ad Words Competition C/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 30/6/20.

Congratulations to Anita Siddle, of Butler, our April 2020 winner.

U3A looks cautiously ahead with COVID-19



University of the Third Age (U3A) president Denise Beer

THE outbreak of the pandemic COVID-19 earlier this year hit society hard, including many organisations such as University of the Third Age (U3A), a worldwide movement which aims to encourage older people to remain physically, mentally and socially active.

At present, face-to-face meetings and other events are on hold and U3A has adopted a different approach to keep members informed.

University of the Third Age (U3A) president Denise Beer says she has two main concerns, how to manage the risk of COVID-19 and how to deal with members' problems of isolation.

"U3A is one of the few organisations that encourage older people to undertake intellectually demanding activities such as learning new skills, taking part in discussions and engaging in seminars, lectures, mind games and lifelong learning, but with

no exams or assessments and no qualifications at the end," she said.

"With COVID-19, a limit of 20 people at a meeting and the need to allow at least four sqm each means that most face-to-face meetings have had to be cancelled in recent times. This includes lectures held in the city twice a year, and the first semester of courses.

"It is unlikely the second semester will go ahead in its usual format. The annual general meeting has been postponed until November and may have to be held as a virtual meeting."

Denise said she was also concerned about older people being forced to stay at home and miss their weekly U3A outing. Many members lived on their own and the effect of enforced isolation could be damaging to their mental health.

tal health.

U3A has embraced technology, purchasing copies of Zoom to allow some regions to hold virtual meetings. Members have responded by using Google, phone calls and virtual meetings with Zoom for discussion groups, choir practices, language learning, puzzles and brain exercises designed to challenge groups and individual members.

Around 10 per cent of U3A members have no email and about 20 per cent are not comfortable with using the internet so U3A has reverted to using Australia Post to keep these members up to date with newsletters and its quarterly magazine Inform. These provide new information and keep members up to date.

U3A in Perth and its 10 regional branches have

around 1000 members. The minimum age is 50 but most members are retirees aged between 65 and 90.

"For many, the third age is the time of achieving one's maximum potential after the second age – the stresses of working and child rearing are past," Denise said. "COVID-19 can infect people of all ages, but older people and those with existing medical conditions are especially at risk.

"As president, I am responsible for planning to ensure all members benefit from the organisation in health and intellect. Closing down has been easier than opening up will be, we must not try to run before we can walk," she said.

We will keep people posted on updates on U3A meetings recommencing.

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Phone: 9263 2076
Email: Romm.Niblett@anglicarewa.org.au



Services Australia update - early release of super and your Centrelink payments



by Hank Jongen
General manager
Services Australia

THE coronavirus pandemic has caused a great deal of financial uncertainty. If you've been financially impacted by the pandemic and lost your job, you may be eligible for a range of supports.

You can use the Payment and Service Finder tool on the home page of our website at servicesaustralia.gov.au to explore what payments you could be eligible for. The JobSeeker Payment offers financial help if you're between 22 years and Age Pension age (66 years), looking for work, or if you're sick or injured and can't do your usual work. As part of this payment, you can also receive the temporary Coronavirus Supplement of \$550 per fortnight.

The second \$750 Economic Support Payment will also be paid from July to eligible in-

come support payment recipients or concession cardholders, including the Age Pension, Carer Payment, Carer Allowance, Disability Support Pension, and the Commonwealth Seniors Health Card. There's nothing you need to do to prepare for this, we'll automatically pay it to you if you're eligible. You just won't get the second Economic Support Payment if you're receiving the Coronavirus Supplement.

The Government has also allowed individuals financially affected by coronavirus to access some of their superannuation early, before

they reach preservation age. Eligible Australian and New Zealand citizens and permanent residents can apply to access up to two lots of \$10,000 from their superannuation.

To qualify, you need to be unemployed and eligible for certain Centrelink payments such as JobSeeker Payment, Parenting Payment, or Farm Household Allowance. On top of this, as of 1 January this year, you need to have been made redundant, had your working hours reduced by 20 per cent or more, or if you were a sole trader, your business was suspended or

you faced a reduction in turnover of over 20 per cent.

You can apply to access up to \$10,000 until 30 June 2020, and a further \$10,000 from 1 July until 24 September 2020. The early release of superannuation is managed by the Australian Taxation Office and you can find more information, including how to apply, on their website ato.gov.au.

If you're receiving a Centrelink or Veterans' Affairs payment or the JobKeeper Payment, any money you withdraw from your superannuation under this measure won't affect

your payments.

For Centrelink purposes, while we won't treat the lump sum as income when assessing your income support payments, we just need to know what you've done with the money, for instance, if you've put it in the bank. Remember to tell us within 14 days of receiving the funds, and the easiest way to do this is through your Centrelink online account on myGov. Once you start spending the money, then it's simply a case of updating your balances.

Before you decide to access your superannuation, we strongly

recommend seeking appropriate, independent financial advice. You can also use the superannuation calculator on MoneySmart's website at moneysmart.gov.au to see how taking out funds now may affect your superannuation in retirement.

If you'd like to speak to one of our financial information service officers to help understand your options, call us on 132 300.

Until next time.

If you would like a question answered simply email info@haveagonews.com.au with Hank in the subject line.



by Rick Steele

AMONGST the rambling scrambled memories of Perth in the sensational seventies, a few things stand out and draw a wry smile on my dial, or make me flush and cringe with "did I do that?" embarrassment.

Graham Kennedy's crow call that sounded like a rude word was fun, along with *Aunty Jack*, *Number 96*, *Bellbird* and

Old wives tales or simple wisdom, take a second look

GTK. The Sunday roster system and the brilliant, 'You can only buy two bottles from liquor store on Sunday' helped me gain a great sense of direction around a rapidly growing Perth.

The *Sunday Times* was considered essential reading and the Readers Mart was the poor man's stock exchange where you could wheel and deal to your heart's content, and everyone could find something that could go straight to the poorroom.

One anonymous young bronzed Ozzy, with emu export stubby in hand and a 'Winnie' blue in his mouth was doing his usu-

al Sunday morning routine and perusing the motor vehicles for sale pages. He nearly swallowed his fag when he read: Jaguar XJ6 1969 \$100.

"Gotta be a mistake! It's a write off. Supposed to be \$10,000. It's a misprint. Some kind of joke. Funny ha ha! It's a model. Like a do-it-yourself kit set."

Back to the Holden HK, Valiant station wagon, Ford Cortina \$350 with new tyres and battery, runs fine.

After another durr and 'coldie' curiosity took over and "bugger it, I'm gunna call and see what's the story!"

A very well spoken lady

answered, and caught by surprise, he bumbled his way through his questions about the "mistake" about the Jag and it was a wreck, supposed to be \$10,000; not \$100. It was a model car and sorry, but did she know about the mistake.

"Oh no," she replied, "the advert is quite correct. The car is in perfect condition and runs like a dream. One hundred dollars. You'd better be quick!"

"Lady, c'mon, I smell a rat. It can't be real!"

"What's your name?" She said; "well John, I am recently widowed, and on Thursday my lawyers

read me my husband's will. Paragraph three, section two reads; I leave all proceeds from the sale of my 1969 XJ6 jaguar to my faithful mistress, Barbara."

"Where you live? I'll be there in ten."

Of course the moral of this story is that if it sounds too unbelievable to be true it probably is. Always read the fine print twice.

We paid house and content insurance for four years while away and leasing out our house. When we returned, we were told that the house was in such a poor state it was unlikely to be

leased again.

Insurance policy clause 16b: If the house is being rented none of the above 15 clauses will count. They wrecked my house, stole from me, and vamoosed. I should have read 16b twice.

Fortunately for Australia and especially us in Perth we seemed to have escaped God's wrath for the time being.

However the economic sandwich that is being prepared as we speak shall be testing for one and all. Gather your wisdom, take a second look, read again and if necessary, seek advice from an expert if you can find one.

I decided to be chauffeured home last week. As I made my way to front of the queue at the bus top, a tired mother with baby in arms closed in and I gestured to her to go in front of me. Just then two rude young people pushed past and made disparaging remarks about the baby's beauty. The bus driver seeing what had happened, but not hearing the remarks, noticed the woman become visibly upset and stressed, so he kindly called to her...

"Lady, jump up here, get a free ride, and here's a banana for your monkey!"

Cheers dears.

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Daring to hope after COVID-19 - challenging old beliefs to find a better future



by Karen Majer

IN APRIL, at the height of the COVID-19 restrictions, my beloved father-in-law passed away in Melbourne. We were unable to say goodbye or hold a family funeral. We are only two of very many folk whose lives have been impacted by the necessary restrictions imposed by the pandemic.

Illness, anxiety, failing businesses and loss of income are just some of the issues people are grappling with. At the same time, the imposed quiet period has been welcomed by many as a blessing. We've had time to step off the treadmill and, as one friend put it, become human beings instead of human doings. Suddenly, with events, meetings, volunteer activities and travel plans cancelled, I for one breathed a sigh of relief. Along with my friends, I turned inwards to my thoughts, my home and garden. The veggie patch began to flourish, order was restored to the chaos of craft materi-

als and paperwork in my study and I spent happy hours in the kitchen – unfortunately flattening the curve is not something that applies to my waistline. I immersed myself in playing with gorgeous coloured wool rovings that felted into bags and scarves. I learned to Zoom and Skype and wondered why I had delayed so long as I regained close contact with friends in other places. Best of all, I felt the Earth take a breath. As we humans stilled our relentless movement, we saw miraculous images from around the world of clear skies and distant mountain views where before there had been

smog. Levels of greenhouse gas production dropped, at least temporarily. As restrictions are eased, a ubiquitous topic of conversation among my circle is: "I like some of the changes. Do we have to go back to normal? Can our new normal keep the best of what we learned and enjoyed during our enforced stillness?" I asked about what features they would like to keep. A common response was a focus on 'localism' – the way the community has drawn together and supported each other and local businesses. In return, our cafés and shops have shown inno-

vation, including adopting on-line ordering and delivery services. Many people like working from home and one young Mum told me she is enjoying watching her daughter take over the kitchen, play music and sing instead of being 'out and about'. Less driving is also a big plus. More 'me time' for pursuits such as yoga and gardening, learning new skills like seed saving, and appreciating nature, has taught us to be more selective in what outside responsibilities we choose to take on in the future. Compassion is a recurring theme. Offers of help for the elderly and home-bound, checking

in on neighbours, and community-led projects to help homeless people and stranded backpackers have strengthened the social fabric of our neighbourhoods. For those of us lucky enough to be less directly impacted by health or financial issues, this has been a time of rest and re-evaluating what is important both personally and as a society. In the race to get the economy back on its feet, we have huge opportunities to invest in job creation in clean energy, environmental restoration, regenerative agriculture and innovative technology. Maybe the enforced pause will allow us to

shift tracks to create a future with clean air and healthy rivers. Where the environment that supports life on earth is honoured and our young people have hope. Where strong local economies and social justice are more important than profits of mega-corporations. Meanwhile I treasure my Zoom-time with family and friends. I look forward to giving them a hug. When the interstate borders open, we will join the Melbourne family to celebrate my father-in-law's well-lived life. We will appreciate freedoms we once took for granted and dare to hope that the pandemic has opened a door to a better future.

Enduring Powers of Attorney - detailing the responsibilities of the Attorney



by Raymond Tan, community lawyer and Public Notary

WE have previously written about Enduring Power of Attorneys (EPA) and why you should be having one prepared to protect yourself. Now, let's consider what issues are important if you are asked to be appointed as an attorney on behalf of your frail friend or family member. 1. If someone wants to appoint me as their attorney, should I accept the appointment? What obligations will I have? First and foremost, you need to be aware that being an attorney comes with tremendous responsibility. Many unwitting family members take on

the role of an attorney for their loved ones without fully understanding what it entails. Some of the obligations of an attorney include: • exercising powers under the EPA with reasonable diligence to protect the interests of the donor. If the attorney fails to do so, they will be personally liable to the donor for any loss occasioned by their failure. • ensuring that the donor's finances are kept separate. • keeping and preserving accurate records and accounts of all dealings and transactions made for the donor. • avoiding any conflicts of interest with the donor. Even if you understand and accept the obligations of being an attorney, before you sign on the dotted line to accept the appointment, you should carefully consider issues such as whether: • your familiarity with the donor and understanding of their beliefs, views and wishes, would enable you to make decisions for

them that would closely mirror decisions they would make for themselves. • the donor's finances are simple or complex to manage, and if you believe you can carry out the role competently. • you are organised and able to consistently maintain proper and accurate records of the donor's finances. • you can work well with the other attorney, if any. 2. What types of decisions will I be making for the donor under the EPA? As an attorney, you will make decisions on and attend to matters such as: • the allocation of the donor's funds and day-to-day expenditure. • the sale, purchase, lease, maintenance of properties. • management of the donor's investments, funds, interests in companies. • management of the donor's bank accounts. • lodging tax returns. • negotiating, executing, and terminating contracts. In circumstances

where the donor no longer has legal capacity, attorneys sometimes face challenges where the donor's expressed views and wishes conflict with their own best interests. The attorney in that situation is tasked with finding the ideal balance, but it's not always easy. Ultimately, an attorney needs to make decisions for the donor with the donor's best interests as the primary focus. 3. What can't I do under the EPA? You cannot make decisions for the donor on matters relating to their person and lifestyle. This means matters such as what types of medical treatment they should receive, whether they should work, who they should live with and where they should live. The donor may choose to appoint someone to make those decisions under a separate document called an Enduring Power of Guardianship. If someone has asked you to be their attorney under an EPA, it is best

to seek legal advice and understand what it entails before signing on the dotted line. If you require some general legal advice,

readers can contact Mr Tan through Have a Go News via email info@haveagonews.com.au with Legal Advice in the subject line or direct at

raymond.tan@tanandtanlawyers.com where he offers free legal advice for general queries. Visit his website at www.tanandtanlawyers.com.

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Advertorial

Club 55 Travel Club is open for business

CHRIS and the team at Club 55 Travel are happy to announce that they are now open for bookings with tours officially recommencing in July. These have been very difficult times for everyone and people can assist Club 55 and their struggling suppliers by booking their tours again. Contact Tanya on 1300 653696 and reserve your seats. Tour details are on page 3. Brochures can be viewed on their web page at www.club55.com.au. Club 55 caters for individuals and groups and offer more than 70 great day tours and a selection of extended tours. Membership of the travel club is free.

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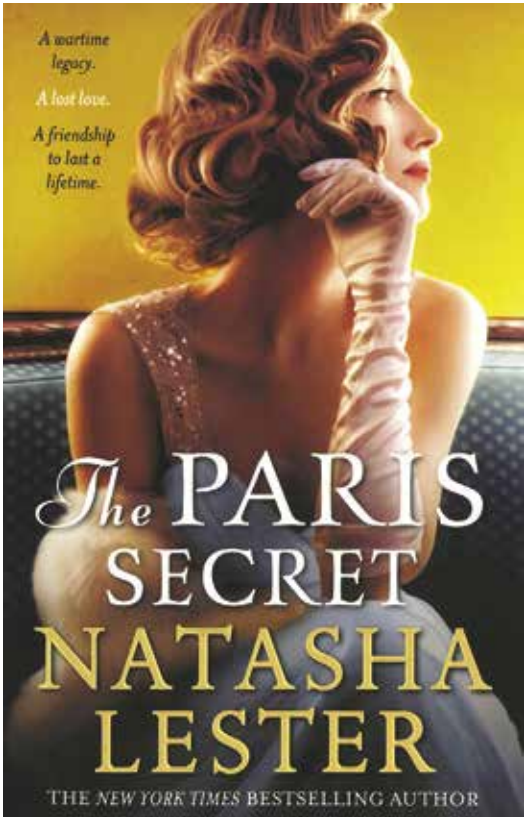
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Western Australia’s Natasha Lester serves up another brilliant tome



by Jennifer Merigan

IN 2018 I interviewed Perth author Natasha Lester and predicted that she was on the cusp of international success with her book *The Paris Seamstress*. How right I was.

The following year her book *The French Photographer* made best-selling charts across the world including the prestigious *New York Times* list. This year’s book *The Paris Secret* is proving to be another world-wide success.

I started reading my copy on ANZAC Day and proceeded to devour the whole book in a day staying up to 3am. I could not put it down.

It was the perfect book to read on the day which commemorates our service men and women. The backdrop to the story is World War II and the many sacrifices made by people to ensure an allied victory.

Lester has a gift for writing stories around factual events. Her stories combine her love of history, France and fashion.

Along with meticulous research and strong character development she ticks all the boxes for an engaging and well written story.

Her stories always showcase strong women as the protagonists, particularly in eras when women were not celebrated for their strength and independence.

You may think that these are ‘chick’ books, but I have given several of her books to a few male friends to read and they have thoroughly enjoyed them.

The Paris Secret begins with the lead protagonist Skye Penrose as a child, growing up in Cornwall with a very left of centre but loving mother. During her childhood Skye develops a meaningful friendship with an American boy, Nicholas Crawford and Skye’s mother teaches them both to fly her plane.

Tragedy hits Skye and her sister in their teenage years and as the story moves into World War II, Skye’s skills as a pilot are recruited for the war effort and she becomes part of a troupe of

female pilots who deliver planes across the UK.

This part of the story is based on fact and highlights a little known or celebrated part of the war effort.

The story weaves between WWII and the present day when Australian fashion conservator Kat Jourdan discovers a collection of priceless Dior gowns in her grandmother’s vacant cottage in Cornwall.

More secrets unfold throughout Skye and her friend’s journey through WWII, culminating in the past and the present colliding.

One of the things I admire about her story telling is the way she celebrates people’s lives in her stories, characters age in her books and she focuses on friendships and events which shape them as people across the years.

There is every ingredient for a compelling story; suspense, love, tragedy, detailed historical events, secrets and friendships.

It’s her knack to weave fictional stories into historical mo-

ments that I think makes her such a brilliant storyteller.

I have read all Lester’s books, and this one is so cleverly detailed with plots and sub plots that I think it’s safe to say it is her best work.

She is a writer who really cares about her readers. At the end of the story she lists what is fact and what is fiction and lists her methodical research.

She also runs a very active Facebook page which offers further insights into her stories and allows reader interaction.

To me the only disappointing thing about Lester’s books is when they finish.

The Paris Secret is published by Hachette Australia and is available at all good bookstores.

WIN WIN WIN

To be in the draw to win one of two copies of *The Paris Secret* simply email win@haveagoneews.com.au with *Paris* in the subject line or write to *The Paris Secret* c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 1/7/20.

