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Lives well lived...



Nic Duncan with her photo of gold prospector Johnny Day, which was a finalist in the National Portrait Prize. © Serena Kirby
Inset: Nell Tysoe (99) became the poster girl for the National Portrait Prize when her image was chosen as an award finalist. © Nic Duncan

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by Serena Kirby

BABIES, birthdays, nuptials and special occasions – we photograph them all prolifically. But have you ever noticed something missing? WA photographer Nic Duncan has. Her *Lives Well Lived* project is working to rectify that by putting older people back in the picture. “Our elders are too often left out of photos and rarely have their portrait taken,” Nic says. “My *Lives Well Lived* project started back in 2006 when I photographed a man in his early 70s. He had such an amazing face that truly reflected a life well lived. “I then held an exhibition of my work and in-

cluded that picture, and several others of older people, and it was these shots that generated the biggest response. From there I was asked to be part of a community arts event to capture images exclusively of older people. “I call these my ‘oldies photos’ and I say that with all the love and respect these people deserve as it’s always an honour to take their picture.” It wasn’t long before Nic had a folio of images depicting older people and it was this collection that saw her named as the 2015 WA Portrait Photographer of the Year. Her photo of 99-year-old Nell Tysoe (pictured) went on to be a finalist in the National Portrait Prize and the image was even chosen for the event’s invitations and posters. Nic says she has photographed literally hundreds of older West Australians since starting the project and constantly encourages families to include their older relatives when sitting for family portraits. “We really need to be more inclusive. Our elders are the holders of our family history and they have faces that speak volumes about their lives. What people call wrinkles are really

storylines of life.” But it is not just the faces of older people that Nic immortalises in her work; she also records their stories too. “I love listening to them talk about their lives as I take their photo. As soon as I get back to my studio I write down vital bits of information about their lives and store it with the images. I prefer to take candid photos, in an environment that has meaning to the person, and this helps to tell the person’s story.” When talking about why we stop having our photo taken as we age, Nic says she thinks it’s more by accident than being an issue of vanity. “I just think it becomes less important as we age; we just don’t think about it any more and that’s a real shame. But once the person has died, finding photographs of them does become important and that’s often when I get calls from family members asking for copies.” Nic adds that the digital age has greatly impacted our ability to easily access photos of our older loved ones and mantlepieces displaying pictures in lovely frames have almost become a thing of the past.

continued on page 21



Elegant Skirting..... Without Cutting Corners

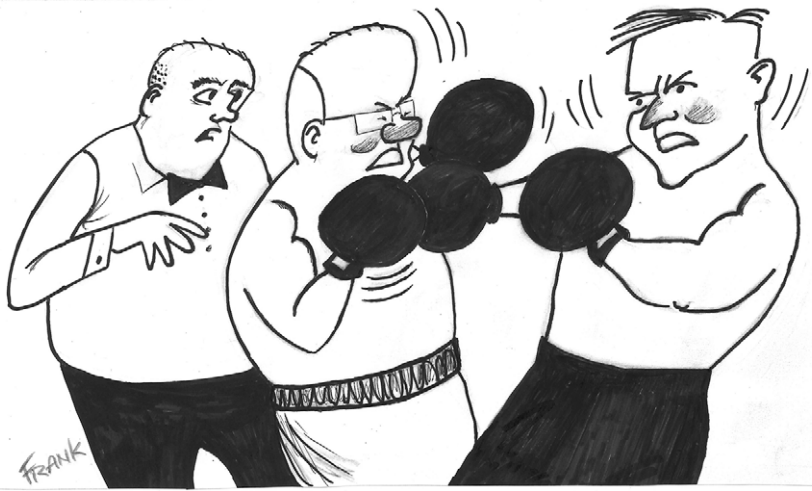
Pictured - 90mm Colonial Skirting

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From the Managing Editor's desk



WHOEVER WINS...WE STILL GET A POLITICIAN.

I WAS very lucky to leave the state and catch up with my daughter Tahlia at a family wedding in southern New South Wales at the end of last month. It was a joyous occasion and you can see a photo of me, my partner Ron and Tahlia on page 28. Tahlia is coming to the end of her very intense officer training and fingers crossed will graduate in mid-June which we also hope to attend. We had the opportunity to visit the naval college at HMAS Cresswell in Jervis Bay where she is based.

It certainly is a beautiful part of the world located on the coast with thousands of kangaroos on the grounds. The beauty is in stark contrast to the challenges that training officers undertake. The admiration I have for her and this journey she has been on is immense. My cup felt full

after reconnecting again with her and so many friends and family.

Speaking of connections our journalist Frank Smith shared an interesting article with me from the Netherlands. This country is very forward thinking in how it provides for its older citizens. On page 35 we have a story from Frank about care farms where people who suffer from dementia can live and thrive. Another initiative is 'chat registers' which has been introduced by a popular Dutch supermarket. It is part of their One Against Loneliness program run by the government and offers people who are not in a hurry the opportunity to have a chat at the checkout. In our fast paced world where most things are being digitised,

older people often feel left behind increasing feelings of loneliness and disconnection. I thought this was a smashing idea and something our big supermarket players should consider.

Our resident reader cartoonist Frank has shared some more of his work above. This cartoon hits the mark (pardon the pun) on the coming election. As Frank says whoever wins... we still get a politician!

This month Activ who help people with disabilities have advertised their Better Odds Lottery on page 21. People have the opportunity to win a lifestyle package which includes a caravan, Land Rover and boat or \$200,000 in cash. It's a locally run lottery, so well

worth buying a ticket and this also helps raise important funds for the organisation.

The last few months Covid restrictions have hit a lot of businesses hard, including this one, so I please ask readers to support our advertisers which allow us to bring you this newspaper free each month.

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People are welcome to sign up to the free service we offer to receive an electronic copy of the newspaper direct to your inbox. Unlike other publications we don't send you anything else except the newspaper; sign up at readers@haveagonews.com.au.

We have a great collection of stories from our talented group of journalists, activities to try and lots more to discover inside. I hope you enjoy this month's read.

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

Ageing research snippet

Good cholesterol (HDL) may reduce risk of Alzheimer's

CHOLESTEROL is a substance that your body needs. The body uses it to make some hormones, digest food, and make new cells. The body makes its own and it can also be ingested from food.

A recent study published in *Alzheimer's & Dementia: The Journal of the Alzheimer's Association* included 180 participants aged 60 or older and found that higher levels of good cholesterol (HDL) may reduce a person's chance of developing Alzheimer's disease.

High-density lipoprotein (HDL) is often referred to as good cholesterol, because it transports cholesterol back to the liver. Once there, it is removed from the body, reducing cardiovascular risk.

The study found that higher levels of the small HDL particles were associated with better cognitive function among participants. These results may lead to the development of new treatments for Alzheimer's disease.

Quote of the month

"HATE and force cannot be in just a part of the world without having an effect on the rest of it."

Eleanor Roosevelt

Great West Aussies - Did you know?

GAYE Teede (Switch), as Australian netball captain, led the winning 1971 World Netball Championship team. She took a seven-year break and returned to the national team in 1978 and in the 2000s coached Perth Orioles.

Word of the month

Snollygoster

Noun
A SHREWD unprincipled person, usually a politician.

Originates from the mid 19th century with its origin most likely from snallygaster which is a mythical creature which preys on poultry and children.

Have a Go News Quick Quiz

1. Who was replaced as host of *The Chase Australia*?
 2. Who hosts ABC's *Hard Quiz*?
 3. Gene Simmons was a key player in this band.
 4. WA Senator Matt O'Sullivan is in which party?
 5. Which organisation monitors Perth petrol prices?
 6. Which WA animal has similar DNA to the Tasmania tiger?
 7. Shaun Micallef hosts ABC TV's "Mad..."
 8. Perth Wildcats play which sport?
 9. How many dams are in the Darling Range...4, 7 or 9?
 10. How big is Fitzgerald River National Park...460,430 ha or 778,999 ha?
- See answers on page 40.

Noongar Words

Bidee - Path
Bo - Long way

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Fremantle backdrop for new film celebrating women



How to Please a Woman film producer, Tania Chambers © Xu Liang

by Josephine Allison

THE world of sensuality and sexuality, especially in older people, can sometimes be a taboo subject but Perth film producer Tania Chambers and her team have approached it with humour and goodwill for their new film *How to Please a Woman*.

The film, made around Fremantle and Port and

Leighton beaches, tells the story of Gina (Sally Phillips) about to turn 50 and not feeling fabulous. She has lost her job and feels stuck and frustrated in a loveless marriage.

That is, until she is met with the ground-breaking business opportunity of converting a team of well-built moving guys into well-built house cleaners. At first, the response

from her ocean-swimming community is immediate and her all-male cleaning staff prove a hit.

But as business booms, Gina's clientele demand something more – sex, or better yet, pleasure. Things develop from there with humorous, sometimes poignant, results.

The big cast includes Phillips, Erik Thomson, Alexander England, Ryan

Johnson, Caroline Brazier, Josh Thomson, Hayley McElhinney, Tasma Walton and Cameron Daddo.

The idea for the movie was inspired by the true story of an Australian company that offered sexual services exclusively for women. When writer-director Renee Webster spoke to the founders she found the ideal mix of drama and humanity and the idea for her debut feature film.

"We basically wanted to explore sensuality and sexuality at an older age but also at any age and any gender and look at how people communicate with each other," Tania tells *Have a Go News*. "This is a film that we have promoted to an older female audience but we wanted men and others to enjoy it."

"Renee Webster as writer and director has such a beautiful way of looking at characters and issues. I tried to work with her for 25 years and we finally reached a point where we could finance this film together, working on the script in 2016.

"We filmed around April last year mostly in Fremantle, at Leighton beach and its change rooms, the beautiful Port beach and in houses around Fremantle with people allowing us into their homes. For a couple of shots we had a crane take the camera up for scenes and when I see this on the big screen it just gives me a chill, they are so lovely."

"The cast includes Sally Phillips from the UK, well known from the *Bridget Jones Diary* series as one of Bridget's two girlfriends (Bridget, played by Renee Zellweger). But what we loved is the fact there are many women actors here and we could use so many."

"Renee Thomson, fellow producer Judi Levine and I all love the water and the beach; Renee is an ocean swimmer and I'm a Cottesloe 'bobber' as I call it. I wanted to celebrate that special friendship between women when you go through thick and thin with each other and you pull each other into line at times and keep each other sane."

"But there is also the joy of water and celebrating the ocean, the change rooms. We have seen many men's change rooms around the world but not the beautiful banter between women in change rooms, with some being terribly coy and covering up and those throwing it all to the wind."

Tania, who is a member of Screen Australia's Gender Matters task force, says women are still taking time to realise their full potential.

"I have just turned 60 and it is still so hard for women to just get basic opportunity, equality and equal pay. We don't have enough female cinematographers, grips and gaffers but we had pretty much a 50-50 crew which worked out beautifully for this film."

"You watch Gina's character in the film evolve

and grow. She is someone who has been quite mousey; never spoken up for what she wants. She gradually gets the confidence to say what she is thinking and actually act on what she wants to do."

Tania says she loves movies like *Shirley Valentine* when Shirley casts off her inhibitions, *Calendar Girls* and *The Sessions*.

"I'm hoping to see more films like that."

Her next project is a television series in Geraldton from the book *Invisible Boys* by Holden Sheppard, about a group of young gay men finding their tribe. She is also making a film, *Angry Underwear*, inspired by WA artist Tania Ferrier based on the true story of the artist creating underwear with attitude in New York in the 1980s.

How To Please a Woman is now showing.

Are you a dancer available on Thursdays? Ballroom dancing is back in action



THE Over 50s Ballroom Dancing Club recommenced their twice weekly dances on April 21 at the Cannington venue.

The regular dance format gave dancers a 'home coming' feeling and while some might have been a little rusty, all were happy to be back on the dance floor. Whether you are a current member, previous member, or never danced, now is as a great time to come and join the fun.

The club alternates between two venues, Cannington and Karrinyup each Thursday. The day starts at 11.15am with a one-hour refresher course. From 12.30pm enjoy three

hours of dancing, mostly New Vogue, in all ballroom rhythms to excellent CD music. A break for afternoon tea is included.

Aside from great social interaction, ballroom dancing is one of the best activities for older persons as it increases cognitive acuity while aiding coordination and balance. It is also a fun social outing catching up with friends. Why not come along and have a great afternoon at a very modest cost while exercising both body and mind?

Full information about the club is available on the website, www.ofbdc.com, or call Trevor on 9303 4938.



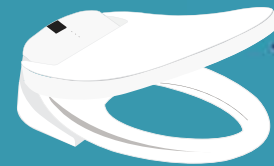
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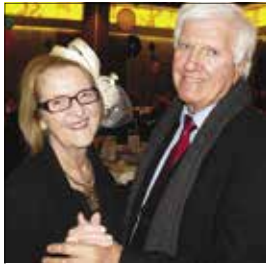
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Street address: 137 Edward Street Perth WA 6000
Postal address: PO Box 1042 West Leederville WA 6901
Website: www.haveagonews.com.au
Tel: (08) 9227 8283
Fax: (08) 9227 8293

Managing Editor: Jennifer Merigan
Please address all correspondence to the Editor
Email the editor/travel editor: jen@haveagonews.com.au
Email to production: production@haveagonews.com.au

Printers: IVE Group WA
Journalists: Josephine Allison Frank Smith
Allen Newton Lee Tate
Columnists: Colin Barlow Jon Lewis
Karen Majer Mike Roennfeldt

Contributors: Noelene Swain Vince Garreffa
Production /Graphic Artist: Suyin Boehm

Advertising sales:
Direct Line: (08) 9227 8283
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Women in jazz - meet musician Gemma Farrell



Gemma Farrell

by Allen Newton

WHEN you go to a performance and enjoy it, please say thankyou to the performer.

It's a simple thing, but jazz musician Gemma Farrell says, after the difficult times musicians have experienced over the last couple of years, it can give a boost more important than people realise.

Gemma has been nominated as one of three Australian Women in Music award nominees in the humanitarian category for her work with the Young Women in Jazz program.

She is WA's only finalist and is in Brisbane this

month for the awards night which comes a few days after her new album launch, *The View From The Top* with the Gemma Farrell Quintet, on May 14 at Lyrics Underground.

Gemma says because of her teaching work she has been more fortunate than many musicians through the pandemic and is proud to have been nominated for the Australian Women in Music award, nominated by local vocalist Holli Scott.

"I was very, very flattered by that, but I didn't think much would come from it and then I was told I was one of three finalists, so I'm off to Brisbane to see if I'm a winner,"

she says.

Gemma won the nomination for her work running the Young Women in Jazz program for the WA Youth Jazz Orchestra and the Artemis Orchestra, a predominantly female big band which performs the original music of Australian women, non-binary and transgender people.

She says it's satisfying working with people who aren't naturally seen as jazz musicians.

"No one starts out playing an instrument knowing that's what they are going to do.

"I started music because I was interested in learning saxophone and I got into jazz because the saxophone is a jazz instrument.

"When I moved back to Perth after I studied overseas, WAYJO offered me this job. It made sense because I grew up being a woman in jazz knowing that I was one of the few, and it made sense to advocate for those people. It's something that's close to my heart.

"I didn't realise it would become such a big part of my career when I first held a saxophone."

Gemma says the reasons why more women aren't involved in jazz are

complicated, but fewer than a quarter of professional jazz musicians are women.

"We still apply stereotypes to a lot of things and there is still this idea that flutes are girly instruments and drums are a masculine instrument, which is really silly."

Gemma is out to change those stereotypes and while she says things are improving, there is still a long way to go.

"I look forward to the day when an all-female band isn't announced as an all-female band, but I don't know if that will be during my lifetime."

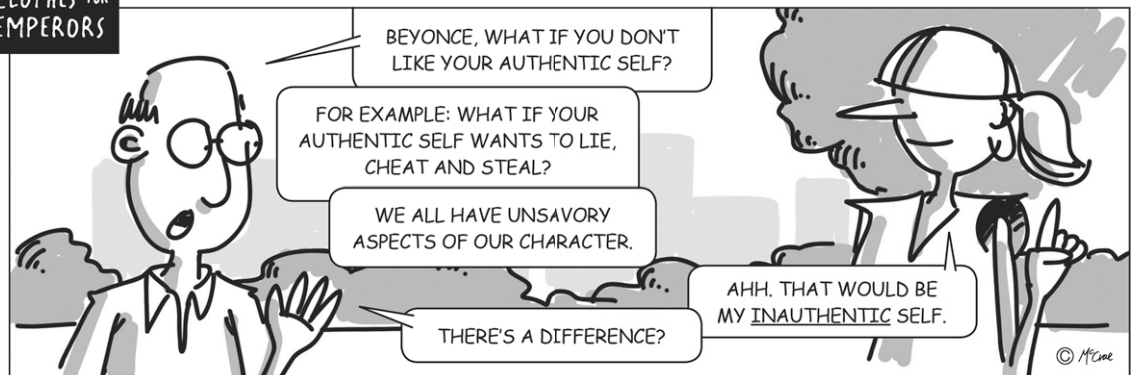
Gemma is also releasing a new album with her jazz quintet. It's a follow up from their album *Organised Chaos* released in 2018 and is a collection of tunes that Gemma has composed.

"I hope people like the music.

"I was out to dinner with my husband, and somebody asked if I was Gemma Farrell because they loved my music.

"I'm still thriving off that conversation, because sometimes you think no-one is listening to you, but when people tell you they love it, it means so much," she said.

CLOTHES FOR EMPERORS



History West presents inaugural lecture by National Museum director



THE director of the National Museum of Australia, Dr Mathew Trinca AM will be the guest speaker of the inaugural lecture presented by History West – the Royal

Western Australian Historical Society.

He will present the topic *Reading Western Australia* in the National Past.

In the address Dr Trinca will reflect on how the stories and objects of this vast and distinctive land west of the 129th meridian is an important part of the great mosaic of the nation's history.

He will discuss unique aspects and treasures of the state's history from the 30,000 year old string of beads found at

Carpenters Gap to the streamlined hull of Australia II.

He will also speak about building a national story which starts at local level with the work of historical societies, libraries and study groups devoted to collecting and documenting stories of their communities.

The nation's story is not a single thing but a work in common composed of the many tales of people across the country who contribute

to the unique character of Australian society.

The lecture will be opened by the History West's patron, the Governor of Western Australia Kim Beazley AC, and will be held at the University of Western Australia auditorium in Crawley on Thursday June 9 at 6pm for a 6.30pm start.

Tickets are \$30 and can be purchased at www.trybooking.com/search-events or call 9386 6841; email admin@histwest.org.au.

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Radio veteran tells of 40 years of insider music history



Steve Gordon

by Lee Tate

STEVE Gordon's eventful life has been swept along by popular music: Rock stars, bands, managers, promoters and broadcasts. The award-winning Perth radio veteran has mixed with music's biggest names, interviewed them, played their music on radio, watched them onstage and been with them unwinding in the hours after their shows. Steve was with them when they smoked, sniffed, snorted and swallowed their ways from the

1970s. And he has maintained their confidences. Steve championed Australian talent on his radio shows, introducing entire music segments featuring local artists for the ever-grateful singers, band members, record companies and promoters. Turning 75 this year, Steve has 40 years of insider stories to tell, something he's contemplating putting on paper – but only for the eyes of family and close friends. "I'm just writing things down as they come to mind," said the modest

father-of-one. Steve's big-name encounters include David Bowie, Willie Nelson, Waylon Jennings, Stevie Ray Vaughan, Chris Hynde and his good friends, Paul Kelly, Jimmy Barnes and all his band members. Steve brought Paul Kelly to the attention of Perth audiences. "The first famous person I met was Normie Rowe when I was in Melbourne working in insurance. Normie still worked for the PMG and had just had the number one album," Steve said. "Normie couldn't get insurance after he crashed his dad's car driving home from a gig at night. I helped him with the paperwork and told the boss Normie seemed like a nice bloke. "If the boss knew who Normie was, he wouldn't have got the insurance cover." Steve Gordon is still an occasional name on WA radio, most lately on a music history segment with Steve Mills on 6PR. Over his 45 years on-air, Steve has fronted microphones and/or been music director at 6KG Kalgoorlie, 6PR, 6IX and 96fm. He is remembered for his 1981–84 years at 6PR when, as well as lots of racing and football,

he formed a powerful partnership with media legend Bob Maumill. Together, they rattled the airways. In 1984–92, as 96fm's evening announcer, Steve initiated his highly-popular "Aussie Rules" music program, featuring Australian (and WA) talent. In 1990, for his music industry support, Steve won the "Golden Rock" Award at the WA Rock Awards. In 2004, he was an inaugural inductee into the WA Music Hall of Fame. Steve reveals he has done well over 1,000 interviews with musicians from all over the world and attended, conservatively, more than 6,000 live gigs. "Cold Chisel were really one of the greatest bands. During after-show drinks, Jimmy Barnes would sweep into the room and diving for whatever he felt like. After he left, it was like a tornado had just blown through. His energy is incredible." From a young age, Steve amassed a staggering record collection – "more than 15,000 albums – vinyl and CD – with at least 2,000 singles and as many books and magazines." Steve or his wife, Monique, will occasionally pluck out an album from the collection and play it

on one of Steve's two record players. "I've slimmed down the collection a bit, given some away, sold a few. There's limited interest from young people in records today when you can just live-stream them," Steve said. Steve, who came to Australia aged five, picked up his first records at age three when the family 78s were placed on the floor at his grandparents' London home. "I could identify a song by the label and the number of the words on it. I can remember *On Top of Old Smoky*. Things like that." "Mum knew I liked Tex Ritter (American singing cowboy), and took me to his show, north of London. The arena was covered in sawdust, there were horses and cattle-roping, a stage-coach and cavalry. "Tex came out on a white horse with his six-

guns and playing his guitar, singing songs I knew – music, I've loved ever since," Steve said. In Perth's budding band days, said Steve, standout acts included the *Triffids*, *Never Never*, *Eurogliders*, *Johnny Diesel* and *Hoodoo Gurus*. On the world scene he singles-out Bob Dylan for not having the word 'baby' in his early songs or moon or June or love. "Until then, I didn't really listen to the lyrics. It was Dylan who told the *Beatles* that they should be writing songs like that. So they did." Steve said the influence of Lonnie Donegan and skiffle on the foundations of sixties British rock'n'roll is often understated is often understated. Skiffle deriving from blues, ragtime and folk music in the 1950s, using improvised and conventional instruments. London had 3,000

skiffle groups. "It was more than Chuck Berry, Elvis and Buddy Holly," he said. And Steve's connection with David Bowie? "It was on his 1983 tour. Bowie was shaking hands with a line of us before his concert at Perth Entertainment Centre. He stopped at me and said he liked my T-shirt although he didn't know who was on it. "I told him it was an Aussie band called *INXS* and he should see them. Bowie said: 'Haven't heard of them. I will now'."

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An incredible story of Clare a Western Australian-built yacht
short, her delightful narrative and observations left me wanting more. They sold *Clare* in 1998 and have researched owners of this ketch since then, resulting in an enjoyable read that will appeal to boat lovers and landlubbers alike. I am a landlubber and had no idea what one (only one) sentence meant on page 49, it read we installed a stay sail? With a furler? And had the big genoa? Cut into a yankee? (The question marks are mine). Big genoa cut into a yankee conjured mafia images to this reviewer. Thanks to Google I am now conversant with yachty yappery... anyone need a skipper?
Clare – The Incredible Story of a Western Australian Built Wooden Ketch is written by Nigel Ridgway with Aileen Ridgway and Lanie Verboon. Copies are \$15 plus postage and available from the author – call 04199 21131 or email ridgway.ten@bigpond.com

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reviewed by Pat Paleeya
IN 1991 Nigel Ridgway and his wife Aileen purchased a 70-year-old wooden ketch, called *Clare*, and owned it for seven years. They let *Clare* take them on a voyage of discovery, historically, physically and probably the most expensive seven years of their lives as *Clare*, just like a diva, demanded attention and lots of money. She had many problems which were a huge learning curve for the Ridgways but nevertheless they took great pleasure in sailing her and researching her history. They loved her warts and all. Aileen's log is far too

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Women from all fields shine in WA Women's Hall of Fame awards

by Josephine Allison

HUMAN rights activist Nihal Iscel says it was an honour to be inducted into the WA Women's Hall of Fame 2022 to recognise her many years of work with refugees, humanitarian entrants and disabled people.

"I strongly believe that every person, regardless of their limitation can contribute meaningfully to the community, if given the required supports and opportunities," she said.

Since migrating to Australia from Turkey, Nihal

has been a fierce advocate for human rights and disability within the community. Being blind she had to overcome many challenges to procure a Bachelor of Psychology from Edith Cowan University. She uses her skills to set new milestones in the multicultural and disability community supports sectors.

Nihal was among 16 inspiring women inducted into the Hall of Fame in a special ceremony at Government House attended by WA Governor Kim Beazley AC.

Chairperson WA Women's Hall of Fame Fiona Reid, said this year's inductees represented the rich and diverse contribution women made to WA.

Governor Beazley said he was impressed at the Hall of Fame's recognition of the contributions and the induction of women from culturally and linguistically diverse backgrounds.

Established in 2011, the Hall of Fame acknowledges the contributions and achievements of women to WA's community, society, history and culture.

This year's inductees were chosen from arts, business, community, culture, education, health, sport and STEM (science, technology, education and maths).

The inductees are:

Arts: Maggie Wilde West, executive director, Vocal Ensemble Voiceworks. Maggie's contribution to the performing arts and community spans more than half a century. A pioneer and tireless advocate for including people with disabilities in the performing arts, she produced and directed the first original theatre production for an all disabled-cast in Australia.

Louise Howden-Smith OAM, arts advocate. Louise is a trailblazer in arts, education and culture including director of the WA Craft

Council and executive director of the WA Ballet for 11 years while encouraging business to invest in arts and expand public awareness.

Business: Amanda Healy director, CEO business. Amanda is from the Wonnarua Nation and has more than 35 years experience in the mining industry. In 2004 she founded her own engineering business in the Pilbara and, in 2017, established two Indigenous engineering companies.

Emma Hanh Ma, entrepreneur and pharmacist. Born in Vietnam, Emma settled in Australia aged five. She has developed herself into a highly educated professional, award-winning business-woman and philanthropist.



Community: Nihal Iscel, human rights activist. Nihal (pictured above) has achieved much in her fields. Outside work, she has volunteered as vice president and board member of People with Disabilities WA Inc and Umbrella Multicultural Services Inc.

Theadosia Kurniawan, founder, engineer and community leader. Outside her profession as an engineer and consultant, Thea actively volunteers with Millennium Kids, a youth-led environmental group.



The 16 inspiring women inducted into the Hall of Fame in a special ceremony at Government House attended by WA Governor Kim Beazley AC

Culture: Shannon McGuire. Shannon is a co-founder of the Miss NAIDOC Perth empowerment and leadership program reinstated after 20 years as a program for young Aboriginal and Torres Strait Islander women in Perth.

Dr Nonja Peters, author and historian. Nonja is the author of several books, museum exhibitions, journal articles and television documentaries, raising awareness of the post-war migration experience from 1945.

Education: Professor Donna Cross, educator and child health researcher. In her role as head of the health promotion and education research program at Telethon Kids Institute Donna heads a large team of researchers who work closely with families, communities, service providers, schools and policy makers to help improve the lives of young people and their families.

Karen Anderson, psychotherapist educator.

A teacher, psychotherapist and academic, Karen has devoted her life to fostering excellence in the psychosocial training and support of oncology and palliative care health professionals in WA and internationally.