Rediscovering a passion for photography inspired a Margaret River resident



John Wilson and his Canon camera

SEARCH for a creative outlet has led John Wilson to follow his heart and his camera lens to produce a special calendar for the south west residential aged care facility he calls home.

The 87-year-old moved from Perth to Baptistcare Mirrambeena Residential Aged Care in Margaret River two years ago to be near his son.

But as much as he loved the welcoming atmosphere of his new home, John slowly found himself becoming quiet and withdrawn until a conversation with one of the facility’s therapy partners brought his life-long passion for photography to light.

She suggested John dust off his beloved

Canon camera and create a custom calendar for Baptistcare Mirrambeena with a focus on images which showcase the natural beauty of the Margaret River region.

“I have always been interested in photography, since my school days, which was a little while ago,” laughs John.

“I’m especially interested in landscapes and nature, so the idea of working on a calendar that would allow me to indulge my love of that type of photography is exciting.”

John is preparing to venture out on several expeditions with his therapy partner, using his keen and talented eye to capture a range of images for the calendar.

He will curate his favourite shots into a

12-month collection of coastal scenes, close ups of local flora and fauna and stunning bushland settings.

Baptistcare Mirrambeena lifestyle coordinator, Anni Kampi, said it was wonderful to see John’s enthusiasm for the calendar project which will eventually be shared with his fellow residents and their families.

“We have 50 residents here at Mirrambeena and each one has their own stories and passions,” she said.

“It’s so rewarding to be able to get to know each resident including their likes and dislikes, talents and hobbies, and then create programs that help them to continue to live rich and meaningful lives.”



Donations at time of printing 02/06/20



Thank you to the readers who have supported our appeal

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As it happened... behind the stories - mining uranium's green light



by Lee Tate

(Warning: This report may include names of deceased Indigenous people)
A handsome man in his twenties with shiny black skin, Galarwuy Yunupingu emerged from the Northern Territory bush and into the national spotlight in the 1960s and

1970s.
Born in 1948 at Gunyangara, a beach on a beautiful headland near Nhulunbuy, in Arnhem Land, Galarwuy found himself walking a wobbly tight-rope between Indigenous rights and white-business affairs.
The young man with the widest smile and dazzling white teeth became chairman of the Northern Land Council.
Our paths crossed in the seventies in Darwin and Canberra as this athletic man led elders to surrender Indigenous rights and hopes to sign-off on uranium mining rights.
“I wasn’t totally happy with the agreement but

it was the best under the circumstances. Without this, the Aboriginal people would be losers,” Galarwuy told me from his Darwin office at the time.
In April 1978, after years of tough negotiations, Galarwuy went fishing in the Northern Territory with Prime Minister Malcolm Fraser.
“Mr Fraser told me that if there was a dispute (over the deal), it would have to go to negotiation and this could mean Aboriginals would come out of it with a worse deal,” he told me.
Galarwuy could see the light after many years of relentless and some-

times bitter talks between clashing clans, the Federal Government, company negotiators and others from the big smoke.
Enormous amounts of money were in play. Indigenous people were to be the beneficiaries. Laws had been passed to allow mining and the time had come to sign or let arbitrators decide. The Northern Land Council engaged \$300-a-day New York rights specialist Steven Zorn as their chief negotiator.
Traditional land-owners, descendants of Aboriginals who lived in the Alligator River region at least 30,000 years ago, were slap-bang in the

middle of the world’s biggest uranium deposits.
Tribal elder Elijah Namarabundja of the Mirarr Gundjeibmi clan and Maudie Gundjalk, sole survivor of the Kodjarkandi clan, together with 105 others in 18 clans were to be beneficiaries of \$280 million in uranium mining payments and royalties.
But missionary Peter Carroll, with 10 years work experience in the area, said: “If these peoples affected had a choice on whether mining should proceed or not, they would say no, regardless of the amount offered.”
My story in the *Melbourne Herald* on September 16, 1978 was

headlined: “They’re the reluctant millionaires.”
Nearly \$300 million would be divided between several Land Councils (40 per cent), people affected by the mining (30 per cent) and all NT Aboriginals (30 per cent). Some budgets would need to be signed-off by the Minister for Aboriginal Affairs and money was allocated to trusts on behalf of elders.
It was the turning point for Ranger Uranium, Australia’s uranium mining industry and an energy-hungry world.
Galarwuy (whose name means ‘the area on the horizon where the sea merges with the sky’), this Yolngu man of the Gumatj

clan, was 1978 Australian of the Year, the University of Melbourne honoured him with an Honorary Doctor of Laws and Australia Post included him in its 2017 Legends “indigenous leaders” series to mark the 50th anniversary of the 1967 referendum.
Last year, Galarwuy became a member of the senior advisory group set up by Ken Wyatt, Minister for Indigenous Australians, to help co-design the Indigenous voice to government.



Changes to the UK Pension may affect some women



by Mike Goodall

ALL pension payments should continue as normal despite the staff shortages and different working conditions within the UK Pensions Department due to the pandemic. Therefore, if anyone is not receiving their pension suddenly, this could be down to

other reasons. Please get in contact if you require help.
Over that last few months I have been writing about pension benefits from the UK that have been changed since 6 April 2016. A little-known bonus is that women who reach State Pension Age (SPA) after 5 April 2016 can apply for a special concession if they paid ‘married woman’s stamp’ any time in the last 35 years.
Prior to 1977 married women who worked could opt out to pay a reduced rate of National Insurance Contributions (NICs) known as the ‘married women’s

stamp’. Until the introduction of the new state pension system in April 2016 they could claim a partial state pension based on the contributions paid by their husband.
However, the new state pension system is based on an individual’s own NICs not those of their husband, which could leave some women disadvantaged.
To overcome this problem the government introduced the concession which allows women reaching SPA under the new rules and who paid the married women’s stamp, to make a claim based on

their husband’s NI record.
From 1978 onwards, no more married women were allowed to opt to pay a reduced rate of contributions as the idea that a man was the main breadwinner had become outdated. However those who were already paying the reduced rate were allowed to continue to do so and so retained their right to a pension based on their husband’s NICs.
Therefore, any woman who at any point in time in the 35 years prior to her reaching SPA, was paying the ‘married women’s stamp’ should check that she is receiving her full pension entitlement.
Am I UK State Pension Age?
UK Expats born before 6 September 1954 reach State Pension Age on or before 6 July 2020.
UK Expats born between 6 September 1954 and 5 October 1954 will be eligible to claim their UK State Pensions from 6 September 2020.
Anyone who would like to discuss the above in greater detail or any other aspects of their UK State Pensions, is welcome to contact Mike Goodall on 08 6364 0859, 0403 909 865 or via e-mail mikecgoodall@btconnect.com

Win a Scratchie pack



SCRATCHIES are so much fun and our readers have really enjoyed being in the draw to win a pack from *Have a Go News* over the last few months.
We have five, \$20 Lotterywest Scratchie packs to give away to some lucky people, so enter to be in the draw to win some scratchy fun.
WIN WIN WIN
To be in the draw, simply email win@haveagonews.com.au with Scratchie in the subject line or write to Scratchies c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 1/7/20.



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Seniors Recreation Council Jottings



TO all our friends and colleagues, we hope you all are keeping well and staying safe. SRCWA is still working from home as we slowly weave our way through the COVID-19 recovery period which will be happen over the next few months. We are adhering to all the advice and regulations as we progress towards re-introducing our programs and events. A reminder for readers that SRCWA is available to assist people with advice or will attempt to locate answers to questions if we are able. During this time SRCWA continues to operate and serve WA Seniors, there may be delays in responding to your queries but if you call the office on 9492 9773 and leave a message we will return your call as quickly as possible.

Tech Savvy Seniors - Video Chat Tips

During isolation and distancing one of the more popular ways of staying in touch is via applications (platforms) which allow us to see a video of the other person at their location in real time. There are popular platforms you may have heard of in the media such as Face Time, Skype, Facebook Messenger and Zoom. Here are a few tips to keep in mind when using the above platforms

1. Make sure your devices and apps are up to date as well as your antivirus software.
2. Be aware that others (scammers) may be able to join into your video call or listen in, if your privacy settings are not set correctly. Try to not give bank or personal details during a video conversation.
3. Make sure you have a good connection such as the NBN or a 4G mobile device (your mobile phone may be 4G ask your Telco). A fast internet connection makes for a better viewing experience.
4. This may seem funny, but wear clothes and remember to turn the camera off and close the app when you are finished the conversation. There have been many instances where people haven't realised the camera is running and because they are home they are seen in their underwear. If you are unsure if your camera is off use a Post-it Note to cover the camera lens.
5. Make sure you have plenty of light coming towards you not behind you (don't sit with your back to a window). Try to choose a wall or background that offers some contrast without being overly busy – but, more importantly, provide space between your body and the background.
6. Set up your device on a table or stand and check the angle of view, there's nothing more distracting than looking up someone's nose. Try to have the camera level with your face if not slightly above, then turn on your camera to set up the field of view to make sure everything you want seen is on screen.
7. Sit back and relax and enjoy the experience.
8. If you have problems ask for help from your Telco or a trusted friend or family member.

Remember: The only silly questions are the ones you never ask.

SRCWA has a Tech Savvy Seniors contact list if you would like to be registered to receive Technology information and invitations to attend our Tech Savvy Seniors events please call Martin (pictured above) on 9492 9774 leave a message and we will return your call and make a note of your details.

Have a Go Day, a Livelihter Event - 11 November 2020

The event this year will fall on Remembrance Day and we are planning to follow all the Remembrance Day observances.

Expression of Interest forms are now available to all clubs, groups, not for profit organisations and businesses who would like to attend as a site holder. Of course while SRCWA is planning to hold the event as scheduled it will remain in the planning stages until the COVID-19 restrictions on mass gatherings are lifted.

Please contact the office on 9492 9773 or email down.yates@srcwa.asn.au to request further information or have an expression of Interest form emailed.

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



SRC President, Hugh Rogers



Vulnerable retirees need support after property group collapse

THE spread of COVID-19 is a very real concern for older residents in the community but it comes at a particularly stressful time for a group of vulnerable retirees caught up in the collapse of Sterling First property group and its failed 'rent for life' scheme.

The group are now asking for the community's help in their fight for justice.

Prior to its collapse in May last year, Sterling First property group marketed lifetime lease packages for pensioners and people approaching retirement. More than 100 retirees participated in the scheme, many investing their life savings.

After the collapse of Sterling First Group, the residents not only lost their life savings but now face homelessness.

Many of them have already faced eviction hearings in the

magistrates courts with cases deferred to a later date. One group of 10 is now dealing with proceedings in the Supreme Court brought by the mortgagee of the properties that they live in and are asking for the community's help.

"We invested our life savings in Sterling First property group's rent for life scheme under the belief it would cover our leases for 40 years," says Alan Fardoe.

"We were led to believe our investment would allow us to live out our final years comfortably at a fraction of the price of downsizing or retirement village living. But instead, we have been left with nothing. Our life savings are gone. At a time when we should be settling into retirement, we have found ourselves fighting to keep a roof over our heads.

Many of us are already un-

well with some suffering terminal illnesses. This situation is having a very detrimental effect on our health and wellbeing.

"The liquidators of the Sterling First Group may have documents that will assist our case," says Alan Fardoe. "However, they have asked that we issue a subpoena to compel them to supply those documents and also cover their internal administration costs and potentially their legal costs too. Which means, we will have to bear that cost, which is money that we don't have."

The Sterling First Action Group is made up of seniors and family members of seniors affected by the collapse of Sterling First Group.

"We want to emphasise that this is not to pay our own legal costs. We are extremely grateful to our lawyers who are act-

ing for us completely pro bono (for free), however more help is needed in our fight for justice," says Cath Dall.

"We have launched a Gofundme campaign and are asking for the community's help with these third-party costs which are necessary to take our case forward. We hope people will share the story and Gofundme page with their networks. Any assistance with financial support will be greatly appreciated," says Cath Dall.

For more information on how you can support The Sterling First Action Group visit: www.gofundme.com/f/sterling-first-tenants-legal-costs?sharetype=teams&member=4282644&utm_medium=email&utm_source=customer&utm_campaign=p_na+share-sheet&pc_code=em_db_co2876_v1&rcid=9866830fb74f40f5937d7bf59a578f01

A young Masters Swimmer's commitment to community



Siobhan Tyndall
née Wilkins

by Tarquin Bateman

SIOBHAN Tyndall (née Wilkins), 27, is an dedicated volunteer in the Masters Swimming community. She is an accredited coach, a swimmer for Perth City Masters and a member of the Masters Swimming WA board.

Swimming is a lifetime passion for Siobhan. She joined her first swim club at eight years old, and soon began competing

in State championship meets. By age 12 she was swimming at national level.

At her junior competition peak, Siobhan was ranked in the top 20 swimmers in Australia for her age group. She competed at this level until the age of 18 when she was faced with the tough choice of either going to university or pursuing a career as an athlete.

Siobhan chose to study a Bachelor of Science at Curtin specialising in occupational therapy, and currently works for Alzheimer's WA.

Encouraged by her mother Fiona, at 20 years old Siobhan decided to join the Masters Swimming world and dive back into the pool.

"My mum is my biggest inspiration, she has been swimming her whole life," said Siobhan. "The best thing mum has taught me is that swimming isn't just about competitions or racing, it's about the friendships you form and the people

you meet.

"My clubmates are my friends, my family – they are the people that I want to see all the time."

Siobhan's coaching style is very collaborative. "I typically will try not to make too many suggestions, because I want my swimmers to come up with their own ideas of how they can improve," said Siobhan.

"I like to see how they were doing it before, what they personally want to work on and then talk about ways they can do that."

This collaborative approach extends to her role of director of coaching on the Masters Swimming WA board, and chair of the coaching committee.

"My role is to support other coaches, to provide feedback and some planning around issues like swimmer education, coach education and the future of Masters Swimming," said Siobhan.

Having previously been focused on win-

ning races and beating personal bests, Siobhan now defines success as simply being happy.

The recent time away from the pool has allowed her to focus more on her career and spend quality time with her husband, Nic.

"Being home a lot more has been hard for many people, and my best advice is to look after your family and your mental health first," she said.

"Stay connected with one another and reach out to your friends or neighbours to make sure they are doing okay."

As a person, Siobhan is bubbly and enthusiastic. She is very patient and encouraging and tends to bring out the best in those she meets.

Her pump-up songs include *Survivor* by Destiny's Child and *Confident* by Demi Lovato.

Siobhan's favourite memory as a Masters swimmer, apart from the after swim brunches, was the national meet at

HBF Stadium in 2018.

"It was amazing because I swam really well and all of my club were there," she said. "I had a lot of extra support and encouragement, so many people I knew were there to cheer me on."

"I think that kind of sums up why I swim – the makings of lifelong friends and memories," she said.

Masters Swimming WA is grateful to Siobhan for her tireless dedication to the sport and our community. She puts in long hours at work then gives up time with her family to show up every day and support others. For everything you do, thank you Siobhan!



The Over 55 Canoe Club members reminisce while hibernating



Much-revered Over 55 Canoe Club member Jean

by Jeremy Haslam

IN these darkening days, the Over 55 Canoe Club (O55CC) members, when not eating or sleeping like so many hibernating bears waiting for the action to restart, are reminiscing on times past. Of course, that is a travesty – when not kayaking in pairs or sixes or tens, going for runs, cycling, and generally being active, members are reminiscing

on time past. Here are a few of the stories.

One much-revered member, Jean, is still with us in many ways (her son is still an active member). The Sport and Recreation Council (do you remember them – heavens you are old), promoting Have-A-Go, offered various activities of interest to Jean.

She always had an affinity for boats and for the river. Archery didn't have

much water involved so she joined the O55CC. Jean enjoyed both the water borne adventures and the friendship and camaraderie, enthusiastically participating in the paddling in hired Canadian canoes, which gave way to the purchase of her own Minnow kayak, soon to be superseded by an Acadia.

Flat water gave way to fast water and Jean was well and truly hooked. She kept going enthusiastically until she was 87, passing away in her mid-nineties, remembered by a simple ceremony on the water in the presence of old friends and new.

Another anecdote from the past recalls an early adventure.

"I remember a camp at Wellington mills. It was freezing weather and I shared a cottage with the then president who smoked. Not good.

"Because I hadn't been in the club for a full year.

I wasn't allowed to go down the rapids. Those who did had huge problems. One lady (who had lied about her age to get into the club) ended up in a tree.

"Jean lost her kayak and when the others found her they were brave enough to climb over a fence and approach a farmer for help. The next day, all with boats again, we went to Collie and skidded down a bank into the river. It was fun!"

Another member recalls her childhood on the river after a recent paddle.

"As we paddled along we passed the area I once swam in as a child before Mount Lawley and East Perth became trendy. We used to call it the Mucks due to the slimy, squishy soil on the bottom of the river. We all suspected the effluent from the old East Perth Power Station was the

cause. We would frantically dog-paddle to try to keep our feet from touching the river bottom."

And a final memory from ten thousand miles away:

"I remember one winter in the UK. It was so cold that for high school phys. ed. the sport teacher took the class for a walk on the canal as the ice was thick enough to support us all."

If you want to walk on water, please consult a higher authority; but if you just want fun kayaking then ring president, Iris, on 0438 926 578 or the secretary, Dale, on 0420 733 024 in readiness for a re-start (when-ever that might be).



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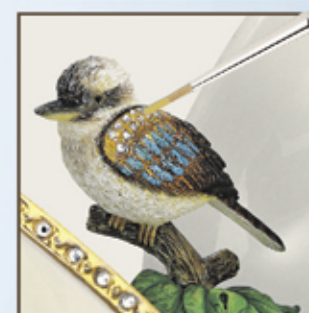
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Let's GO MOTORING

ADVERTISING FEATURE

A funny thing happened on the way home from the Swan Valley



Left to right; Hyundai I30 fastback - Hyundai Venue



by Tony McManus, host, Saturday Night Show, 6PR Perth

IT is almost a cliché, to say the past months have been a challenge. Early in 2020, we all sat watching

in despair, the homes and livelihoods of fellow Australians ravaged by fire. Then with little warning, came the onset of Covid19 and we were confined to our homes, away from our jobs, family, entertainment, restaurants and coffee shops. And don't get me started on no footy. Life as we knew it had transformed. But, into what?

Many of us look for a pearl in every oyster. And they are plentiful. The last month or so, I have been testing a few of the best

from Hyundai. We are rightly being encouraged to travel locally and support our WA hospitality sector when and where we can.

Once restrictions eased, my mate Glyn and I headed for a test drive to the Swan Valley and a bite at Stewart's Restaurant – the pizza alone is worth the visit.

Glyn is the kind of passenger, who fancies himself as a human GPS. Unsolicited, advising you when to turn, each and every 200 metres or so.

Who needs all the prodigious technology in Hyundai's latest, when Mr Davies is a passenger?

We were driving a Hyundai Electric; fully charged and right for 350km or so. A perfect Perth autumn day; clear sky, sun shining. Stunning in every way.

The Swan Valley is a fantastic drive. You're in the Valley within half an hour. The roads are really good these days. Recent roadworks seem to be all but complete, so the run out through Gnangara

Road is a piece of pelican.

But it was after our pizza and a glass of wine, enthusiasm waned slightly. A bloody flat tyre; first one in decades.

Do we ring RAC, or change the wheel ourselves? The human GPS insisted we change it ourselves. So my job was to quietly sit back and watch the great man search for the spare. This will be fun I thought to myself; there isn't one. The human GPS, now scratching various parts of his manhood, checking the boot and the

bonnet, searching for the spare, with unbridled determination.

How many times do I need to say: "there is not one; it's a run flat".

So, once human GPS found the electric pump, unpacked it, read the instructions and connected it to the previously mentioned flat tyre, (and it was completely flat) it was with some satisfaction he declared we were ready to hit the road again. All fixed in less than 20 minutes; so very easy really. As long as you don't drive more

that 80km per hour you're good to go. Hyundai were thrilled to hear we conquered the wilds of the Swan Valley!

It's been well documented, now is a perfect time to upgrade your car. With the hundreds of day trips we've been missing and the joy of driving to our favourite spots around WA ready to return.

Drop me a line and tell me where and when you last had a flat tyre?

And where and when are you planning your next drive?



Enter to win high tea for two in the Swan Valley

WIN WIN WIN

Thanks to Stewarts of the Swan Valley we have a luscious high tea for two to give away to a lucky reader who answers Tony Mac's questions about when you last had a flat tyre and the destination of your next drive.

Stewarts Restaurant is a beautifully appointed classic restaurant which offers lunch, dinner and high teas. High tea is served Wednesday to Saturday from 11.30am to 3pm. Stewarts would like to offer Have a Go News readers who don't win, the opportunity to enjoy high tea, which is normally valued at \$49 per person with a \$10 discount per person. Simply mention Have a Go special when booking.

Stewarts Restaurant 1235 Great Northern Highway, Upper Swan. Call 9296 6966, email: info@stewartsrestaurant.com.au or visit www.stewartsrestaurant.com.au.

To enter the competition email win@haveagonews.com.au or write to Stewarts High Tea c/- Have a Go News PO Box 1042, West Leederville 6901. Must include the answers to Tony Mac's question and your name, address and contact details. Closes 1/7/20.

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Advanced technology helps people take to the road longer as they age



Driving is an integral part of how people live their lives

by Frank Smith

IN spite of the fact that young men between the ages of 17 and 25 are most prone to having serious road accidents, governments around the world erect hurdles to prevent older people retaining their driving licences.

In WA, on reaching 80, drivers must pass an annual medical examination to renew their licence and may be forced to take a practical driving test from the age of 85.

Recently Japan introduced cognitive tests to its licence renewal

process for those aged 75 or older, with the result that traffic injuries to older people increased. As older drivers lost their licences, they resorted to bicycling or walking to get around. They become what's known as unprotected road users.

A report issued recently by the UK-based International Longevity Centre (ILC): *A fork in the road* looks at the future of road transport for older drivers.

The authors, Dan Jones and Dan Holden write that driving is an integral part of how people live their lives, shaping where they live, work, shop and play.

As the number of older people in the population has grown, those still driving later in life has increased, and this is set to continue.

The report authors predict that while our 'driving lifespans' will extend – some people will miss out, due to cost and other barriers to adopting new driving technologies.

Automation will reduce the risks of driving for older drivers, supporting longer driving lifespans due to automated assistance in driving. As a result more older people will be able to maintain their social connections for longer.

Associate Professor Cox of UWA School of Medicine says automation of driving will be challenging for some people.

"They may be technically averse and unwilling to learn how to use new systems. Older people have many problems adjusting to the rapid rate of change and are not likely to read manuals even if they are written in plain English

"Automatic cars should

make it easier for older drivers, but partial automation could be a double edged sword. Drivers, not just older drivers, may forget to concentrate.

"We should be wary about automation because concentration is a source of security for driver and passengers," she said.

The report predicts a shift away from the private car, the result of a combination of government action to reduce congestion and emissions, changing social attitudes related to climate change and the rising cost of increasingly sophisticated vehicles.

In place of private car journeys, ride hailing, and car hiring will become more popular, and new forms of ride sharing and shared mobility will emerge. This may encourage the development of other shared services.

These new forms of mobility will increase commuting speeds, encouraging further suburban sprawl with house prices increasing in more distant suburbs.

Professor Kay Cox says

rideshare is a fairly challenging concept in Australia.

"It is a good idea for dependent people but not for everyday use. Safety and vulnerability of older passengers are an issue.

"Distance is a bigger problem in Australia than in the UK. Our low population density means there is limited public transport outside cities. This makes Australians more car dependent when going on holiday."

The report authors envisage some profound challenges ahead:

While those who can afford them will benefit

from developments in vehicle technology and mobility, costs will rise, so they anticipate a growing mobility gap between rich and poor.

People who are in poor health or have additional needs will face ongoing mobility challenges – particularly in travelling the 'last ten metres' from kerb to door.

The report recommends:

Action to promote age-friendly, inclusive and accessible alternatives to car use including public transport, and shared mobility. That local authorities promote the development of inclusive

and accessible places and services and governments should take action to ensure that shared transport solutions are accessible and affordable for older people.

They also call for action to support people to embrace alternative forms of mobility, and to support a shift away from the car – addressing the practical, emotional and cultural issues around driving cessation among older people in particular.



Fighting to improve income for British expat retirees

by Jim Tilley, vice chairman, British Pensions in Australia

WA is home to some 40,000 retirees who originated from the UK and consequently find in their sixties they are entitled to a partial or sometimes a full UK pension. This pension is based on their date of birth and on the number of years they worked there, paying National Insurance contributions.

Many pensioners who receive an Australian pension believe it will cease if they receive more income from the UK. This view is incorrect, for if your UK pension were to increase by say \$100/month, the most Centrelink will deduct from your Australian pension would be \$50. Consequently your retirement income will improve.

There ends the good news, for although the UK pension is inflation indexed in the UK and in several other countries overseas, like Israel, most nations in Europe, Turkey, the USA, The Philippines, Jamaica and Barbados, the UK's pension is not uprated annually in other nations and this unfair approach applies to five per cent [500,000] of the UK's 12 million pensioners. Of this 500,000, 95 per cent live in 48 of the 54 Commonwealth nations. The freezing of these UK pensions is incompatible

with fairness and equality which are supposedly incorporated in the rule of law, which the British often claim is applied to its government practices, but not of course in the UK's pension policy.

Thousands of the frozen pensioners combined in 2002 to take legal action against the UK Government, motivated by a South Africa based expat pensioner, Annette Carson. Her case failed in London's High and Appeal Courts and then in the House of Lords. The case then became a class action, funded still by the International Consortium of British Pensioners [ICBP] in 2009 in the European Court of Human Rights. This action also failed on the legal argument that according to British law we weren't able to claim discrimination.

Unable to appeal, the ICBP group, www.pensionjustice.org maintained its pressure against the UK Government by way of a political campaign using various media groups in London to promote our case of the unfairness of their pension policy.

Two years ago, Tendo consulting, a successful London Public Relations organisation, offered, for a reasonable fee, to manage our campaign against the UK Government. Tendo could demonstrate past successes with the Gurkha's

campaign, assisted by advocate Joanna Lumley, to beat the UK Government and more campaigns since, including forcing the UK Government recently to legalise the sale of medicinal marijuana.

Tendo's fees are paid for by the ICBP's two major participants, Canada's Alliance of British Pensioners (CABP) and Australia's British Pensions in Australia (BPiA), both of which are not for profit associations. The ICBP's advocate is actress Miriam Margolyes.

BPiA appeals to all UK pensioners in WA and those approaching pension age to help fund its international campaign, offering membership of BPiA for \$20/year or \$30 for a couple. BPiA also helps its younger members apply for a UK pension in return for a donation at the member's discretion. BPiA's has developed considerable knowledge of the UK's pension system and its foibles.

If people wish to have us continue to fight the UK Government to change its policy and improve your retirement income, please apply for BPiA membership at our website www.bpia.org.au or phone 1300 308 353.

For additional information about this International campaign please visit www.pensionjustice.org or Phone 1300 308 353.

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NS: Non smoker
SOR: South of River
WLTM: Would like to meet
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NOR: North of River
TLC: Tender loving care

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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

ABANDON loneliness, 68, gent, would like to talk to lady. If not wanting to meet now please let's talk over the phone. NOR, SOR, GSOH, ND, NS, ALA.

Reply Box 8557

AUSSIE male 62, healthy, kind and fin secure, WLTM a happy, healthy lady. Please reply with your phone number.

Reply Box 8562

GENT 59 seeks broad-minded female, medium build to enjoy massage, intimacy, age to 70. I am friendly, enjoy wine, in-cense and mutual physical pleasure. GSOH, seeking female who knows what her needs are, TLC, NOR, ALA.

Reply Box 8555

GENT 80, widower, SOR, easygoing with great integrity and very caring. WLTM lady to share friendship and looking forward to meeting for a cuppa and a chat.

Reply Box 8556

GENT early 80s, good looking, widower, NS, slim, very fit, enjoys travel, dining, entertaining. WLTM slim, active lady, NS, GSOH for companionship and hope long term.

Reply Box 8565

MATURE gent 66, presentable, live close to Perth, educated, fin sec, seeking an intelligent senior gentleman over 75 for friendship and more ALA.

Reply Box 8569

NZ Christian lady 69, NOR, active, positive and caring. WLTM like minded gent late 60s, mid 70s with GSOH for companionship and travel.

Reply Box 8564

UK LADY WLTM gent 80s, spend winter together, walks, dining out/ in coastal country drives, cinema, day trips.

Reply Box 8558

NEWS UPDATED DAILY
www.haveagonews.com.au

WITTY guy, 68, WLTM lady, 50s-60s. I am 5'6", NS, SD, very caring. Interests; music, movies, short country drives etc. Will be a loyal, happy companion, easy going and know how to care for a lady.

Reply Box 8560

YOUNG hearted widow WLTM gentleman companion 60s SD for laughs, frienship, cafe, pub outings, dog walks, NS, SOR, beach, barbecues and travel.

Reply Box 8559

Seeking a Partner

ALBANY lady 74, fit, healthy, caravanning, outdoors, walks, swim, fish, garden, cooking, music, NS, SD, simple living, TLC, share expenses while travels, reading, camp fires, prospecting, would love to share old age in togetherness.

Reply Box 8570

ANIMAL lover, female, 59, NS, SD, GSOH, Swan Valley, honest, DTE, intelligent, loves travel, sport, horses, dogs, chooks, movies, music, comedy, outdoors, beach, fishing, reading. WLTM man 50+ GSOH, NS, NG, SD, genuine, honest caring animal lover. Friendship plus long term relationship if suited. ALA.

Reply Box 8568

ATTRACTIVE English Australian lady 71, post-code 6167, feminine, educated, medium build, fin sec, own home, GSOH, ND, SS, WLTM well groomed gentleman, 67-72 for long term permanent relationship. I enjoy reading, walking, gardening, music, country drives, current affairs, genuine replies only (not separated), photo appreciated ALA.

Reply Box 8561

NEWS UPDATED DAILY
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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.

11B size envelope template
Simply measure your Friend to Friend reply envelope against this template...

9cm (height)

14cm (width)

COUNTRY widower, 82, WLTM country lady, placid nature, 75+, slim medium build, NS, SD, view to mutual, trustworthy companionship, healthy lifestyle, walking, gardening, socialising, carpet bowls, must love tranquility of country life to share twilight years together, reciprocal visits, genuine, considerate replies only please.

Reply Box 8563

GENT UK/Australian, late 60s, well presented, educated, fin sec, enjoys travel, gym, family, beach, coastal walks, usual social activities. Seeks compatible, intelligent, attractive, slimmish, easygoing lady to mid 60s, social activities, travel, companion whatever, northern suburbs coffee?

Reply Box 8567

SINGLE life is okay for a girl of 71 but life could be more meaningful when shared with that special man. Treasure the past. Look forward to the future. Live for the day. NS. NOR.

Reply Box 8566

Have a Go News is bringing back pen pals...

We know that many of us have put aside the art of letter writing so we thought it would be a good idea to bring back the pen pal.

If you would like to write to someone simply send in a note to us and we will connect you with a fellow reader.

We are offering either email or written letters – so see below on how to connect...

☐ Yes I would love to connect with a fellow reader:

- ☐ email
- ☐ mail

Subject preference

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☐ I would prefer to write to:

- ☐ male
- ☐ female
- ☐ anyone



Simply email info@haveagonews.com.au with Pen Pals in the subject line or write to Pen Pals c/- Have a Go News PO Box 1042, West Leederville 6901.

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Men's Health Week
15-21 June



Tackling men's health with lifestyle changes to improve longevity



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

IT seems men get the short straw when it comes to good health. Australian men live, on average, four years less

than women. Although men make up just over half the workforce, almost all workplace fatalities are men. They make up six out of eight suicides every single day. They are more likely to die from heart disease at earlier ages.

Research shows men spend on average the last ten years of their lives in poor health. Much of this is preventable through small lifestyle changes. In general though, men tend to put off seeking help for their health.

By delaying, issues can compound, leading

to more serious consequences. More often than not, men will not act on an issue until they are in crisis. And sometimes, by the time they are in crisis the damage to their health is permanent.

A colleague was only telling me this week a friend in his 50s, I'll call him John, had put off seeing his GP about the pain in his chest and neck for weeks. In truth he had been feeling poorly for months. John assumed the pain was indigestion and every time it flared up he would take an antac-

id. It was only when the antacid stopped working (and began affecting meals, sleep and work) John reluctantly sought advice.

He walked into the doctor's waiting room and immediately left in an ambulance for hospital. The diagnosis? A heart attack. Thankfully John was able to walk out of the hospital a few days later, but his father was not so lucky. Several years ago, John's father had a heart attack and passed away before the ambulance even arrived.

It's the kind of story I have heard before, and perhaps you have too. It's why we have Men's Health Week in June every year. To remind our grandfathers, fathers, uncles, husbands, brothers, sons and male friends to prioritise their mental and physical health. To seek help before they are in crisis (or in the back of an ambulance).

The 'she'll be right' mentality many people grew up with in the 50s and 60s is doing our men a disservice.

The top five causes of

death in Australian men are heart disease, dementia, stroke, lung cancer and chronic obstructive pulmonary disease. Sadly many of these diseases are caused by lifestyle choices. Dementia is the second leading cause of death and is expected to become the leading cause in this decade. While up to 30 per cent of dementia may be prevented through lifestyle changes, there is not much we can do currently to prevent the other 70 per cent.

The silver lining in all

this is, there are now many ways we can support a person with a dementia diagnosis. And the earlier a person seeks support for their diagnosis, the more rewarding and fulfilling their life can be and the more likely it is they will be able to continue doing their favourite activities or hobbies, keep up regular exercise, manage friendships, do things around the house and most importantly maintain independence.

All of this can lead to a life well lived, even if it is a life with dementia.

Essential supplies and shopping delivered safely, easily, and free to West Aussies over 65



Senator O'Sullivan and Cahoots CEO Jess Karlsson, on a Cahoots Connects delivery
© Suzie Delahunt (Dreamscape Family Photography)

MANY West Aussies over the age of 65 have their shopping and essential supplies delivered to their homes, while they stay safe, spend time doing what they enjoy and focus on time with friends and loved ones, in person, online and over the phone.

The highly trained delivery teams of two, using personal protective equipment, deliver to people's door. They will even unpack goods to the fridge and pantry, if they need that and it's safe to do so.

This is a free service; you only pay the cost of the goods purchased.

Cahoots Connects has helped many people regain their independence by allowing them to do their own shopping orders easily and safely.

Orders can be placed by calling 1300 103 880 or online at www.cahoots.org.au/cahootsconnects/

They currently deliver to Perth Metro, Bunbury and Mandurah, with expansion throughout Western Australia planned.

Cahoots Connects also helps those who feel too anxious to get shopping and essential supplies, live with a disability, experience mental health concerns, are

immunocompromised, of Aboriginal or Torres Strait Islander origin, of culturally and linguistically diverse backgrounds or are carers for any of the above.

Cahoots Connects is endorsed by the WA Department of Communities and Disability Services Minister Stephen Dawson. It offers a safe and accessible way to get your shopping and essential supplies delivered to your door while you stay safe at home.

Stay safe and take care of loved ones, while Cahoots Connects take care of the shopping.

Fantastic Services are not just the average cleaners

WITH Fantastic Services, people have fast and easy access to a wide range of professional cleaning services for homes.

Their services range from comprehensive sessions such as end-of-lease cleaning and one-off home clean-

ing, to specialised deep cleaning for carpets, upholstery, kitchen appliances, window cleaning, pressure washing, and more.

They also offer antiviral sanitisation for homes and workplaces. Fantastic Services has launched a new

range of antiviral sanitisation services to help slow down the spread of the coronavirus. All procedures are carried out with lab-tested virucides that have been proven to eliminate 99,999 per cent of germs found on surfaces.

People can easily see the

prices and availability of Fantastic Services online, or they can download the GoFantastic mobile app and take care of the chores while on the go. Bookings, reschedule, or cancellations of cleaning sessions can be done as well as receiving regular updates and

promotions.

Fantastic Services works with in-house cleaners who are experienced and use advanced professional equipment.

In addition, they take the necessary safety measures in accordance with government

guidelines to ensure extra protection.

Fantastic Services work closely with people to ensure hygiene needs are met and clients receive the highest levels of professional cleaning and sanitation. See page 20 for more details.

Support line now available

A NEW Palliative Care Information and Support Line phone service was launched on Friday 1 May.

In a first for WA, this dedicated line offers information and support to members of the community who are dealing with palliative care or end of life issues.

The free service provides non-clinical resources, information support, and referral options in three main areas: advance care planning, palliative care, and grief and loss.