Health: Carol Martin, health professional. Carol was the first Indigenous woman elected to an Australian parliament, representing the Labor Party as MP for the Kimberley (2001-13). She has helped return children missing in the system to their families.

Jannine Gliddon, regional Aboriginal health consultant. Jannine is a proud Badima-Yamatji nyarlur woman and Balldong Nyoongar yorga who has dedicated more than 30 years of her professional life to addressing gaps in the health care sector for First Nations peoples and urban communities.

Sport: Lyn Foreman OAM, athletics coach. Lyn has dedicated her life to developing excellence

in coaching state, national and international athletes. She was chosen as part of a key initiative of Athletics Australia coach development strategy.

Eunice Yu, sports volunteer. Eunice is a proud Yawaru and Bunuba woman born and raised in Broome. She is actively involved in sport, arts and culture and has volunteered for more than 30 years and is currently president of the Broome Basketball Association.

STEM: Professor Britta Regli-von-Ungern-Sternberg, paediatric anaesthesia. Britta is a consultant paediatric consultant at Perth Children's Hospital, chair of paediatric anaesthesia at University of WA and team leader of perioperative medicine at Telethon Kids Institute. She has global recognition as a research leader.

Dr Paola Magni, forensic scientist. Paola is a world-renowned crime scene investigator, researcher and senior lecturer. She is one of only about 120 female forensic scientists in the world. Her award-winning research has revolutionised the way crimes in the oceans are investigated globally.

Roll of honour: Dr Dorothea Parker, Marjorie Alexandra Charleston, Grace Vaughan and May O'Brien.

Have a Go News co-founder and editor Judith Treby was inducted into the Hall of Fame posthumously in 2016.

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Lucky winner

CONGRATULATIONS to Sarah Enfield Kirk who was the lucky winner of the Kindle competition.

Daryl Binning's ongoing quest to preserve film for future generations



Daryl Binning

veterans marching to the Kings Park ceremony. Many closeups of rows of men wearing their medals were especially poignant when he realised most of these men have now passed away.

Also pictured in the film were dignitaries of the day including Governor General Sir Paul Hasluck, resplendent in top hat and tails, as well as WA Premier, John Tonkin.

Saturday, April 9, 2022 marked 51 years since Daryl filmed the event. He recently had the footage digitised. Apart from offering it to the State film archives, he hopes that copies can be used as a fund-raiser for military-related heritage groups such as the currently Queensland based Descendants of the Rats of Tobruk Association (Inc) dedicated to keeping the memory of the 'rats' alive, especially in WA.

"Families of these veterans would appreciate having visual moving mementos of family members proudly marching in memory of their fallen comrades," Daryl said.

In recent years Daryl has been involved in saving archival film material for various organisations. He worked with colleagues including Channel Nine's retired news director Terry Spence at its old Tuart Hill studios before they were demolished. They were tasked with identifying black and white and colour news film depicting historically significant lo-

cal events. He is currently assisting the Aviation Heritage Museum at Bullcreek sort their cans of old film, some of which have deteriorated beyond restoration.

"When I moved from my home in Winthrop I estimate I had around 100,000 feet of documentary and news film which I now have in a Myaree storage unit and am desperately trying to sort out before I kark it," Daryl laughed.

Born in North Fremantle in 1939, Daryl Binning's love of film started at primary school when he was given a small filmstrip projector by his parents. He ran film shows at his home to raise money for the Richmond Primary School Red Cross appeal. He also did chores on Saturday mornings at the nearby Mayfair picture theatre in Bicton.

Later, while at Fremantle Boys High School, he helped in the Mayfair's bio-box on Friday and Saturday nights. During high school lunch breaks he visited his cousin, a projectionist at Hoyts Fremantle, and helped him recondition 35mm projectors. This increased his knowledge of cinema equipment and operations.

During his electrical apprenticeship Daryl started making short films with his new 8mm movie camera and, by the early 50s, started helping shoot local newsreels for the Mayfair theatre in Hay Street, Perth. After gaining his electrician's qualifications,

he became a full-time professional cinematographer specialising in documentaries and news film for Cinesound, Movietone and eventually television.

In 1961 he was chosen by the Aeronautical Research Laboratories in Melbourne to work on Defence Department projects which involved missile test firings at Woomera. While employed by ATN Channel 7 in Sydney in 1964 he covered major events including the Beatles tour and Vietnam protest marches.

During his 50 years with a pilot's licence, Daryl covered stories for cinema newsreels and television stations across WA. He was able to reach otherwise inaccessible locations in Papua New Guinea where he was involved in setting up the government's first film unit. With his wife Wilma, they eventually set up their own company, Films New Guinea, producing local newsreels, training films and international award-winning documentaries as well as undertaking assignments for Walt Disney, BBC television, the United Nations and other global clients.

Returning to Perth in 1967 he initially shot films for Cyril Cornish theatre advertisements, while working as a projectionist for the Lakeway drive-in, then starting his own film production and industry technical support operations. With wife Wilma and two daughters they began

showing children's films at the Fremantle Town Hall in 1972 which continued for 13 years.

In 2004 Daryl was inducted into the Australian Cinematographers Society Hall of Fame. Later in 2017 the Society of Australian Cinema Pioneers honoured him as the Western Australian Cinema Pioneer of the Year.

After Wilma died in 2015, Daryl started writing a book, *Nitrate Nomads*. Published in 2019, it tells the story of Allan Jones circuit pictures and other silent film South-West showmen. During his spare time he gets issues

off his chest by firing off a few letters to newspapers on contentious topics.

In preparation for retirement at the RAAFA estate in Bullcreek in 2020, Daryl was concerned at the prospect of his equipment eventually going to the tip. Fortunately, the WA Museum heard about the cameras and their provenance, and was delighted to receive the donation of his 8mm, 16mm and 35mm cine cameras into the State collection.

Daryl's days are full as he continues his quest to preserve important film footage for posterity.

by Josephine Allison

DARYL Binning has spent a lifetime working in film in Perth, Melbourne, Sydney and New Guinea, cataloguing historic events of the era. Now he is on a mission to preserve historic images from his treasure trove of news and documentary films accumulated down the years.

"I was sorting things preparing for retirement when I found among a massive pile of deteriorating news film 14 minutes of unedited colour 16mm film, originally intended to be part of a documentary which never eventuated. It was shot on April 9, 1971 featuring army veterans marching through King's Park," Daryl tells *Have a Go News*. "They were heading to the dedication of a new memorial to honour the Rats

of Tobruk, 31 years after the famous heroic desert siege."

Tobruk was one of Australia's first major battles of World War II. All that stopped the Germans' march on Egypt was the defiant garrison at Tobruk. For eight long months in 1941, the men of the Tobruk garrison, mostly Australians, withstood tank attacks, artillery barrages and daily bombings, causing German general Rommel to deride them as desert rats.

The men's determination, bravery and humour, combined with the aggressive tactics of their commanders, was a source of inspiration during some of the war's darkest days. They achieved lasting fame as the Rats of Tobruk.

Daryl's film shows columns of 'rats' and other

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Where Opinions Matter - is more public debate on religion a good idea?



Tolerance is the keyword in religious debate...



by Lee Tate

FOR most of our lives, religion has been treated virtually as a taboo subject by the mainstream media.

Deemed to be divisive, religion was out of bounds to general news reporters. It was considered to be of little community debating value

with most people firmly fixed in their beliefs.

Some newspapers had an occasional conservative cleric commentator. At Christmas and Easter, editors might invite a church leader to pen an opinion piece. The media might seek to balance the opinions by alternating leaders of each of the main religions.

It took a long time from the Victorian age for open public debate on sex and much the same with women's issues. Religion has, of course, leapt into the headlines in the past decade but for all the wrong reasons.

Given that religion is one of the world's most divisive topics (if not the most divisive), surely the more public debate, the better. Especially in education where, historically,

schools confined Bible teachings to religious classes – not open to student debate or encouraging feedback.

Commentary or questioning by students was likely to see them disciplined or warned.

Believers, agnostics or atheists, everyone will be the better for religious briefings and discussion, especially outside the home where traditionally, of course, we mostly follow our parents' directions and choices. Often blindly.

Tolerance is the keyword in religious debate: Consider the world's cultures and religions: Buddhist, Anglican, Catholic, Islam, Hindu, Jewish and so many others. Are we truly ready for free-spirited exchanges of opinion and debate?

Recently, past AMA president Andrew Miller ventured in a newspaper to pen his questioning views about religion.

Dr Miller wrote: "The problem for me is usually reliance on 'faith' as a lazy, hasty paint-job over the top of undeniable reality and doctrinal cracks."

"Miracles never seem to happen to the most deserving people at the right time. I can't abide an unfair miracle distribution policy, because unlucky souls should not be blaming themselves for being unworthy."

"...I personally see belief as a necessary form of mindfulness, an acknowledgement of one's small place in the universe rather than a relationship with a hinting-God, curated by ordinary men."

Predictably, readers' letters in response came straight away. For and against.

One notable response to the editor: "I doubt that Dr Miller has ever prayed or ever felt the warmth and guidance of a loving God. He is like a sad orphan who has never experienced the love of a parent."

The reader points out that most Australians have a religious faith and 52 per cent identify as Christian.

Sadly, this exchange of views is indicative of religious responses: One-sided, personal and even vindictive. One-sided opinions are not debate – just.

In a true, mature society, we need to be tolerant. Dr Miller's opinions – like anyone else's – need

to be heard, debated and tolerated.

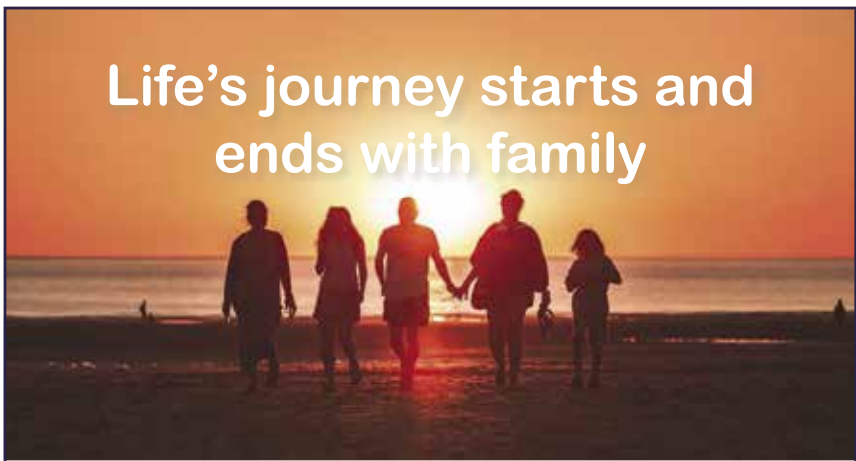
Political debate is also massively divisive. In Australia, public political debate is largely shallow. Few people know how parliament really works or even the names of their political representatives.

Orders, even light-heartedly, at dinners and social events are: no talking about politics or religion.

Yet, sensible debate and open opinions lowers the heat in sensitive issues. Talkback radio plays a role there too.

Open religious and political debate has far to go. The world's conflicts demonstrate that.

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World class chef leaves the hustle and bustle behind for life on the Apple Isle



Analiese Gregory

by Allen Newton

ANALIESE Gregory was at the top of her game, travelling the world and working as an acclaimed chef in some of the world's top restaurants.

Then, a couple of years ago the chef, who was featured in the SBS television series *A Girl's Guide To Hunting, Fishing, and Wild Cooking*, threw it all in and headed off to Tasmania to live in

a 100-year-old cottage in the Huon Valley.

Analiese says she was suffering badly from anxiety and desperately needed to get out of the restaurant industry.

The SBS series follows her journey as the 37-year-old adapts to a rural life, trading 70-hour working weeks in Michelin star restaurants like Le Meurice in Paris and Sydney's Quay for a more relaxed, slower pace of life.

She now hunts, fishes, forages, and grows her own produce on a small holding at the end of a dirt road, a 35-minute drive from Hobart.

"I needed a break and I always thought that I would take a break for a few months and write a book then go back to it, but I was sitting on the couch during Covid when you couldn't leave the house and I was like: 'you know what, maybe I don't want to work 70-hour weeks and drive an hour-and-a-half every day to get to work, maybe there's another way to go about this.'"

Her cookbook *How Wild Things Are: Cooking, Fishing and Hunting at the Bottom of the World* was published last year.

"It's really been a natural progression, it's not anything that was planned," she says.

Turning your back on a well-paid, high-pressure job is something many people would like to do and Analiese says it's a frequent topic of conversation in her friendship group.

"I have quite a few friends who have gone freelance and left their day job, so to speak, and I suppose people just need to believe in themselves.

"You have to put work into it, like at one stage I

was sitting on the couch waiting for things to come to me and a friend said: 'Analiese, you're just sitting around waiting for stuff to come to you. Some stuff will, but you have to get up and hustle a bit and you have to work to make it a viable thing to do and a viable way to live your life.'"

"That was true and it was good advice."

This month though she has swapped the wilds of Tasmania for the wilds of the Great Southern to attend several events as part of annual food and wine festival Taste Great Southern.

While it is Analiese's second time in the West – she was here for Truffle Kerfuffle in Manjimup last year – it's the first time she has ventured as far south as The Great Southern and she was looking forward to it.

She was planning to get up close and personal to the much-lauded produce of the Great Southern to see how it stood up against the produce of the Huon Valley where: "there's heaps of apples and pears because it's old apple growing territory and there's lots of brassicas, celeriac and potatoes."

While May might not be the ideal time of year for all types of produce in the Great Southern, Analiese

says it's always exciting to see the first produce of the season and she was looking forward to exploring a bit more of WA.

"You forget how big WA is. You fly into Perth and you realise you are still really far away from where you are going."

She is spending around a week in the West and while that won't really be enough to satisfy Analiese's desire for travelling, she says she's had to come to grips with not being able to travel over the last couple of years of not leaving Tasmania.

"I know it's very clichéd, but I'm trying to enjoy life a bit more and spend time with the goats, pigs and the dog and trying to turn some of my hobbies that I enjoy into semi-commercial things. Like if I keep bees then I can use the honey, at all of the work events that I do, and then the preserving and stuff, vinegar making and things, then to have avenues to be able to use those things commercially for all the things I enjoy doing.

"And slowly renovating and building the restaurant."

Analiese says she plans to get an old vet surgery on the property up and running as a small restaurant.

"But to be honest I change my mind all

the time.

"Going through council is moderately difficult, but I'm definitely building a commercial kitchen and it's definitely going to be a space that I'm going to work from and then I go between wanting to open it up to the public or thinking it should just be a space for me to work in and do book shoots and be able to preserve and do things like that and prep for events."

"It is on a dirt road in the middle of nowhere, but it's not that far away from Hobart in the scheme of things."

She was shooting *A Girl's Guide To Hunting, Fishing, and Wild Cooking* up until November last year before screening towards the end of the year and Analiese was pleased with the result and is keen to make another series.

"It came together really well and as the first full length show I've ever done, it was a real learning curve for me. I'm keen to do more and we're talking about it at the moment," she says.

A second series would be similar to the first, sharing Analiese's newfound rural life in Tasmania.

"It's just my life and what I do so it's not too hard to pull together, although it's highly season-

al so capturing things in the right time of year is quite important."

And she's not desperate to get back into the restaurant world she left behind.

"You do get small pangs when you are in a big restaurant in a big city. You think 'oh, this is so great' and I miss the energy, but I have a 13-week-old puppy that is currently biting my shoes as we speak, so I'm a bit tied down now.

"She's a Lagotto Romagnolo, an Italian truffle hunting dog."

Analiese hopes the dog will get the chance to try her paws at truffle hunting and was keen to take her to a farm for some training.

As well as keeping up with a puppy, Analiese is deep in renovations.

The former vet surgery had been used as a storage area until Analiese decided to make it home for a two-tonne wood-fired oven.

"I'm now doing the floor and waiting for stone tiles to arrive because Covid and shipping and things have made things very, very slow, but I have two pigs which we are about to slaughter in two weeks that are adults now and packing down the beehives for winter and lots of autumn preserving and stuff."

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May Day, May Day, May Day - the month of May will be an interesting one!



by Rick Steele

MAY Day said three times via radio communications is known around the world as the distress call that signals a life threatening emergency. Although a federal election could not really be

ascertained as life threatening, the lead up and campaign could well exacerbate an existing condition and/or drive one to drink.

May the first, or the first Monday in May, known as May Day, or International Workers Day was chosen in 1889 by socialists, labour activists, leftists to commemorate the historic struggles and gains towards the eight hour day of working people.

It won't be considered unusual if unemployment figures, working conditions, unions and arguments for pay increases

were to be featured somewhere in the 'long and winding road' to electoral victory.

"All I ever wanted was fair week's pay, for an honest day's work!" said someone. "I like work; it fascinates me. I can sit and look at it for hours."

With more and more people working from home, I wonder if sexual harassment is a problem for the self-employed? Statistics show that work is the curse of the drinking classes.

History shows that with an election day approaching, disputes arise; just last

week a group of workers demanded shorter hours.

"Right," said the boss. "We'll cut your lunch hour to 30 minutes."

The wharfies at Freo were having an afternoon cuppa tea break and the shop steward said to the union boss. "Hey, that new bloke you hired this morning; he's not a spy is he?"

"No, I think he checked out okay, why?"

"Well he just stubbed his toe on a container and said: "oh the perversity of inanimate objects."

Albo was in town not so long ago and 'me ole

mate' went along for a listen. He lasted a solid hour before coming outside for fresh air.

"Is he still talking and what's he talking about?" I asked.

"I dunno, he didn't say!" Scomo says, "He's a modest little man with plenty to be modest about."

Six days before the nation votes another significant event occurs. The closing of the Governor's Bar on Rottnest. Yes, folks the Karma Groups lease expires and the popular people's bar is set to be demolished and replaced

with the latest and the greatest flash new edifice. It will be fit for millionaires and movie stars and those with a bank balance bigger than the Kalgoorlie super pit.

I have been blessed and feel grateful for the hospitality extended to me, over the best part of the last decade, by mine hosts, Glen and Aleiysha. The Governor's Bar was the place where locals and over-nighters let their collective hair down and shared the 'Rotto' experience.

I am duty bound to report that Kristofferson's song was revisited a num-

ber of times. "Well I woke up Sunday morning, no way to hold my head that didn't hurt." In the meantime, perhaps a verse of... "So long, it's been good to know you," would be appropriate.

And so as the results come in, and our new government is sworn in, hopefully the pandemic recedes to make room for the winter 'flu season. I'll be off to see the doc to get my 'flu shot. They say there are better cures for the common cold than three whiskies, but who cares? Cheers dears.

Changing everyday routines can bring better results



by Jon Lewis

IMAGINE doing the same

thing, the same way over and over again. Do you think the result will likely be the same? If that is what you want, then you have the perfect plan.

If something more is preferred, then the plan requires perfecting. That is exactly what I discovered when talking to my exercise physiologist Simon Cummings one early morning on radio 6PR.

I told Simon, after hav-

ing a week off ill with the popular ailment of these current times, how I then decided to give myself an additional two weeks off from super light duties. I had read that post recovery is very important and not to be casualised. So I ensured I skipped my gym workouts, my big weekends of fixing and building and I even, though it pains me to say so, my cleaning duties and dish washing

at home.

Now that time has passed, I indeed feel noticeably stronger and much clearer in mind, I decided it was time to return to 'Gloria's Glorious Garage Gymnasium'.

This is where my radio exercise physiologist stepped in with his sage advice. It was how to return to exercise.

Surely I should return back to the way I had in the past with three big sets of weights, followed by three big sets of various other weights and exercise, as I had been doing for ages.

Simon, simply offered a better way.

"Why not try just one set and keep going until you feel it is getting too much and then move onto another exercise," he suggested.

I got excited, as I do when a quantum leap in thinking is presented to me. You see, normally I do the same thing and after a while, sometimes months, I increase the weights a

little. Plus, it is difficult to judge when the day is right to do this.

Plus, my head space is telling me 'today will be difficult'. It's a lot to process when all I want to do is the minimum to keep my body healthy and strong.

The quantum leap means on the day if I am feeling strong, I can go one more, or two or three more if I feel up to it. I can also go one less if I can feel my body whispering the truth to me. I love this kind of thinking. It is so flexible and completely in tune with how I feel on a particular day.

If, he said, you find you are doing a lot of repetitions of a weight, then increase the weight and continue with a lower number of reps. Again, so simple to understand.

I was presented with a better way to do the same thing. Only difference is, this way actually invites me to grow.

I love growing and growing is living. All the best.

Find the secret word and win



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

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

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

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

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Entrants can enter via email with Adwords in the subject line at win@haveagone.com.au or write to Ad Words Competition c/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 31/5/22.

Congratulations to Rose Kenworthy, of Meadow Springs our March Ad Words winner.

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by Ken Marston

Mind your mind - It's important to be caring for ourselves

WE take it for granted that we should care for others – our children, grandchildren, spouses, partners, friends, and neighbours, not to mention our pets. But we are less willing to

accept that we should take care of ourselves. "Oh, I'll be OK" is a common internal dialogue, or perhaps we believe that it would be selfish to be concerned about ourselves. In reality, there's nothing wrong with caring for ourselves, and it is a fact that if we don't, we cannot properly care for others. The idea of being kind to ourselves, however, can bring out not only denial, but also neglect and self-

harm – we can do just those things that are not in our best interest. Another box of chocolate or another drink isn't what we need, although we may want it. A good way of thinking about self-care is to imagine ourselves as our best friend and asking, "what would they like, or what do they need right now?" and applying the love and concern that we have for others to that imaginary self. Alternatively, we might

envisage ourselves as a young person and ask the same question. Being kind to ourselves involves ridding ourselves of negative self-talk and images, too. Would we say the sorts of things that run through our minds about ourselves to other people? "What an idiot!" and "you silly thing" are not words we would speak to others, but are freely addressed to ourselves. Give yourself a break – you're OK! Not perfect,

perhaps, but not nearly as bad as that internal critic would lead you to believe. How do we think of ourselves? Sure, we can all do better, but we are rarely as bad as our minds lead us to believe. Take some time, think about how you think and talk about yourself, and then ease off on that self-criticism. Of course, a good way to check things out is to find what other people think about us, but we are sometimes alone and un-

able to get the feedback we need. Being a fly on the wall and observing ourselves from afar can be a way of identifying our positive behaviours and qualities as well as seeing the things we need to change. Seeking help when you know you need it is also important. Sometimes, things do get too much for us and we can't cope. Your GP is the best resource, but you may also wish to look at websites

like Beyond Blue (www.beyondblue.org.au) or access information in your local library if you are not online. For emergency help, contact Lifeline on 13 11 14. **Ken Marston was CEO of COTA WA from 2006 to 2015 and is now a qualified counsellor and psychotherapist. He can be contacted through his website www.AAACounselling.com.**

Come and join a group that walk for friendship and fitness



L-R; Association members about to have lunch; this member knows a good read

OFFWA (The Over 55 Walking Club Association) members recently enjoyed a hamburger lunch after their walk at Woodman Point. It was a beautiful day and Lorraine, the lunch coordinator, provided a great spread and was assisted by a willing band of helpers with the cost to each member only \$2. What a bargain. This luncheon is just one of several which Lorraine organises throughout the year. There is also a potato bake and a sausage sizzle. She also organises mid and end of year luncheons which are subsidised by the club. So if you would like to participate in these functions as well as enjoying

friendship and healthy walks in the fresh air, join the club. The cost is \$10 a year; where else can you get such a bargain? On paying the subscription members are issued with a card showing destinations of the walks for the year. If you like, you can just come and try them out before you join up. The next four walks are detailed below, just turn up by 10am with a chair, a sandwich and flask and you will be made welcome. **Tuesday May 17:** Point Walter, Burke Drive, Bicton (into Honour Ave. car park). **Tuesday May 24:** Mullaloo. Sea end of

Mullaloo Drive. **Tuesday May 31:** Garvey Park, Fauntleroy Ave. off Great Eastern Highway, Redcliffe. **Tuesday June 7:** Mosman Park, T.J Perrot Reserve, McCabe Street. For further information visit the very comprehensive website: www.over55walkingassociation.org.au, or phone the president Faye on 0478 635 589.



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9. I love life
10. Home on the Range
11. SHOWBOAT: Ol' man river
12. Ev'ry time I feel de spirit
13. The Lord's Prayer
14. Sailormen
15. Annie Laurie
16. Lord Randall
17. Bendemeer's Stream
18. ONE NIGHT IN VENICE: Love can be dreamed & Mine alone
19. GIPSY BARON: Open Road
20. Sylvia
21. THE CHOCOLATE SOLDIER: My hero
22. HMS PINAFORE: When I was a lad

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Editor note: Human Services column



DUE to the Federal Government being in caretaker mode, Hu-

man Services general manager Hank Jongen's regular column will not be published until after the Federal election. Readers are welcome to send questions of a general nature about pensions and aged care to info@haveagonews.com.au in the interim.

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Planting trees in neighbourhoods makes for a cooler and more liveable city



by Karen Majer

RECENTLY I witnessed the demise of one of the oldest trees in our neighbourhood. The loss of this 'mother tree' prompted

me to express my feelings in poetry. Later I found out that the tree had marri canker. If one of those huge branches had fallen, it could have caused significant damage.

This situation, like clearing vegetation for bushfire protection, illustrates our often-fraught relationship with nature as development expands. Threats of more frequent and intense bushfires have led some people to fear bushland as a hazard to property and lives. At the same time,

increasing average temperatures and heatwaves, especially in areas which suffer from the urban heat island effect, make trees more important than ever for our health and wellbeing.

I was happy to read the letter from Margaret Anne Ryan in March suggesting planting verge trees. Greening our urban environments will be a key to liveability in the future.

Some councils, including my Shire of Augusta Margaret River, have verge

guidelines. Ours recognises that street trees are an integral component of urban streetscapes, providing shade, lowering ambient temperatures and assisting in reducing urban heat island effects and electricity use. Street trees perform important ecological functions and are effective at intercepting rainfall, resulting in reduced stormwater runoff and soil erosion.

Our verge guidelines allow homeowners to plant native plants and shrubs and to grow food crops. When the guidelines were first developed 10 years ago in partnership with our community, some folk got together to help each other to transform their verges in a 'verge blitz'. Others began planning a verge streetscape.

You might like to check with your local council whether they have a policy on verge planting and any avenues for the com-

munity to access native plant seedlings for gardens and verges.

Besides tackling heat stress, planting more native vegetation in parks, gardens and streets has wider benefits including habitat for birds and other wildlife, better water quality in rivers and wetlands and storing carbon; bringing nature back into urban areas creates places that are cooler, greener, friendlier and healthier for us.

Farewell old tree, marri, mother tree

Remnant of the living forest that once stood here.

The violent growl of chainsaw and chipper announced your demise

Limb by limb reduced to a pile of woodchips.

What crime did you commit?

Were you a fire danger, so close to a house?

Did a hint of marri canker label you unhealthy?

Was it fear that one



Karen's native verge garden

of your huge branches might drop?

Or did your leaves block a gutter?

Maybe your vast spreading root system still has some life

Spreading your news on the network of mycorrhizae

Alarm! Warning nearby smaller trees to draw in

The mother tree is gone.

I wonder what you witnessed in this place we call home.

Were you here when quieter feet walked beneath branches

Calling to the forest of their coming

Noticing your flowering heralding the season's change

Respecting the intricate balance of life?