The development of this new WA phone service has been in the planning stages for a while. However, with COVID-19 creating increasing stresses on the WA community, WA Health's Cancer and Palliative Care Network acted quickly to fast track a six-month pilot for the service to be managed by Palliative Care WA.

The establishment of this service was greatly assisted thanks to collaboration with Carers WA.

Operating from 9am to 4.30pm seven days a week, the Palliative Care Information and Support Line is open to any member of the WA community.

Palliative Care WA CEO, Lana Glogowski said: "You can call the line if you are living with a chronic disease or terminal condition, or are a carer, family member or friend of someone who is very unwell.

"You and your support network may be dealing with a new diagnosis or have been living with a condition or chronic disease for many years.

"You are also encouraged to call this line if you are healthy but interested in undertaking advance care planning – which is planning ahead, so your family and healthcare providers know what you want at end of your life."

"One of our phone responders will listen to your situation and concerns, answer your questions, and provide you with the information and support you need. All calls are completely confidential."

The number for the Palliative Care Information and Support Line is 1800 573 299.

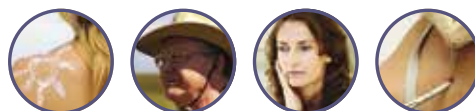


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We urge you not to delay your skin check?

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The threat of skin cancer remains regardless of the COVID 19 crisis. Our clinics have introduced increased safety measures in the face of the virus.

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ADVERTISING FEATURE



health options
for the mature
west australian



Therapy horses bring the delights of life to older people around Perth

by Josephine Allison

IT might seem unusual to see a trio of miniature horses wearing sneakers on their tiny hooves visiting a Perth nursing home or aged care facility, but it's a special time for the residents and their handler Jacquie Pujol-Mills.

For the past few years, Jacquie, a former jockey, has brought the therapy horses to visit older people as part of her Middle Swan business Heavenly Chariots Pony Parties and Therapy Horses. The three specially trained

horses, Moon Shadow, brother Zorro and Little Elf Silver Special, known as Elfie, have delighted nursing home and aged care residents with their affinity and love for people.

"The horses absolutely love visiting people, they snuggle up and lick them and enjoy people caressing and handling them," Jacquie said. "They even visited hairdresser's Effie's International in Belmont to meet older women having their hair done."

Horse lover Jacquie did her horse riding ap-

prenticeship in Victoria in 1982 and was one of the first women to compete against men. She took part in races for about 25 years, notching up 400 rides and 100 wins.

Jacquie retired from racing in 1999 after a shoulder injury, travelled around the world, had a long period away from horses and missed them terribly.

"Meanwhile I pursued other interests such as the mining industry and worked with people with disabilities as a support worker which is what I



Left to right; Mal (in his art group) and Edwyna (white cardigan) at Juniper Hilltop in Bentley with therapy horse Zorro and handler Jacquie Pujol-Mills. Photographs courtesy Juniper

currently do," she said.

"I love my job as well as my weekend work with pony parties and therapy horse visits."

Jacquie says the three miniature horses each have different personalities.

"They are all very strong and can pull a cart to take children and adults on rides. But they can't take heavy loads on their backs and are limited to riders weighing from 30kg to 35kg."

"These horses were used in the coal mines back in the 19th century and are capable of pulling quite hefty weights in a cart. They are valued members of our family and have a lovely placid nature."

Jacquie says people of all ages, from kindergarten to older people, benefit from horse therapy.

"For people with developmental delays or other

cognitive challenges such as traumatic brain injuries or the aftermaths of a stroke, our programs help improve attention span, concentration, task sequencing, motor planning, sensory integration, tactile awareness with physical benefits.

"Heavenly Chariots therapy horses visit hospitals, hospices, nursing homes, day care centres, schools and mental health facilities. If people think patients or residents would benefit from a therapy horse visit or they would like to visit our property, please contact us."

"It might seem strange to have a horse in a hospital or nursing home but it has proved to benefit patients and staff alike."

Jacquie says miniature horses are now used in various environments.

One of the biggest providers of these horses in

America is Gentle Carousel whose horses have helped more than 45,000 people in hospitals, hospices and assisted living facilities. The volunteer organisation supported survivors of the Sandy Hook mass shooting in the US in 2007 when 32 people perished, as well as natural disasters.

"These horses have a calming effect on people of all ages from sick children to elderly nursing home residents who may not have many visitors. They can also help calm people in stressful situations. They go in lifts, are potty trained and wear non slip sneakers on their tiny hooves for safety and hygiene reasons."

Jacquie says the horses are well cared for with two small feeds of grain during the day and a hot dinner of molasses mixed with apple cider vinegar at night.

"They have their long, winter coats at present as they are not visiting with coronavirus restrictions. They are normally clipped, double rugged and groomed to perfection."

Jacquie has a busy life, helped by husband Steve, property caretakers Andrew and Margaret and support staff Francene, Jess and Dericka.

"Our main focus at present is the therapy visits and we also aim to have school programs up and running in the near future."

For more details, visit www.facebook.com/heavenlychariotpartyponies/

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Stem cell nutrition is helping many in Western Australia

THERE has been a lot of recent publicity about stem cells, and now there is a great natural product that people can take to assist their own adult stem cell migration.

This product, not only is it safe, affordable, easy to take and effective, but it is now here in Australia.

Why are stem cells so important?

They are the only cells in our body capable of repair and renewal. We need them every day, because cells are constantly breaking down and being replaced. But the older we

get fewer and fewer stem cells are able to be released. They remain stuck in our bone marrow.

The National Institute of Health has identified 74 treatable diseases using stem cells in therapy. So, it makes sense therefore, to increase the number of stem cells available.

What are the facts?

- the more stem cells you have in your blood stream the healthier you are
- you always make stem cells, but their ability to move from the bone marrow decreases as you age
- the number of stem cells cir-

culating in our blood stream declines as we age – 45 per cent by the age of 35, 50 per cent by the age of 50 and 90 per cent by the age of 65

• Every time you consume two capsules of stem cell nutrition, within an hour up to 34 per cent more stem cells will be released into the bloodstream. This has been proven. This potentially puts an extra four to nine million stem cells in circulation.

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

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ADVERTISING FEATURE



travel options for the mature west australian



WESTERN AUSTRALIA has rallied well against COVID-19 and our reward is being able to travel around our beautiful

state once more. We are very happy to welcome back some of our loyal travel advertisers and hope our readers will support them as we continue to claw back to the new normal.

Pension card holders who had not utilised their free TransWA trip during restrictions have had an extension granted to their entitlement. The extension is available to about 45,000 cardhold-

ers whose unclaimed free travel entitlement expired between 1 March and 31 May.

The entitlement can now be used until 31 December this year. This free and concessional travel is available to more than 370,000 Western Australian pensioners. It gives them access to one return or two single journeys with Transwa or flights to Perth (through the Department

of Transport) for those living north of the 26th parallel, which begins at Shark Bay.

People can call Transwa on 1300 662 205 or the Department of Transport on 1300 660 147 to discuss eligibility or to book.

Thanks to Seashells Hospitality Group for providing a lucky reader with the opportunity to win two nights' accommodation at one of their

properties in WA to celebrate the easing of restrictions. I have stayed at their Yallingup property and really enjoyed it.

To help rebuild our economy it's never been more important to support local business, especially our travel companies who have done it really tough over the last few months.

If you are hitting the road, please send us a photo of your travels so

we can share with other readers.

We have much to be grateful for and hope many of you will enjoy holidaying in WA. It will be an opportunity for us to help rebuild our economy.

If you have a travel issue, would like to send in a photo from a recent holiday or share some information, don't hesitate to contact me on email. Our website also

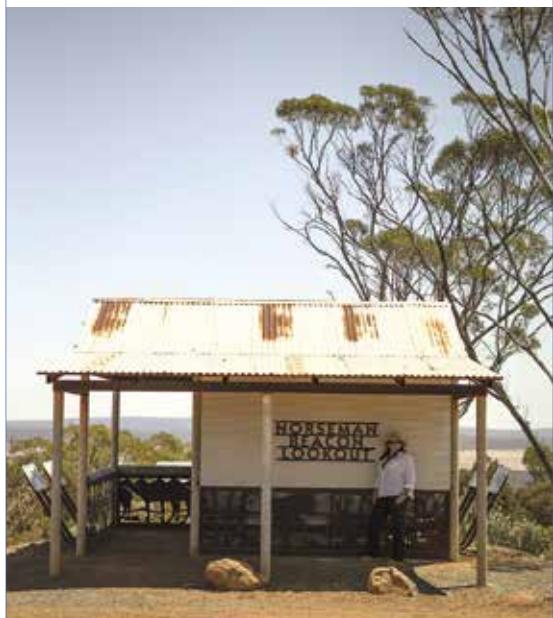
has a selection of great travel information which is updated regularly, visit www.haveagonews.com.au

Happy trails

Jennifer Merigan
Travel Editor



Trace your family history...



Toni Barnett in Norseman had her family history traced

GOLDFIELDS is set to become a Mecca for people who want to trace their family heritage in the area.

Executive officer and Goldfields historian, Claire Weir from the Eastern Goldfields Historical Society, offers the service to anyone interested for \$20 per hour.

Australia's Golden Outback CEO Marcus Falconer said tonnes of hidden stories are buried in the Goldfields; many of those stemming from the gold rush era of the late 1800s.

"It's a place that's obviously incredibly rich in history. Anyone with connections to the Goldfields can engage the services of the Eastern Goldfields Historical Society to go on their own journey of discovery," Mr Falconer said.

"More and more we're finding that people have a real curiosity about their ancestral past and want to visit the places they are connected to. Right now, whilst people are stuck at home, there's no better time to do the research and plan a trip to the Goldfields.

"Given that at the time of the Goldfields gold rush it's estimated that about 120,000 people, from more than 30 countries, flocked to the region, added to fact there has been over 125 years of continual gold production since, the Goldfields could become an ancestry tourism Mecca.

"Another objective of the campaign is to act as a catalyst for developing an enhanced ancestry tourism experience through the Eastern Goldfields Historical Society, which the Goldfields' tourism industry can engage with, to attract more visitors.

For historical information about the Eastern Goldfields, visit www.kalgoorliehistory.org.au/.

Villa Carlotta Travel reopens as restrictions are eased



Villa managing director, Matt Walker

NOW that most of Western Australia's internal regional borders have reopened, Villa Carlotta's travel office has been busy taking bookings for tours departing over the next few months and into the new year.

"The last few months have certainly been an interesting time for all of us, and it's pleasing to see that our State is now taking steps towards some semblance of normality," said Villa managing director, Matt Walker.

"Throughout the COVID-19 crisis, Villa Carlotta Travel has continued to act on Government advice to protect the safety and wellbeing of our passengers and staff.

"Although we temporarily ceased operating tours in late March, we have kept our office open and have continued to communicate with our passengers via phone, email and social media, which has been fun.

"It's been heartening that most of our passengers have simply postponed their travel arrangements rather than cancelled and we are very pleased by the volume of new bookings from people who are keen to travel in the future," he said.

"We are excited to resume touring once again on 22 June with a short break to the south west, which will support many fellow local businesses that rely on tourism.

"People have been taking advantage of

our flexible booking arrangements as we wait for travel restrictions to ease. Options for expressions of interest and our revised cancellation protection plan have been very well received.

"We are looking forward to running Christmas in July tours, as well as outback adventures and wildflower expeditions in the coming months.

"We've used our downtime to develop new tours, test new technology, do training and develop new skills, and to implement new safety procedures to help protect our passengers and staff.

"Tours will operate with fewer passengers to facilitate physical distancing, coaches will be more regularly cleaned with disinfect-

ant and passengers will be required to complete and sign a self-certification questionnaire stating they do not have any cold or 'flu symptoms prior to boarding our coaches.

"Please don't hesitate

to contact us on 1800 066 272 to discuss your next holiday, or ask us for further information about our COVID-19 safety guidelines.

"Thanks for your ongoing support," said Matt.

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ADVERTISING FEATURE

travel options for the mature west australian

Keeping it real in Margaret River at the Fair Harvest permaculture farm...



Left to right; Compost consolidation - pest control geese - Lave family pod the beans - Jodie and chick

by Frank Smith

JODIE Lane and her partner Dorothee Perez run Fair Harvest, a Margaret River farm, on permaculture principles.

Jodie says her focus is on growing things, but she also runs a business, facilitates courses, hires out a commercial kitchen and caters for weddings. Moreover she also runs a café from Thursday to Sunday during the September to April tourist season and provides bed and breakfast accommodation, including luxury tipi and a gypsy caravan.

Guests have the use of a unique shower where

water is heated by a compost heap surrounding polythene water pipes. A heap of compost built from wood chips and straw produces heat anaerobically, taking about two weeks to warm up. It then provides plenty of hot water that can reach 45°C.

"We get hot water for about ten months of the year from waste heat," she said.

"The vegetable garden is highly productive with mostly annual species and a few perennial vegetables. The orchard of deciduous fruits includes apples, pears, apricots and nectarines.

"This is the prime do-

main of Dorothee. My partner manages the horticulture and I manage the business.

"We choose stone fruit varieties to give us a continuous supply of fruit at different times and no glut.

"From November to May we have a surplus, which we use in the café, freeze or dry and we sell a small amount of excess fruit."

Citrus and subtropical fruits are ready from May to October.

The poultry: ducks, chooks and geese control insects and eat any fallen fruit, reducing the opportunities for insects to breed.

"We also hand pick insects off plants. The diversity principle works. We

have fewer pests now than when we started," she said.

"We use animals to help build up the soil. We've also noticed an increase in numbers of small birds and pink and grey cockatoos (galahs).

Galahs are primary seed eaters and help to control grass weeds. Baudin's white tailed black cockatoo, an endangered species, is a frequent visitor to the farm.

They also grow fish and veggies together in a closed aquaponic system. The fish fertilise the veggies while the veggies clean the water for the fish.

Jodie and Dorothee run one-hour guided tours of veggie gardens, aquapon-

ics, orchard and poultry systems, compost shower and wicking beds.

Thirty years ago Jodie's parents, geologist Peter and Jann Lane, fed up with commuting to work in Perth, bought a 160ha run down former dairy farm just out of Margaret River on land that had formerly supported a jarrah/karri forest. Karri is indicative of relatively fertile red earth loam soil.

"It was just before grape growing took off and land prices escalated," said Jodie.

The farm had considerable areas of remnant vegetation which the Lanes fenced off. They then began a tree planting program, mainly Eucalyptus

maculata for timber on a 40ha block.

They also planted mainly local species in zones to provide bird and frog habitat. In addition they added stone pines, olives and carobs.

Our aim is to provide a continuous supply of nectar for their bees.

"We try to ensure there is always something for the bees to eat on the farm," said Jodie. "We process and sell our own honey or use it in the café."

Jodie became interested in self-sufficiency while still at high school when she read Bill Mollison's books on Permaculture. In 1990 she moved to Margaret River and studied horticulture at the local TAFE

followed by the permaculture course which she now runs. In 2010 she obtained her advanced certificate in permaculture teaching.

Jodie turned the former farm buildings into a café, kitchen and teaching centre. The barn is also used for a monthly produce 'swap share shuffle' with local growers.

Unlike many alternative lifestyle enterprises Fair Harvest has its feet firmly planted in the soil with productivity and sustainability all based on science and common sense.



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AS restrictions around COVID-19 are lifted in Western Australia, there is an increasing urge to get out of our homes and into the great outdoors again.

Aussie Redback Tours are keen to start travelling

again too. Sharon and her staff have planned some shorter tours to the south-west of WA to get started. If you would like an opportunity to get out and see the countryside, then these might be just what

you need.

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Albany-Denmark-Walpole - Sunday 21 June to Wednesday 24 June 2020 (four days). Cost \$1,250 (seniors \$1,100) s/supp \$280 - includes motel accommodation, daily breakfast, three dinners.

Margaret River and Surrounds - Saturday 27 June to Tuesday 30 June 2020 (four days). Cost \$1,250 (seniors \$1,100) s/supp \$280 - includes motel accommodation, daily breakfast, three dinners.

Mt Augustus/Walga Rock - Choice of two tour dates: Sunday 26 July to Thursday 30 July or Mon-

day 03 August to Friday 07 August, one price - \$1,399 pp (single supplement \$280), upgrade extra \$100 per night - includes cabin/motel accommodation, daily breakfast, three dinners, two lunches.

There are also some one-day tours coming up for those who just want a day out (see the advertisement for more details).

Aussie Redback Tours are taking the Health Department's guidelines around COVID-19 very seriously and has put in place sanitising stations in all buses. All surfaces will be disinfected before, during and after each tour, and seating allocations

will be arranged to keep within the guidelines of social distancing.

Sharon would like to extend a huge thank you to her passengers who have remained supportive during the very difficult time over the past few months. Her loyal supporters have made the world of difference to remaining positive and getting through this time.

If people would like to join Aussie Redback Tours any of the tours above, or if they would like one of their new brochures, please phone 1300 662 026 or email info@aussieredbacktours.com.au.

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ADVERTISING FEATURE



travel options for the mature west australian

Going Fishing - chasing the elusive baldchin groper around WA



Ben Patrick, ace baldchin fisherman and cook, shows how it's done up at the Abrolhos

by Mike Roennfeldt

AMONG the people who eat a lot of fish, there is one species that occupies a place closer to the heart than most other piscatorial contenders. I speak of baldchin groper and I can't recall ever hearing of someone talking about good old baldies in anything but the most glowing of terms.

They are strange looking fish, with a big white chin and prominent doggy teeth up at the pointy end of a chunky, heavily-scaled body. They live in a rough and tumble world of jagged reefs and spiny prey, which means they are tough-as-nails customers, capa-

ble of exposing any weakness in the tackle you may be using.

Some of the most successful baldie fishers I know insist on using heavy handlines to wrestle the fish out of the coral. That abrasive environment is merciless on lighter, more sporting gear and the canny baldchin is perfectly capable of exploiting that weakness to the max.

The Abrolhos Islands are home to more baldchin than anywhere else on the planet and the fact that most are found in ridiculously shallow water in those parts means the islands host a truly exciting and often frustrating fishery.

These fish will take a range of

baits but it's pretty hard to beat a chunk of squid or octopus, fished lightly weighted on a short, strong hook around size 4/0. A baldie will fiddle with the bait and it can pay to feed it some line at this point. If you strike and it comes up solid, get stuck into the fight and do your best to get the fish out into open water. In other words, don't give an inch.