Did you witness the spread of vineyards and paddocks

Leaving isolated remnant stands to harbour birds and possums

Shade the fields and remind us of what once was?

You were left standing almost alone when the mass of people came

With their roads and houses, fences and foreign trees.

A family built a home close by, and maybe they loved you.

Your giant stump marks a passing.

Mother tree. A gentler connection to country.

Maybe the sadness we feel at your loss is part of new hope.

Hope of a turning.

Hope of learning from the wisdom of the first people

And from the ache in our own hearts

To live gently on Wadandi Boodja.



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Letters to the Editor

Your letters...
Your letters...
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**Submissions may be edited for clarity and space
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Email jen@haveagonews.com.au**

Dear Editor,
GOOD article by Lee Tate in *Have a Go News* last month.

I've been in touch with local MPs, the Minister for Aged Care and Senior Australians and the shadow Minister about the shortage of aged care workers and the fact that existing staff are working long hours and double shifts to cover these shortages. They are over-

worked and tired, as well as being underpaid.

I suggested to Federal MP Andrew Hastie last year that he should jump up and down a bit in the Parliament to hasten the implementation of the Royal Commission's recommendations. He said he could not be seen to be critical of his own government.

I sent him an email recently, again suggesting

a pay rise for aged care workers, and free training for new recruits, to relieve the pressure on the existing staff. His offside's reply told me all about the funds allocated for aged care, but nothing about their implementation.

Meantime, workers were struggling to cope with wearing full PPE while cleaning and showering their residents, all for around \$25 an hour.

Another factor which might be scaring off potential workers from interstate or overseas is the need for them to obtain a Good to Go pass before entering WA, from the police, on their computers or smart phones.

Not everyone has a computer or smart phone, and the word 'police' would worry workers from some countries overseas. Really, there doesn't seem much point in requiring these passes; I don't think any other state has them. I've asked Lisa Munday, our local state MP, when this requirement will be lifted. No reply.

Doug Sparks

Ed's note: The G2G pass is now defunct.

Dear Editor,
I READ with interest Karen Majer's article "Taking action ... in these troubled times" and agree that taking action is a recognised antidote to anxiety.

I continue to be anxious about the slow progress and strong resistance by governments and other leaders to the global climate change emergency. My antidote was to get involved in the Citizens Climate Lobby of Australia, a non-partisan grassroots advocacy and education organisation

focused on accelerating solutions to climate change through democracy.

The Third Working Group of the Intergovernmental Panel on Climate Change recently released sixth report is more alarming than ever and is being largely ignored by our governments and the press.

Professor Jim Skea, a co-chair of the Report said:

"It's now or never, if we want to limit global warming to 1.5°C. Without immediate and deep

emissions reductions across all sectors, it will be impossible."

António Guterres, UN Secretary General wrote:

"It is time to stop burning our planet, and start investing in the abundant renewable energy all around us."

Australia has a federal election coming up and we citizens can take positive action with our vote and, as Karen wrote, to "grasp the huge opportunity that climate action presents".

B. Arnold

Dear Editor,
I WOULD like to say a huge thank you to *Have a Go News* for the \$200 Coles gift card that I won in the Ad Words competition. It was very much appreciated.

**Dianne Procopio
Bunbury**

Dear Editor,
I AM sending a poem about ANZAC Day written by the maintenance man, Mark Frankum, who works in the retirement village where I live, in the hope that you can publish it. I was truly moved when I read this poem and believe it is well worth sharing.

Anne Osborne

As they sit in the trench and ponder, enemy soldiers just over yonder.

Death and destruction, they will sow, a blast of the whistle and over they go.

The boys, the men drop down and die, wives and mothers tomorrow will cry.

Where once were trees and birds sing, the smell of death hangs across everything.

In years gone by rivers would flow, kids flying kites where the wind would blow.

Off to war their fathers did march, dressed and pressed in uniforms of starch.

The slaughter, the carnage has once more ceased, why oh, why can't we just have peace?

But when tomorrow comes and the whistles do blow, more and more young men over the top will go.

Now the guns fall silent and millions are dead, the men return home hearts full of dread.

For what they have seen and what they have done.

No more laughter, no more fun.

Their wives will smile and put on a brave face, not wanting to dishonour or to disgrace.

Their faces so similar, their eyes without soul.

The dreams the memories they can't control.

Now the years have passed the statues go up, to honour the lost souls who ran out of luck.

So, buy a poppy and wear it with pride.

To honour the brave who laid down and died.



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What I have learned from the wisdom of adversity and failure



by John Rando, lawyer, musician and existential philosopher

I RECKON I have learnt as much from failure and adversity, as from success.

Looking back at my early years of primary school, I was probably the Forrest Gump of my class, having arrived with my parents from Italy at the age of two.

I spoke Italian at home in the early days and got off to a rough start at school. Kids laughed at me when I pulled out my lunch sandwiches.

Pieces of calamari, cap-

sicum and smelly Romano cheese hanging out from the sides. Sometimes, Mum would pack a bowl of chicken and spaghetti in my lunch box. Mates had nice, neatly sliced white bread and polony sandwiches. Kids scoffed, laughed and ridiculed me, relentlessly.

However, we often swapped sandwiches. Life evolved (or devolved). I began to 'Italianise' mates, as I became Australianised. Kids that called me 'ding, dago, wog or sprog' have evolved to become best mates. In the early rough,

tough days of life, life was a struggle at school.

I desperately wanted to leave school and regularly sat for tests run by bank officers, offering jobs as bank clerks. I failed every test, fortunately.

In fifth year high school, my school guidance officer suggested I leave school half way through the year, as my marks were very average. He advised that if I left school before the end of the year, I could apply for a job ahead of my school mates, and would not have to compete with the end of school leavers.

This seemed sensible advice at the time, so mid-year, I applied for a job with Avery Scales, Murray Street, Perth, selling and replacing scales. I went for a 30-minute interview. 'Mr Avery' seemed quite impressed with me. I was rejected in that application, but it was a turning point in my life.

When I was interviewed, Mr Avery asked, "why do you want to leave school half way through the year, rather than sit for the final year exams. What would you really like to do for the rest of your life?"

"I really want to be a criminal defence lawyer, like Perry Mason," I replied.

I explained that I had received advice from the school guidance officer that I should leave school half way through the year and avoid sitting for the final year exams. Due to my average marks, I would not have to compete with kids at the end of the year.

He said "why aren't your marks as high as the rest of the class?"

"I have been playing music and singing in a band, and haven't studied as much as the other kids in the class" I said.

Mr Avery said: "you are the best applicant for the job at Avery Scales. I should give you the job, but I think you are much too smart, and I reckon you should continue at school and sit for your leaving exams and go on to study at law school and become a lawyer".

I am so glad Mr Avery rejected my job application. I was disappointed at the time, but in hindsight, grateful that I failed to succeed in my job application.

That rejection changed

my life.

So, I continued high school until the end of the year, passed my matriculation, went on to Uni-

versity, obtained my law degree and have been a criminal defence lawyer for 50 years. And I have continued to play music for

longer than I have been a lawyer.

Gratefully, I thank Mr Avery for rejecting my job application in high school.

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Join the *Have a Go News*' stamp club

HAVE you come across your old stamp collection and wondering what to do with it?

Why not join the *Have a Go News*' stamp club for an enjoyable couple of hours with like-minded people. Now in its 15th year, the club's first meeting was chaired by Nigel Williams on May 8, 2007.

They meet on the last Thursday of the month at 10am in the back room (summer house) at the *Have a Go News* office - 137 Edward Street, Perth. A congenial meeting takes place with tea or coffee, a sale by tender and circuit books to peruse. For more information contact John McPhee on 0466 661 541.

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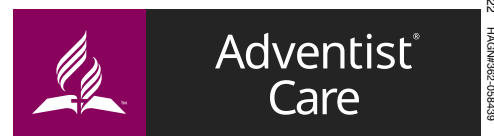
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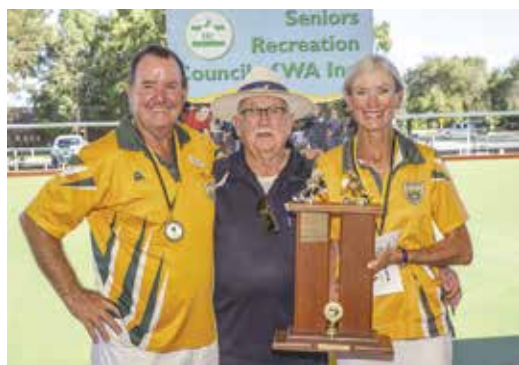
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Seniors Recreation Council Jottings



SRCWA Over 60's Mixed Pairs winners Fred & Judy Flanagan with Phil Paddon

SRCWA State Over 60s Mixed Pairs Lawn Bowls

THERE were 62 teams who took part in the 2022 Seniors Recreation Council State Over 60s mixed pairs lawn bowls tournament. The games were held at various clubs throughout the Perth metropolitan area and the tournament culminated with the finals played at the Manning Bowling Club on Thursday April 7. The semi-finals and final were very competitive games with close scoring ends played in ideal weather conditions at a beautiful venue. Congratulations to Fred and Judy Flanagan (Binningup) who won Thursday's final over Geoff and Sue Hinge (Warwick). Semi-finalists on the day were: Bruce Eagles and Lee Bunney (Sorrento) and Lee Poletti (Mosman Park) and Kim Cross (Wonthella). SRCWA acknowledges Bowls WA president Ken Pride, Bowls WA Staff and all those involved for running a great event. SRCWA state president Phil Paddon with Dawn and Martin Yates attended the final with Phil presenting the trophy, medals and prizes to the winning teams.

Tech Savvy Seniors Free event, June 16

SRCWA in partnership with Injury Matters is pleased to offer this free event. *How to Access the Community Connect Program.* Community Connect is a free program to help older Western Australian adults take the step to reach out and connect with others for a friendly chat. It's a great way to share stories, activities and get to know your community, all from the comfort and safety of your own space via technology. The event will be held on June 16, at 10am to noon in Leederville. Join us for a cuppa, morning tea and a chat, and find out more about eLearning options. Registrations are essential as places are limited, to register call 9492 9774.

WA Seniors Strategy whole-of-government 10-year strategy needs your input...

Have your say on a better future for West Australian Seniors. Launched in November 2021, consultation for the WA Seniors Strategy is running full steam ahead. The WA Seniors Strategy is a whole-of-government 10-year strategy being developed by the Department of Communities to support older Western Australians of all backgrounds throughout the state to live their best life as they get older. Sessions will be facilitated by the Indigenous Professional Services Management Consultants and will run across the State through May and June 2022.

They are looking to hear from:

- Aboriginal and Torres Strait Islander people aged 55 years and over;
- Non-Aboriginal and Torres Strait Islander people aged 65 years and over; and
- People approaching their senior years.

The Department of Communities website has further information on the WA Seniors Strategy including an online survey. Hardcopy postcards of the survey can also be sent out on request. Please head to the website for more details <https://www.wa.gov.au/organisation/department-of-communities/wa-seniors-strategy> or phone 0432 840 768.

Have a Go Day 2022, a LiveLighter Event Celebrating the 30th anniversary at Burswood Park - November 9, 9am to 3pm

Expressions of Interest - Registrations Open! Have a Go Day, a LiveLighter Event is an activity/information sharing event for over 50s.

This event provides the ideal opportunity for clubs/groups, not for profit agencies, commercial entities and activity based groups to share senior specific information with the target group in a beautiful outdoor environment at Burswood Park.

Forms are now available, for further information call 9492 9773 or email dawn.yates@srcwa.asn.au.

This event is proudly sponsored by Burswood Park Board, Lotterywest, Crown Perth, *Have a Go News*, Government of Western Australia, Channel 7, LiveLighter Healthway, 882AM 6PR, Channel Seven's *Home in WA*.

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

Restrictions were no barrier to celebrate for paddlers...



Left to right; Barb and Chris on Blackwood River - Hamelin Bay - Dale enjoying a paddle in Margaret River

by Karen Finlayson

"ANYONE want to get married?" an Over 55 Canoe Club (055CC) member yelled to the group. "Wedding outfits provided."

The 28 club members plus partners and friends had almost completed a summer-camp week in Augusta and were about to enjoy a celebration barbecue at the holiday home of one of the members.

But with new, sudden Covid number-restrictions in place, the only chance of everyone attending the planned barbecue, was if the event became a wedding (or a funeral!) to allow a maximum of 150 people at a private residence.

Arriving in Augusta the previous week, most were booked into the comfortable Turner Caravan Park on the banks of the Blackwood River. While March temperatures soared in Perth, a week of mild weather in the South West was the perfect environment for

the planned fun ahead.

The local pools, bays and rivers were in competition for the daily paddling activity, with the ultimate deciding factor being the weather report. Once the winds, seas and swells for the day were understood, a decision was made for the next day's paddle escape.

Non-paddlers found plenty to do - walking a trail along the estuary edge, browsing shops at Margaret River, socialising around Augusta, as well as accompanying paddlers to explore the day's paddling venue.

Day One's weather report with offshore wind took paddlers to Hamelin Bay, around a headland and along the coast. Once through the reefs, they returned to the beach for morning tea. The more adventurous then chose to paddle around the island.

With more complex

water and greater demands on the paddler's skills, kayaking the ocean side of an island comes with inherent risks. It becomes hazardous if a paddler capsizes, and is unable to perform an Eskimo roll (righting a capsized kayak, using body motion to return the kayak and themselves to an upright position).

Preferring a more relaxed paddle, the others continued along the shoreline to view birdlife and stingrays which inhabit the shallow waters of the bay. Stingrays can be seen moving gracefully over the ocean floor foraging for buried molluscs and crustaceans as they sense the electrical currents produced by their prey's muscles and nerves. A picnic lunch and swim, rounded off a perfect start to the week.

Margaret River claimed one day, but it became rugged sailing when rocks blocked paddling progress. After stopping for morning tea, paddlers abandoned their boats to scramble on foot across the sand to explore a deserted beach.

Chapmans Pool on the Blackwood River inland from Bussell Highway, north of Augusta brought on great excitement. It even managed to secure a place on next year's list. Nine kilometres down-stream on the way to Warner Glen, paddlers came across a rapid. This meant they should turn around (not being able to paddle back up

the rapids) Campers on the bank filled them in on what was waiting further along - more rapids. Eyes lit up. Another time, they could organise a one-way paddle with transport at the end to return them home - a thrilling prospect.

A windy day called for staying close to town and exploring West Bay on foot, before having morning tea at the yacht club. Then East Augusta provided a nature walk as well as a head wind back to the caravan park - nearly as exhilarating as paddling.

The final morning began with a spectacular sunrise-paddle followed by a cooked breakfast. Despite the delightful week, no one had fallen in love. With no takers for a wedding the barbecue event was moved to a Covid-permitted gathering at The Colour Patch restaurant.

If you are interested in paddling with the Over 55 Canoe Club contact: club president Chris Cocker on 0410 479 024 or club secretary Dale Winn on 0420 733 024. For extra information please view our website at www.over55canoeclub.org.au



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Government of Western Australia
Department of Communities

WA have your say
on seniors and ageing

The State Government, on behalf of the Hon. Don Punch MLA, Minister for Seniors and Ageing, is keen to hear the thoughts and opinions of older Western Australians to help shape Western Australia's first Seniors Strategy.

Consultation sessions are being held across the state in May and June 2022.

We would like to hear from:

- Aboriginal and Torres Strait Islander people aged 55 years and over,
- Non-Aboriginal and Torres Strait Islander people aged 65 years and over, and
- People approaching their senior years.

This consultation process is being facilitated by Indigenous Professional Services Management Consultants on behalf of the Department of Communities.

For further information and/or to register for a session visit: www.communities.wa.gov.au/SeniorsStrategy

One-on-one phone interviews will be available for people who are unable to attend a consultation session. If you would like to book an interview, please contact our consultants (available 8am-3pm Monday to Friday):

Emma O'Hara - Mobile: 0431 239 075;
Email: emma.ohara@ipsau.com.au

Liam Ashworth - Mobile: 0410 910 450;
Email: liam.ashworth@ispau.com.au

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

St. Patrick's Church

10.15am each Sunday
Regular services of Holy Communion

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

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Parkland Villas Ellenbrook

25 The Parkway, Ellenbrook
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3 Bedroom villas from \$345,000*

South



Parkland Villas Booragoon

510 Marmion Street, Booragoon
2 bedroom villas from \$475,000*
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1 bedroom apartments from \$199,000*
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Lakeside Village

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Retirees Club News & Recreation



Retirees group welcomes financial advisors

WEALTHWISE is sending Paul and Rob as guest speakers to the next meeting of the Dianella branch of the Association of Independent Retirees (AIR). They will update them on financial changes in government policy and talk about the different investments available.

Attendees will also be offered a free appointment.

All AIR members and any interested guests are very welcome to join them, listen to the speakers, have some refreshment and to hear about the other

guest speakers and social gatherings planned for 2022.

The meeting will be held 9.30am on Wednesday June 1. All meetings are held in the Eastern Room, Living Grace, 68 Waverley Street, Dianella on the first Wednesday of the month starting at 9.30am.

Cost to cover the hire of the hall is \$5 per person which includes refreshment.

For further information please contact Joy Rourke on 0419 9444 32 or email joysrourke@inet.net.au.

Free lecture on Pompeii presented by U3A Perth

U3A Perth is delighted historian Danielle McCabe has agreed to present the June Perth lecture.

The subject *Love and Lust in Pompeii* will take people back to when Vesuvius erupted in 79 CE and Pompeii was buried in ash where it remained until rediscovered in the 16th century.

The rediscovery of Pompeii was shocking in some respects. The nature of many of the artefacts such as erotic artwork adorning many of the walls, the brothels and the priapic good-luck charms, led to King Francis locking many of those artefacts in

a secret cabinet, restricting them to only those of mature age and approved moral stature.

Pompeii continues today to attract tourists, archaeologists and classicists.

Danielle McCabe will share her deep knowledge of the history of Pompeii in her engaging style and, maybe, we will need to consider the question of whether people have really changed at all. Danielle spent a number of years as a tour guide in Rome, specialising in presentations featuring the Palatine Hill, the Colos-

seum and the Roman Forum.

She studied Ancient History at Notre Dame University and the University of Western Australia with a focus on the Ancient Roman world. She is a teacher of Ancient History.

U3A Perth provides activities for shared learning and socialising to stimulate interest and curiosity through 10 branches across the Perth metropolitan area. All details about this lecture are on the website www.U3Auwa.org or call 0439 919 670 for assistance. The event is free, but booking is required.

"An Open Letter to all our Country & Regional Patients."

Since 1983 you may have experienced a valuable service proudly provided by us - **FREE full body skin cancer screenings**, we know we have saved lives along our journey through early detection of 'suspect' lesions.

In those early days we owned a caravan for many years which we later replaced following a road accident, then a second-hand coach was introduced to better cater for our needs and the caravan was sold.

Now, due to its age and high cost of maintenance, we have to replace our 1987 coach. Another reason is the coach doesn't have a disabled lift for that group of our patients.

We visit 40 locations each year we are on the road, but our coach has reached its use by date.

A custom-built facility will cost \$650K and 12 months to build locally. We have \$250K, so we must find the balance. Lottery West declined our request for a grant.

We deeply appreciate the grateful thanks from our patients who always tell us how much they appreciate what we do - we love that help we give, but now - we need help!!

Any ideas/contacts/businesses you might be able to suggest who could help us achieve our goal would be welcomed.

On behalf of our Board of Directors,

Garry Irvine

Director,

Lions Cancer Institute WA Inc.

M: 0481 093 090

Email: garry.irvine@lionscancerinstitute.org.au

Website: www.lionscancerinstitute.org.au

Facebook: [lionscancerinstitute](https://www.facebook.com/lionscancerinstitute)



From eye health to smart devices - don't miss these speakers

THE speaker for the Association of Independent Retirees (AIR) northern suburbs group's on May 19 meeting will be master of optometry and clinical pharmacist Dr Kures Pather, who specialises in eye health.

Our eyes are a window to many aspects of good health and Dr Pather will hopefully, 'open our eyes' on the subject.

Jason Bloxside will be the speaker at the June 16 meeting.

Jason is the WA community ambassador for NBN. Many of you will be purchasing devices that are labelled 'smart', eg smart TV's, smart phones, smart security systems etc. Jason will be presenting a talk and answering questions about these smart devices, their various abilities and how to prevent them being a security risk.

All meetings are held at the Penistone Park Community Sporting Facility, 27, Penistone Street, Green-

wood, on the third Thursday each month commencing at 9.30am.

All AIR members and any interested guests are most welcome and they look forward to seeing people there.

Cost \$4 per person including raffle, tea or coffee.

For further information please contact Mike Goodall on 08 6364 0859, e-mail mikegoodall@btconnect.com for further details.

Yoga and the management of chronic pain

GUEST speaker for the June meeting of the Western Australian Self-Funded Retirees Association (WASFR) will be yoga teacher and occupational therapist Annabelle Taylor. She will speak on the management of chronic pain through the application of yoga.

Pain and in particular chronic pain is among the greatest challenges faced by the medical profession and remedies developed include medica-

tion and physical therapy. Complimentary therapy may also be used such as acupuncture, massage and yoga.

Ms Taylor will explain how yoga which adopts a mind and body approach and uses technique associated with movement, posture and breathing. This can play a part in managing pain by removing stress and anxiety.

Tolerance can also be enhanced over time together with a greater feeling of calmness, well-

being and improvement in the quality of life.

The presentation will conclude with a demonstration and participation in some basic yoga exercises aimed at managing pain. Time will be available for answering of any questions that may arise.

WASFR promotes the interests of retirees who have funded their own retirement in whole or in part and is recognised as a body speaking on behalf of retirees at federal,

state and local government levels. It aims also to provide a forum for positive like-minded people.

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

Further information may be obtained from Ron de Gruchy on 9447 1313 or Margaret Harris on 9381 5303.

The Arthritis Foundation speaks to retirees

CREAKY joints? Painful knees? Starting to stoop? Deterioration of our joints and bones are common complaints as we age and may lead to increased risk of fractures and the need for joint replacement.

Join the Perth branch of the Association of Independent Retirees (AIR) on Friday May 20 when Paul Forrestal from The Arthritis Foundation will talk about arthritis and osteoporosis.

A special morning tea for The Cancer Council will

also be provided - donations welcome.

On Friday June 17 the group will welcome the WA Senior Australian of the Year, Jan Standen, president of Grandparents Rearing Grandchildren.

The aim of the association is to protect and advance the interests of retirees who wholly or partly fund their own retirement. They meet on the third Friday of each month from 10am to noon at the Cambridge Bowling Club,

Chandler Avenue West, Floreat.

Besides the meeting and morning tea they have a guest speaker, and over the year embrace many interesting topics related to finance, travel, health, community and special interests of members. Visitors are welcome but please bring your own coffee mug, and correct money (\$2 - members, \$5 - visitors).

Everybody must submit proof of vaccination. Enquiries to Graeme (gralin@

inet.net.au) or Margaret (marghw@inet.net.au).

A sub group of AIR Investors will meet on Wednesday, May 18 at 1.30pm, at the same venue.

A panel discussion entitled *Women Invest Too*, will include Tracie Clark (Perth Angels, Venturex HQ), Kristie Young (Chem X Lithium Aust), Tessa Kutschner (Blackstone Minerals) and Jozina Hubberling (Stockhead Investing Newsletter).

Enquiries to John (john.wellis@gmail.com).

COMMUNITY NOTEBOOK

NUHRA COMMUNITY VISITORS SCHEME

Volunteers are needed. Would you like to make a difference in the life of an isolated and lonely resident living in an aged care facility. To provide friendship and companionship by visiting at least once a fortnight.

Contact Sonya on 0414 942 426 or 9328 6272 or email nuhracvs@westnet.com.au

WESTERN AUSTRALIAN FLORAL ART SOCIETY

Nurture and promote a community atmosphere- centred around a shared love of floral design where

all are valued, respected and welcomed.

Meets second Saturday at 1pm of each month except January. Osborne Community Hub, 11 Royal Street, Tuart Hill email secretary@wafloart.org.au

HEALTH AND HEALING EXPO

Sunday May 29
10am-4pm
free entry
Supports and showcases the fantastic small business community of Perth and all things energy. Join us as we celebrate the holistic way of being.
Venue Joondalup Resort.

PERTH HILLS ARTISAN MARKETS

Indoors Mundaring Arena
May 22, 9.30am-3pm
Showcases WAs finest woodworkers, potters, jewellers and gourmets plus music all day long and lots of crafty things.



SOUTH PERTH WALKING GROUP

Group meets at 8am sharp every Wednesday and walks to the Narrows Bridge / the Causeway followed for coffee at Boatshed. Meet us on the Narrows Bridge side of the Boatshed on the South Perth foreshore bottom of Coode Street. Call Angela Carr 0427 510 429 or 9450 6579

LAKE GRACE STAR GAZING

Friday May 20, 6pm-8.30pm
Jam Patch "Free Camp" grounds, North Lake Grace / Kalgarin Road Lake Grace
BYO chairs, rugs, picnics, drinks torches, warm clothes, fly nets and insect repellent.

Free community event. please RSVP to the Lake Grace Visitors Centre Phone 9865 2140 for more information 0487 187 603. begin@stargazersclubwa.com.au

CITY OF SUBIACO POSITIVE AGEING PROGRAM IN CONJUNCTION WITH THE SALVATION ARMY

Are offering line dance lessons for absolute beginners with instructor Geoff Tuke every Friday 10-11am at The Third Place, 325 Barker Rd Subiaco.
Cost \$6 per session. A fun easy-going session with no tests.
Contact Geoff Tuke on 0419 790 799 or Major Lyn Jones on 0448 990 625

Pensioners without penalties

Hundreds of thousands of pensioners would come back into the workforce part-time if it did not affect their pension.

Australian pensioners can only earn \$90 per week before they start losing 50c in the dollar from their pension. Our pensioners are shackled to non-productivity.

Australia has a lower workforce participation rate than most countries and with Aussies remaining fitter for longer there is no reason we should not be able to work on and retain our pension, if we wish.

Josh Frydenberg, the Liberal Treasurer, promised 1 million new jobs through government funded programmes and brought the jobless rate down to 4.2% (and national debt to over \$1 trillion). This has created a scramble for private sector staff, previously available but now in government funded jobs.

Bringing in thousands of foreign workers to do the jobs that a lot of Australians can't or won't do will put huge pressure on housing and infrastructure.

It makes much better sense to allow older Australians who want to work part-time be allowed to do so without being penalised.

What our party stands for...

- 1 The Western Australia Party is a WA based party with no affiliations to any other party or lobby group.
- 2 To promote the interests of WA in Canberra with no fear or favour.
- 3 We believe in a strong economy, social justice and state based businesses.
- 4 We recognise climate change and achieving net zero by 2050. We want faster action on the development of alternative, renewable energy. We also support industries involved in carbon neutral energy production and carbon offsets.
- 5 Stopping the \$21 billion annual theft by the Eastern States from WA coffers. Every year, every West Australian contributes \$8,000 to the Eastern States.

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— for —
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Authorised by P Kane.
19/4 Ventnor Ave, West Perth.



Let's Go Motoring - Driving around town in a VW Golf is pleasant and perplexing



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

IT is with a heavy heart that I write that the VW GTI I've been driving for a couple of weeks leaves me to go to a new home. I feel gloomy and un-

characteristically quiet. Well, it's either that, or that I'm unwisely watching Paul Murray on Sky News Australia while writing, discharging nonsense about our great WA state. Jealousy is a curse, Paul.