The good news story as far as baldchin are concerned is that their numbers appear to have been slowly increasing in Perth waters over recent years. Only 30-40 years ago it was quite unusual to catch one down here, but these days they are definitely

right up there numbers-wise with dhufish, snapper and the like. The lower south-west coast between Bunbury and Cape Leeuwin has also seen a healthy increase in baldie numbers over the same period.

But it's not all just about the powerful dogmatic nature of the baldchin. The major bonus is that they taste superb, almost no matter how you cook them. A fresh fillet or bite-sized chunk of flesh coated with flour, egg and panko crumbs, then shallow fried in oil, creates an amazing taste treat, the likes of which would create a sensation in any seafood restaurant in the world.

Travel is on the agenda again - we have a good reason to celebrate



Seashells Mandurah Pool

HAVE a Go News and Seashells Hospitality Group is giving you a further reason to celebrate the easing of regional travel restrictions in WA – the opportunity to win a two-night stay at your choice of one of their five beautiful properties

– Broome, Scarborough Beach, Fremantle, Mandurah and Yallingup. You'll be able to take the prize anytime up until November 2021.

Seashells has been providing families and couples with beautiful WA holidays for more

than 25 years and is known for its spacious and stylish apartment-style accommodation in some of WA's best coastal locations.

To find out more visit seashells.com.au.

WIN WIN WIN

To be in the draw to win a two night stay simply email win@haveagonews.com.au with Seashells in the subject line or write to Seashells Stay c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 1/7/20.

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(1) eligible entrant will win a two-night stay in a one-bedroom apartment at the Seashells Hospitality Group property of their choice (Broome, Scarborough, Fremantle, Mandurah and Yallingup) with a prize value of between \$432 and \$800. The prize is non-transferable, non-negotiable and non-refundable. Prizes, or any unused portion of a prize, are not transferable or exchangeable and cannot be taken as cash. The prizes will be sent to

you from Seashells Hospitality Group in the form of a gift voucher. If for any reason the winner does not redeem the prize or an element of the prize by the time stipulated by the promoter, then the prize or that element of the prize will be forfeited and will not be redeemable for cash. Nights must be taken concurrently. Subject to availability at time of booking. The prize is valid until 30 November 2021. The winner must make their own way to the

property at their own expense. Entrants details will be supplied

to Seashells unless the entrant otherwise states their objection.

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ADVERTISING FEATURE



travel options for the mature west australian

It's time to hit the road and sample the delights of the scenic south west



Left to right; Boodie - Playground - Albany lookout

by Lee Tate

OUR scenic south west, Western Australia's most popular country region, took on a new vibe when travel restrictions were lifted.

Even the advent of cooler weather, anathema to sun-loving Sandgropers, didn't deter Perth residents who were eager to hit the road. Although the likelihood of rain and chill down south has in recent

years not been the barrier it once was.

While the south west got a jump on the State's other tourist regions by being in the front row for lifting travel restrictions, its natural attractions, easy access for families and amazing variety of towns and sights was always going to have appeal.

Sandgropers have been encouraged by the State Government to

make a change from their past well-beaten tracks.

Where have you not been in the south west or not for a long time?

Scrutinising maps of the south west with an open mind, you appreciate what a magnificent, expansive canvas it offers. In fact, it is so vast that you would need weeks of travel just to scratch the surface.

For visitors, with good roads and clear road

signage, there is no difficulty finding glorious and varying towns and areas without having a comprehensive travel plan. Just mooching along in the car, stopping at whim or when the tummy rumbles. Eateries and services have greatly improved in our south west.

The main issue will be accommodation, although outside school and public holidays, there's a good chance of getting a decent roof over your head or space to park caravan or tent.

With an emphasis on trying unfamiliar holiday spots, expectations will be delightfully punctured as you juggle directions: Coast? Big timber?

Quaint town? Winery? Play area?

When was the last time you packed a picnic and sought a getaway well off the road, in the peace and quiet beneath the trees?

When, in your travels, did you get up at dawn to explore a forest when the birds and animals are most lively and stroll among those many spectacular flowers and plants at their best, dripping with dew?

Around every town and hamlet there are nooks and crannies waiting to be tackled. We must protect against taking these delightful, often unique, nature-protected spaces for granted.

Guided tours can be

an option, particularly for unfamiliar areas, giving everyone a break from the car with time to properly take-in the surroundings and backed with accurate information.

Even in long-familiar areas, having a guide opens your eyes and mind, perhaps dispelling some long-held myths about a place.

With our new, wide-eyed, open-minded way of looking at our south west, we're looking at offerings shown by our government-provided maps and council websites.

With 1,000 kms of rugged coast, there is also an incredible slathering of 24 national parks, plus green expanses of farmland on rich soils producing a vast array of crops, fruit, wine, meat, wool and milk.

For foodies, south west spoils with gourmet experiences, some casually by the roadside or tastings in welcoming farmyards, barns and sheds. Local truffles and freshwater crayfish are among up-market touristy treats.

We can wander vineyards, stride the craggy coastline and delve into forests, all within a few hours of leaving Perth.

Perhaps ending the day with a glass of local, world-renowned wine and cheese. Followed by south west chocolate or south west ice-cream. Or both.

To list key attractions in our south west – one of the world's 36 biodiversity hotspots – for an outsider, you wouldn't want to forget humpback whale watching, ancient caves, the granite Skywalk near Albany, our exquisite bush backroads or Greens Pool near Denmark.

You will let it slip that the south west is packed with flora and fauna found nowhere else on earth, not to mention our famous towering timber giants. Visitors can positively feast on tall timber: Valley of the Giants Tree Top Walk, Dave Evans Bicentennial Tree, Diamond Tree and Gloucester Tree just for starters.

Attractions include the Cape Naturaliste and Cape Leeuwin Lighthouses, the caves (Ngilgi, Jewel, Mammoth and Easter), Bunbury's Dolphin Discovery Centre and Albany's magnificent King George Sound.

There are abundant farm-stays, shipwrecks and abundant kangaroos to show the grandkids.

The south west is a major world producer of alumina and mineral sands with strong agriculture, timber and viticulture industries.

For those with an eye to the weather for planning trips, the south west enjoys a Mediterranean climate with dry summers and wet winters (About 900 mm of rain fall a year, mostly between May and September. Maximum daily temperatures range from 16°C in July to 34°C in February).

More information at: www.waholidayguide.com.au/western-australia-tours-things-to-do/western-australia-locations-to-see/southwest-things-to-do.

Make your bookings online without a commission going to overseas-based companies at www.holidayinwa.com.au

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food & WINE

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ADVERTISING FEATURE

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

The terroir maketh the wine - how environmental factors influence flavours



by Frank Smith

WINE buffs spout the term terroir with aplomb, but for the rest of us it is a vague term used by the French to market

expensive wines.

Terroir actually encompasses the environmental factors that affect a crop – soil, climate, aspect (the angle between earth and sun) and even

viticultural practices.

While climate, aspect and soil type is important, the supply of moisture, neither too much nor too little, and made available at the right

times, is crucial for quality grapes.

Here are some wines grown in vineyards with outstanding terroir.

Castle Rock Estate Riesling. This old favourite from the Porongurups is light and pale colour with green hues. It has aromas of lime juice backed by delicate orange blossom and lavender. The palate shows rich lime juice fruit characters. The natural acidity creates a lively, crisp wine with delicacy and length. This will age well for at least fifteen years, if you can bear to wait that long. RRP \$25.

Tamburlaine Sauvignon Blanc 2018 is an organic wine with typical Sauvignon Blanc aromas of passionfruit and lemongrass. The palate

is of ripe passionfruit and kiwifruit with hints of green apple and a lingering finish. It is best served as an aperitif or with seafood and salads. RRP \$16.

Hastwell and Lightfoot Vermentino. Vermentino is well-suited to the growing conditions of McLaren Vale, along with other southern European varieties it helps deliver a wider range of fruit flavours to wines. This is a bright, fresh wine combining the aromas of stone fruit with the zip of lemon zest or grapefruit. Herbs and hazelnut flavours are also to be found in the palate. When it comes to food, the winemaker recommends pan fried wild barramundi as a partner. RRP \$25.

Gartlemann Georg Petit Verdot 2016. Petit Verdot is a late maturing variety from Burgundy with a characteristic deep inky burgundy colour. The aroma is spicy and peppery, with blackcurrants and mulberry coulis and hints of violets and chocolate and cassis. The palate is dense and rich, with soft tannins and a sweet blackcurrant flavour with a touch of aniseed and fennel and a lingering finish. RRP \$28.

Angullong Fossil Hill Sangiovese 2018. Sangiovese is one of Italy's favourite varieties, best known as the major component of Chianti. This Sangiovese is a medium bodied red wine with aromas of violets, blueberries and dried herbs. The flavours of blueberry, sour cherry and spice are complemented by savoury herbal complexity and soft tannins. Enjoy with traditional Italian fare, including ragu, pizza or antipasti. RRP \$28.

Angullong Fossil Hill Tempranillo 2018. Tempranillo is one of Spain's most famous wine grapes and has become one of Australia's most popular new red wine varieties. This Tempranillo is highly complex, with fragrant dark fruit aromas

within a background of tar, herbs and spice. The flavours are similar with a noted savouriness. It is a wine with an attractive texture and chewy tannins that will reward cellaring for a few years. RRP \$28.

Angullong Fossil Hill Sangiovese 2018. Sangiovese is one of Italy's favourite varieties, best known as the major component of Chianti. This Sangiovese is a medium bodied red wine with aromas of violets, blueberries and dried herbs. The flavours of blueberry, sour cherry and spice are complemented by savoury herbal complexity and soft tannins. Enjoy with traditional Italian fare, including ragu, pizza or antipasti. RRP \$28.

Enjoy Vince's delicious home-made chicken and tomato pasta



by Vincenzo Garreffa

MONDOS is proud to offer *Have a Go News* readers a very special meat pack which includes chicken drumsticks, sausages, chops and mince, diced beef

and as a very special gift to you – a copy of my book *The Flesh in My Life* which is a beautifully presented hard copy book and contains many of my family recipes. These recipes will utilise the ingredients in this pack over the next few months. We hope to see you in store and don't forget you can pick up your copy of *Have a Go News* at Mondos too.

Ingredients for 4
700ml of tomato passata - add water to rinse out all the juice
1 kg chicken drumettes
1 red onion fine diced
½ cup basil leaves
80ml Extra Virgin Olive Oil (EVOO)

WA organic lake salt
Freshly cracked black pepper to taste
400g pasta of your choice
Grated pecorino or parmesan cheese to serve

Method

Add half of the EVOO to a deep frypan and sauté the onions over medium heat until soft and translucent. Then add the tomato sauce and water simmer gently for 15 minutes stirring well.

In a separate frypan heat remaining oil till hot and add the chicken and season with a little salt and pepper. Sear till golden on all sides and

add chicken and juices in frypan to the sauce.

Cook for 20 minutes at a gentle simmer with a lid covering 90 per cent of the pan, allowing a little steam to escape.

In the meantime cook your pasta in salted water until al dente, drain pasta well, add to the sauce and cook for one minute. Serve in bowls with grated pecorino or parmesan cheese.

Vince is the proprietor of Mondos Butchers located at 824 Beaufort Street, Inglewood. They are open Tuesday to Friday 8am – 6pm Saturday 9am to 2pm. Phone 9371 6350 or visit www.mondo.net.au



Letters to...
Vince Garreffa

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

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C Si Bon's minestrone

C SI BON was started by single-mother-of-two, Natasha Kendrew, in her home kitchen nearly six years ago.

Natasha saw a gap in the market for high-end frozen gourmet meals that don't contain any additives, preservatives and happen to be gluten free.

C Si Bon sources local ingredients and the meals are made in her kitchen in Applecross where she sells directly to the public. She has a second shop in Cottesloe and also offers home delivery.

Meals include boeuf bourguignon, coq au vin, potato gratin, chicken chasseur, seafood pie, award-winning desserts,

croissants, pain au chocolats and hors d'oeuvres.

"We have home care package arrangements with many aged care providers such as Mercy-Care, Silver Chain, Melville Cares and more.

"It gives me great personal satisfaction to offer an alternative high-end product to our older community," said Natasha.

The meals are delicious and good enough to serve to guests if they visit.

Natasha's heritage is French Mauritian and she says that she is from a food focused family so it's wonderful to create meals

that really satisfy.

The meals are also available through select IGA stores with a few more coming on board soon.

Home deliveries have experienced significant growth due to the Covid-19 pandemic.

"People needed to isolate and we offered a service that is easy to use and convenient.

"Sometimes it was the only conversation people had had all day. Human connection is so important to me, our food brings people together and gives me great joy."

For more details see advertisement on this page.

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



Winter is here and it's time to celebrate Western Australian mandarins

by Noeline Swain

WINTER is definitely up there as a favourite – crisp days, the waft of wood-fire smoke and the most brilliant array of the freshest citrus imaginable. The WA citrus season is in full swing with an abundance of delightfully scented mandarins, navel oranges, grapefruit, lemons and limes at their absolute best.

Research conducted by the WA citrus industry revealed that local shoppers want citrus fruit which is:

- Locally grown by WA orchards
- Great tasting
- Premium Quality
- Fresh and Healthy

Locally harvested citrus supplies are readily available now, easily spotted in stores by the bright blue birthmark

sticker denoting West Australian origin; straight from the tree to the table. Local shoppers can be assured of the quality as the WA citrus sticker is used in combination with the industry's strict quality code for grading WA citrus fruit.

June is the perfect time to enjoy locally grown mandarins. An early season mandarin, Imperials are the ideal snack for all ages as they are

so easy to peel. Clementines, also sweet and juicy with a rich citrus flavour, easy to peel and with very few if any seeds, are deservedly popular with children and adults. Clementines are grown around the Moora and Bindoon region and are just coming into the stores now.

Make the most of the distinctive flavour of mandarins by using the juice and rind in

desserts and cakes or meat and seafood dishes where you would normally use an orange. Eat fresh for a Vitamin C boost.

Choose citrus that are heavy for their size, as weight gives a good indication of juiciness. Don't be too concerned with outer beauty; any markings seen on citrus are generally insignificant branch scratchings and have no ef-

fect on the flavour or quality, but avoid fruit with bruises or cuts. Once your citrus arrives home, keep in a cool dry place if eating within a day or two, or in the refrigerator.

So get cracking on boosting your Vitamin C intake this winter; stock up on plentiful WA grown citrus and start munching...

Recipes supplied by Fresh Finesse – www.freshf.com.au

Mandarin and lime cake



Preparation: 25 mins; cooking: 60mins; serves: 10

2 tablespoons milk
Frosting
60g cream cheese
¾ cup icing sugar
1 lime
1 mandarin

Preheat oven to 180°C. Line 18cm round cake pan with non-stick baking paper.

Use an electric beater to beat the butter, sugar, lime rind and mandarin rind until pale and creamy. Add the eggs, beating well between each addition. Stir in the flour, almond meal, milk and lime and mandarin juice. Spoon into the pan and smooth the surface. Bake for 40 minutes or until a skewer inserted into the centre of the cake comes out clean. Leave in the pan for 10 minutes then turn out onto a wire rack over a baking tray.

To make frosting, use a zester to remove the rind from the lime and mandarin. Peel away any remaining peel from the mandarin and break into segments – keep to decorate the cake. Use a beater to combine cream cheese and icing sugar till smooth. Add lime juice to create a spreadable consistency.

Spread over the cooled cake and decorate with mandarin segments.

A FRAGRANT citrus cake using WA citrus now in season. Look for fruit stickers to be sure you're buying local.

150g butter, cubed, at room temperature

¾ cup (160g) caster sugar

1 lime, rind finely grated, juiced

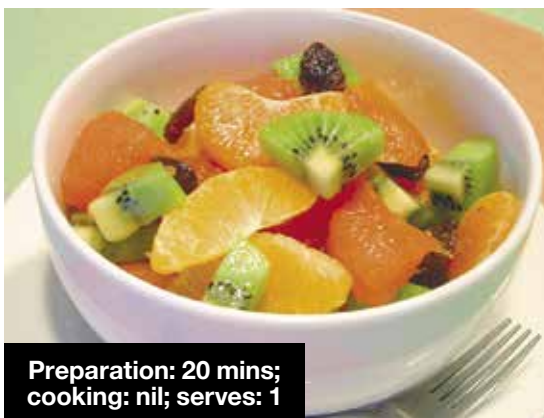
1 mandarin, rind finely grated, juiced

2 eggs, at room temperature

1¼ cups (190g) self-raising flour

50g almond meal

Recipe for One: Ginger citrus dessert



Preparation: 20 mins; cooking: nil; serves: 1

1 orange, peeled, chopped
¼ pink grapefruit, peeled, chopped
1 mandarin, peeled, segmented
¼ cup fresh orange juice
2 teaspoons honey
½ tablespoon raisins, chopped
¼ teaspoons crushed ginger
1 kiwifruit, peeled, sliced
1 teaspoon crushed nuts

Combine chopped orange, grapefruit and mandarin segments in a serving bowl. Fold through orange juice, honey, raisins and ginger. Cover and refrigerate for 30 minutes. Before serving, gently fold through kiwifruit. Sprinkle with crushed nuts. Serve with vanilla yoghurt.

Marinated mandarins in chocolate

Preparation: 30 mins; cooking: 6 mins; serves: 4

4 mandarins, peeled, divided into segments
2 tablespoons citrus liqueur eg Grand Marnier
100g dark cooking chocolate
2 tablespoons cream
Vanilla wafers to serve

Place mandarin into a large bowl with liqueur. Refrigerate for 30 minutes. Place chocolate into

a microwave safe bowl. Microwave on low for three minutes. Stir. Continue on low for another three minutes or as required. Once melted, stir through cream. Divide mandarin segments into individual serving bowls. Spoon one tablespoon of chocolate mixture onto each. Serve with vanilla wafers.

What's fresh in the markets this month

Cauliflowers: Good supplies of small to medium-sized cauliflowers with lovely tight white heads are now in the stores. Cauliflowers are best eaten at the tender-crisp stage. If

overcooked, puree and add milk, cream and fresh herbs to make great soup. Try a sauté of onions and cauliflower florets with olive oil and fresh herbs as a side dish or folded through pasta.

Apples: Crunching on a fresh new season apple every day is a joy when there is such a choice. WA's best known apple, Pink Lady, along with the spicy sweet red Fujis and Granny Smiths are good eating. Also look out for sunny red Sundowner – it's also a WA-bred favourite. Like the Pink Lady it is a cross of Lady Williams and Golden Delicious.

Sweet, juicy pears: Look for Packhams, which will

take up to a week to change to a green-gold colour and soften ready for juicy eating – they make an elegant table decoration in the meantime. Beurre Bosc pears are favourites for cooking and good eating as well.