The past two weeks with a Golf GTI have been both pleasant and perplexing. Presumably because I'm acutely aware of the previous awful and well documented corporate behaviour of the Volkswagen group.

I'd be less than honest if I said I'd not been bothered by that.

Volkswagen makes some extremely pleasing cars. From the stunning Bentley to a Skoda. From Audi to Volkswagen. Some aspirational, some unimaginative.

The VW Group remains one of the more prolific car brands. Who would not want a Porsche 911 Carrera 4 Cabriolet sitting in the driveway?

This is the second time with the latest Golf, with VW accommodating another couple of weeks to truly experience the evolution of this much-admired Golf GTI.

It does not take

that long.

The Golf GTI has, for a long time, been known as the original hot hatch. But recently well challenged by the brilliant Hyundai N class vehicles.

Having said that, the latest Golf GTI is a truly fun drive. Whether around Perth suburbs, along the Mitchell Freeway, or an autumn Sunday coastal drive.

It's quick, technically intelligent and mostly attractive. The one I tested, was deceptively funky, with a stance verging on being a little sensory.



But with a new price that moves it close to \$55,000 plus, it makes Hyundai N models look fantastic value.

The kit is extensive with cool looking alloy wheels, front LED fog

lights, power adjustable exterior mirrors. The front sports seats are very comfortable and there is a reassuring classic but familiar design.

Aluminium pedals, ambient lighting, a leather-bound flat bottom steering wheel, all add to the excitement and class of the Golf GTI.

There is a comfortable driving position surrounded by deluxe technology. The infotainment and instrumentation system is stunning. It incorporates a 10-inch screen, which includes

sat-nav and an impressive audio system. With Apple CarPlay/Android Auto, Bluetooth, phone charging space and a stack of intuitive controls. And all of the above, with a heightened sense of understatement.

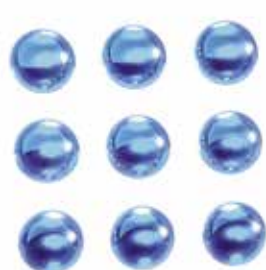
But above all it's fun to drive.

Sure, I'll miss the Golf GTI, but it leaves driveway space for a Porsche.

Ed's note: We hired a Golf in Canberra and drove to southern New South Wales. Extremely fuel efficient and comfortable.



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



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WEEKNIGHTS 7.00PM



OUR STATE ON A PLATE

Featuring world-renowned chefs and food specialists, Our State On A Plate will take viewers on a fabulous foodie adventure through WA's best food producing regions, showcasing the best of the Golden West.

SUNDAYS 5.30PM



CELEBRITY APPRENTICE

The highly respected British billionaire and business magnate, Lord Alan Sugar, returns to serve as CEO for the Aussie celebrity candidates vying to become the next Celebrity Apprentice.

COMING SOON



60 MINUTES

Join Perth's Liam Bartlett and a team of top reporters for Australia's leading current affairs program, with a proven record of excellence over four decades.

SUNDAY NIGHTS



MATT WRIGHT'S WILD TERRITORY

The Outback Wrangler is back in a new series of Matt Wright's Wild Territory, an action-packed adventure through one of the most beautiful and dangerous places on earth: the Northern Territory.

TUESDAYS 9.00PM



TRAVEL GUIDES

Your favourite travel critics will have you dreaming of that next big holiday: the Fren family, twin cowgirls Stack and Mel, retirees Kevin and Janetta, best mates Kev, Dorian & Teng, and couple Matt & Brett. They've even explored WA!

WEDNESDAYS 7.30PM

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Good friends write a hidden story from the Stolen Generation



Jennifer Durrant and Cheryl Rogers

by Josephine Allison

THE beautiful young Asian woman in a green dress smiles enigmatically from the framed photo, a treasured possession of her daughter Jennifer Durrant. Behind the smile of Marjorie King lies an intriguing story that would take Jennifer and her journalist friend Cheryl Rogers on a long journey of discovery they have now turned into a book, *Finding Marjorie King, a daughter's journey to discover her*

mother's identity.

"I thought my mother, Marjorie, was such an amazing story," Jennifer tells *Have a Go News* after her almost lifelong search to discover her mother's past uncovered links to the Kimberley Region and the Stolen Generation.

"I read quite a bit myself and had never read a story like hers. I know people have been taken and even in America people have discovered they are of colour. My mother never said a word to me and she died

in 2007 without sharing that knowledge."

"When I found out in 2018 it took me two years to come to terms with everything. I had been searching for information about my mother's early life for such a long time, then within a month I was flooded with so much information and I had to cope with all that."

Jennifer and family friend Cheryl joined forces and, before Jennifer retired from her Perth job in finance banking, the pair had completed two drafts of the book. They were on their way.

"Sixty years ago in the beautiful Swan Valley, a little girl called Jennifer used to look at a portrait and wonder. The photo was of her mother, a softly spoken, gentle woman who never spoke about her past," the book prologue says.

"Where is Mum's family? Who are they? Why are they never talked about? Why are there no photographs of Mum until she met Dad? Where are the photographs

of Mum as a child? These were among the myriad questions swimming through Jennifer's mind. She needed answers. Marjorie's family was Jennifer's family too.

"Along the way, Jennifer's friend Cheryl found herself pulled into the mystery. Cheryl was an experienced researcher and writer with a special interest in genealogy. She estimated that cracking the Marjorie King case would take, maybe, six months. False leads and even misinformation conspired to spin that deadline way out of control."

The friends' long journey to uncover the truth boiled down to the fact that, as Cheryl Rogers says, "Marjorie was part Chinese, part Aboriginal and born in 1924. She had through an accident of time and place landed in the middle of a perfect storm. From the moment she found herself at Derby Native Hospital, there would be no going back. However, around the age of 21, Marjorie was given a choice to live as a

white girl. And she ran with it.

"The Marjorie York I knew was devoted to her children and grandchildren, loved her home, was a loyal and funny friend and a fierce Swan Districts Football Club supporter. Maybe she considered herself lucky to have found someone (Henry York) who every summer would take one month off work and take her and the children fishing every second day.

"But she should have been encouraged to share her new life with her birth family too. The laws of the day did not allow her to."

"Mum loved fishing and her birth family still talk about it when I go back to One Arm Point," Jennifer says. She was able to return her mother's ashes to her birth country and visits the Kimberley annually to connect and learn more of her family and cultural heritage.

"Mum had a big scar from a shark bite on her knee, she gave us the impression she got it in Car-

narvon but she didn't tell us her age and the truth of where she got the shark bite."

Why did Marjorie conceal so much?

"She may have been fearful," says Jennifer. "The Chinese faced stigmatism and it was just after World War II. If you were Indigenous you needed a permit to enter the Perth area and that didn't change until 1954.

"My mother had all the genetic makeup from her Chinese father and so she played on that a bit. I'm very happy I have found out about my mother's true story and it is now a book. It answers so many questions. I'm catching up with my heritage and can pass it on to Mum's descendants

and the wider community."

Finding Marjorie King - a daughter's journey to discover her mother's identity (Big Sky Publishing, distributed by Simon and Schuster Australia) is available from good bookstores, online, and on Kindle. RRP \$29.99



Caravan dweller Bob Mills © Nic Duncan

Lives well lived...

by Serena Kirby continued from front cover

"We take so many photos with our phones nowadays that they just get lost amongst the digital clutter. Even if you transfer them onto your computer, you rarely look at them and it can be hard to find them when and if you need to. I always recommend physically printing images of special people and using good quality archival paper."

So, rather than waiting to be asked to be in your offspring's family portrait, why not be proactive and organise your own multi-generational photo shoot with a professional photographer. Nic travels all over Western Australia and you never know when she'll next be in your region or town.

You can see more of Nic's inspiring work at www.nicduncan.com.



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As it happened... Beyond the stories - an interview with the Queen's dressmaker



by Lee Tate

FORTY-THREE years ago, the public was given rare insight into the inner workings of dressing the Queen.

For 30 years, with another decade to go, fashion legend Hardy Amies

was on-call by Buckingham Palace to oversee what Her Majesty would wear next.

He explained it to me, while visiting Australia, in a rare interview in 1979.

"My phone would ring (at his fashion house) and it will be Her Majesty's

dresser, Mrs McDonald, and she will say: 'You will have read, Mr Amies, that the Queen is going to Denmark. Will you ring me when you are ready?'"

Mr Amies (10 years ahead of his knighthood) explained: "I see the Queen mostly when it is to do with a royal tour. There are sometimes three or four times a year and each trip entails three or four visits. I see her perhaps 12 times a year."

Driven to the palace with his staff of four, "we would drive through the palace gates. They know me and probably know the car, too."

"In the palace, there are sitting and waiting rooms set aside for visiting tradesmen because that, after all, is

what I am."

The Queen would stand for hours at a time for fittings.

"I said to the Queen in one session at 5pm: 'Ma'am, you've been standing since half past two and there are two more things to do. Would you like a rest?'"

"She said: 'No, my grandmother warned us we would have to stand a lot.'"

Mr Amies said that while fashion kept changing, the Queen stuck to her style which is that of an international lady rather than a fashion lady.

"What she considers lady-like and regal dress has not always been top fashion. Now it is more fashionable to be lady-like. I certainly would not

want to change her."

Mr Amies said the whole arrangement was professional and routine.

"There is no time for social chit-chat, but the Queen has a marvellous sense of humour."

Mr Amies told me he enjoyed his unique, privileged life.

"I live pretty well, Concorde flights, limousines and hotel suites and I can go to the opera, the theatre or a concert any time I want. It allows me to buy flowers for my home or the garden."

"Working like this keeps me young and alive."

Sir Edwin Hardy Amies continued as the Queen's official dressmaker for another 11 years after our interview, quitting for younger dressmakers.

More...

His international achievements include lowering the waistline of women's suits, placing it at the top of the hip instead of at the natural waistline, considered a more feminine look.

Hardy Amies made fashion history in 1961, staging the first men's ready-to-wear catwalk shows, at London's Savoy Hotel. It was also the first time that music had been played at a catwalk and that the designer accompanied models on the catwalk.

Amies and his partner for 43 years, Ken Fleetwood, a design director at Hardy Amies Ltd, were together until Fleetwood's death in 1996. Amies died at home in 2003, aged 93.



by Mike Goodall

AFTER a long struggle we finally achieved the first milestone of 10,000 signatures for the petition. There now should be a response from the Government and if we could have reached the figure of 100,000 the petition would have been

Expats urged to sign petition to abolish pension freezes

considered for debate in the UK Parliament.

So please keep telling your friends to sign. With more than 504,000 expat pensioners in Australia the 100,000 target should be achievable. The fact that we have struggled to achieve 10,000 signatures within the time makes me think that many have just given up the fight for our rightful pensions.

Thank you to those of you who have signed. If you have not yet done so the original link to the petition it is: petition.parliament.uk/petitions/601821

ment.uk/petitions/601821

Many of you who are working with consultants to enhance your UK State Pension will find that the Future Pension Centre will only respond to yourself.

However, in our experience most people are reluctant to call the Department of Works and Pensions (DWP) and to wait over half an hour hanging on the telephone to the UK in the case of queries.

DWP will only answer questions based on the information in their files and

are not able take account of any information that has been supplied by the Her Majesty's Revenue and Customs (HMRC) about making additional contributions, except to say which years you can pay.

We have dealt with this department over many years and the mistakes that we see are legion. However, many people are not able to judge whether the information they are being given is correct or even how to interpret the information given.

The Future Pension

Centre have also stopped issuing information about the companies that a person has been making pension payments to that were contracted out of the UK Governments State Second Pension Scheme. This information has been used over the decades to trace other pensions that people had paid into and had forgotten about. (Over £20 billion is sitting unclaimed in investment schemes).

People living in Australia are now unable to set up a UK Government Gateway account which gives them

access to State Pension information, unless they own property in the UK or have a UK credit facility.

This is yet another discrimination aimed at expats in Australia. They claim that it is for security reasons!

Am I UK State Pension Age?

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

66th birthday.

The age at which those born after April 6 1960 can claim will increase by one month for every additional month since birth until March 6 1961 when it will become their 67th birthday. This is now subject to a UK Government review due 1n May 2023.

Anyone who would like to understand their options regarding their UK State Pensions, is welcome to contact Mike Goodall on 08 6364 0859, 0403 909 865 or via e-mail mikecgoodall@btconnect.com

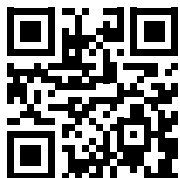
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When remedial massage is not enough - fast forward your recovery



by Robert Vander Kraats,
Sport Physiotherapist

SOME people do not get the results they want after just having a remedial massage. Often they

get relief for a few days and then the pain or dysfunction returns. A physiotherapist has the training to find why the pain or dysfunction is happening in the first place - treating the cause and not the symptoms.

The Australian Physiotherapy Association says physiotherapists help improve quality of life, help you recover from an injury, reduce pain and stiffness, increase mobility and prevent further injury.

Physiotherapists conduct a compre-

hensive assessment, based on research and reach a diagnosis. They will then carry out individualised treatment, based on their assessment.

A physiotherapist is known as a 'first contact practitioner', meaning that a referral is not required from another health professional. Because of this a physiotherapist can refer the patient for X-ray or other imaging.

A physiotherapist can also prescribe corrective and strengthening exercises that

can be carried out in your home or work place (called a home exercise program) or in a pool or gym if these are available.

Physiotherapists can treat more than just neck pain, back pain and sporting injuries. They can treat: arthritis, vertigo, headaches, pain, aches associated with pregnancy, jaw dysfunction, childhood presentations, urinary incontinence, neurological and cardiovascular conditions (including stroke, Parkinson's disease, ce-

rebral palsy, multiple sclerosis heart disease rehabilitation) and respiratory conditions such as asthma, cystic fibrosis and obstructive pulmonary disease. The need for surgery may sometimes be avoided through education, exercise prescription and modification of activities.

Knee and hip replacement surgery are very common, and will increase in incidence with the ageing population. A physiotherapist is the best person

to aid rehabilitation after these surgeries.

A physiotherapist can assist in the prevention and management of obesity, increasing and maintaining bone density, improve posture and achieve better balance leading to falls prevention, through individualised exercise programs.

For a comprehensive assessment and diagnosis, phone 9203 7771 or visit www.ngp.net.au to make an appointment with Robert and Jeff today.

Some tips for choosing the home care provider



HOME Care Providers vary greatly, from the services they provide, to how and when they provide them and their charges to do this, so it's important to take your time looking for the Home Care Provider that's right for you.

But where to start?

Consider what is important to you and what you will expect from your Care Provider, eg to be involved in the development of your care plan, to be able to call your care provider when you need to discuss your care, to choose your own support team, to choose the day and time they will come to you, to have low cost fees to maximise the hours of care available to you, to receive regular financial statements showing what your funds have been spent on and the balance of your unspent funds.

Keep these in mind when you start looking.

Asking friends and family if they have experience of Home Care is a good way to begin and will help you start your shortlist of Providers of Interest. Care Providers advertise in *Have a Go News* and you can ask your GP or other health professionals if they can suggest anyone.

Check out the website www.myagedcare.gov.au or ask someone to do it with you.

Under "Find a Provider" there is a list of Care Providers, their fees and what to look for when choosing. Then make the call and ask just for information brochures.

When you receive a letter saying that funding has been assigned to you, it's available immediately so that's the time to invite three or four of your preferred providers to your home for the final selection. After you have talked

with them and asked all your questions it's OK to say you would like to think about what has been discussed and you will contact them. You should not feel pressured into signing anything on the spot.

If you feel you aren't getting clear answers to your questions or feel a little uneasy, consider another provider. It's unlikely to get any better after you sign the contract.

Choosing the provider that's right for you is as important as getting a home care package so it's well worth doing a little research. If you would like more information, please call Annie at CPE Group on 1300 665 082.

Would you like a second COVID-19 booster? Join the PICOBOO Study!

We are investigating the body's immune response to COVID-19 vaccines to help shape Australia's booster program.

If you are aged **50 or over** and have had three COVID-19 vaccinations, our researchers would love to hear from you.

Email Vax4COVID@telethonkids.org.au or call 0400 450 240 for more information.



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PICOBOO! Volunteers are needed for Covid vaccine booster study



Professor Peter Richmond

by Frank Smith

MOST vaccines wane in effectiveness over time, especially in older people. Therefore, many

seniors are being urged to get a third or even a fourth Covid vaccine to boost their immunity.

Professor Peter Richmond, head of the vaccine trials group at the Telethon Kids Institute, says we don't know the best long term strategies for booster vaccinations; whether one or more booster vaccines will be required and which combination of vaccines provide the best protection against Covid-19 including existing and future variants.

The Picoboo (Platform Trial in Covid-19 Vaccine Boosting) study aims to answer these questions.

"Australians have had access to Pfizer or Moderna mRNA vaccines, as well as the Astra Zeneca viral vector vaccine and now Novavax, so this research will provide high-quality data to determine which vaccine combinations work best in providing the strongest initial antibody re-

sponse and long-lasting immune protection," he said.

"It is currently unclear if additional Covid-19 booster vaccination will be necessary soon and, if so, whether fourth and future booster doses will be required for all Australians or only select age groups and vulnerable populations such as the elderly, pregnant women and those with other medical conditions.

"We are also seeking answers on what the future holds with Covid-19 as a regular fixture in our lives, such as if there will be a need for an annual Covid-19 vaccine like influenza and if booster vaccinations will be required before travelling overseas to places where other strains may be dominant.

"This research will play a vital role in answering these questions and ensuring we have the best possible Covid-19 vaccine strategy for all Australians, as

well as providing ongoing surveillance to tailor the program as additional variants of the virus emerge and new vaccines become available," said Professor Richmond.

A trial in Israel found that people who had the Pfizer-BioNTech Covid-19 booster jab are 10 times less likely to get infected, and nearly 18 times less likely to get severe infection, than those without a booster.

Professor Richmond said these data are impressive and speak to the utility of booster vaccination for protecting against severe disease (including delta variant) and hospitalisation.

"There is a need for further research to evaluate the durability of protection offered by vaccination, particularly in vulnerable groups, and the cross-protection offered against SARS-CoV-2 and its variants, including Omicron and additional variants that

might emerge in the future," he said.

The team is looking for 800 healthy volunteers who have had two or three shots of Covid vaccine.

"At this point we urgently need to capture information from the final cohort of Australians who haven't had their booster vaccine, and I would urge those in this group to take the opportunity to play a role in guiding our way forward out of this pandemic," said Professor Richmond.

"We will be aiming to understand further immune responses to an additional, third and fourth Covid-19 vaccinations."

The study will involve giving booster shots of a vaccine approved for use in Australia to the volunteers. They will then be required to undergo blood and saliva tests on up to six occasions during the study and to

complete daily surveys for seven days after the vaccine visit to see if they have had any reactions, another survey on day 28 and every three months for up to 720 days to check for any COVID-19 symptoms and whether they have been admitted to hospital or required time away from work, study or their usual activities.

For more information about PICOBOO, visit infectiousdiseases.telethonkids.org.au or call the Vaccine Trials Group at the Wesfarmers Centre of Vaccines and Infectious Diseases on 0400 450 240.

This study is being run by researchers at the Telethon Kids Institute, the Adelaide Women's and Children's Hospital, Launceston General Hospital, the University of Sydney, and the Royal Melbourne Institute of Technology. It is funded by the Medical Research Future Fund (MRFF).

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Salter Point address helps couple remain side by side



Jack and Maureen Billing at Baptistcare Gracewood Residential Care

AFTER a distinguished 44-year career in the WA Police Force, former bomb expert Jack Billing found the perfect location for retirement.

Little did he and his wife Maureen know their choice would prove so important.

Residential aged care had been the last thing on their mind when the couple moved into Baptistcare's Riverside Village, a modern retirement village with a wealth of lifestyle features on the banks of the Canning River at

Salter Point.

Enjoying life in retirement hand in hand, Mr Billing, who retired as Assistant Commissioner of Police, and Mrs Billing, a former qualified librarian, were among the village's first residents in 2008.

The couple could often be found working side by side in the on-site library, catching up with their neighbours for dinners and barbecues, and taking part in village activities.

But in 2018 Mrs Billing suffered a life-altering stroke that left her con-

finied to her bed, unable to speak and requiring specialist care.

It was then the importance of their decision to move to Riverside Village became apparent.

While Mr Billing continues to live at Riverside Village, Mrs Billing has been living next door at Baptistcare Gracewood Residential Care for the past three years.

"We never even considered the prospect of residential care when we chose Riverside Village, but it turned out to be a really good move for us," Mr Billing said.

The couple still spend their days together, with the former forensic scientist taking the short walk each morning and afternoon to Baptistcare Gracewood.

Mr Billing spends hours reading to his wife of 67 years and telling her stories of their family, including their three children, nine grandchildren and 12 great-grandchildren.

"Maureen and I have always been close, so it's good that I can eas-

ily walk to see her and spend time with her every day," Mr Billing said.

Staff at Baptistcare Gracewood say Mr Billing's visits always make his wife smile.

As well as enjoying the support and friendship of his neighbours at Riverside Village, Mr Billing continues to be involved in village life.

A former police diver, Mr Billing organises swimming and hydrotherapy sessions for fellow residents and conducts the village's ANZAC Day presentation.

He also attends meetings of the Australian and New Zealand Forensic Science Society as an Honorary Life member, and is a member of the Police Divers Association.

"Little did we know just how important our choice of retirement village was going to be," Mr Billing said.

Find out more about retirement living at Baptistcare: www.baptistcare.com.au/retirement-living/.

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Volunteering - it is good for you - and good for Australia



Unpaid childcare for a friend or neighbour is a form of volunteering

by Frank Smith

NEARLY one-third of Australians aged 15 and over participated in unpaid voluntary work in 2019. These volunteers contributed nearly 600 million hours to the community.

Volunteering Australia defines volunteering as time given willingly for the common good and without financial gain.

Lisa Begley, senior co-ordinator of volunteers for the Rise Network, says volunteering is a different landscape since covid struck

"There are fewer of the traditional older vol-

unteers and more young people in their 40s – even some in 20s, but overall numbers are down by about 13,000 from 600,000 volunteers in WA.

"It is even worse in aged care homes where volunteer numbers have fallen by 58 per cent.

"We have a desperate need for volunteer drivers to take people who can no longer drive to medical appointments and for social and family reasons.

"I could use 15 more drivers tomorrow. We need active volunteers able to drive old people and have a yarn with them during the trip. So-

cial isolation is as serious for good health as smoking.

"We need more volunteers to support more people living independently at home and in the community," she said.

An important volunteering activity is the community visitors scheme (CVS). Participants visit, on a regular basis, people who are socially isolated and lonely and have little or irregular contact with friends or relatives, and whose frailty, mobility or communication impairments prevent them from participating in social activities.

Men and women participate equally in voluntary work. Nearly 40 per cent of volunteers had been volunteering for more than 10 years, although women were more likely to have volunteered over a longer time period.

Most volunteers are in the 40 to 54 age bracket, although nearly 30 per cent of over 70s volunteer.

Volunteers worked mainly for sports and recreation (39 per cent), religious groups (23 per cent), education and training (22 per cent) and welfare/health (12 per cent). These four categories accounted for nearly three-quarters

of all volunteers efforts.

The socio-economic and cultural value of volunteering to Western Australia alone is conservatively estimated to be \$39.0 billion.

The most common reason for people's involvement with unpaid voluntary work was that they knew someone involved or were asked to volunteer.

Why do they volunteer?

When asked, more than half of both male and female volunteers over all age groups gave 'helping others' or 'helping the community' as a reason for being a volunteer. However, volunteers also identified benefits to themselves with 44 per cent reporting 'personal satisfaction' and 36 per cent 'to do something worthwhile'.

The Australian Government website www.healthdirect.gov.au says volunteering helps people share their talents, learn new skills and creates a better work-life balance. It combats stress, loneliness, social isolation and depression.

It helps you meet new people, which can help you feel more connected and valued.

A University of Sydney

study also reported that social contact is one of the key motivators for people to volunteer (opportunities for which were severely limited during the pandemic), and that people who stopped volunteering during the pandemic had greater reductions in life satisfaction than people who had never volunteered.

Other studies have

shown that volunteering improves psychological well-being, self-esteem, happiness and life satisfaction. It is also associated with lower symptoms of depression and anxiety and lower risk of suicide.

Not all volunteering is done for organisations. Many people participate in informal volunteering, which is the provision of unpaid work and support

to non-household members, excluding family members.

Examples of informal volunteering include providing transport or running errands, unpaid childcare for a friend or neighbour, and providing emotional support. About one-third of the Australian population aged 15 and over participated in informal volunteering in 2019.





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Volunteer helps 1,000 families with emergency relief

IN five years as a volunteer, 77-year-old John Faulkner (pictured left) has helped more than 1,000 local families in the City of South Perth with emergency relief, which he says is "all part of the job".

His job is a community ambassador, a voluntary role that he delivers with enthusiasm every week with Manning-based Southcare, providing food, clothing and financial support for people in immediate crisis.

For three hours every week John meets with local individuals and families, assessing their situation and de-

termining if they are eligible for further assistance.

The volume of assistance during Covid-19 was exceptionally high, seeing John work three days a week helping those in crisis.

"Sometimes it is people in domestic violence or prison situations, other times people need help to pay their bills, or families might need help at the start of the school year because their money has been spent on supplies getting their children back to school.

"I am a people person, I love listening

and chatting and getting to know people's stories and then of course helping where I can."

This attitude saw John recognised at the annual Southcare – Living the Southcare Values Awards, for his service and demonstration of the Southcare Values of Quality, Respect, Integrity, Cooperation and Empathy.

John's role as a community ambassador comes from his good standing and 50 years' working as a chartered accountant.

"I still use those skills today, I set up

the customer database using Excel so that all the volunteers can easily access customer records, which makes our job of helping people easier and quicker."

National Volunteer Week runs from May 16–22 with the theme of Better Together.

Chief executive officer Dr Nicky Howe said volunteers started Southcare in 1982 and there are 40 volunteers helping today.

If you would like to volunteer at Southcare contact 9450 6233 or email HR@southcare.org.au.

Thank You
 CITY OF PERTH VOLUNTEERS

Volunteers play an essential role across various City of Perth's services, including the Citiplace Community Centre and iCity Visitor Service.

Our team of volunteers are an invaluable asset to the City and to its visitors and locals alike.

The City of Perth wants to thank our volunteers for their time, energy and incredible commitment this year – and over the last two years during so much uncertainty.

For more information, or if you'd like to become a volunteer, contact info.city@cityofperth.wa.gov.au

Come along to Perth City Farm and volunteer



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It provides space and opportunities to build community connections and educate and enable people to live sustainably.

Become a volunteer at Perth City Farm to join a dedicated and vibrant community. It is a great way to meet people, learn new skills, learn about and practice sustainable and kinder living, and get some fresh air and exercise.

There are several volunteer programs – tend the market garden, plant and propagate in the nursery, help out with events or the Saturday Farmers markets, or assist with the Community Recycling Hub.

For more information and to get involved, please check out the volunteer positions page on the website, and fill in the online registration form: perthcityfarm.org.au/volunteers/positions/.



A big thank you to our wonderful volunteers!

Got *caring hands* and a kind heart? Give the gift of volunteering today to help protect and connect our most vulnerable.

Put your hand up and join Southcare in our Op Shop or Administration Support. *Apply now!*



9450 6233 | southcare.org.au

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8
DAYS

CAIRNS WINTER GETAWAY

TOUR HIGHLIGHTS

- ★ Lunch at Botanic Gardens Restaurant Café
- ★ Kuranda Scenic Railway
- ★ Skyrail Rainforest Cableway
- ★ Visit Jaques Australian Coffee
- ★ Admire the Curtain Fig Tree
- ★ Lunch and a cruise at Lake Barrine
- ★ Guided tour of the Daintree River including morning tea
- ★ Lunch at Daintree Teahouse Restaurant
- ★ Visit Mossman Gorge
- ★ Paronella Park tour including lunch
- ★ Cairns Dinner Cruise

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- ✓ Sightseeing and entry fees as per itinerary*

25 JULY TO 1 AUGUST 2022

\$4150* Per Person Twin Share
Single Price \$5350*



12
DAYS

CANBERRA FLORIADE

CANBERRA, WANGARATTA, MELBOURNE, BALLARAT,
THE GRAMPIANS & HAHNDORF

TOUR HIGHLIGHTS

- ★ Enjoy the Tulip Festival and morning tea at the Tulip Top Gardens
- ★ View a sheep demonstration and lunch at Gold Creek Station
- ★ Visit the annual Floriade Festival in Canberra
- ★ Visit Australian War Memorial in Canberra
- ★ Embark on a self-Guided Tour at National Portrait Gallery
- ★ Embark on a guided tour of the National Arboretum Canberra
- ★ Enjoy a guided tour at lunch at the Submarine Museum
- ★ Visit Bruno's Art and Sculpture Gardens
- ★ Visit the Yarra Valley Chocolaterie and Ice Creamery
- ★ Enjoy a wonder and lunch at Alwyn Gardens
- ★ Visit the Ballarat Fine Art Gallery
- ★ Enjoy a guided tour at The Cedars in Hahndorf
- ★ Spend time at Sovereign Hill
- ★ Experience the atmosphere on our visit to the Stawell Gift Hall of Fame
- ★ Brambuk Aboriginal Cultural Centre
- ★ Enjoy time in the well preserved town of Hahndorf

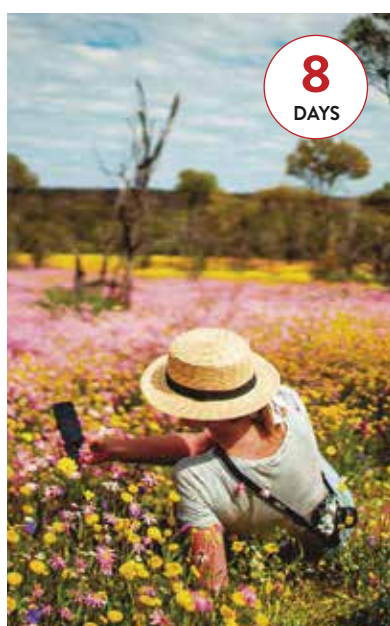
TOUR INCLUSIONS

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- ✓ 11 nights' specially selected accommodation
- ✓ Luxury coach travel with a professional driver
- ✓ Breakfast daily, 5 lunches and 9 Dinners
- ✓ Sightseeing and entry fees as per the itinerary*

7 TO 18
OCTOBER 2022

\$4990*

Per Person Twin Share
Single Price \$5980*



8
DAYS

WILDFLOWERS OF THE CORAL COAST

COACH TOUR TO EXMOUTH THEN FLY HOME

TOUR HIGHLIGHTS

- ★ Tour and lunch at the Lobster Shack
- ★ Take in a local sights tour of Geraldton
- ★ See the Wildflowers in bloom with a local guide
- ★ Experience the Dolphin Encounter in Monkey Mia
- ★ Discover marine life on the Aristocat 2 Cruise
- ★ Interact at the Space and Technology Museum
- ★ Visit the Shark Bay World Heritage Discovery Centre
- ★ Explore Ningaloo Aquarium and Discovery Centre
- ★ Enjoy a boat cruise through Yardie Creek
- ★ Swim at Turquoise Bay
- ★ Sunset Whale Watching Cruise
- ★ Morning Tea at Bullara Station

TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully escorted by a Kings Tour Manager
- ✓ Luxury Coach with a Professional Driver from Perth to Exmouth
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- ✓ 2 nights' at the Ocean Centre Hotel Geraldton
- ✓ 2 nights at the RAC Monkey Mia Resort
- ✓ 1 night at the Gateway Motel Carnarvon
- ✓ 2 nights' at the Potshot Motel in Exmouth
- ✓ Breakfast daily, 8 lunches and 7 dinners
- ✓ Sightseeing and entry fees as per the itinerary*

27 AUGUST TO 3 SEPTEMBER 2022

\$4190* Per Person Twin Share
Single Price \$5050*



4
DAYS

MIDWEST WILDFLOWERS

TOUR HIGHLIGHTS

- ★ Enjoy lunch and a tour at the Lobster Shack in Cervantes
- ★ See Wildflowers in their natural environment
- ★ Visit the HMAS Sydney II Memorial Park
- ★ Embark on a self-guided tour of the Chapman Valley Heritage Centre
- ★ Enjoy lunch at the Lavender Valley Farm and see the lavender in bloom
- ★ Visit Central Greenough Café and Historic Settlement
- ★ Lunch Coomberdale Wildflower Farm

TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ 3 nights' staying at the Ocean Centre Hotel Geraldton
- ✓ Breakfast daily, 4 Lunches & 3 Dinners
- ✓ Luxury coach with professional driver
- ✓ Sightseeing and entry fees as per itinerary*

2 TO 5 SEPTEMBER 2022

\$1990* Per Person Twin Share
Single Price \$2350*



9
DAYS

MURRAY PRINCESS

TOUR HIGHLIGHTS

- ★ Adelaide City Sights Tour
- ★ Spend time in the quaint German village of Hahndorf & enjoy lunch at the German Arms Hotel
- ★ See the historic town of Mannum
- ★ Enjoy cellar door wine tastings and lunch at Banrock Station
- ★ Visit Caudo Vineyard
- ★ Guided walk of the Morgan Township and Morgan Living History Museum
- ★ Guided tour of Ngaut Ngaut
- ★ Embark on a walking tour of Swan Reach
- ★ Enjoy a Woolshed tour in Sunnydale
- ★ Enjoy an Aussie BBQ on the banks of the Murray River
- ★ Enjoy a Captains Farewell dinner and dance
- ★ Explore the toy factory and enjoy a light lunch

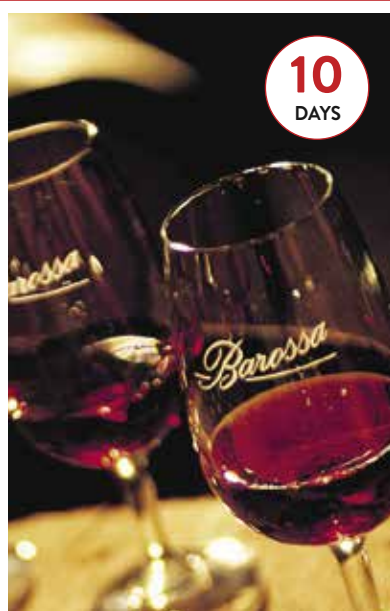
TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
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- ✓ Return Economy Airfares and taxes
- ✓ Luxury coach with professional driver
- ✓ 1 night accommodation in Adelaide at The Stamford Grand Glenelg, Adelaide
- ✓ 7 nights' onboard the Murray Princess in an Outside Twin Cabin
- ✓ Breakfast daily, 7 Lunches and 8 Dinners
- ✓ Sightseeing and entry fees as per the itinerary*

6 TO 14
OCTOBER 2022

\$4850*

Per Person Twin Share
Single Price \$6150*



10
DAYS

ICONS OF SOUTH AUSTRALIA

ADELAIDE, THE BAROSSA VALLEY, THE FLINDERS RANGES & KANGAROO ISLAND

TOUR HIGHLIGHTS

- ★ Explore Adelaide with a locally guided tour
- ★ Enjoy a guided tour of Adelaide Oval including morning tea
- ★ Visit Adelaide Zoo
- ★ Enjoy a guided tour and lunch at Bungaree Station
- ★ Enjoy a guided tour of Flinders Ranges including Morning tea and lunch at Gum Creek Station
- ★ Watch the sunset over Wilpena Pound
- ★ Visit the Jeff Morgan Art Gallery
- ★ Explore and visit the sights of the Barossa Valley
- ★ Enjoy a guided tour at The Cedars, Hahndorf
- ★ Sample honey ice-cream at Cliffords Honey Farm
- ★ Enjoy a guided tour and lunch at Emu Ridge Eucalyptus Distillery

- ★ Watch a Fang-Tastic Reptile and Birds of Prey Show at Raptor Domain
- ★ Enjoy a guided beach walk with National Park Ranger at Seal Bay

TOUR INCLUSIONS

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- ✓ Sightseeing and entry fees as per the itinerary*

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Single Price \$6190*



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travel options for the mature west australian



L-R; Ron Reddingius, Tahlia Merigan and Jen Merigan in beautiful Ulladula - Parliament House



AFTER more than two years my partner and I finally left the state for a whirlwind four-day break to attend a wedding in southern New South Wales.

I must say I was feeling slightly nervous about the trip as it has been so long since we travelled outside of WA. I am happy to report it all went well.

We caught a flight from Perth to Adelaide and then onto to Canberra so we arrived just after lunch-time. This allowed us plenty of time to pick up the

car and then drive up the coast. We also stopped to pick up my daughter Tahlia from naval college at HMAS Cresswell and we arrived into Ulladula

about 6.30pm where we were based for three days. It really is a beautiful part of the world with a superb coastline with many bays and inlets. The interior is very undulating and everywhere we went we were charmed by the scenery.

The family wedding, which had been cancelled three times due to Covid, was a meaningful ceremony and it was wonderful to catch up with many old friends. I was so pleased that everything went smoothly and on the way home we managed a drive around Canberra and saw Parliament House. The four-day adventure was well worth it, and it really made me realise that not seeing friends and family for so long is not good for any of us.

★★★★

In our pages this month Tim Dawe makes a visit to Canberra with his grandchildren, Serena Kirby interviews Wayne Winchester about his surfboard exhibition, Frank Smith makes a visit to Dunsborough, Mike Roennfeldt fishes in the Cocos Islands and we have some tips from the WA Health about travelling in relation to Covid.

★★★★

An update on Covid rules... finally people are no longer required to complete a G2G pass to enter WA from interstate. Masks must still be worn in airports and on flights. I did complete a RAT test before I returned to the office just to make sure I was Covid free but that was a personal choice and not mandated.

★★★★

For those who would like to experience the world's best day tour we are offering readers the opportunity to join the next flight to Antarctica which departs on November 27. The last trip left in January and we had such wonderful feedback from our travellers and who were impressed with the details and effort we took to ensure their trip was seamless. See page 34 for details and come aboard this amazing trip.

★★★★

Please support the advertisers, they provide the means for us to bring you this newspaper for free each and every month.

Readers are always welcome to contact me. Happy trails

Jennifer Merigan

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



Stargazing in May - meteor showers and the magical Milky Way

by Donna Vanzetti

STARGAZERS will be treated to a special display when the Eta-Aquarids Meteor Shower passes by. This shower comes from Halley's Comet which orbits the sun once every 76 years and is not due to return to Earth until 2061. However, it still treats us to two meteor showers per year with the second shower be-

ing the Orionids displayed in October.

The Eta-Aquarids Meteor Shower is active from April 19 to May 28 with the peak on 6 May. With no moon to wash out the views, it will be perfect conditions. It's predicted that there will be up to 50 meteors per hour at the peak of activity. It's worth seeing this meteor shower in the week or so either side, as there can be up to 30 meteors per hour even in the off-peak times.

When to look: Best seen before sunrise.

Which direction to look: On the eastern horizon, below Jupiter and Saturn.

Another awesome sight to see in our spectacular dark night skies, is the band of the Milky Way, stretching right across the sky. From mid-autumn to mid-spring, we look towards the centre or core of our own galaxy and see a cloudy band of billions of stars that arcs from

the south east to the south west.

Many people around the world are unable to witness this breathtaking view due to light pollution, however out in country WA, we can enjoy the experience of seeing the stunning Milky Way Galaxy in all its glory.

Stargazers Club WA runs telescope classes and stargazing events: www.stargazersclubwa.com.au.

Vine to wine - farm to plate - come and savour the flavours of the southern forests

YOU may have travelled the world pre-pandemic but now it is best to travel local.

Travel with Me's Annette Porter has teamed up with

Donnelly River Cruises, Peter Casonato, to deliver world class tours of the southern forests region of Western Australia.

Launched last year,

these discovery tours open the many agritourism opportunities in our own backyard. The Southern Forests Region tours provide a unique and exclusive opportunity to enjoy a special backstage pass to the primary producers of the southern forests.

Guests meet and talk with the farmers, hear their stories, feel their passion and learn about what they are doing to improve their farming methods in order to produce outstanding quality foods, wines and more, while ensuring limited impact on the environment.

All tours include meeting local winemakers and experiencing their wine in unique ways. You will also have exclusive access to areas not normally open to the public allowing a better understanding of the region that is fast becoming known as the food bowl of Western Australia.

You'll enjoy plenty of fine dining and wine to sample along the way including some private dinners with multi-award-winning chefs who are specialists in showcasing the local food and wine at its best.

The aim is to connect, leaving you feeling a part of the community at the

end of your tour and to leave with a real understanding and appreciation of where our food comes from and how it is grown.

Annette and Peter are passionate about the area and each guest who has attended these special tours has said that they were simply outstanding, great value and delivered unique experiences which were world class.

One guest said that she had travelled all over the world but never had an experience to match this tour.

Savour the flavours of the area, seeing it go from farm to plate and vine to



wine - the next tour coming up is the Truffle and Other Hidden Gems tour which provides guests with a truffle immersion, an opportunity to meet the growers, dig up a truffle and then feast on these

tasty morsels at a private dinner.

The first two departures have already sold out, so you will need to be quick. Call Annette on 0402 310 044 to reserve your place on this unique tour.

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Kangaroo Island Adventures Featuring Flinders Chase National Park	6 DAYS	2 – 7 Sep	\$3,235pptw
Upper Murraylands Cruise - Mannum to Morgan Featuring 7-night PS Murray Princess cruise	8 DAYS	8 – 15 Sep	\$4,465pptw
South Australian Splendour Featuring Victor Harbor, Kangaroo Island and the Murray River	10 DAYS	24 Sep – 3 Oct	\$5,275pptw
Hahndorf Christmas Spirit Featuring the Christkindlmarkt - Hahndorf Christmas Markets	6 DAYS	14 – 19 Dec	\$2,865pptw
Christmas on Kangaroo Island Featuring Remarkable Rocks and Admirals Arch	6 DAYS	21 – 26 Dec	\$3,460pptw
New Year Aboard the PS Murray Princess Featuring a day in the Barossa Valley	6 DAYS	28 Dec – 2 Jan 2023	\$2,985pptw



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Stepping back on the board and giving a nod to Australia's surfing history



Wayne Winchester and his collection of surfboards and memorabilia

by Serena Kirby

WHEN Wayne Winchester started surfing in his early teens he envied older surfers who had numerous boards (known as a quiver) to choose from. But the tables have certainly turned, as Wayne, now in his mid 60s, processes what has to be the ultimate quiver.

"My love of surfing led me to start fashioning

my own boards when I was a teenager and I then started making them professionally in the mid 1970s," Wayne says. "It was an exciting time as I shaped all sorts of boards just to see how they performed. Nowadays I'm focusing on surfboard repair and restoration and of course getting in the surf whenever I can."

Back when Wayne set up his first workshop,

Liquid Dreams, in Perth, surfers were considered society's dropouts with more surfing enthusiasm than cash, so Wayne would often accept old boards as part payment for one of his custom-made Winchester boards. As the years passed, Wayne realised he had a significant collection of old boards.

"I started to gain an appreciation of these vintage boards and

could see their potential as a collection. I have more than 150 of them now as I've added to the collection through buying boards via private sale and auctions. Nearly 80 of the surfboards are now on display, starting from the 1830s with primitive planks from the Pacific Islands up to the boards from the present day and with a surfboard for every year from 1962."

Wayne's carefully curated *Evolution of the Surfboard* exhibition opened to the public just a few months ago and has seen a busy start to the year. Housed in Wayne's new Surf Gallery between Albany and Denmark, it's a masterfully curated collection of boards, photographs and memorabilia presented in a manner akin to a prestigious art gallery or museum. In fact,

Wayne took inspiration from Tasmania's MONA Museum, drawing on its attention to detail and providing more information than expected.

"I'm a qualified maritime cartographer, so my need for exacting lines and deliberate details is perhaps a bit OCD, but hey, the results speak for themselves. All the surfboards are treated like valuable paintings and hung and lit accordingly. There's a room for each decade with written explanations about the changing surfboard design and the evolving surf culture."

The nod to MONA goes past the physical as, like the iconic Tassie museum, The Surf Gallery is a private venture making it Australia's largest publicly displayed private collection of vintage surfboards.

Wayne's exhibition also works to tell a story, evoke memories and spark dialogue between intergenerational visitors. Grandparent or grommet, hippy or hipster, surf bum or surf pro, you can follow the journey of surfing while taking your own personal journey at the same time.

If you were born in the '60s or '70s a black and white photo of a Holden station wagon or panel van topped with layers of longboards may have you recalling the days before cars had seat belts. You may also be remind-

ed of nights when you'd reverse into a bay at the drive-in and drop down the tailgate to watch a movie with your 'steady'.

Or, if you're viewing the '80s collection, the vividly coloured boards will evoke memories of fluoro coloured clothes, puffed shoulder pads and power suits.

"If boards from the '80s had a hairdo it would be a darn big one," said Wayne.

Adding to the surfboard collection is a restoration workshop with a viewing window allowing visitors to see the various repair and restoration projects Wayne is currently working on.

"I do restorations for clients all over Australia. I have about a year's worth of work waiting to be done. Some boards are being restored to ride, others are destined to be displayed on walls. It's rewarding to give a banged up old board a new lease on life even if it's destined for a life out of water."

Be you a surfer, culture vulture or simply interested in stepping back through time, this exhibition is certainly worth a visit. You can even just call in for a coffee and cake in Wayne's adjoining Surf Shack.

The Surf Gallery is located at 50750 South Coast Highway, Youngs Siding. Open Wednesday to Sunday, 10am - 4pm.

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Sun 26 June	Country Pub lunch Mystery Tour
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Sun 24 July	Penguin Island

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Historic Outback Towns	26 July	12 days from \$4620 senior
Great Central Road	11 August	10 days from \$3550 senior
Mt Augustus - Walga Rock	14 August	5 days from \$1460 senior
Mid-West Wildflowers	23 August	4 days from \$1170 senior
Northern Wildflowers	29 Aug & 4 Sept	4 days from \$1170 senior
Mt Augustus - Kennedy Range at Wildflower time	4 September	7 days from \$2370 senior
Mt Augustus - Karijini	11 September	10 days from \$3450 senior

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A visit to Canberra's Arboretum with grandchildren in tow



Left to right; A paperbark tree at the bonsai collection - big bad Banksia men cubbies - giant wooden acorn pods - honouring Dorothea MacKellar's poetry
Inset; turny things and net tunnels - Margaret Whitlam Pavilion

Travel is for everyone. Even young children will be captivated, and grow, with new sights and surrounds. Tim Dawe visits a distinctive playground at Canberra's Arboretum.

gered and symbolic trees from Australia and around the world including giant redwood, dragon tree and the famous Wollemi pine. Eleven more forest plots are planned.

CANBERRA. Love it or loathe it, Australia's bush capital is different. It's ordered, comfortable, definitely monumental, and far from edgy. But even critics agree it's a wonderful place for young families. I'm visiting its arboretum with my daughter, together with her two children – two under two.

The 250-hectare National Arboretum Canberra arose from the ashes of the 2003 Christmas bushfires. With plantings from 2005 it now has 94 forests of rare, endan-



I think, as goes my mantra on Canberra: "it'll be really great in a few decades". It's a museum, a gallery and a laboratory all about trees. And it's important; as Svalbard Global Seed Vault is important.

Now back to the excited nearly two-year-old. We drive steadily up, and up, past a squiggly-shaped "ski-slope" – Central Valley Path – to Village Centre, a timber-vaulted, light-filled, stunning space with restaurant, gift shop and café.

With pram stowed and "nearly-three-months" asleep we have a baby-cino with tiny teddies and survey the landscape. It still looks like a dairy farm with squares of saplings. Wide-angle views show

glimpses of a formed lake, a tower on a black mountain and a large flag above a square, silver flagpole. And at another angle, a wide brown land sculpture honours Dorothea MacKellar's poetry.

A few baby steps away is the National Bonsai and Penjing collection. It's the perfect height for nearly-two. Further away there's a large amphitheatre and the soaring Margaret Whitlam Pavilion. Left for another visit are specialised walking tracks for both humans and horses. That's all well and good; we're here for the main event – Pod Playground.

At first sight this playground presents surreal figures from science fiction – all twisty-turny. Nearly-two is keen but

not rushed; there's time to examine an insect and doodle in sand. Mum feeds nearly-three-months.

Giant interconnected wooden acorn pods stand on metal stilts in a sand pit. Climb a ladder, walk through wood-panel passages with turning things, crawl through scary net tunnels and we're way up – four metres high. Now what? Nearly-two bravely sits on my legs as we slide down and around in darkness to shoot out of the tube onto sunny sand.

"Again?" For less thrill-seeking fun there are cubbies – big bad Banksia men – with speaking tubes and hidey-holes, and nest swings. There's also a charming bridge of



bells for the littlies. Older kids find the climbing wall.

Pod Playground is a well-planned and built wonderland of whimsy with a million dollar view; a place to explore, challenge, and yes, grow. It's safe, secure and free. And it's also popular. By midmorning the walkways are gridlocked with prams. Young mums with babies swap stories. It's

nearly time to move on. "Again, Grandpa?"

FAST FACTS:
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Would you like to join these affordable tours of the Southern Forests on these uniquely crafted tours by **Travel with Me's** Annette Porter? Call Annette now on 0402 310 044 or email enquiries@travelwithme.com.au



Health advice when preparing to travel now that borders are open

WA Health has some practical advice for anyone planning to wander out yonder this winter. With Covid-19 still in the community, anyone planning a travel adventure needs to be prepared.

“Along with toothpaste and deodorant, pack your RATs, face masks, hand sanitiser, pain relief medication, electrolytes, mosquito repellent and sunscreen,” WA chief health officer Dr Andrew Robertson, said.

“Travellers should also think about what they will do if they get Covid-19 on the road. If you need to isolate, where will you stay and how will you look after yourself?”

WA Health’s HealthyWA website has information about Covid-safe travel in WA.

Here’s a few more considerations: Save important phone numbers to your mobile phone before you leave, including:

- 13 COVID (13 26843)
- Your GP or medical clinic
- Healthdirect (1800 022 222) if you do not have a GP in WA
- Phone numbers of family, neighbours or other important support networks. If you need to return home to isolate, you may need to ask these people to check that you have arrived home safely or drop off groceries or medical supplies while

you isolate at home.

Think about what you will do if you become a close contact or test positive for Covid-19 while you are away. If you are unable to return home safely to isolate, you may need to stay where you are (in your holiday accommodation) or find alternative accommodation. You may need to cancel or reschedule flights or other travel bookings.

If you experience any Covid-19 symptoms, get tested immediately and follow the quarantine and isolation advice on HealthyWA. Do not wait until you get home to get tested and isolate.

If you or a family member are holi-

daying in regional or remote WA and experience Covid-19 symptoms, RATs offer a quick and easy way to test for Covid-19. If you’re unable to access RATs, the Covid-19 testing clinics page on the HealthyWA website lists testing options in metropolitan Perth and regional WA. You will need to isolate while you wait for your test result, and then follow the relevant testing or isolation protocol.

If you have travelled by private transport, you can return home to isolate if it is safe to do so. You must:

- be well enough to travel
- have access to private transport
- take the most direct route

without stopping

- carry proof of ID, including address
- have enough food, water, medicine, masks, hand sanitiser and fuel with you to complete the trip home without stopping
- if you need to make an urgent purchase (including fuel), it must be contactless

Heading into winter, it’s even more sensible to keep up healthy hygiene including handwashing, staying up to date with your Covid-19 boosters and getting your influenza vaccine.

You can learn more about COVID-safe travel at healthywa.gov.au/COVIDsafetravel.

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More than 20 venues are participating in the latest round of discounts on meals, tours, stays and attractions.

The Stirling Arms Hotel’s \$17 seniors’ menu is available every day, with a \$30 three-course menu for groups of 12 and more. The Thursday \$32.50

two-course set lunch continues to be popular at Sittella, while Riverside at Woodbridge and Pasta in the Valley have \$25 set meals for group bookings (minimum numbers apply). Olive Estate Tea Room offers 10 per cent off its dish of the day with salad and a glass of juice on Thursdays from 11am-1pm.

Pop out to Swan Settlers Market for weekend specials including 10 per cent off the all-day breakfast menu at Gryphon Smokehouse, 10 per cent off meals and wines at Holy Mary Cellars, 10 per cent off loose leaf teas at



L-R; Sittella - Olive Estate Tea Room

Tiny Tea Shop, \$7 hearty soup, roll and butter at Pig and Pepper in Annie’s Collective Wonderland, and \$5 ham and cheese croissant plus mini cannoli at Mr Cannolo.

The seniors’ high tea at Whiteman Park Village Cafe continues to be \$15.50 weekdays, or \$17.50 for anyone at weekends. Bookings are required.

Many deals require a Seniors Card to be presented. Check the website for full terms and conditions. www.swanvalley.com.au/seniors.

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Mike Roennfeldt returns to Cocos Islands for a fishing adventure



Getting half a fish is unusual, more often they take the lot. Cocos shark issues.

by Mike Roennfeldt

I GET to the Cocos Islands about once a year. It's an expensive exercise and sometimes frustrating with plane cancellations and the like, but I'm hooked on the place. Fly fishing in shallow water isn't everybody's cup of tea but it is mine and I wouldn't mind if bonefish were the one species I could catch for the rest of my life.

Having said all that, there is one issue that has been taking the gloss off the Cocos experience for some time now and it just seems to get worse every visit. I'm talking about black-tipped reef sharks, once an almost friendly presence on the Cocos sand flats but now becoming annoying and occasionally downright scary.

on itself in some ways. The arrival of Covid and lack of overseas options has seen more people fishing there and the sharks obviously relate people standing in the water with opportunity. Hooked fish and even freshly released fish are easier targets than those swimming around normally and reef sharks aren't backward in taking advantage. The encounter can be savagely brutal and the satisfaction of seeing a released fish swim off freely is replaced with the often unsettling reality of nature at work.

Fishing more remote spots and not spending too long in the one spot helps a bit, as does fishing in water too shallow for the bigger sharks. Regardless, the situation is evolving and not in a good way.

But on my most recent

trip things went from disappointing and annoying to downright strange. Something had come over the sharks and they were travelling about in packs of a dozen or more, doing odd things.

One pack of small sharks around 60cm long were racing around the shallows near Tranies, a popular scenic spot, in a way that was reminiscent of a bunch of teenagers running amok, terrorising everything in sight.

Another group of at

least 10 were surfing up the beach at North Point right on dark. One after another, like a conga line, they surfed up the beach and rode the backwash down the slope again, tails thrashing furiously.