Navel oranges: The season for WA navel oranges is kicking off, with some early season fruit already arriving in stores. Seedless, easy to peel and full of sweet juice, navels are a perfect

snack or healthy finish to a meal. Eating one orange a day will ensure you are getting your recommended daily intake of vitamin C throughout winter. When juicing, remember to squeeze just before use as the juice of navel oranges doesn't have the keeping qualities of Valencia, the summer variety. Always keep your eyes peeled for the bright blue birthmark sticker that guarantees you're getting the freshest WA-grown oranges.

Papaya (or pawpaw): Grown around Carnarvon and the Ord River, papaya has a lovely tropical taste and aroma that



brings sunshine to the coolest of days. Select fruit that is well-shaped and sweet smelling. The skin should be mainly yellow in colour, smooth, unbruised and free from black spots. During the wet season you will

sometimes see 'freckles' on the skin but they do not affect the flesh. As with all tropical fruit, storage is best at room temperature. If you can find green papaya, try a Thai green papaya salad – simply scrumptious.

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\$55

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Have a Go News’ reader recipe - a delicious easy frittata



Left to right; Fry up the vegetables before cooking - the egg mix - the pre-cooked frittata - hot out of the oven

THANKS to Lyn Pryce who shared her banana cake last month and apologies for spelling her surname incorrectly.

This month Joan Attadale from Bedford has sent in her recipe for a delicious frittata. She says this is a great recipe especially if you have left over veggies which need using in the fridge or you need to prepare something for someone who is gluten intolerant.

“This is a classic and easy recipe which is delicious, it’s easy to change up the vegetables and use leftovers in the fridge. Sometimes I use ricotta instead of sour cream, basically whatever I have left in the fridge.

“I do hope readers enjoy this recipe, it has been part of my repertoire for many years,” said Joan.

- Ingredients**
- 8 eggs
 - 1 cup of sour cream (can replace with ricotta or normal cream)
 - 1 cup milk
 - half block of Mersey Valley cheese
 - 1 cup of finely grated parmesan
 - ½ cup of normal grated parmesan
 - ½ cup of cheddar cheese
 - 1 zucchini grated and with juice squeezed out
 - 1 carrot grated with juice squeezed out
 - 4 spring onions chopped
 - 1 cup corn
 - 6 button mushrooms sliced
 - 1 small red capsicum diced
 - Salt and pepper to taste

Method

Chop spring onions, mushrooms and capsicum. Grate zucchini and carrot, making sure you squeeze out the juice otherwise it’s too wet for the mixture and the frittata doesn’t rise as well. Fry spring onions and mushrooms for about three minutes, sprinkle with salt and pepper. Then add the rest of the ingredients and heat all the way through for another three to four minutes, stirring regularly.

Pour into a large pyrex dish which has been greased, I use spray on canola oil for ease. I then crumble the Mersey Valley cheese, cheddar cheese and grated parmesan over the warm vegetables and stir well.

In the meantime crack eight eggs, add sourcream and milk and whisk until well combined. I usually whisk for a couple of

minutes. Season with salt and pepper to your liking, then mix the finely grated parmesan through the egg mixture.

Pour over the warm vegetables and make sure they are well combined.

Bake in oven at 180°C for about half hour, until the frittata is brown on top and completely set. It is delicious hot or cold.

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

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

Email jen@haveagonews.com.au with Reader Recipe in the subject line or write to Reader Recipes c/- Have a Go News PO Box 1042, West Leederville 6901.

Delicious and easy soups to cook and warm the soul this winter

Zucchini and potato soup



- Ingredients**
- 1 teaspoon oil
 - 1 leek, sliced
 - 1 large zucchini, sliced
 - 1 medium potato, peeled and chopped
 - 1 teaspoon chopped fresh rosemary
 - 2 cups chicken stock
 - freshly ground black pepper
 - 1 cup milk
- HEAT a large saucepan and brush the base with oil. Add leek. Cook for a few minutes until soft. Add zucchini, potato, rosemary, chicken stock and pepper. Cover and cook until vegetables are tender. Blend in food processor until smooth. Add milk. Reheat gently and serve immediately.

Preparation: 15 mins; cooking: 35 mins; serves: 4

Mushroom meatballs in noodle soup



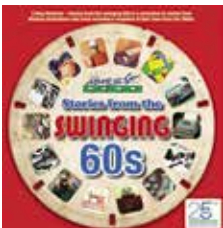
- Ingredients**
- 2 tablespoons olive oil
 - 350g cup mushrooms, diced
 - 1 onion, peeled and finely grated
 - 400g lean beef mince
 - ⅓ cup finely chopped flat-leaf parsley
 - 1½ cups fresh breadcrumbs
 - 1 egg
 - salt and freshly ground black pepper, to taste
 - 6 cups chicken stock
 - 2 tablespoons kecap manis (sweet soy sauce)
 - 350g Singapore noodles, separated
- HEAT oil in a large frying pan over high heat. Add mushrooms and onion and cook, stirring occasionally, for five minutes or until all moisture evaporates. Allow to cool. Place mushroom mixture, beef mince, parsley, breadcrumbs, egg, salt and pepper in a medium bowl. Mix until well combined. Shape mixture into meatballs using one tablespoon mixture per meatball. Place stock and kecap manis into a large saucepan. Cover and bring to the boil over high heat. Reduce heat to medium-low and add meatballs.
- Simmer, uncovered, for 20 minutes or until meatballs are cooked through. Meanwhile, place noodles into a large heatproof bowl. Cover with boiling water and stand for five minutes or until tender. Drain. Place noodles into serving bowls, ladle over meatballs and broth and serve.

Preparation: 15 mins; cooking: 30 mins; serves: 4

Stories about Western Australia in two books



Awesome WA, 1001 Fair Dinkum Facts about Western Australia - Journalist Lee Tate has compiled this book about the weird and wonderful of Western Australia.



Living Histories: Stories from the Swinging 60s - a collection of stories from Western Australians who have recorded a snapshot of their lives from the 1960s.

ORDER	Prices	Quantity
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Post completed form to **Have a Go News PO Box 1042 West Leederville WA 6901** Books can be purchased from the office Monday to Friday 9am-5pm. For further information contact **Have a Go News** on accounts@haveagonews.com.au or **9227 8283**.

Staying connected - a smartphone can keep people in touch...



90 per cent of people aged 55 plus own a smartphone

by Frank Smith

COVID-19 continues to keep many people in isolation. However, a CQUniversity researcher says one key piece of technology will help them keep socially connected during this time. Adjunct Professorial Research Fellow, Dr Lynne Parkinson, says seniors only need a smartphone to enjoy the benefits of video messaging family and friends. She says while having a computer or tablet may

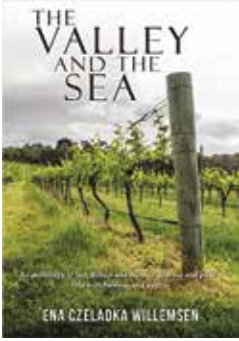
suit some, most seniors have access to a smartphone which can provide access to apps like Messenger or Whatsapp at the touch of a button, helping them stay connected. The perception that older people cannot understand or use technology is more about ageism than reality, Dr Parkinson says. "More than 90 per cent of people aged 55 or over own a smartphone, and we know from our work with people over the age of 75, that most can get

their heads around video-conferencing and find it a very useful tool for social connection. "There is no reason on earth why a 95-year-old cannot master a smartphone," she said. Some people might have difficulty with a touch screen because of limited manual dexterity. "If so look at accessibility options and if necessary choose a smart phone with a physical keyboard." The other problem older people often find is with predictive text. "Turn it off," said Dr Parkinson. "In our experience, the main barriers to using these types of more innovative technologies are fear of getting it wrong and lack of internet access." Dr Parkinson has developed a suite of 'how to' documents to help seniors navigate common technologies and use of the internet. These are available via CQUniversity's Caring for the Carer webpage www.cqu.edu.au/cquninews/stories/research-category/2018/support-is-key-to-carers-of-people-with-dementia. She said connecting with family and friends during this period has become vital and the technology was welcome to most seniors – and they are up for the challenge of developing the new skill set. "Older people are just as competent with technology as younger people when that technology is introduced in a patient and staged way," Dr Parkinson explained. "For example, starting with smartphone call capability, then looking at apps, voice only, then onto video. "Our research has shown that older people can not only learn new technologies, but they can enjoy them and generalise their use to other parts of their life and interests. "There is a great opportunity now for older

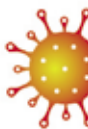
people to not just connect with family and friends, but to find like-minded people all over the world who share their hobbies and interests, to get fully connected to the outside world. "This COVID-19 crisis is fast tracking a necessary change for this demographic. "Where there is strong motivation, such as wanting to connect with family, older people will feel more encouraged to try, but may need support to achieve connection." CQUniversity was originally founded in Rockhampton in 1967 as the Queensland Institute of Technology (Capricornia). The name was changed in 1994 to Central Queensland University. It now has 16 campuses throughout Australia including one in Perth.



Book sales for appeal



READER and author Ena Willemssen, who wrote the book *The Valley and The Sea* has very generously donated 20 books to *Have a Go News* to sell for our appeal. *The Valley and The Sea* is a collection of writings that cover many genres, a pot pourri of more than 100 pieces which are true and fictional. There are personal memories, poetry, short stories, musings, observations and the trials and tribulations of life in general. There are snippets of local history throughout the book. The author's father settled in Australia in 1924 as an immigrant from Croatia. He established a vineyard in Herne Hill where his knowledge of viticulture from the old country was put to good use. This is a book that can be dipped into in no particular order, depending on the reader's mood, there is comedy or perhaps a little poetry and even a little nostalgia. *The Valley and The Sea* is written by Ena Czeladka Willemssen and sells for \$25. If you would like to purchase a copy email info@haveagone.ws.com.au with Valley and the Sea in the subject line or call the office on 9227 8283 during business hours.



CIVIC STUDY

COVID-19 COMMUNITY RESEARCH

The CIVIC Study: Comprehensive health implications of coronavirus (COVID-19) exposure in the community

WE NEED YOUR HELP!

If you are 18 years or older, you are invited to complete a series of health-related questionnaires to help us understand the short and long-term implications of COVID-19 in the community.

To find out more:
Call us on **1800 971 022** and select option 1
OR
Email to civic@curtin.edu.au
OR
Complete the questionnaire at www.ccre.org.au/civic

Curtin University Human Resources Ethics Committee (HREC) has approved this study (HRE2020-0153)

Researchers at Curtin University need your help

RESEARCHERS are asking community members over 18 years old to complete an online questionnaire about the effects of COVID-19 on the community. Dr Jacquita Affandi (a member of Curtin University's Centre for Clinical Research and Education) explained that the CIVIC Study has been designed to help researchers understand the short and long term health implications of the COVID-19 pandemic on the community. If you decide to participate you will be asked to consent before completing a series of questionnaires about your health, lifestyle, exercise, medical history and current medications, as well as some questions about your feelings. You can complete the questionnaires online or the Curtin team will post them to you with a reply-paid envelope. The first questionnaire will take about 15-20 minutes, with shorter follow-up questionnaires, and you can opt out at any time. Your responses to the questionnaires may help researchers to better inform health practices in future outbreaks of severe acute respiratory infections, such as COVID-19. The questionnaires are designed to help medical professionals and researchers understand COVID-19, and do not give health advice. Should you be unwell please seek advice from your medical practitioner. Covid-19 health advice can be found at www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert. The CIVIC Team at Curtin University is part of the WA COVID-19 Research Collaboration, a statewide initiative of doctors and researchers working together to understand the impact of the pandemic. If you would like to know more, please call (1800 971 022 and choose option 1) or email civic@curtin.edu.au or visit the website (www.ccre.org.au/civic)

#339 JUNE EDITION PUZZLE SOLUTIONS

Crossword solution for page 38

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

Sudoku solution for page 38

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

Have a Go News Quiz Page 2:

1. Michael Thomson 2. Bon Scott
3. Botany 4. Mt Augustus 5. Cue 6. 1893 7. Fremantle
8. 100,000 9. South West 10. Graham Mabury

Square Shuffle page 38: Gail, Lucy, Kate, Toni.

Wheel Words page 38: Diet, Dote, Duet, Edit, Tide, Tied, Toed, Tote, Tout, Twit, Ditto, Outed, Toted, Towed, Tutti, Outwit, Touted, Tutted, Twitted.
9-letter word: OUTWITTED.

Solutions for Colour Blocks puzzles on page 38 and 39.

P	U	P	I	L
E	R	A	S	E
T	Y	P	E	S
S	P	E	L	L
W	O	R	D	Y
V	O	W	E	L
W	R	O	T	E
E	R	R	O	R
I	N	K	E	D

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

P	U	F	F	S
S	T	I	C	K
M	E	R	R	Y
C	L	E	A	N
P	A	P	E	R
A	G	L	O	W
B	L	A	Z	E
C	O	C	O	A
S	M	E	L	L

Crossword solution for page 39

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

Colour Blocks solution from #338 May edition

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

Retire in Style



Western Australia - it's one of the best places in the world to retire... in style



WA has all the fundamentals for a good quality life and a healthy, happy retirement

by Lee Tate

WHEN it comes to retiring in style, West Australians have got the jump on so many others in Australia and overseas. Sandgropers can make choices about retirement: where to live, how to live, what to do and when to do it. Living in style means living comfortably and happily. We see images of the retired rich-and-famous in exotic places, sipping cocktails, perched on a balcony overlooking a vast lake or sparkling sea. Or in a speed boat, roaring past a yacht-filled bay, hair flowing in the breeze and not a care in the world. Modern messages promote excesses, largely as a means to open our wallets. Many high-flyers deservingly choose to live the

luxury life after years of toil and sacrifices. Some are born to it and inherit their luxury living but that's the way it's always been. However, despite the glossy brochures and pretty promotional pictures, this is not the retirement life for most of us. And for many of us, it is not the lifestyle we really want – perhaps a taste of it, yes, just for holidays. Well-travelled West Aussies, wealthy and not, commonly say they would live nowhere else. After all, WA has all the fundamentals for a good quality life and a healthy, happy retirement. Even on a modest budget. Our greatest assets are the choices available to us and where we live in the world. Consider for a minute the image of a retired couple in India. They have worked hard and suc-

cessfully by Indian standards. With modest funds they have bought carefully and practically, creating their own minimalist style surroundings with just a little furniture and with tasteful colours. They have retired into a tiny apartment above an eternally-hectic street. But by their standards, they have retired in style. Western Australia offers many more choices, including where to live: We retirees can opt for a smaller house, villa or apartment in the bush, on the coast or on the edge of a desert. We can even choose the climate in our vast and sparsely-populated State. Retirees can be true to themselves, choosing from the cut of their cloth, not falling for false images and yet retiring in style. In the changing world, West Aussies have been

largely shielded from the worst of the deadly coronavirus epidemic. For many people, it changes outlooks for how – and perhaps when – we retire. We may become more cautious and conservative about what and where to buy our retirement home or apartment. Some good news for buyers is that housing prices are expected to remain relatively affordable for the near future. Longer term, as confidence strengthens, the property market's activity will increase with prices likely to lift again, according to REIWA president Damian Collins. For the time-being, this offers breathing space for those considering downsizing or moving. Against the backdrop of the pandemic, some retirees might be more gung-ho, taking the attitude that we are in our golden years and deserve the best we can afford. Others will be doubly-cautious due to the world's economic uncertainty. We have choices. We may not be able to afford a waterside apartment but we can live modestly in a nice area, a bit further back from the coast, river or park in a home or unit tastefully decorated to our own styles. For growing numbers, this will be choosing to

live in rentals, either due to modest means or by choice not to tie-up large amounts of capital in a property. Others will choose retirement and aged care facilities where they can also retire in style, given the right choices. Past problems have placed greater focus and attention on improving residential homes and the quality of life for residents. WA is blessed with wide-ranging choices. The key is in patient research and forward planning. Wherever and whatever your choices – not how much you spend but bringing in your own style

– sets you up for a happy retirement. Knowing your safe spending levels, being able to pay your bills comfortably, allowing for the unexpected and choosing what suits you in life is a solid start. Long dreamed-of holidays, ocean cruises or flights abroad, may have to be stalled or modified, perhaps staying on WA soil and opting for a caravan or renting a holiday cabin instead. To travel our enormous, unique State and enjoy so much variety with idyllic weather is merely a dream for retirees in other parts of the world. More than anything, the

pandemic has brought home to us where our true priorities lie and that's with people – our relatives and friends. They are woven into our lives. We retirees may be making some different choices now, but it all centres on us looking after ourselves and staying motivated. With health and well-being now our priorities, West Aussies can make the choices on how best to retire in style. New interests are highly-encouraged. George Bernard Shaw famously wrote: "We don't stop playing because we grow old, we grow old because we stop playing".



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Retire in Style



Add colour to your interiors with some new season's soft furnishings



A selection of lovely items for styling your home - L-R; Soft furnishings from Sheridan Homewares - Adairs chair and cushions - Adairs rug and Sheridan cushion - a good range of colours and soft furnishings from Adairs Homemaker stores



by Zofia St James

AS I write this it's a new season and a new normal. Being stuck at home has, I hope, served

as being both productive and a relaxing time for you. I know for myself it's been a time to sort through and toss out, sell off pieces of furniture and repurpose a beautiful heirloom bookcase. Overall I'm feeling quite happy with a pared back interior, less clutter and a linen closet and pantry I enjoy looking at. It makes it much easier to use on a day to day basis.

I have rearranged furniture and changed the art to different walls, resulting in a different feel, which is putting a big smile on my face. It's amazing how satisfying and inspiring it has been. I didn't even need to spend any money, in fact I made some money. So if you look around and think to yourself that's exactly what you need, then I'm the girl for the job. I would be very happy to provide suggestions about how to maximise the space you have and how to dress up a room quite simply and effectively. The effort is definitely worth the feel good results.