The most unsettling though were in a group of a dozen or so that approached me on a flat out in the middle of the lagoon at low tide. As a couple of them came close I took the usual splashy step or two towards them and they scooted away mo-

mentarily before closing in again, this time with three or four others. It didn't feel right so I started backing off toward my fishing buddy Dan. Surely the two of us acting aggressively would deter them, but that wasn't the case. Even whacking the surface and the backs of the sharks with the fly rods had no effect so we moved into really shallow water as fast as decency would allow. Luckily, it wasn't far to move and the sharks lost interest at that point. Needless to say, we didn't return to that spot.

Now I've seen a lot of black-tipped reef sharks in my time and I doubt I'd seen one any bigger than 1.4m long, but all that changed during my previous visit to Cocos where I watched one in the shallows from the ferry jetty. This was a beauty of at least 2.1m, as thick through the body as one of Shannon

Hurn's thighs. It was accompanied by another two, each around 30cm shorter.

It didn't happen this time but the thought of meeting any of them out on the flats would add yet another unsettling element to the Cocos

sharks experience.

At various spots around the islands there are emergency aid boxes installed by the AFP (Australian Federal Police). They contain a radio and first aid kit and now I'm told, a tourniquet.

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Dunsborough - low key holiday town located on Geographe Bay



L-R; Dunsborough © Russell Ord - Frank on his mobility scooter - Wise Winery - Dunsborough's restaurants and eateries range from pub grub to fine dining

by Frank Smith

WHEN I lived in the Margaret River district 45 years ago, Dunsborough was little more than a name on the map. Margaret River had five wineries and the Busselton Golden Fleece servo was the epitome of fine dining.

Things have changed; but while Dunsborough has grown it has main-

tained its charm and remains a small and user-friendly laid-back tourist town on Geographe Bay.

Dunsborough has a lovely clean beach that is very shallow and safe for swimmers with crystal-clear water. The walking/bicycle paths stretching along the beachfront providing a peaceful ride or gentle stroll for walkers, cyclists and mobility

scooter riders.

At intervals you will find parking, picnic tables and playgrounds with outdoor fitness equipment available for those feeling the need for exercise.

Most of the accommodation options back onto the bay and provide easy access to the beach, while others offer breath-taking views.

The CBD is compact and accessible with all facilities a visitor might need including supermarkets, banks, restaurants, cafés, a tavern, art gallery, Eagle Bay micro-brewery and shops.

Options for a meal range from pub grub to fine dining with Thai, Mexican, seafood, pizza, burger, Asian and Australian options and The Pour House Bar and Kitchen combining meals with a spectacular range of beverages.

Beware you will need to limit yourself to one of the generous-sized Margaritas at Panchos Mexican restaurant if you plan to drive.

For fine dining try Wise Winery just 8km on the road to Cape Naturaliste. The views are spectacular although we found the food disappointing and suggest Wills Domain at Yallingup is a better bet.

Dunsborough, Yallingup and Cape Naturaliste are dotted with secret bays and placents to connect with the ocean, whether it is an expansive, postcard-perfect stretch of pure white sand, or a hidden bay that only those in the know venture to.

Happs winery was one of the pioneers of the local industry, noted for Happs Fuchsia rosé. Erl Happs developed a special interest in matching climate

with unusual varieties of wine grapes grown in a vineyard at Yallingup and another in the colder climate of Karridale.

A former manual arts teacher, he later returned to his first love of ceramics, establishing Commonage Pottery. The pottery supports local artists and artists in residence on site.

Commonage Pottery aims to produce objects that are both real and utilitarian using the finest materials shaped with intense skill can produce basic sensitivity.

Dunsborough is a great base for whale watching. More than 35,000 Humpback whales cruise along the Geographe Bay coastline each year from September through to December. Moreover in recent years more than 250 Blue whales were spotted in the bay too.



To get a glimpse of these mammals, book into a tour with Naturaliste Charters. Marine biologists will be on board to fill you in on the science behind these mysterious creatures.

The Wadandi people, are the traditional owners of this part of Australia. Josh Whiteland is a cultural custodian and

local Wadandi man who runs Koomal Dreaming at nearby Yallingup – sharing local knowledge on native plants and animals and offering stories and meaning about the land and the Aboriginal seasons.

There is plenty to see and do around Dunsborough, or you can just veg out and enjoy the view.

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trouble-free experience of a lifetime."

The next flight will depart on 27 November and once again Have a Go News is organising seating.

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People living with dementia are thriving on day care farms



by Frank Smith

AN immense amount of research effort is going into preventing and curing dementia, so far with little to show for millions spent. An alternative approach

is to seek ways to improve the lives of the thousands of people who are living with the condition.

Boerderij Op Aarde (Farm On Earth) is one of hundreds of Dutch care farms. For the past

10 years, it has offered meaningful day care in the Netherlands to elderly people who live at home and suffer from dementia.

It's an approach that holds many benefits for people with dementia, who are often less physically active and more isolated.

Care farms promote movement and social interaction and give participants a sense of purpose.

Ronald van de Vliet and Arjan Monteny are the farmers of Op Aarde.

They write: "Elderly people with psycho-geriatric complaints (dementia) can come to us five days a week for day care.

"The peace, space and regularity provide structure to the day. Because

the participants contribute meaningfully in and around the farm, they can continue to live independently for longer. It also provides respite for caregivers.

Participants start every weekday morning discussing the day's work. There's no shortage of tasks: goats and pigs need feeding, gardens need tending, hot lunches need to be prepared and old furniture might need to be repainted.

"We take care of the animals together and collect the eggs. The animals play an important role in the daily activities of the care participants, on which the animals have a beneficial effect.

"At noon we always

have a hot meal. We prepare the meal together with fresh vegetables from our garden."

Monteny says the workers get to choose which duties they'll take on. He says that's important, because people with dementia don't have many opportunities to make decisions in their lives.

Elizabeth Hewitt, writing in the US newsletter *Reasons to be Cheerful* reported that four days a week, 81-year-old Paula Oranje gets up and goes off to work on Op Aarde care farm near Rotterdam.

Depending on the day, she might feed the chickens, assist with chores, or help prepare hot lunches.

The farm resembles

a typical Dutch working farm in many ways, but with one key difference: Paula and most of her fellow farm workers have dementia.

Paula's son, Kees Oranje, says that before his mother started coming to Op Aarde in 2018, she was isolated, living alone in the family's farmhouse.

She seemed to bounce back after she started at the farm when she was 77. He believes part of what makes her days fulfilling is that they involve activities that inspire a range of emotional responses: frustration, joy, surprise, even anger.

"What the person needs is not only care, they need emotions, too," he says.

Tasmanian-based men-

tal health expert Liz Everard said at the moment only one care farm is operating in Australia – Careship Coorong – a social care farm in South Australia for people living with dementia or people with other social care needs.

"There are lots of opportunities for care farms in Australia, where there is all-year round activities. This might include indoor activities such as pottery during the hot summer months.

"Clear evidence is emerging from the 400 or so care farms in the Netherlands for people living with dementia that care farms are improving the social and cognitive functions of the participants," she said.

Wittenoom comes to the end of the road - closure Bill announced

THE McGowan Government has committed to the safety of Western Australians, by enacting the closure of Wittenoom townsite. This has the potential to heal people affected by Australia's worst industrial disaster, with more than 4,000 asbestos-related deaths already and more predicted.

The Wittenoom Closure Bill 2021 passed through State Parliament in late March.

The Asbestos Diseases Society of Australia (ADSA) sees this as a second step to address WA's dark history. The first step being the closure of the mine and mill in Wittenoom in 1966.

Melita Markey, CEO Asbestos Diseases Society of Australia, says while it is a positive step to prevent future exposure in the region, it doesn't resolve the pain and suffering of those affected by

asbestos diseases.

"These Western Australians no longer have a place to grieve or remember their lives in Wittenoom, a town where they thought it was safe to raise their young families."

The Society calls for an accessible and prominent memorial to these preventable deaths. It would provide:

- acknowledgement of the Wittenoom workers and their families sacrificed for WA state development
- a meaningful deterrent for those tempted to visit the region
- a reminder to corporations not to ignore the safety of the communities they operate in.

"Following the mine's closure in 1966, our social media research has shown that

nearly two generations of Australians are unaware of the contamination and potential risks to their health from visiting Wittenoom and the surrounding area.

"We need to prioritise the education of our younger generations on the dangers of the region, as we know visitors will still be attracted to the spectacular gorges and wildflowers," she said.

The Society asks how will the 46,500 hectares be policed for tourists visiting nearby Karijini without some form of deterrent? How do we ensure non-English speaking tourists understand the dangers?

"We believe the priority has to be a memorial. There are memorials for the Bali bombings in Kuta, the HMAS Sydney II in Geraldton and 9/11 in New York City, yet

more Western Australians have been lost to deadly asbestos diseases to date, than any of these, with no end in sight.

"We look forward to working with Minister Carey, continuing on from our discussions with the former Lands Minister Tony Buti, to provide the funds to develop lasting memorials to the thousands of lives lost as a result of living and working there," said Ms Markey.

Western Australia has the highest incidence per capita of malignant mesothelioma in the world. Across the country, one person dies every 12 hours from mesothelioma.

To sign the petition for permanent memorials in Perth and the Pilbara, please visit www.change.org/WittenoomMemorial.

food & WINE

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

Keeping the best wine for later - tips and tricks for storing wine...



by Frank Smith

MANY wines improve with age, to a point. But only if they are stored correctly.

Most Australians buy

wine to drink within a few days. But if you want to cellar for a few years what is the best way to do it?

According to the consumer's magazine *Choice* the optimum tem-

perature for long-term wine storage – for both red and white wine – is between 12–18°C. That is too warm for a fridge and too cold for most house pantries.

Maintaining this temperature is very difficult without a wine fridge, also important as variations in temperature can affect the subtle flavours of premium wine.

Wine fridges are also designed to maintain high humidity, essential for cork closures which would otherwise dry out, shrink and let oxygen into the bottle. Light can also degrade wine so it is best to keep your wine out of direct light, especially sunlight.

Ideal cellaring and

serving temperatures are different. Your reds when taken out of the wine fridge will need to warm up a little, and chill your whites before you pour.

Wine fridges don't come cheap so unless you are an avid collector it might be best just to buy wines as you need them. However, if you're putting expensive wines away for many years, then the extra cost of a wine fridge may end up cheaper than letting those premium wines turn to vinegar.

Finally, don't forget to drink your wine, because it will start to deteriorate, even with the best storage conditions.

Here are four Margaret River wines that are ready to drink but also worth

cellaring for a while.

Discovery Range Sauvignon Blanc Semillon 2021. This blend of 83 per cent Sauvignon Blanc and 17 per cent Semillon won top gold at the Margaret River Wine Show last year. It is a complex but youthful white. Sauvignon Blanc offers aromas of gooseberry and lychee and Semillon provides fig, white grapefruit and a mineral component. Fermentation in French oak barrels added exotic spice and textural harmonisation. The winemaker recommends cellaring for up to three years. RRP \$25.

Domaine Naturaliste Rebus Cabernet Sauvignon 2018 is a wine crafted as an icon of the

Margaret River region. It displays aromas of glazed cherries, violets and graphite, and a palate laden with flavours of red currants, cacao nib and plum skin. On first sip tannin dominates followed licorice, black berries and slate, culminating in a long lasting mineral finish. Cellar for up to 10 years. RRP \$35.

Prohibition 'Twin River' Red Blend 2020 is a blend of 40 per cent Shiraz from Frankland River, 30 per cent Tempranillo and 30 per cent Malbec from Yallingup in the Margaret River GI. Each variety was fermented separately and blended before ageing in oak at the winery. The wine is dark red in colour with

aromas of blueberries and red currants and a medium-bodied palate of sweetish oak, tannin and spices. The winemaker advises decant for a few hours before drinking. RRP \$28.

Rapunzel Rosé – Field Blend Rosé 2021 is a field blend of Chardonnay, Pinot Noir, Merlot and Nebbiolo (roughly 50 per cent Chardonnay and 50 per cent red grapes) from the Smithbrook Vineyard in Pemberton. It is apricot in colour with aromas of fresh red fruits and a texture palate leading to a sweet and spicy finish. Let your hair down with this rosé which is especially recommended with seafood. RRP \$24.99.

Busting brunch all over Perth - bravado with an early morning meatball



L-R; Meatballs and chilli and herb scrambled eggs - the lovely alfresco area - Il Cibo is a Fremantle Classic - the cabinet offers a selection of treats

by Buster the bruncher

ORDERING spicy meatballs at 10 o'clock in the morning? Buster's brunch buddy, Professor Ken, put it down to bravado.

But I reckoned Fremantle's cappuccino strip was as good a place as any to tackle this perennial favourite.

Il Cibo is a hop, step and a jump across from Fremantle train station. And parking is so close to the café's front door that a car passenger could be inside in two steps.

Il Cibo's menu promised spicy meatballs in tomato sugo with crusty bread.

The waiter (she was female but Busters detests waitperson. After all, actors and authors cover men and women) arrived with a

moderate-size plate.

Six golf ball-size meatballs were settled in a generous bath of tomato sugo. The serving size was perfect for brunch and enough for lunch with crusty bread and a side salad.

But the spice? Meatballs are too often served with pallid flavouring and only dribbles of sauce. Not here. The spice has bite – perhaps not for the kiddies – but not with a powerful punch in the mouth.

The \$24 price was perhaps two or three bucks over expectations, but chef had gone the extra distance with finesse, and nothing gristly about the meat. It was worth every cent.

Professor Ken ordered chilli and herb scrambled eggs, perhaps slightly risky at brunch time at the prospect of overbearing chilli sting!

But the blend of chilli, herbs, peppers and lashings of bacon went down favourably and gave the dish some welcome crunch (\$24).

Il Cibo offers several outdoor tables under umbrellas and trees, amid the bustle of buses, cars and delivery vans but these are popular haunts. There is tonnes of seating inside where salads and pastries are on display under glass.

In keeping with the district, Il Cibo offers outside dunnies. The building, with its high columns and wrap-around bullnose awning, adds to the character. The café is connected to Cibo Home, a shop "with an eclectic mix of fabulous homewares from across the globe".

Clothing labels are said to include Betty Basic, Humidity, Holiday and

jewellery from Liberté, Palas and Noosa. With free gift-wrapping.

Coffee is good at Il Cibo, against a high level of competition along the cappuccino strip.

The breakfast menu is mercifully concise and varied: Organic fruit and nut toast (\$7), Bircher muesli (\$15.50), fluffy buttermilk pancakes (\$18.50) and toasted Turkish bread with eggs, bacon, cheddar, tomato salsa and spinach aioli (\$18.50).

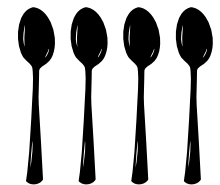
Spicy meatballs make another appearance in the \$26 big breakfast which gathers together mushrooms, eggs, bacon, sausage and spinach. This is a solid feed, suitable for the many workers wandering-in, clad in high-vis green or orange.

One tempting dish is creamy cinnamon and honey porridge with stewed

rhubarb at \$15.50. That's a solid start to the day for the serious breakfast or brunch diner.

The atmosphere here is classic Fremantle. Il Cibo fits the mood with imaginative drinks and tucker, not too way-out for the harbour city and without pretensions.

4 spoons
Il Cibo,
2 Market Street, Fremantle
Phone 9433 4900
Open daily, 6am (Sunday 6.30am) – 4pm



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BH

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The Bodhi Tree

Buster the bruncher spoon ratings

Five spoons – excellent food and service – you must go!

Four spoons – overall good food and service well worth a visit!

Three spoons – reasonably good food and service but could make some improvements.

Two spoons – food and service needs improvement.

One spoon – would not recommend.

The allure of autumn means beautiful produce to fill the soul

by Noelene Swain

WE'RE starting to feel that fresh chill in the air; the leaves are turning a deep russet colour and our thoughts turn to open wood fires and soul warming nibbles that restore and replenish.

The lovely autumn weather brings with it an abundance of beautifully-hued produce, from sienna toned pumpkins to glossy crimson apples, perfect produce for letting the stun-

ning seasonal flavours shine.

Quinces are abundant – a fantastic excuse to get your pots out and bubbling with delicious jams and preserves. Perfect with an oozing white cheese and sourdough bread. Chutneys are also a fantastic match with the roasted meats we tend to eat a lot of during the cooler months. Eggplant, red capsicum, brown onions, oranges and beetroot make fantastic additions to a more savoury relish

and are heightened by the addition of mustard seed and bay leaf, amongst other spices.

Rustic, un-fussy dishes really allow autumnal produce to shine. Chunks of roast Royal Blue potato, pumpkin and hearty mushrooms are sensational with a little wilted spinach and a mustard and olive oil dressing. Add some fresh crusty bread and you've got a healthy, moreish meal that shows off our fabulous WA produce

at its best.

A huge variety of apples and pears are ours for the picking throughout autumn and there's no limit to what we can create with these wonderfully versatile fruits. Succulently moist muffins, slices and tarts are simple to make and really highlight their fresh new-season flavour. Granny Smith apples and Bartlett and Packham pears are particularly good varieties for baking. Be sure to look out for the brand new Bra-

vo apple. It's deep burgundy colour and aromatic crispy flesh makes it an apple like no other. Bred right here in the West, it's sure to be another world beater just like the Pink Lady that our local experts released to the world over 40 years ago.

So stoke that fire, pour a glass of delicious pinot and start dreaming up what morsels you can create with wonderful autumn produce. Here are a couple of recipes to get you started...

Country fruit pie

Preparation: 25 mins; cooking: 45 mins; serves: 6



1 sheet ready rolled shortcrust pastry
4 apples, peeled, cored, thinly sliced
4 pears, peeled, cored, thinly sliced
1 teaspoon cinnamon
¼ teaspoon nutmeg
⅓ cup lemon juice
⅓ cup caster sugar
1 tablespoon butter, diced

To Serve:

Icing sugar
Fresh cream

PLACE pastry sheet into a lightly greased 20cm pie plate. Leave excess pastry intact for folding over filling. Toss apple and pear slices in lemon juice. Arrange slices in pie shell. Sprinkle with sugar and spices. Dot fruit with butter. Fold the over-hanging pastry over the fruit. Bake in a 190°C oven for 40–45 minutes or until filling is bubbly and crust is golden. Serve dusted with icing sugar and with fresh cream.

Cumin pear, carrot and lentil strudel

Preparation: 15 mins; cooking: 45 mins; serves: 4



PREHEAT oven 180°C or 160°C fan force. Cut pears into a 1cm square dice and put into bowl. Grind the cumin seeds in mortar and pestle; sprinkle over the pears and toss to coat well.

Combine carrots, tofu, lentils and orange zest. Mix well. Lay one sheet of pastry on the bench and spray lightly with oil. Top with another sheet and repeat until the pastry is all used. Spoon the carrot mixture down one side of the assembled pastry layers. Top with diced pears and sprinkle with ground black pepper; roll and pull in the ends to make a sealed package and lift onto a baking paper lined baking tray. Spray with a light coating of oil and bake until browned and crisp-around 45 minutes.

Combine the yoghurt, mint and pepper. Serve the sliced strudel hot with the yoghurt and green salad or steamed vegetables.

Recipe courtesy of Australian Pears

200g firm green pears, stem removed and cored
2 tablespoons cumin seeds, dry roasted and cooled
150g carrots, peeled and grated
150g firm tofu, diced into 1cm pieces
¾ cup precooked canned lentils, drained
1 tablespoon finely grated orange zest
6 sheets filo pastry
Spray rice bran oil
1 teaspoon ground black pepper
1 cup plain low fat yoghurt
2 tablespoons chopped fresh mint

What's fresh in the markets this month



Zucchini fritters with sauteed mushrooms and poached egg
© www.australianmushrooms.com.au

Portobello mushrooms: Also referred to as Swiss Browns, these mushrooms have a longer growing cycle which results in a meat-like texture and flavour. Buy the size appropriate for the use – button for salad, cups for stuffing, flats for frying and grilling.

A quick brush with oil is all that's needed before grilling: flavour the oil with fresh herbs, chilli or garlic if you wish. Portobellos are ideal for giving a real flavour boost to soups, roasted vegetables and stuffings. Keep refrigerated in paper bags for seven – 10 days. Wipe with damp paper towels – no need to wash or peel or they will absorb water and turn mushy when you cook them.

Pears: Savour the flavours of Autumn with fresh new season pears. Take your pick of varieties as the local season unfolds. Bartlets, Packhams and creamy buttery flavoured Beurre Bosc. With an attractive russet skin and exceptional eating qualities, they're lovely eaten crisp, finely sliced and chilled – perfect for a fruit platter or to accompany cheese.

When selecting, don't be too concerned about a 'blemish-free' pear; most markings are made by branches and leaves brushing against the

immature pears when still on the tree, however avoid those with actual cuts or bruising.

Buy pears at various stages of ripening according to when you're going to eat then and store on the bench or the fridge accordingly.

Bravo apples: Look out for this popular apple right now and you'll be rewarded with that lovely straight-from-the-orchard taste. The deep burgundy colour and aromatic crispy flesh of the Bravo makes it an apple like no other. Bred right here in the West, it's sure to be another world beater just like the Pink Lady that our local experts released to the world over 40 years ago.

The Bravo has a cream toned flesh that doesn't brown and a delicious sweet and spicy flavour – perfect for eating and cooking. Serve sliced with cheese and good bread to make a very satisfying lunch. Bravo apples also store very well; grab a bag, pop them in the fridge and have them on hand to munch all week long.

Limes: Sensational fresh WA limes are coming in from Gingin, bringing their heady scent and unmistakable zingy flavour. They add a highly perfumed, acidic kick to all manner of dishes; beautiful squeezed over trout or salmon, essential to finish off a coconut based curry or South East Asian-style broth and lovely in a creamy lime curd tart.

When selecting, look out for the blue sticker that denotes WA origin and check for brightly coloured smooth skin. Keep in mind that the Tahitian, the variety most commonly seen in Australia, doesn't have to be completely green to be ripe. Harvested green, they turn yellow as they sweeten and mature. Small areas of brown colouring on the Tahitian won't affect the flavour, but make sure they give a tiny bit when squeezed – a good indicator of juiciness.

Prepared by Fresh Finesse Food Promotions www.freshf.com.au



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food & WINE *...eat, drink and be merry...*

ADVERTISING FEATURE

Riverside knife and fork talk with the Dining Divas



by Pat Paleeya and Judith Cohen

A LUNCH alongside the Swan River on a perfect autumn day was an obvious choice this month. Rubra on the Swan is situated beside the historic WA rowing club which dates back 150 years and is still up and rowing.

Rubra's outside seating consists of wooden deck furniture; inside the bright white French style shutters give a European

feel to this light and airy eatery.

They have an all-day breakfast from 6.30am and lunch is from 11am with choices all under \$25. Kitchen closes at 2pm.

We chose from the lunch menu grilled flatbread at \$24 and chicken and chorizo salad at \$22. The grilled flatbread came with capsicum relish, beetroot slaw, aromatic herb salad with a choice of grilled Ex-

mouth marinated prawn skewers which this Diva chose from an option of grilled chicken satay or grilled zucchini.

The lunch was served on a rectangular wooden board and looked delicious. The three chunky toasted pieces of flatbread were crunchy and were handy to scoop up the beetroot slaw and capsicum relish; mouth-watering, as was the mint, parsley and basil salad.

The chicken chorizo dish was not large but quite filling with lots of red quinoa, popped cherry tomatoes, lemon dressed rocket and feta cheese. The chorizo was a little salty for this Diva but no doubt this was just personal taste and not a reflection on the quality of the food. The chicken pieces were ample and very tender and succulent.

They were short staffed the day we lunched and

apparently the chef was concerned lest diners were anxious about waiting a tad longer for their dish. Bless the chef's cot-

ton socks. The day was beautiful the dining delightful and we had a chef who really cared.

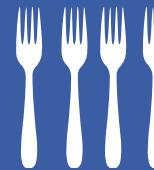
3½ Forks

Rubra on the Swan, Riverside Drive (near the WA rowing club), Perth 6555 1844

rubraontheswan.com.au

Knife and fork talk ratings

- Five forks** – excellent food and service
- Four forks** – overall good food and service
- Three forks** – reasonably good food and service but could make some improvements
- Two forks** – food and service needs improvement
- One fork** – would not recommend



WEEK DAY LUNCH SPECIALS

Information correct at going to press

BAYSWATER HOTEL

\$21.99 seniors lunch buffet
Mon-Fri 12pm-2.30pm
Railway Parade
Bayswater
9271 7111

DRIP EXPRESSO BAR

All day menu under \$20
7days 6am-3pm
3 King William Street
Bayswater
9471 8000

GREENWOOD TAVERN

\$18 seniors lunch menu
11am-4pm 7 days
349 Warwick Road
Greenwood 9246 9411

HIGH ON 55

\$15.50 noon menu from
10.30-2.30pm
Mon-Fri closed weekends and public holidays.
55 High St Fremantle
9336 2604

LOUDER LOUDER

\$18 and under lunch special
11am-3pm closed Tuesdays
47 Lake St Perth
0402 717 555

PARKERVILLE TAVERN

\$18 Old Friends lunch menu
Mon- Fri 12-2.30pm excluding public holidays
6-18 Owen Rd
Parkerville
9295 4500

RUBRA ON THE SWAN

Under \$25 all day breakfast and lunch
Breakfast from 6.30am - lunch from 11am
Kitchen closes at 2pm
Riverside Side Drive near the WA rowing club.
6555 1844



TBSP

All day menu under \$23
Tues- Fri 7am-2pm
Sat and Sun 8am-2pm
10 King William St Bayswater
6155 4933 0412 323 016

THE CARINE

\$16.50 and under seniors lunch special
Mon-Sun 11.30am -3pm
493 Beach Rd. Duncraig
9447 7400

Enjoy this month's recipe from Mondos Butchers - Calabrian lamb pasta sauce



recipe created by Vince Garreffa

THIS sauce is cooked long and slow. If you can't handle the chilli in

the Calabrian N'duja (it is a very hot and spicy chilli sausage pâté available from Mondo Butchers) replace with mild fine diced cacciatore sausage.

Ingredients for four people
500g finely diced lamb
2 tablespoon N'duja (chilli sausage pâté)
1 cup finely diced celery
1 cup finely diced onion
1 cup finely diced carrot
400g can of chopped/diced tomatoes
Bunch of fresh bou-

quet garni (rosemary, thyme, sage)
100ml Shiraz
500g pack of orecchiette pasta
Extra Virgin Olive Oil
Salt and pepper

Method
Fry the diced vegetables in 100ml olive oil until coloured, then put into a bowl to keep warm. In the same pan fry the N'duja pâté for one minute then add the lamb mince and cook on high heat with a dash of salt

and pepper. Stir, scrape and cook until mince is cooked through, then add: tomatoes, bouquet garni, wine and vegetables. Stir and cook on low flame with lid on for at least three hours, making sure not to let it stick to the pan.

If the lamb is not really tender add 100ml of any stock or water and cook with lid off, stirring often, until tender to your liking. Make sure that this doesn't dry

out – add more liquid if needed.

Cook the orecchiette in salted boiling water to 'al dente' then strain and mix with lamb sauce. This can be served with any grated cheese.

Buon appetito!
Mondos Butchers is located at 824 Beaufort Street, Inglewood. They are open Tuesday to Friday 9am – 5.30pm Saturday 8am to 2pm. Phone 9371 6350 or visit www.mondo.net.au

9 NEWS WA FIRST

WA FIRST 5.00

SEE THE FULL STORY 6.00

GREAT HOME and GARDENING



Tips and advice on how to serve up a spring bulb spectacular in your garden



by Colin Barlow

THE last month of winter is ideal for planting up some spring flowering bulbs. I like to select choice bulbs from local nurseries or from online and mail order suppliers in autumn and then create some multi-coloured planting combinations in pots and the garden.

What bulbs should you choose, which ones will grow best in WA, and how should you look after them? Also how deep they should be planted, how far apart, plus which way up do they go and so on? This is a quick guide to growing a spectacular display of bulbs here in WA to rival 'Floriade' or 'Keukenhof' in the Netherlands.

The best spring bulbs for Perth

Proven performers that will give your garden star power in late winter and spring are:

Anemone (windflowers): Anemone coronaria 'De Caen' has single delicate flowers in red, pink, white, blue and mauve. A. coronaria 'St Brigid' bear semi-double flowers in similar colours. Most grow between 30 - 35cm tall and are ideal for cut flowers and mass planting in pots or in the ground. They can be left undisturbed to flower next year in full sun or partial shade. Soak the bulbs overnight in warm water before planting 5cm deep with the pointy end down.



Hyacinthoides (Bluebells): The Spanish bluebell Hyacinthoides hispanica grows to a height of 40cm. A perfect bulb for massing in dappled shade under deciduous trees or for edging. It is available in blue, mauve or pink shades and can be left to naturalise. Plant them 5-10cm deep soon after purchase as the bulbs can easily dry out.

Hyacinth: Hyacinthus orientalis is one of the most fragrant spring flowering bulbs that can be grown both indoors and outside. Most grow to around 25cm with gorgeous racemes in shades of blue, pink, red, orange, purple, white and yellow. Garden grown bulbs will last two to three years before they need replacing.

Pot grown bulbs should be discarded after flowering. Planting depth 15cm or the surface if you are forcing them. Be careful handling the bulbs as they may cause skin irritation. Pre-chill in the vegetable crisper of the fridge for six weeks before planting.



Iris (Dutch/Spanish Iris): Iris xiphium is one of the best low maintenance bulbs for planting in garden beds and pots. Many cultivars are available in shades of blue, purple, white, yellow and russet tones. They grow between 45-90cm tall. They can be left undisturbed, but I find lifting and splitting them in February every 2/3 years will give you lots more to

spread around the garden. Plant them pointy end up around 10-15cm deep and 15cm apart to allow them to spread without overcrowding.



Narcissus (daffodils and jonquils): These are one of the best loved of all the bulbs. There are 13 different descriptive divisions of standards and 13 of miniatures. This allows you to select plants for massing or miniatures for growing in small pots. Jonquils and Tazetta daffodils are the first to flower and perfect for WA. Proven cultivars include 'Elicheer', 'Grand Monarch', 'Pipit', 'Paper White', 'Geranium' and 'Grand Soleil d'Or'. The best all yellow flowering

variety is 'Marieke', followed by 'Magnifique', 'Gigantic Star' and 'Brighton'. These all perform much better than the varieties sold under 'King Alfred' label. Plant them pointy end up and cover them up to twice the height of the bulb. This can be up to 15cm for larger bulbs or at little as 5cm for smaller bulbs. Lifting is not required unless the clumps are overcrowded.

Ranunculus (Buttercup): Ranunculus asiaticus has masses of semi-double and double ruffled blooms from late spring in white or colourful shades of red, pink, orange and yellow. They are ideal to grow for cut flowers as the blooms are long-lasting in water. Pre-soak the bulbs overnight in warm water to encourage quick growth. Then plant them 3-5cm deep with the claws facing down. Lifting is not required.

Tulip: Tulips are unrivalled in the bulb world

with their range of colours from bright flamboyant to subtle pastel tones. There are 15 different descriptive divisions of tulips, ranging in height from 10-75cm. Within these divisions are many thousands of hybrids in numerous shapes, sizes and colours.



In Western Australia the single late group of tulips perform the best. Some well-known cultivars include the near black 'Queen of the Night' and the white 'Maureen'. Double tulips provide a peony-like effect, and some have multiple flowers per stem. They are long lasting and make a great addition to pots. Try 'Angeli-que' and 'Queensland' in pink shades or 'Vedi Na-

poli' for a touch of yellow. Triumph Tulips have large single rounded flowers; two good cultivars are 'Barcelona' and 'Saigon'. For something a little different try the fringed tulips with petals like icicles or the multi-coloured viridiflora or parrot tulips. Plant tulips like daffodils up to twice the height of the bulbs.

Other species of tulips are much smaller and are suitable for leaving in the ground, naturalising or growing pots in WA. Commonly grown ones are Tulipa clusiana, saxatilis and linifolia. Allow these elegant tulips to dry out completely during the warm summer months as they would do naturally. After the winter rains they will pop up again next spring.

Some other easy care bulbs suited to naturalising in WA include Babiana, Brodiaea, Freesias, Grape Hyacinths, Ixia, Leucojum, Muscari, Sparaxis, Tritelia and Tritonia.

All ready to go

Bulbs are a ready-made

flower waiting to burst and brighten up your garden. Usually the flower is formed the year before and is already present in the bulb. All it needs from you is a bit of water, soil and fertiliser and away it goes. Some bulbs require a chilling period of four to six weeks below 5°C to initiate and improve flowering, particularly tulips, hyacinths and crocuses.

Many bulbs are extremely waterwise as they grow during the cooler, wetter winter and spring months and then die down during summer, then they pop up again next spring. All they need is some slow release fertiliser like Osmocote in autumn and liquid feeding with a high potash liquid feed such as Yates or Manutec Liquid Potash and Powerfeed for Flowers and Fruit just as they come into flower and for around four weeks after. Many bulbs can be allowed to dry off from mid-November onwards and lifted and stored during late summer.

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Why do people volunteer? Opportunities abound at Whiteman Park



THERE are many health and wellbeing benefits that can be gained through volunteering. Through giv-

ing back to the community or supporting something you are passionate about, volunteering can help add purpose to your life while increasing your self-esteem – and often-times, how active you are.

Volunteering also brings together a diverse range of people from all walks of life, providing opportunities to meet like-minded people, make new friends and help you to feel connected and valued.

At Whiteman Park, there is almost an endless list of opportunities for volunteering.

Want to learn new skills? How about becoming a vintage train, bus or tram driver?

Want to improve your health? You could try joining the winter planting team on Tuesdays and Thursdays, spending quality time in the open air in bushland.

Love sharing your pas-

sion for cars, tractors and all things transport? Think about joining the volunteers welcoming visitors at the Motor Museum or Tractor Museum.

Need a challenge for your mechanical skills? Consider helping to restore tractors, trams, trains and more.

Do you just love making things shiny? The Motor Museum's vast collection of cars, motorbikes and model vehicles appreciate

a regular polish.

Volunteering is all about meeting people, providing a purpose in life, improving your health, learning new skills, taking on new challenges and having fun – and Whiteman Park volunteers get all that and more.

If you'd like to learn more about becoming a volunteer at Whiteman Park, speak to the volunteer coordinator on (08) 9209 6000, or head

online to download a volunteer registration form at whitemanpark.com.au



Have a Go News PUZZLES SOLUTIONS

Solution for BIG Crossword page 46

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

Solution for Crossword page 47

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

Solution for Sudoku page 47

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

Solution for Wheel Words page 47:

Cent, Coin, Cone, Icon, Into, Lent, Line, Lino, Lint, Lion, Loin, Lone, Nest, Nice, Nose, Note, Once, Seen, Sent, Sine, Teen, Tine, Tone, Clone, Inlet, Inset, Niece, Noise, Onset, Scene, Scent, Scion, Scone, Since, Sonic, Stein, Stone, Tense, Tonic, Client, Enlist, Entice, Incest, Insect, Insole, Lesion, Listen, Nestle, Nicest, Notice, Senile, Silent, Stolen, Tinsel, Tonsil, Enclose, License, Section, Silence, Stencil, Election.
9-letter word: SELECTION

Answers for PRISM page 47:

Axle, tyre, cylinder, manifold, radiator, ignition.

Answers for Have a Go News Quiz page 2:

1. Andrew O'Keefe
2. Tom Gleeson
3. KISS
4. Liberals
5. FuelWatch
6. Numbat
7. Mad as Hell
8. Basketball
9. 9 dams
10. 460,430 ha

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Downsizing

ADVERTISING FEATURE



Window shopping offers the opportunity to find perfect gifts for your loved ones



Beautiful items can be found at The Nursery in Narrogin



by Zofia St James

I WAS in The Nursery in Narrogin recently, taking in the vast array of homewares, furniture, jewellery, candles and home fragrance, clothing and baby

gifts, not to mention Ogilvie & Co gourmet range of products.

Gift giving is a requirement for many family and friends. For some I know this provides something of a shudder and the all too familiar feeling of having absolutely no idea what to buy.

I do love it when I either have that person pegged or have picked up a hint of something they want.

So with that in mind I love to browse around and take a mental note

of things with the person whose birthday looms large.

I would however have to admit that gift giving (including gorgeous little somethings for myself) are definitely one of my love languages. So window shopping is not only a time passer but a constructive one for me, as I may forget the bread or milk but never an object of beauty and where it can be found.

It does help having a very visual mind, but in my

line of work that is necessary. It's always such a pleasure to see the delight on the face of one who unwraps something and loves it.

I say all this in order to encourage you to enjoy browsing in shops and seeing just what's available.

Twenty years ago, armed with a bag, pram and girlfriends that was a day out.

I remember my grandparents beautifully attired would take their weekly

trip for lunch and a day in the city – a pastime which has been interrupted because of Covid of late.

I know many now purchase on line, but it is worth thinking about as whether we want to have a tangible experience and not just an online option.

And so, how are you set up for winter? Luckily it seems that there is always a sale somewhere, for new warmer sheets, doona or quilt set. On your retail discovery tours you

can enjoy choosing new things and keep your eye out for a bargain.

As the colder months close in enjoy taking advantage of items that are going to make you feel snug and cosy at home... even purchasing a slow cooker and enjoying those delicious aromas throughout a cold afternoon.

I'm an advocate for not only 'home beautiful' but 'home magical'. Home must be a place that makes you feel safe and

happy. Always take the time and thought into your abode, because it gives it all back to you. Have a wonderful month ahead.

Zofia offers an interior style consultation for readers and a free phone or video consult. She can assist with de-cluttering, restyling, choosing furniture and personal styling. If interested in a free styling opportunity please contact Zofia on 0406 336 607 or email zofiafiastjames@hotmail.com

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Warren takes a tree change from Perth Hills to Misty Valley



Warren Bull and his horses

by Serena Kirby

THERE'S no doubt that many of us have felt the urge to quit our city jobs, semi-retire (or even fully retire) to start a new life in the country. Often it is fear

of change or financial disruption that makes us shelve that dream and stick to what we know.

Twenty four years ago Warren and Leoni Bull made that dream a reality, when they left their jobs and relocated

to WA's Great Southern region. It was certainly not an easy decision and one that was made a little more difficult by the fact that Warren is blind.

"We were living in the Perth hills and Leoni was spending a lot of time driving to and from work in the city," Warren says.

"I play piano and sing and would do gigs here and there, but what we really wanted was to be able to do something together. We also wanted to escape the Perth heat."

Having visited the Great Southern many times the couple decided the area would be the perfect spot to start a new life and when a property came up that had the potential to provide a business income too they jumped at it.

"The property is bordered by beautiful State forest and is just a few kilometres north west of Denmark. We've always enjoyed having people around us, so we built a couple of self-contained chalets and opened our Misty Valley Cottages business. Most of our guests are families as we offer a farm stay experience with horses, cows,

goats and chooks. Kids love heading out to collect eggs in the morning and meeting the animals."

People marvel at how Warren manages to move around the property doing jobs, but he says he's become so familiar with his surroundings that he rarely has any difficulties.

"I was born with inoperable cataracts and my right eye was removed when I was very small. By age seven I had lost sight in my other eye too but the memory of what it was like to live with sight has helped with my mobility. Nowadays I use a white cane made from a piece of pipe to help me navigate obstacles but most of the time I don't even use that. I certainly can't drive so I have to leave that to Leoni. I couldn't do any of this without her."

Warren also uses assisted technology when it comes to office work and has JAWS (Job Access With Speech) software on his computer. This screen reader program converts text to speech so Warren is able to keep up with accommodation bookings and emails. He also has a computer key-

board that speaks to him as he types.

Now in his mid-sixties Warren has started to scale down his workload having recently sold nearly half of his 110 acre property. He says he would like to do a bit of travelling while he and Leoni are still physically able.

"We have a great caravan and the plan in the future is to pack up my keyboard and go travelling. That way I can offer to trade music nights for accommodation in caravan parks. I started playing piano when I was about five and learnt to play by ear. Interestingly enough, my music teacher was also blind. I originally learnt classical piano before moving into jazz and later joining a rock band. I can also play sax, flute and clarinet."

In reflecting on the decision to move to the country, Warren says there are no regrets and adds that, while there is always a risk that things won't turn out the way you plan - it's better to have at least given it a go.

"We're all very quick to criticise people who do something and fail but at least they tried and that deserves a big pat on the back," he said.



Marie Curie

Marie Curie under the microscope at U3A North Coast

MARIE Curie is fully entitled to be known as the mother of the atomic age due to her ground-breaking scientific discoveries in the late 19th century which earned her the 1903 Nobel Prize for Physics, followed by the 1911 Nobel Prize for Chemistry. She was probably the world's most influential scientist

at a time when few women went to university and even fewer studied science.

Maria Sklodowska left her native Poland to study physics in Paris where she married Pierre Curie, her physicist collaborator. It was hard, filthy work to extract just one gram of highly radioactive radium

from each two tonnes of pitchblende. Her ground-breaking discoveries were little recognised by a French male dominated society until she won those Swedish accolades. Another side of her remarkable life is revealed in her achievements in World War I.

X-ray equipment was needed to locate bullets and shrapnel in seriously wounded soldiers, but it was found only in major hospitals at a distance from the battlefield. Many wounded soldiers died before they could be operated

on by surgeons guided with x-ray photographs. Marie Curie's knowledge of x-rays led her to design and build a fully equipped compact x-ray unit into a car with a built-in heavy-duty electricity generator.

Marie put aside her research work and used her celebrity status to raise funds for a fleet of her mobile x-ray cars. She recruited and trained 150 women operators, instructing them in the essentials of electricity, physics, x-rays, anatomy and photograph processing. She learned

to drive, and how to deal with punctures, blocked carburettors and other mechanicals, so that she could drive her own radiological car on the badly damaged roads around the battlefronts. Thousands of lives were saved.

Then she supervised the construction and equipping of 200 radiological rooms in fixed field hospitals close to the battle lines. Over one million WWI casualties benefitted from her front-line x-ray equipment. Sadly, many of her brave women x-ray opera-

tors suffered damaging over-exposure to x-rays before the risks were fully understood and adequate protection could be introduced.

Dee Tart enthralled her audience at the regular Friday meeting of U3A North Coast with many more fascinating details about this amazing woman, who broke into a man's world and pioneered atomic science that changed the world.

Reported by Don Manning for U3A North Coast. Contact 0419 040 813 for more details about the group.

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Have a 'grape' time with Rebecca Gibney and Charles Edwards

UNDER THE VINES has been newly released on DVD and features Australian favourite actors Rebecca Gibney and Charles Edwards.

When Sydney socialite Daisy Munroe (Rebecca Gibney, *Halifax f.p.*) and London lawyer Louis Oakley (Charles Edwards, *The Crown*) inherit a New Zealand vineyard, they quickly learn that neither is the sole heir as each believed - and that the estate itself is a dilapidated money pit.

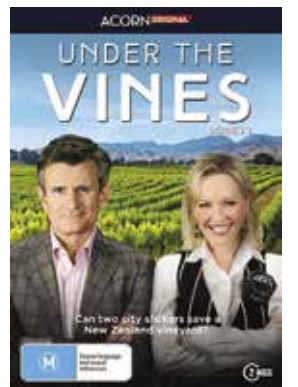
The disenchanted duo want nothing more than to sell up, split up, and get out of there. But when they get an unexpected taste of success, they wonder if the vineyard may not be worthless after all.

Despite never having done a hard day's work in their lives, these unlikely vintners must somehow make the Oakley Winery profitable if it's to survive. And as they dig into the project, they discover it's never too late to come of age.

6 x 60min episodes, RRP \$34.95, DVD out now.

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

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Seeking a Friend

ACTIVE gent, 63, no baggage, fit, fin sec, looking for a lady!
Reply Box 9086

AUSSIE lady 70+, happy, healthy, slim, easy going, fin sec, GSOH, honest, loyal. WLTM gent approx late 70s for company, similar likes, dance, cooking, gardening, long term if compatible, NOR.
Reply Box 9072

AUSSIE widow aged 60, resides postcode 6100, enjoys outdoors, living life to the full, WLTM tall, single male, 55-65, NG, NS, SD, DTE, GSOH for companionship and having fun together. Let's meet for coffee.
Reply Box 9074

CALLING single ladies and gentlemen, 65+, seeking friendship, companionship, a soulmate or just a true friend. Let's meet for a coffee; why not? "If we never try we will never know". No fees other than the cost of your own beverage.
Reply Box 9071

GENT 50+, NS, SD, Christian values, enjoys home-life, quiet time at home, beach at sunset. WLTM 55-75, lady who also loves cooking. Simply enjoy coffee, company and conversation.
Reply Box 9085

GENT 82, WLTM lady around the same age, give or take a few years, for friendship, companionship. I am 165cm tall, and 75 kilos. I live NOR. I enjoy all types of music, most sports, TV, radio, visiting people and places. Let's meet for coffee and a chat, and see how we go etc. TLC.
Reply Box 9084

GENT WLTM Asian lady, SOR, 55-70, active, happy, enjoys life, very mature, very active, enjoys movies, dinners, walking, home life, would enjoy the company of a lady needing care and attention.
Reply Box 9088

GENTLEMAN early 70s, postcode 6168, fin secure, NS, light SD, Christian values, enjoys travel, walking, swimming, seeking an easy going lady, 60-70 for initial friendship and whatever may develop. Genuine replies only please. ALA.
Reply Box 9080

OUTDOORS gent, 82. Widower, former carer, WLTM outdoors lady, good walker, nature lover, interested in picnics, wildlife parks, avoiding crowds. Christian values. Prefer vegetarian, animal lover, enjoy outdoor activities 1-2 days a week, NOR.
Reply Box 9073

Seeking a Partner

73 year old girl, looking forward to sharing life with a young man of similar vintage. Sharing our day's activities, maybe doing the garden and enjoying a glass as we survey our day's end work.
Reply Box 9069

ATTRACTIVE well presented, English lady, 70+, medium build, educated, feminine, SOR, postcode 6107. I like reading, music, walking, country drives, gardening, Bunnings, markets. WLTM unattached (not separated), genuine, fin secure, well presented gentleman, 67-75 for long term, permanent relationship, genuine replies only. ALA.
Reply Box 9087

AUSSIE gent, 72, 180cm. SD, NS, GSOH. WLTM lady 65-76, medium to large build, SD, NS, must be free to travel Australia, short or long trips if compatible. Share expenses, free camping equipped caravan, satellite TV. Country ladies welcome.
Reply Box 9082

AUSTRALIAN English lady, 60+, active, petite, young, 60+, enjoys travel, beach, bushwalking, motorbikes, movies. WLTM a gentleman, GSOH, SD, fin secure.
Reply Box 9076

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

DTE 63, gent, fit, active, sincere, honest, romantic, NS, SD. Enjoys walking, beach, gardening, swimming, adventures, retiring soon. Postcode 6210. WLTM fit, active lady who enjoys same. Keen to share life's experiences in love. ALA.
Reply Box 9078

GENT Euro late 70s, WLTM slim lady for friendship, maybe long relationship. I'm NS, ND, homely person. Let's meet for coffee first.
Reply Box 9083

GENT loving, honest, caring, would like lady any nationality, similar manners as me. NS, ND and would like good company and communication. Not looking for an atm to fix on me. Just a good person.
Reply Box 9079

LADY 70, well preserved European, happy personality, 175cm, med build, retired but not dead! Love jazz, nature, DIY, cooking, gardening, romance, WLTM European gentleman, tall, healthy, educated, 65-75, NS, fin sec. Possible future grey nomad companion? NOR. Hills area.
Reply Box 9077

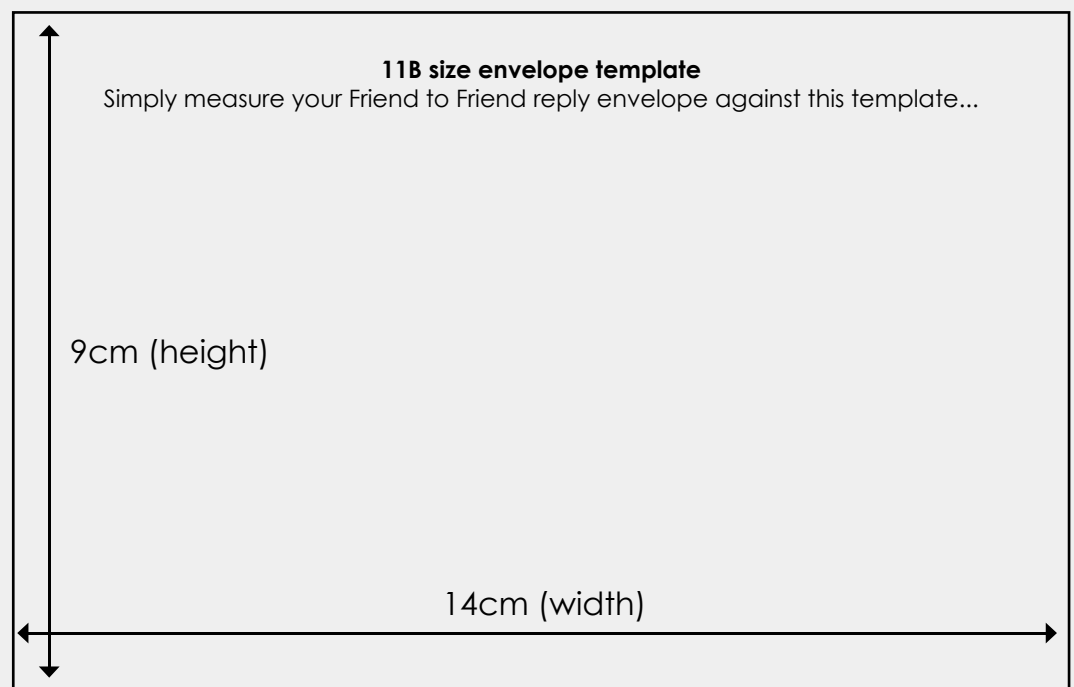
LADY 76, NS, SD, healthy. WLTM man, great southern. Love outdoors, beach, bush, barbecues, caravanning, boating, garden, books, simple living, choosy, music, dance, people, family, friends, quiet times, affectionate, caring, sharing, enjoying together, special experiences.
Reply Box 9081

SINGLE educated lady, age 55. Interests; music, theatre and outdoor activities. WLTM tall, single male, 50-60, NG, NS, SD, DTE, GSOH, to have fun together and long term relationship if compatible. Let's meet for coffee.
Reply Box 9075

Wishing to Contact

SAW ad, widowed few years, DOB 27/1/50, postcode 6330, also similar interests as yourself. Also enjoy dancing. Looking for gent 6'. I'm 5'8", slim, active, well presented, happy go lucky. WLTM for cuppa if suits.
Reply Box 9070

Envelope size for Friend to Friend replies...



When replying to a 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.

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 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.

NEWS UPDATED DAILY

www.haveagonews.com.au



SOLUTIONS MATCHMAKING
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CLAREMONT LADY 78 striking brunette, petite, fashionable, educated, well spoken, kind, personable, GSOH. SK gent similar w. relaxed, e/going nature 77+.

COMO LADY 80 refined, feminine, very young o/look, beautifully grmd, warm, generous, active, love music, travel, sk youthful, intelligent man 77+.

BELMONT LADY 75 funloving, country girl at heart, thoughtful, well presented, active, love motorsport, sk d.t.earth gent 72-82 city/country.

CARINE LADY 75 very attractive, slim, feminine, well grmd, healthy o/look, sound values. Enj dancing, concerts, keep fit. Sk honest, respectful man 72-80.

LEEDERVILLE GENT 77 kind, friendly, well educated, prof, interesting, gd listener/conversationalist, enj bushwalks, yoga, live music, books, films, sk youthful lady 65+.

SUBIACO GENT 80 retired prof, fit, active, well grmd, confident, sociable, love travel, golf, reading, dining out, sk lady similar 70-80.

WOODVALE GENT 79 well travelled, widower, 178cm, well grmd, well mannered, e/going, enj dining, cinema, live shows, occ dancing, golf, family/friends. Sk lady 74-80.

MORLEY GENT 76 positive, happy natured, widower, independent, enj lifes simple pleasures, would love to meet a d.t.earth lady living nearby for company/outings 72-80.

SOLUTIONSMATCHMAKING.COM.AU



A guessing game sees artists' work viewed by thousands of Australians



Three Well Known Australians © Martin Shaw

by Lee Tate

AUSSIE artist Martin Shaw is nothing if not innovative and persistent.

Over an incredible 40 years, Martin's painting *Three Australians*, has created an ongoing, national guessing-game with participants including the late Laurie Connell, Premier Mark McGowan and Prime Minister Scott Morrison.

Thousands of Aussies have viewed the work and made their guesses on the three headless characters in the painting. Their opinions are recorded in yearbooks to form a portrait of Australia.

Having been to nearly 250 venues, the painting is back in Perth, coming here once every 10 years.

"The painting keeps on touring for generations," says Martin. "I won't reveal who the figures are."

From his Casuarina jail cell in 1994, disgraced businessman Connell wrote to Martin with his three innovative guesses. He said they represented: 1. Headless Government. 2. Pathetic Press. 3. Protected Legal Profession.

Connell was in jail for paying a corrupt jockey to stay out of Australia and was facing 78 charges over the collapse of Rothwells Merchant Bank where he allegedly siphoned-off \$400 million. But he died in 1996, aged 49, from a heart attack.

PM Scott Morrison reckoned the painting was of NSW's State of Origin 38-6 win in Perth, naming players plus a Channel 9 rugby commentator.

"You are now free to divulge the secret," the PM wrote to Shaw.

Mr McGowan wrote last year that the three figures were all West Aussies: Kimberley stockman and celebrated artist Rover Thomas Joolama, burns surgeon Dr Fiona Wood (holding an umbrella) and footballer Nat Fyfe – with the broad shoulders, the boy from the Wheatbelt.

There are 240 letters with the touring exhibition.

Three Australians is on view and for public guesses at Armadale Library, May 2 – 26; Bas-sendean Library, June 6 – July 2; Western Australian Museum, July 13 – August 21; Riverton Library, September 4 – 30; Koorliny Arts Centre, October 12 – November 10 and Mandurah Museum, November 15 – December 12.

Perth International Cabaret Festival returns for 2022

PERTH International Cabaret Festival (PICF) is thrilled to announce that, Vika and Linda Bull and award-winning singer/songwriter Lior will headline the 2022 Perth International Cabaret Festival, June 18-26 at His Majesty's Theatre.

This is the second Perth International Cabaret Festival.

Australia's favourite sisters Vika and Linda Bull,

playing His Majesty's Theatre for the first time, will debut their new album *The Wait*.

Also playing His Majesty's Theatre for the first time is Australian singer/songwriter Lior, debuting his new album *Animal in Hiding*.