Winter looms large now and we have already had a taste of storms, rain and cold weather. I spoke last month of changing a few things in order to bring a feeling of warmth and a cosy atmosphere to your living areas and bedroom and I hope that has had you thinking and looking at your rooms. Decluttering gives us the opportunity to illuminate rooms to appear larger and also provides a fresh canvas to introduce some colour. If you have a neutral interior, furnishings, window treatments and wall colour, it becomes very simple to apply and

dress a room with some new soft furnishings in this season's colour palette. This keeps your home looking up to date and feeling modern for less cost than you would expect. This season's new stock is in stores at the moment and I really have to say it is beautiful. The colours are a range of earthy reds, saffron golds and mustard, sage green through to khaki and emerald green. I really do love to visit the Adairs Homemaker stores because you can see everything you need in one spot knowing it's all going to flow and co-ordinate beautifully from

cushions and throws to towels and bathroom accessories to occasional chairs, ottomans, floor rugs, art and homewares. Due to COVID-19 they had closed their doors for two months, but happily I had the opportunity to visit the Osborne Park and Myaree Homemaker stores recently and I was blown away by the quality and array of different colour options and accessories which can compliment existing furniture and bring the look together. This season do treat your home and yourself to some lovely new things that makes you feel like your rooms are giving you the biggest

warm hug. It will also help our economy return to normal. And remember I am just a phone call away from guiding and assisting you on how to achieve to perfection. Take care and stay warm. XX *Zofia offers an interior style consultation for readers and she would like to offer reader's a free over the phone or video call consult. She can assist with de-cluttering, restyling, choosing furniture and personal styling. For those interested in a free styling opportunity please contact Zofia on 0406 336 607 or email zofiaastjames@hotmail.com*



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This project was jointly funded by the Australian Government through its Building Better Regions Fund, and the State Government through the Regional Aged Care Accommodation Program.



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Retire in Style



Warwick Retirement Village receives major refurbishment and upgrade



Exciting and affordable - Bethanie Warwick Retirement Village

BETHANIE, is pleased to announce a multi-million-dollar renovation and refurbishment to the existing Bethanie Warwick Retirement Village apartments.

The extensive upgrade officially began in November 2019 and will see a full internal and external refurbishment of the existing 35 apartments, plus a new passenger lift and the addition of a communal building to enhance community spirit.

The site, which was built in the 1980s, is being brought into the 20th century. Eleven existing residents will enjoy a fresh new home and 24 apartments will be available for sale.

Bethanie chief executive officer Chris How says: "It is an opportune time for people to downsize and move into this vibrant village, offering an exciting and affordable retirement living option."

The options are versatile – one, two and three-bedroom modern apartments – which make clever use of space without compromising on features. Plus, they are safe, secure and easy to maintain.

Located in two buildings named Ellersdale and Glenmere after surrounding streets, the apartments are split over two levels providing the option of a porch or balcony. Central to the modern apartments will be the vibrant new community hub comprising a resident lounge, activity room, barbecue areas and mature landscaped gardens designed for activity and entertaining, where friends and family are welcome.

With names that were inspired by nearby native bushland re-

serves and parks, there is a choice of a one-bedroom wattle floor plan, two-bedroom bottlebrush floor plan or three-bedroom protea floor plan.

Conveniently located in the well-established suburb of Warwick, 16 kilometers north of Perth, the location is surrounded by picturesque reserves and parks and convenient facilities and amenities nearby, including Warwick Grove Shopping Centre, Grand Cinemas Warwick, Warwick Bowling Club, Warwick Train Station, beautiful northern beaches and a bus stop on the door step.

Each apartment features 2.6m high ceilings, modern stainless steel appliances, built-in robes, security screens, air conditioning and National Broadband Network. In addition, the apartments are now pet friendly.

"We have given Bethanie Warwick a new lease on life and without a doubt extended the longevity of the site. The village will be more vibrant with more emphasis on creating communal spaces to encourage positive social interaction," said Chris How.

The apartments, built by Tallwood Constructions, will start from \$255,000 and are expected to be complete mid-October 2020. A display apartment can be viewed by appointment from 15 June. Call Bethanie on 131 151.

Secure and supportive environment at Champion Lakes



DURING these uncertain times many of us are reassessing our lifestyles and the importance of a secure and supportive environment around us.

At Champion Lakes Lifestyle Village, people will find a locally owned and family operated unique take on over-55 living.

They offer quality built, afford-

able homes starting from just \$239,000, with no stamp duty and no exit fee options to cater for individual needs.

The state-of-the-art security and onsite management provide total peace of mind and still allow for independence and freedom in a safe, friendly neighbourhood. Pets are welcome, plus they have plenty of boat and caravan parking.

The Lodge is where the open hand of friendship is always extended. It is designed as the vibrant communal heart of the village that caters to an assortment of tastes. In addition, the soon-to-be-completed indoor pool and spa are planned for stage two of the 160 home development.

Imagine starting the day with a relaxed book reading group in the library or an energetic session in the gym. Followed by a mid-morning coffee or game of darts in the club lounge with neighbours. Family can then pop around for an alfresco picnic lunch or watch a movie on the big screen cinema. The feeling of welcome is as tangible as the cosy atmosphere the Lodge exudes in winter and the cool retreat it offers in summer.

So, when you're ready to revel in retirement living with a relaxed holiday atmosphere, remember that a brand-new home, security and like-minded community is part and parcel of the investment at Champion Lakes Lifestyle Village.



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Retire in Style



A new concept in aged care opens its doors in High Wycombe



Hall & Prior CEO Graeme Prior welcoming the very first resident Maxine Taylor to the home

DEVELOPING quality aged care environments for now and the future is something everyone is keen to see.

It's a difficult balance to be able to provide a warm and caring environment which appeals to residents and their families and

quality care, but things are changing rapidly in this sector and WA is leading the way.

Last month Karingal Green opened its new facility in Kalamunda providing 160 beds for the region and 200 plus local jobs.

Karingal Green is named after the Aboriginal Koori word meaning 'happy home' or 'happy camp'. Set in the leafy Perth foothills it has been purpose designed to be a place of nurturing and healing.

Kalamunda and surrounding areas have an expected population growth of about 70,000 people by 2029.

More than 10,000, or 14 per cent of these, will be aged over 70. It's therefore critical to ensure that there are adequate services to meet the current and future needs of aged care in the local community.

Karingal Green is a thoughtfully designed connected community which offers generously appointed, modern accommodation designed to suit the needs of its residents.

It also features beautiful living and garden spaces; a wellness centre, heated

hydrotherapy pool, gymnasium, café and cinema; an on-site allied and primary health clinic; and a dedicated research, training and education centre.

The \$90 million home has been more than a decade in the making, designed by leading international architects Hassell and built by Broad Construction.

It was officially opened on Monday 4 May marking a major milestone for by providers Hall and Prior.

Directors Graeme Prior and Michael Hall said Karingal Green is a part of their \$500 million investment portfolio into aged care.

"Unfortunately due to COVID-19 restrictions we could not open the home to the community as we originally planned, but we have welcomed our first resident Maxine Taylor to Karingal Green.

Maxine was enthusiastic in her appraisal of her new home.

"I've got a lovely room with everything I could ask for, plus private facilities. My husband Alexander has also moved in and we are able to share a room together, which I am very thankful for. I believe we will be very happy here," she said.

"This is a new concept for aged care in Perth and means that Western Australians now have access to world class aged care services in their community," said Mr Prior.

Every element of the home has been carefully considered, from features that enhance views and natural daylight to elements that ensure ease of movement and add character to achieve a feeling of 'home' for residents.

Excellence in clinical care is at the core of every decision made.

"In addition, the support of our community partners, the City of Kalamunda, Activ Foundation Inc and the Western Australian State Government have been integral to the success of this project.

"The home offers rooms that cater to all care needs; we also have companion rooms so couples can stay living together which we believe is vitally important in aged care."

Karingal Green provides care on permanent, respite or day respite basis as well as Parkinson's and dementia care and a purpose built area for individuals under 65 that require high level 24/7 care.



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Association.

Another option is the multifunction chairs which enable people to raise the footrest and recline back effortlessly. Then with a touch of a button the chair can gently lift. These chairs also provide a lay almost flat option.

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comfort and body correct support as well as durability.

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Retire in Style



New independent living apartments available in a village community in Dunsborough



STYLISHLY retiring or downsizing down south has become tangible for a number of West Australians who have already signed up for Cape-care Dunsborough's new independent living apartments.

However, there are still a handful of beautiful apartments available in this complex of 21 in the heart of Dunsborough. Cape-care Acting CEO Elizabeth Hogarth said property was ideally located. "For people currently living in Perth or on rural properties looking to downsize or move closer to their family, Cape-care Dunsborough will be ideal. The two-bedroom, two-bathroom

apartments are a stroll to the town centre, to the beach and to the Country Club," she said. The 1.3ha property will comprise an 80-bed residential care facility, palliative care, independent living apartments with complimentary and allied health services, a playground, café, landscaped gardens, rooftop outdoor space with views to the ocean and secure undercover parking.

Cape-care has provided aged care services in the region for more than 50 years. The locally managed not-for-profit entity owns and operates Busselton's Ray Village with 55 independent living units and 118 residential care beds; The Wellness Centre, and Ray Lodge Community Respite Centre. It also provides comprehensive community services into the home. This project is made

possible thanks to funding from the Australian Government through its Building Better Regions Fund and the State Government through the Regional Aged Care Accommodation Program. For more information on Cape-care Dunsborough, visit www.apecare.com.au/independent-living/cape-care-dunsborough/ or call Trish Flower on 0428 229 445, email trishflower@aapt.net.au.

Asset rich, cash poor in retirement?



by Rose De Rossi

A FACT of life is that more people are retiring while still having debt. This could be a car loan, personal loan or even a mortgage. It will be increasingly difficult to maintain your lifestyle, along with loan repayments, on a reduced income. Fortunately, some lenders are still offering Reverse Mortgage-

es. Two types of mortgages are available. Firstly, the standard Reverse Mortgage can be used for any personal purpose. We usually find that this type of loan is commonly used to consolidate debts, take a holiday, and do minor home improvements. You could even purchase a new home, but this will depend on how much deposit you have. Second is an Accommodation Bond which is typically used to release the deposit you will need to secure a place in a nursing home or Aged Care facility. This type of loan will buy you time. You will not need to rush into selling your home prior to moving into the new residence. In both cases, the loans do

not require loan repayments. Interest is calculated daily and capitalised onto the loan each month. The MoneySmart website has a great tool for working out how your home equity will be affected. The easiest way to find out how much you qualify for, is to contact me, Rose, from Diversifi on 0411 181 938. **DISCLAIMER:** While we have taken all reasonable care in producing the information contained in this article, we do not promise that it contains all the information you need to answer all your questions. This document is for information purposes only and must not be relied upon as a substitute for professional services or legal advice. Diversifi Pty Ltd Australian Credit Licence 364403.

Keep safe - win a personal alarm

THANKS to the Seniors Recreation Council of WA, we have some personal alarms to give away to some lucky readers.

They simply attach to a key ring or bag and can be used in times of distress. The alarms give a piercing sound when activated.

WIN WIN WIN
To be in the draw simply email win@haveagoneews.com.au with Alarms in the subject line or write to Personal Alarms C/- Have a Go News PO Box 1042 West Leederville 6901. Closes 1/7/20.



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Retire in Style



ADVERTISING FEATURE

Code of conduct for retirement living operators is becoming a reality

THE Retirement Living Code of Conduct, an industry initiative supported by the Retirement Living Council (RLC) and Leading Aged Services Australia (LASA), recently launched a new provisional registration stage to support retirement communities that want to start the process of becoming code compliant.

Provisional code of conduct registration is available to support operators

who are working toward full code compliance, which is already operating in more than 550 villages nationwide and supporting more than 65,000 residents.

This step allows retirement living operators to demonstrate that they agree to the principles laid out by the code, while working with staff and residents to become full code signatories.

Ben Myers, executive di-

rector of the Retirement Living Council, is enthusiastic about what this next step foreshadows for the future of the code.

"This is a great step towards making the code even more accessible. It will especially help to extend the benefits of the code to residents in many smaller retirement communities," he said.

"By giving retirement communities a provisional

period to fully implement the code and adjust to any changes that must be made, it is now easier to get on board with the code and show a real focus on the wellbeing of residents."

LASA CEO Sean Rooney said that giving operators a provisional registration period to implement the code meant residents could have confidence that their community is making a step in

the right direction.

"The biggest gain to be made from having a provisional registration period is that residents in these communities can be assured that there is a commitment to implementing the code and the ongoing provision of trustworthy and high-quality services," he said.

"This is a wise move, because the code is focused

on the best interests of residents and enabling older Australians to live fulfilling and secure lives."

Provisional code of conduct registration is available to operators who are committed to the vision for the industry, objectives, values and principles of the code.

To find out more about the code and provisional registration visit www.awisemove.com.au



PEOPLE who are considering their retirement options and want somewhere to live with a new outlook that accounts for current and future needs, should take a look

at MYVISTA's recently opened, luxury apartments.

This brand-new, seven-storey development, comprising two and three-bedroom apart-

ments, is now open to view by appointment.

Each apartment features two bathrooms, spacious living and outdoor entertaining areas with high-end finishes

Retirement living is looking up - with MYVISTA

throughout, as well as secure parking and storage.

The apartments are pet-friendly and community-centric, with access to ground floor amenities such as a pharmacy, medical and wellness centres and hairdressing salon. They offer residents everything they need to settle right into the MYVISTA life while enjoying Perth's spectacular sunsets from their balcony.

This is MYVISTA's second retirement development. The first is a single

level village located in Balcatta. This well-established community comprises 43 villas with private courtyard gardens, a clubhouse and indoor pool, beautifully landscaped streets and grounds and is close to all the amenities.

Villas are currently available at that property and now is a perfect

opportunity to join this vibrant community.

Consumers are protected by the Retirement Villages Act WA 1992, and no stamp duty is payable.

Retirement living is an enviable lifestyle, and whether it's an apartment or villa, MYVISTA offers the best of both worlds, along with strong com-

munity connections and the confidence of a solid reputation.

To arrange a viewing by appointment or to find out more about MYVISTA's retirement lifestyle, contact Caryl from Seniors Own Real Estate, MYVISTA's trusted real estate partner on 1300 064 717 or visit www.myvista.com.au.

Enjoy a tree and sea change in Dunsborough

SOUTH Western Australia is undeniably one of the most sought out destinations in the Asia Pacific. It is classed as the jewel in WA's crown.

Its raw coastline of spectacular landscapes and turquoise waters is not only loved by locals but by holiday makers from near and far.

We have all been guilty of dreaming of a South West sea/tree change but are challenged by the financial hurdle which may come with such a lifestyle.

Amazingly a new release of green titled land in Dunsborough has made the opportunity of owning a home in this stunningly beautiful area for under \$400,000 no longer a dream but a reality.

The Cove Dunsborough is a new land estate located alongside the established Dunsborough Lakes development that offers land priced from \$160 000 with lot sizes ranging between 294m² to 756m².

Only a four-minute drive from the beautiful waters of Geographe Bay and about six minutes from the heart of the Dunsborough Town Centre, The Cove's prime location offers the very best in convenience and lifestyle.

John Rolston from Stocker Preston, who is marketing The Cove, was impressed when he first saw the opportunity at the Estate.

"It is well known that many Perth and country people would love the

opportunity to live or retire in the south west, particularly in Dunsborough, but price has been a prohibitive factor. With the real option of living in a new home on a green titled lot for under \$400,000 the reality of such a lifestyle can now be a considered by many," he said.

Not only are the natural attractions of the area a continuing drawcard but also the locals benefit from access to established medical facilities and shopping precincts plus a variety of social and sporting clubs ranging from bowls to repertory.

For further information contact John Rolston 0407 982 499 or Louis De Chiera 0418 909 899. www.thecovedunsborough.com.au.

The Dunsborough dream for under \$400,000

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Live the Dunsborough lifestyle for under \$400,000. The COVE Dunsborough offers a rare opportunity to build your dream home in one of the most desirable locations in the world.

These exclusive lots ranging between 294sqm and 756sqm, are conveniently situated only minutes from the pristine waters of Geographe Bay and the vibrant heart of the Dunsborough Town Centre.

Make your dream a reality and call Dunsborough home today! Contact **John Rolston 0407 982 499** or **Louis De Chiera 0418 909 899** for more information.



THE COVE
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NBN launches new virtual community education program

NATIONAL Broadband Company (NBN Co) has launched a new virtual community engagement program to help stay connected with communities across Australia and continue to provide education and information about making the most of their NBN experience.

The new online community engagement program will allow NBN to provide learning and support sessions to individuals as well as community groups.

The new initiative means no matter where people live – metro, regional or remote Australia – they can still connect with the team.

NBN Co community ambassadors are preparing to run more than 600 individual one-on-one virtual sessions and 50 community group presentations each week.

Prior to COVID-19, isolation and social distancing, NBN community ambassadors hosted hundreds of community presentations and met with thousands of people across Australia at public events, educating them on how to maximise their experience.

Although it will be some time before these face-to-face sessions can be delivered again, the new virtual community engagement program will allow NBN to still provide these invaluable sessions and connect with communities across the country.

NBN Co Head of Corporate and Community Affairs WA and SA, Jane McNamara said as COVID-19 con-

tinues to unfold across Australia, NBN has made the decision to temporarily place face-to-face community information sessions and events on hold and make one-on-one and community groups sessions available online.

People can now book one-on-one or group sessions with an NBN community ambassador.

One-on-one: 15 minute sessions can be online or via phone to discuss a variety of issues including when the NBN network is available for home or business; the process of getting the NBN network installed in your home or business; how the NBN network is delivered in your area; the role of NBN and phone/internet providers in your area; and tips for optimising the NBN experience in your home.

Group session: Community groups and organisations can book online presentations to learn about the NBN rollout and how to get connected; tips for avoiding scams and reporting potential scams; advice for optimising the NBN experience in their home or business; and the role of NBN and phone/internet providers in your area.

To request an online presentation send an email with your details and information about your group to nbnsessions@nbnco.com.au and for more information visit: www.nbnco.com.au/corporateinformation/media-centre/events



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GREAT HOME and GARDENING



Winter warming tips to get you and your garden blooming



L-R: A well thought out veggie garden - keep indoor plants in heated rooms healthy with a mister spray - time to prune citrus trees - apply a combined fertiliser and seaweed solution to quick growing veggies

by Colin Barlow

WITH winter now upon us, it feels slightly surreal, after what is hopefully only a once in our lifetime worldwide epidemic resulting in an Australian autumn coronavirus lockdown. The explosion of DIY projects and vegetable growing undertaken by homeowners during

the lockdown has been amazing.

People are now buying lots more plants, but particularly potted colour and annuals to give an instant pop of colour to their gardens. The use of quick growing colourful plants can really lighten up your mood and provide a feeling of good health and wellbeing, particularly if

you plant them up yourself around the entry to the home either in pots, containers or in bare spots in the garden.

The proven benefits of gardening to your mental and physical health during these tough times is a great reason to keep on gardening. Many of us are now realising what are the most important aspects of our lives in this consumer-driven fast paced world. Time in nature and the garden to relax, work and play has suddenly become the norm, just like it was in bygone eras, so let's not lose this valuable resource again in the rush to return to how it was before COVID-19.

If you have been growing veggies, planting a new garden, trying gardening for the first time or are a seasoned green thumb, here are a few winter tips to keep you and your garden healthy in the

chilly months ahead.

Lawns

- Early winter is the ideal time to control winter grass by applying a pre-emergent herbicide to your lawn before it becomes a major problem. Remember to water it in well.
- Raise the height of cut and continue to mow your lawn every three to four weeks.
- Keep on top of any fallen leaves covering the lawn and rake them up as soon as possible, particularly during wet periods, otherwise it can result in diseased or dead areas of lawn that will not recover until spring.
- Remove thatch or dead spongy material from lawns and oversow or re-turf worn or dead patches of grass.
- Warm season grasses like couch and buffalo slow down during the winter months, so weak or

sparse lawns can be easily overrun by fast growing weeds. Use a selective herbicide for your specific type of grass to easily control broadleaf weeds and encourage your lawn to thicken up.

Vegetable Patch

- Liquid feed quick growing veggies like lettuce, Asian greens and spinach with a combined fertilizer and seaweed solution every two to four weeks. Try planting a designer pot or trough with a combination of coloured leaved veggies.
- Continue to keep an eye out for snails and slugs, that can quickly decimate your leafy crops overnight. Use pet-friendly controls including iron chelates based pellets, copper sprays, beer traps and coffee grounds.
- June is the perfect time for sowing broad beans, snow peas and sugar snap peas. Don't water

until after germination and always plant them in a sunny and well drained spot.

• If you have grown broccoli, brussels sprouts or cauliflower before, without success and they have not formed good heads, try keeping them cool over winter and avoid excessive nitrogen fertilizer. Use a balanced fertilizer higher in potassium and if there is a warm spell during winter, try cooling the soil around the roots with an ice block overnight for a few nights.

Fruit

- Now is the time to prune your citrus trees, to keep them at a manageable height and to encourage new flowers for next year's fruit crop. Many varieties of citrus will still have different stages of fruit ripening on them at the moment, so be careful where you prune. As a general rule cut back the branches to about 10 to 30cm above

the existing fruit.

• Lime sulphur sprays can be applied during winter before budswell while your stone fruit trees are dormant and free of leaves. This will help to control the blistering and distortion in spring caused by peach leaf curl later on in spring.

Garden

- Early winter is a great time to plant in your garden. Natives like kangaroo paws, scaevola, Geraldton wax, Banksias and eucalyptus trees will have plenty of time to establish before the hot summer weather arrives.
- Don't miss a chance to improve the overall structure of your existing soil when replanting by always mixing in quality soil conditioners and clay.
- Everlastings are now available in punnets in the nurseries and can be planted in bare spots in the garden. Alternatively, you can scatter some seeds in the garden.

Hedges can be lightly trimmed to tidy them up. Remember not to prune winter and spring flowering shrubs like azaleas and camellias otherwise you will remove the spectacular flower show.

Flower Garden

- Feed your late winter and spring flowering bulbs with a liquid feed high in potassium every two weeks until they die down after flowering. This builds up their reserves for strong flowering again the following year.
- Grow some quick and easy flowers from seed. Try the easily grown calendula, poppies and marigolds.
- Plant a pot or container of overflowing flowers and annuals. Use cascading plants like pansies, violas, ivy leaved pelargoniums, ivy and lobelia around the outside. Fill the inner section with taller varieties of primulas, stocks, pansies, dianthus, wallflowers, pelargoniums and English daisies.

Indoor Plants

- Move your precious indoor plants a little closer to the windows to allow for the reduced light levels and cooler conditions during winter.
- Reduce your watering to around once every two weeks. Some succulents may last three to four weeks between watering. Remember to check the soil by pushing your finger into the compost to your first joint; if it is moist don't water.
- Regularly spray the leaves of plants in heated rooms with a mister to increase humidity and reduce the incidence of dry brown leaf tips and red spider mite attack. Try pebble trays, double potting or grouping plants to increase humidity levels.

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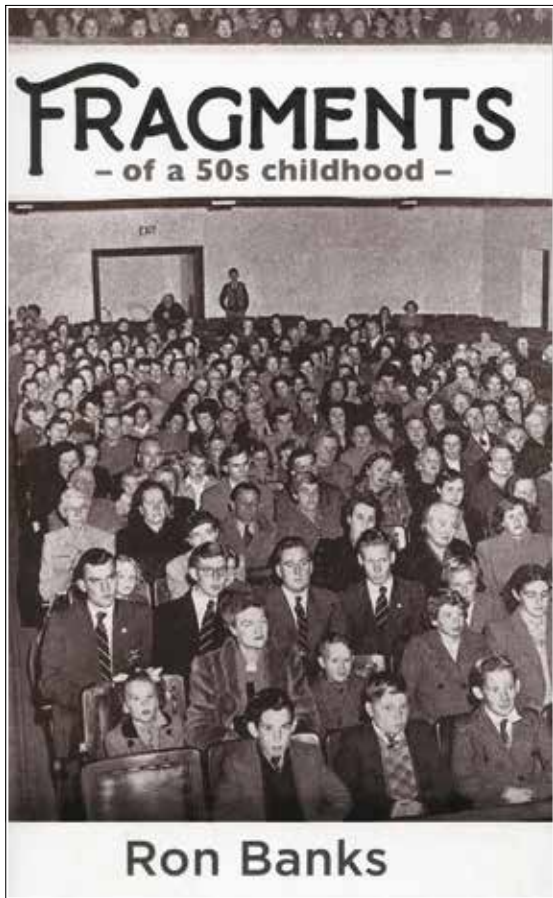
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More innocent times... Ron Banks writes about growing up in the 50s...



Left to right; Fragments of a 50s childhood - Ron Banks

by Josephine Allison

GROWING up in Perth in the conservative 50s might have been rather different from today but for Ron Banks it was a wonderful childhood free of fear and filled with boyhood pleasures as he explored the delights of Mosman Park.

In his new book, *Fragments of a 50s childhood*, Banks describes life growing up in Mosman Park, his family, schools and friends, pastimes and momentous events which stick in his mind more than 60 years later. *Fragments of a 50s childhood* is filled with witty warm-hearted rem-

iniscences and observations of an innocent time when children made their own entertainment and enjoyed life to the full without fears of stranger danger or anything sinister lurking in the bushes. Born in Fremantle, Banks grew up in Mosman Park. His father, Charles, had served in World War II and was the victim of a bomb explosion in a Palestinian town that left a piece of shrapnel embedded in his skull which could not be removed. He rarely spoke of the war but celebrated ANZAC Day with his mates. Mother Kath, like most women of her generation, was confined to home duties, but she loved music and the theatre which the author muses

must have been passed on to him because, after a teaching career, he later became the long-serving arts editor of *The West Australian*. There was only 13 months difference between Banks and his sister Lynne but Banks' boyhood pursuits, like many of his mates, were mainly confined to just males... girls followed their own activities until adolescence bloomed. "Mosman Park in those days was a working class suburb with a few factories and lots of tradesmen," Banks says. "There was full employment for fathers and mothers stayed at home... there were many more advantages to being a boy than a girl. "There was bush

down at Mosman Bay and Freshwater Bay and various coves to explore, girls played with girls and boys with boys until folk dancing was introduced at school and we danced with the opposite sex." Banks drew on recollections of his childhood for the book including seminal moments such as the ascent of Mount Everest by Sir Edmund Hillary in 1954, Melbourne's Olympic Games in 1956 and the lights of Perth turned on in 1962 for astronaut John Glenn. He attended Cottesloe Primary School on Stirling Highway in 1954 and saw the young Queen Elizabeth on her grand Australian tour as she drove back to the royal yacht Britannia moored in Fremantle harbour. He took part in schoolyard games, marbles, stamp collecting, breeding silk worms and riding hill trolleys on precarious paths. This was the era of kerosene heating, sleeping on the back veranda on hot summer nights and listening to the radio. He helped his mother at home to an extent. "You could say that I participated in meal times because without my bike, the string bag and my mother's note to the butcher personally delivered we would not have had any meat.

But boy cooking was not something encouraged by mothers." He describes the delights of the now defunct Guy Fawkes night. "As children we did not know when we went down to the spare block at the bottom of our fill to set off fireworks that our seemingly innocent evening of explosions was nakedly political. "When it got dark all the fathers would light matches and throw them on the pile of wood and straw to create a great conflagration. Kids would then get their paper bags stuffed with bobbies, crackers, Jumping Jacks, Catherine wheels, Tom Thumbs, Double Happies, rockets and sparklers. "We were allowed to light them under parental supervision (sometimes not under parental supervision as we got older) and contribute to the fiery spectacle that lit up the neighbourhood around the Gill Street paddock." On a different note, Banks takes readers back to the delights of reading *Biggles* books (Clive James was also a big fan), Enid Blyton's *Famous Five* and *Secret Seven* series about resourceful children and *Phantom* comics. He collected Phantom memorabilia, sending off in the

mail a money order for a Phantom skull and cross ring. When television arrived he would watch shows on sets in shops windows along Stirling Highway, sitting on the pavement with other kids to enjoy favourite *77 Sunset Strip* and *Gunsmoke* until his parents bought a Phillips 21-inch set which sat in the lounge room for almost as long as they lived. These are entertaining tales of another time by an author with a keen observation which will take many readers back to their childhood. *Fragments of a 50s childhood* by Ron Banks (Vivid Publishing) can be purchased for \$25 through PayPal posted or for \$20 through the author who delivers to western suburbs only. **WIN WIN WIN** To win a free copy of *Ron Banks' book Fragments of a 50s childhood* simply email win@haveagonews.com.au with 50s in the subject line or write to 50s *Fragments c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 30/6/20.*



Australia's largest independent cinema group set to reopen in July

PALACE Cinemas, Australia's largest independent cinema group, is thrilled to announce it will reopen its doors nationally from 2 July with a full slate of new release films, as well as improved operating procedures to protect both patrons and staff. New safety procedures include capped cinema capacities and seating allocation which will allow friends and families to remain

seated together while distanced from other bookings. Additional measures at all Palace Cinemas will include compulsory online booking, staggered screenings to avoid unnecessary congestion in foyers, the provision of hand sanitiser stations at cinema entrances and points of sale, and contactless payment for food and beverage purchases. Palace has secured several new

releases to reopen with including the Steve Carell political farce *Irresistible*; the critically acclaimed Scandinavian thriller from the most recent Cannes Film Festival, *A White, White Day*; Judd Apatow's *The King Of Staten Island*; and musical comedy *The High Note*. Palace also plans to resume the French Film Festival program that it was forced to halt in March. Palace chief executive Benjamin Zec-

cola said the chain wanted to reopen with new releases rather than films that had already screened in cinemas or were available online. "Going to the cinema means you are seeing it first, in state of the art surroundings, and as the director intended it," said Mr Zecola. "Movie lovers have been vocal about their enthusiasm to come back to the cinema experience,

and we can't wait to serve them." As the first cinema-circuit to close its doors ahead of government mandates in mid-March, Palace marks its reopening with the same effort and care to protect patrons and staff and is proud to have withstood this turbulent period without a single staff redundancy. Bookings will be available from mid June.

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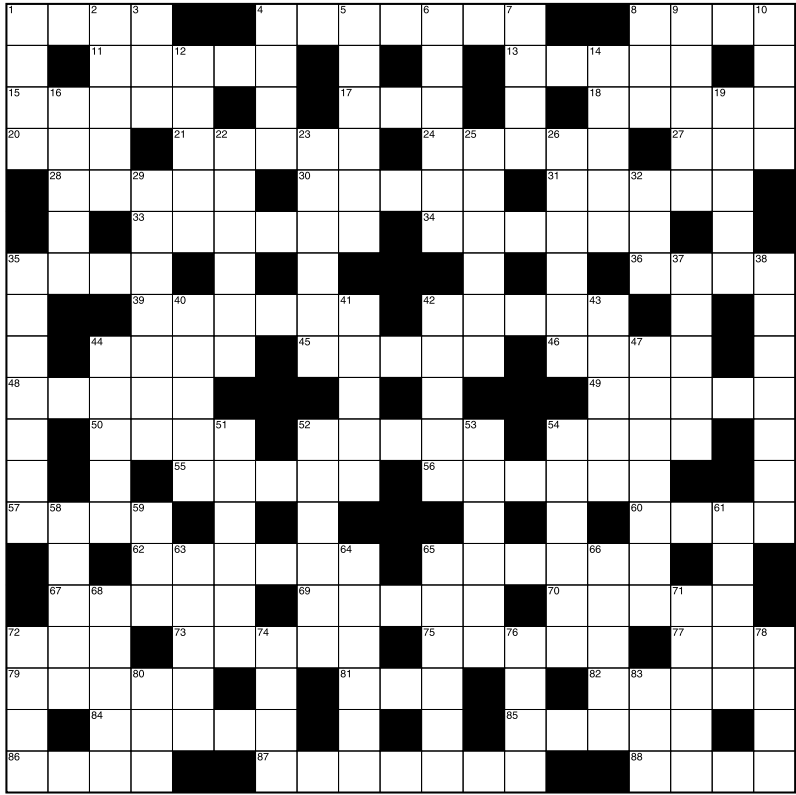
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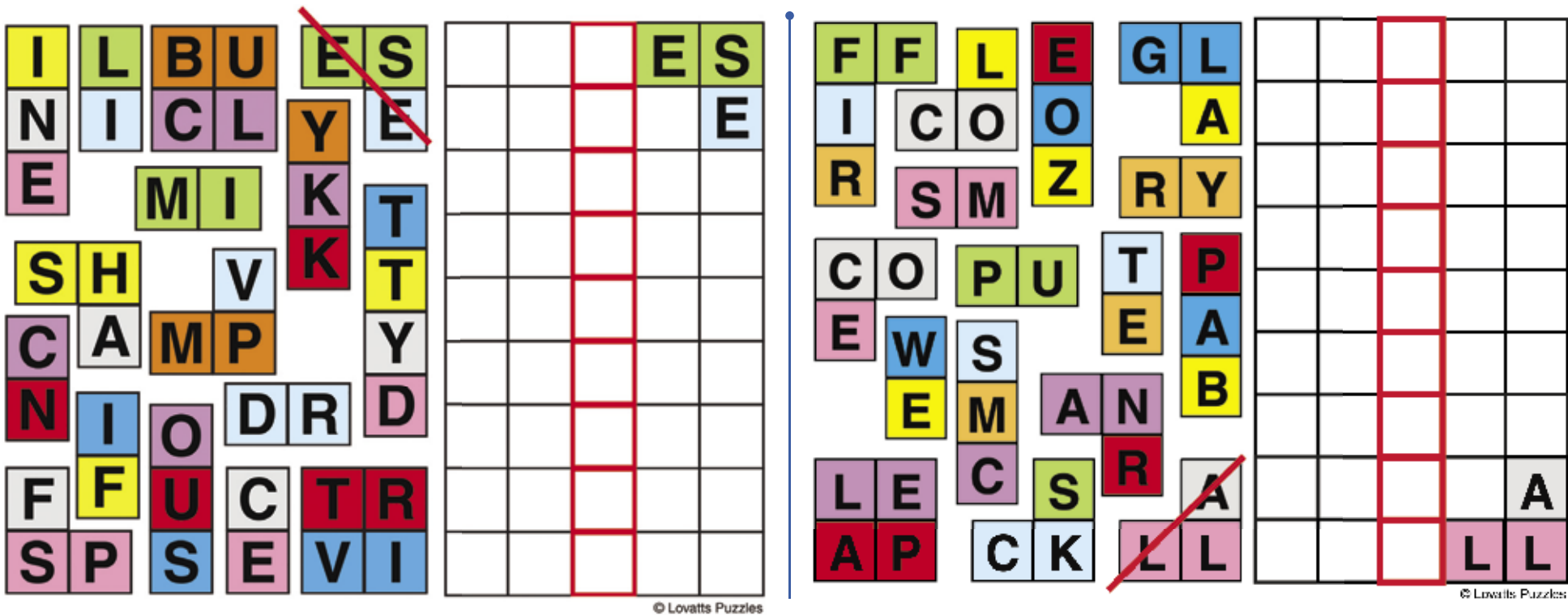
- DOWN**

 - Settee
 - Crazy
 - Wildebess
 - Author unknown
 - Turrets
 - Crowded around
 - End piece
 - Wrongdoing
 - Fish with line & hook
 - Small spots
 - Isolated tract
 - Church passage
 - Walk onstage
 - Promises
 - Doormen
 - Berlin language
 - Bends to circumstances
 - Regard favourably
 - Mugging
 - Poet's word for before
 - Rasped
 - Salesman
 - Apparent
 - Drug addicts
 - Tibetan monks
 - Strange
 - Swift
 - Mediterranean island republic
 - Theatres
 - Simpler
 - Freedom fighters
 - Rude comment
 - Swoop
- ACROSS**

 - Warble
 - Endeavour
 - Beach grains
 - Flag, ... Jack
 - Ditto
 - Unborn baby
 - WWW, World Wide ...
 - Colony insect
 - Thrust forward
 - Straw bundles
 - Nevada's ... Vegas
 - Pneumatic wheels
 - Made mistakes
 - Watery snow
 - Alternate ones
 - Sillier
- European currency units
 - Dehumidify
 - Horse-like animals
 - More than sufficient
 - Lodge
 - Engine seal
 - High-ranking lords
 - Dwelling
 - Hollow
 - Cigarette's filter tip
 - Rams' mates
 - Jealousy
 - College
 - Expert
 - Ready, ..., fire!
- Zodiac Cancer symbol
 - Alleviate
 - Entombment
 - Anaesthetic
 - Army dining hall
 - Calls
 - Self-defence aerosol
 - In the know
 - Fretted
 - Ancient musical instrument
 - Half-diameters
 - Eighth of gallon
 - Keeps
 - Translate into cipher
 - Not alive
 - Castle ditch
 - Marauder
 - PNG, Papua New ...
 - Without ... or reason
 - Legitimate
 - Luggage items
 - Disapproving cry
 - Media
 - Bullock
 - Fulfilled (demand)
 - Typical
 - Squid fluid
 - Moral fall
 - Stage setting
 - Stay as guest at
 - Get ... behind me, Satan!
 - Pleasantly
 - Fable

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