Joined onstage by emerging artist Domini Forster and a string quartet, this will be an evening of storytelling, new songs and old favou-

rites, all drawn from Lior's Jewish heritage and other musical influences.

Perth International Cabaret Festival artistic director Michael Griffiths says he couldn't have been prouder of the 2021 inaugural cabaret festival, but this year's festival is set to really get audiences loving what a cabaret festival is all about.

"We continue to champion world class Australian

artists and provide opportunities for audiences to catch them in all their glory, as well as 'off guard' in spontaneous settings like our variety shows *Up-Late Downstairs* and the *Closing Night Gala*, through to workshops and conversations with artists."

This year also sees a brand-new (mid-week) pop-up venue where the performance and the audience are both on the stage of His Majesty's Theatre with the audience seated at cabaret tables and the auditorium of the theatre providing a stunning backdrop to the show.

Festival patrons Gina Williams AM and Guy Ghouse will open this new venue with *Songs from the Noon-garoke Lounge*; a never to be repeated night of cabaret Karaoke with a Noongar

twist, exclusively created for the festival. Come ready to join in for a heart-warming sing.

Closing weekend includes international diva sensation *Meow Meow* with her unforgettable show *Simply Meow* and the hit of the 2021 festival, *The Closing Night Gala* returns with a brand-new line-up.

"We continue to showcase local artists, like jazz darlings Libby Hammer and Ali Bodycoat, West-End favourite Peter Cummins and opera singer Brigitte Heuser among others, in my favourite cabaret room in the country, the beloved *Downstairs at His Maj*," he said.

The 2022 programme also includes a variety of free community events



Vika and Linda Bull

proudly supported by Lotterywest and City of Perth. These include: The Cabaret Choir, Cabaret Writing Masterclass, Singing in Noongar Workshop, Open

Mic Night for artists and friends and Meet the Artist with Selina Jenkins and Gill Hicks. Book: www.perthcabaret.com.au.

Tivoli Youth Performers Presents

REWIND TIME

Hits from the 60's, 70's, 80's and 90's

Find us on [f](#) [i](#)

Sat May 21 & 28 (Doors open 5.30pm) Show 6pm
Sun May 22 & 29 (Doors open 12.30pm) Show 1pm
PRICES: Adults \$10 Children \$5 BOOKINGS: www.trybooking.com
EMAIL: Tivolibookings@hotmail.com
Tivoli Theatre Applecross, Cnr Kintail & Canning Beach Road



Deception the greatest weapon of war

SET in 1943, *Operation Mincemeat* follows two brilliant intelligence officers, Ewen Montagu (Colin Firth) and Charles Cholmondeley (Matthew Macfadyen) who conceived a plan that was dubbed *Operation Mincemeat*.

They would trick the Nazis into thinking that Allied forces were planning to attack southern Europe by way of Greece rather than Sicily. Their plan was to get a corpse, equip it with misleading papers, then drop it off the coast of

Spain where Nazi spies would take the bait.

Don't miss this fabulous WWII film with leading British actors. In cinemas May 12.

WIN WIN WIN

We have double passes to give away to some lucky readers for this film. Email only competition - to be in the draw simply email win@haveagone.com.au with Mincemeat in the subject line. Closes 15/5/22.

Enjoy a musical fantasy from the Gilbert and Sullivan Society

PERTH CABARET INTERNATIONAL FESTIVAL

18-26 JUNE 2022

His Majesty's Theatre
825 HAY STREET PERTH

MEOW MEOW | VIKA AND LINDA BULL | PAUL CAPSIS

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 THE LEGEND OF MOLLY JOHNSON

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 LUNA LEEDERVILLE and LUNA ON SX

LUNA PALACE CINEMAS
 Tickets and Sessions at www.lunapalace.com.au

THE GILBERT and Sullivan Society of Western Australia is presenting the enchanting musical fantasy, *Iolanthe*, a fable of fairies versus mortals from June 2 – 11.

Directed by Michael Brett and starring seasoned performers from the worlds of musical theatre and opera, this sparkling new production features a live orchestra conducted by Izaak Wesson with two matinees and seven evening performances at Dolphin Theatre, 35 Stirling Highway, Crawley. Tickets \$19.90 – \$59.90.

More information and bookings: www.gandswa.org.au

WIN WIN WIN

We have two double passes to give away to some lucky readers for any show of Iolanthe during the season. To be in the draw simply email win@haveagone.com.au with Iolanthe in the subject line or write to Iolanthe c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 31/05/22.





The world's most visited multi-sensory experience celebrating Van Gogh



More than 75 cities around the world have experienced Van Gogh Alive

VAN Gogh Alive is a multi-sensory experience to entertain the whole family. Van Gogh's works have been displayed and enjoyed around the world for over a century – but never like this. For a limited time only in Supreme Court Gardens, Perth, you have the unique opportunity to experience Van Gogh's artistry, and truly venture into his world.

Court Gardens, Perth, you have the unique opportunity to experience Van Gogh's artistry, and truly venture into his world.

Van Gogh Alive is the large-scale, multi-sensory experience that has inspired more than eight million people across more than 75 cities around the world. The digital spectacular opens on May 27 for a strictly limited season.

Make no mistake – this is no ordinary art exhibition. Van Gogh's works have been exhibited and admired for over a century – but never like this. *Van Gogh Alive* gives visitors the unique opportunity to immerse themselves into Van Gogh's artist-ry and truly venture into

his world.

Traditions of tiptoeing through silent galleries and viewing paintings from afar in quiet contemplation are forgotten as visitors find themselves interacting with art in ways they never imagined. From start to finish, visitors are surrounded by a vibrant symphony of light, colour, sound and fragrance that has been called an unforgettable multi-sensory experience.

Van Gogh's masterpieces come to life, giving visitors the sensation of walking right into his paintings, a feeling that is simultaneously enchanting, entertaining and educational. Adults and children delight in the super-scale show, viewing

artworks from new angles and discovering unique perspectives.

Don't worry about the kids getting bored – they'll love it as much as you do.

"*Van Gogh Alive* is an exceptionally innovative multi-sensory experience that took 18 months and countless iterations over the past decade to create", says Bruce Peterson, *Van Gogh Alive's* owner and creator. "It was the very first of its kind in the world."

"*Van Gogh Alive* has really redefined the way many people around the world engage with art and it has brought tremendous pleasure to audiences old and young, experienced and inexperienced in art and culture."

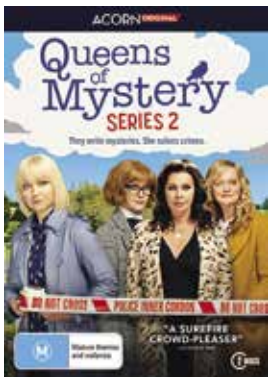
Adults and children alike will forge their own paths and find their own meaning as they wander through the galleries, exploring hidden nooks, viewing artworks from new angles and discovering unique perspectives.

Visitors have the chance to examine Van Gogh's sources of inspiration via photographs and video displayed alongside his works. But for many, the greatest pleasure lies in simply standing still, indulging the senses as waves of sights and sounds, intense and beautiful, wash over them.

Doors open to the public on May 27.

Tickets available online vangoghalive.com.au Tickets from \$39.

A witty, whimsical, and offbeat English series is on DVD



QUEENS of Mystery is set in the picturesque English village of Wildemarsh.

Detective Matilda Stone (*Florence Hall*, *The Princess Switch* movies) investigates crimes with the aid – or, often, meddling – of her three mystery-writing aunts, who raised her from childhood. Together, they inspect a murder at a health spa, a killing in the contemporary artworld, and the theft of an Edgar Allen Poe manuscript.

Matilda has decidedly less success with her personal affairs, continuing to pine for Dr

Daniel Lynch (*Andrew Leung*, *Cruella*) even as she begins a new romance. But while Matilda's love life hits a snag, she makes headway in the case of her mother's long-ago disappearance – despite her aunts' best efforts to conceal the secrets they hold about the case.

This contemporary mystery series also stars Julie Graham (*Shetland*), Siobhan Redmond (*Unforgotten*) and Sarah Woodward (*Ag-*

atha Christie's *The Pale Horse*), with Emmy-nominated narration by Juliet Stevenson.

RRP \$34.95 out now. **WIN WIN WIN**
We have 10 copies of *Queens of Mystery* to give away to some lucky readers. To be in the draw simple email win@haveagonews.com with *Queens in the subject line or write to Queens of Mystery c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 31/5/22.*

Come along to the Holly Wood Tuesday Morning Show

HOLLY Wood Tuesday Morning Show, sponsored by the City of Perth, runs throughout the year at the Perth Town Hall, every Tuesday morning from 10.30am.

It is free to attend and a great opportunity to enjoy some entertainment and information in a warm and friendly environment.

Compere Bernard Carney looks forward to welcoming people along to the show.

May 17 – Australia's Biggest Morning Tea will run from 10–10.45am. Bring a few extra coins and help raise money for cancer research.

The Mucky Duck, WA's premiere iconic bush band, will follow and provide some great Aussie songs and tunes to get your toes tapping in this their 48th year of entertaining Australia and the world.

May 24 – Former cruise ship and casino singer Sharon Woodward, currently celebrating her 46th year in the business, will delight the audience with a selection of favourite songs.

May 31 – Author Eversley Ruth Mortlock will chat about her latest book *Stairways to Heaven – navigating the Australian Aged Care Obstacle Course in a pandemic*.

The Gee Bees are Bryan and Geoff and have been performing for years

with different groups. Expect a show of our favourite songs from the 60s and 70s from these two

experienced entertainers. Following the show, head to Citiplace Community Centre on the

concourse at the Perth Railway Station to enjoy a delicious low cost lunch.

The Tivoli Club of WA proudly presents...

That Other 70's Show

Featuring songs by ABBA, Boney M, and the Bee Gees, we invite you to get down and boogie with us as we celebrate the artists that made the 70's the grooviest decade ever!

Friday Nights:
(Doors open 7.30pm)
August 5, 12, 19, 26

Sunday Matinees:
(Doors open 11.30am)
August 7, 14, 21, 28

PRICES
Adults \$20
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THE WESTERN AUSTRALIAN ACADEMY OF PERFORMING ARTS PRESENTS...

MACK & MABEL

Based on an idea by Leonard Spigelgass
Book by Michael Stewart
Music and Lyrics by Jerry Herman

HIS MAJESTY'S THEATRE
825 Hay St, Perth

10-16 JUNE

On sale now
Tel: 6212 9292
ptt.wa.gov.au
*Booking fees may apply

Director **Crispin Taylor** Music Director **Tim Cunniffe**
Choreographer **Jayne Smeulders**

Performed by
WAAPA Music Theatre and Music students

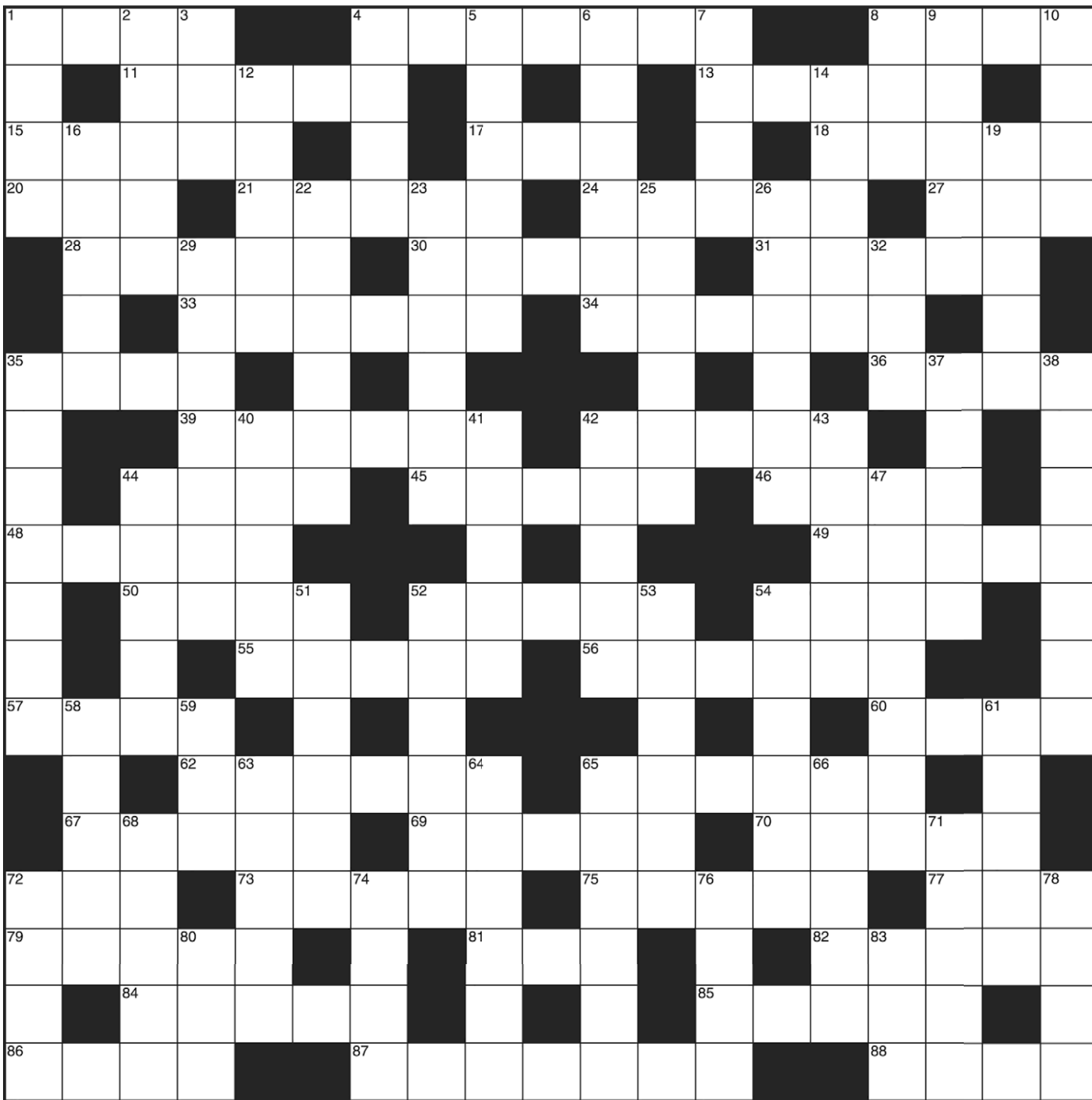
HIS MAJESTY'S THEATRE
waapa Edith Cowan University
ECU EDITH COWAN UNIVERSITY



Have a Go News PUZZLES PAGE



BIG CROSSWORD - SEE PAGE 40 FOR SOLUTIONS



ACROSS

- 1. Skirt ring
- 4. Cul-de-sac (4,3)
- 8. Facts
- 11. Brazilian dance
- 13. Circle (planet)
- 15. Aunt's husband
- 17. Monsoon season, the ...
- 18. Cove
- 20. Poetic term for pasture
- 21. Sept/Oct zodiac sign
- 24. Abated
- 27. Amazement
- 28. Groom feathers
- 30. Over-praised
- 31. Desist
- 33. Team races
- 34. Shapes
- 35. Merriment
- 36. Succeed in exam
- 39. Tinned
- 42. Lukewarm
- 44. Horse-breeding farm
- 45. Stitched
- 46. Comprehend writing
- 48. Acted wordlessly

- 49. Incompetent
- 50. Prepare (newspaper)
- 52. Cut-flower holders
- 54. Mix with spoon
- 55. Become narrow
- 56. Diplomats
- 57. Exceptional
- 60. Recedes
- 62. Collar folds
- 65. Take small bites
- 67. Enchantress, ... fatale
- 69. Join register
- 70. Half-diameters
- 72. That fellow
- 73. Group of lions
- 75. Court attendant
- 77. African savannah beast
- 79. Dismiss (from school)
- 81. Free-range or barn-laid product
- 82. More disgusting
- 84. Fine-tune
- 85. Congratulatory cry
- 86. Eyelid swelling
- 87. Knife pouches
- 88. Oxen harness

DOWN

- 1. Heave
- 2. Holly wood award statuette
- 3. Mate
- 4. Paint roughly
- 5. Constantly
- 6. Admiration
- 7. Puts on (hat)
- 8. Pandemonium
- 9. Book of maps
- 10. Poker stake
- 12. Crowd brawl
- 14. Waited, ... one's time
- 16. Everest is there
- 19. Jugs
- 22. Away from coast
- 23. Nursery songs
- 25. Doted on
- 26. Chocolate choux pastry
- 29. Constructed
- 32. Cleopatra's killer
- 35. Glitz
- 37. Snake, puff ...
- 38. Areas

- 40. Accounts check
- 41. Exclude
- 42. Native American tent
- 43. Divine being
- 44. Smudge
- 47. Licorice-flavoured seed
- 51. Meddle
- 52. Covered (face)
- 53. Garden pests
- 54. Dark
- 58. Fasten (to)
- 59. Deciduous tree
- 61. Sea water
- 63. Abundant
- 64. Cold symptom
- 65. Nothing
- 66. Undeveloped insect
- 68. Drain (glass)
- 71. Eskimo shelter
- 72. Female chickens
- 74. Vexes
- 76. Focal points
- 78. Inclination
- 80. Lamb's mother
- 83. Climbing plant



We no longer accept plastic lids for recycling

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

Currently, there is no co-ordinator for Lids for Kids in WA and we cannot continue to collect lids.

Lids for Kids in the eastern states has joined forces with Re-think Recycling but

they are yet to set up centres in WA.

We will keep readers up-to-date with developments as they come to hand. Containers for Change depots take clean lids and Precious Plastics in the southern suburbs will also take clean lids only.

We take the opportunity to thank the

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

There is an obvious desire in the general public to recycle further, if you would like to encourage our State Government to offer better recycling contact Environment, Minister Reece Whitby.

Add these Western Australian books to your collection...



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

Fascinating, Fun Facts: WA and the World - The sister publication to *Awesome WA*, journalist Lee Tate uncovers an array of interesting facts from Western Australia and the world. A great book for anyone who loves trivia and facts. Perfect for quiz nights.

Photographing our brilliant West Australian Birds & Wildflowers - Author Chris Tate provides tips and tricks to capture nature on any device. Includes a beautiful selection of photographs.

ORDER FORM

Post completed form to *Have a Go News* PO Box 1042 West Leederville WA 6901

Name: _____

Address: _____

Phone: _____ Email: _____

Signature: _____

ORDER	Prices	Quantity
Awesome WA, 1001 Fair Dinkum Facts about Western Australia	1 book \$25	___ x \$25 (inc gst)
Fascinating, fun facts: WA and the World	1 book \$25	___ x \$25 (inc gst)
Photographing our brilliant West Australian Birds & Wildflowers	1 book \$25	___ x \$25 (inc gst)
POSTAGE & HANDLING	1 x book \$6 2-3 x books \$12 4-6 x books \$15	
	Total	\$ _____

METHOD OF PAYMENT:

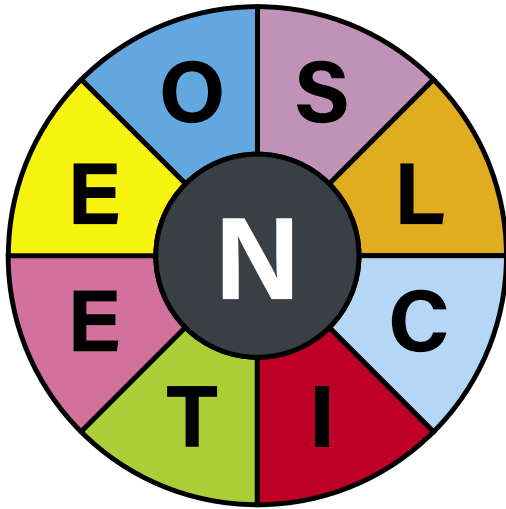
- Cash Cheque Money Order Credit Card (VISA/Mastercard/AMEX)

____ / ____ / ____ / ____ / Expiry: ____ / ____

For further information contact *Have a Go News* on accounts@haveagonews.com.au or 9227 8283 - Books can be purchased from the office Monday to Friday 9am-5pm.

Wheel Words

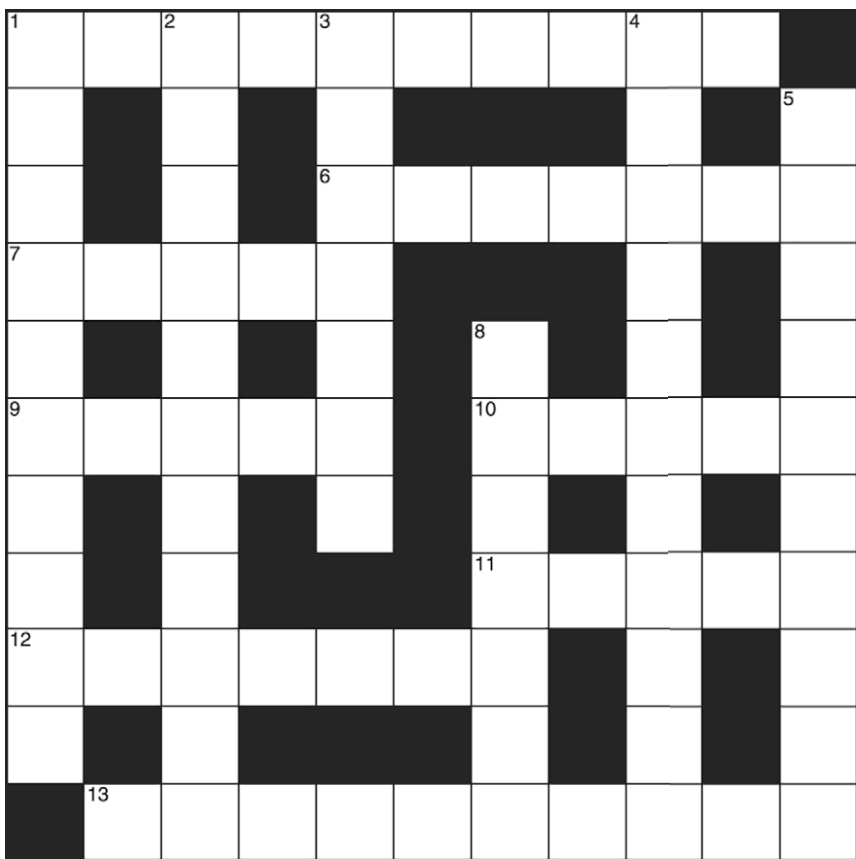
Create words of 4 letters or more using the given letters once only, but always including the middle letter. Do not use proper names or plurals ending with S. See if you can find the 9-letter word using all the letters.



24 Good 29 Very Good 34+ Excellent

© Lovatts Puzzles

CRYPTIC CROSSWORD



islands (3,7)
8. Male moray is very polite (7)

STRAIGHT CLUES ACROSS

- 1. Very worried (10)
- 6. Spanish port (7)
- 7. On the ball (5)
- 9. Of sea phases (5)
- 10. Run off to marry (5)
- 11. Whole amount (5)
- 12. Lift (7)
- 13. Steadied (10)

DOWN

- 1. Deviations (10)
- 2. Bookkeeping program (11)
- 3. Redesign (hair) (7)
- 4. Aircraft with rotors (11)
- 5. Auckland is there (3,7)
- 8. Socially refined (7)

CRYPTIC CLUES

- ACROSS**
- 1. Out of one's mind to sit about in breeze (10)
 - 6. City level is elsewhere associated with barber and oranges (7)
 - 7. On one's guard? Perhaps later (5)
 - 9. Sort of wave, it goes

- back before lad does (5)
- 10. Chapel open for inside characters who flee to wed (5)
- 11. Back in flat, Otto combined figure (5)
- 12. When trapped in barrel, Eva tends to rise up (7)
- 13. Distil base mixture made more secure (10)

DOWN

- 1. Deep archers mention outbound planes (10)
- 2. What an accountant uses to make the bed (11)
- 3. Try Lee's makeover (7)
- 4. Choppers chopped up pet - or chisel? (11)
- 5. Fresh vigour and a couple of South Pacific

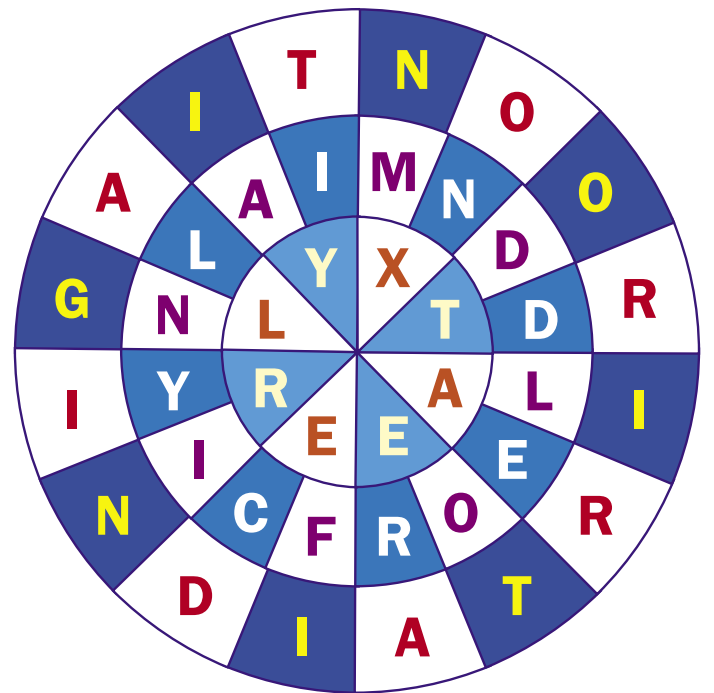
SUDOKU

Fill the grid so that every column, every row, and every 3x3 box contains the number 1 to 9. **RATING: ★★☆☆☆**

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

PRISM

TRACK down the six motor vehicle parts hidden in our prism. The words appear either clockwise or anti-clockwise and are on alternate spaces.



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SEE THE FULL STORY 6.00



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8 DAYS

CAIRNS WINTER GETAWAY

TOUR HIGHLIGHTS

- ★ Lunch at Botanic Gardens Restaurant Café
- ★ Kuranda Scenic Railway
- ★ Skyrail Rainforest Cableway
- ★ Visit Jaques Australian Coffee
- ★ Admire the Curtain Fig Tree
- ★ Lunch and a cruise at Lake Barrine
- ★ Guided tour of the Daintree River including morning tea
- ★ Lunch at Daintree Teahouse Restaurant
- ★ Visit Mossman Gorge
- ★ Paronella Park tour including lunch
- ★ Cairns Dinner Cruise

TOUR INCLUSIONS

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25 JULY TO 1 AUGUST 2022

\$4150* Per Person Twin Share
Single Price \$5350*



12 DAYS

CANBERRA FLORIADE

CANBERRA, WANGARATTA, MELBOURNE, BALLARAT, THE GRAMPIANS & HAHNDORF

TOUR HIGHLIGHTS

- ★ Enjoy the Tulip Festival and morning tea at the Tulip Top Gardens
- ★ View a sheep demonstration and lunch at Gold Creek Station
- ★ Visit the annual Floriade Festival in Canberra
- ★ Visit Australian War Memorial in Canberra
- ★ Embark on a self-Guided Tour at National Portrait Gallery
- ★ Embark on a guided tour of the National Arboretum Canberra
- ★ Enjoy a guided tour at lunch at the Submarine Museum
- ★ Visit Bruno's Art and Sculpture Gardens
- ★ Visit the Yarra Valley Chocolaterie and Ice Creamery
- ★ Enjoy a wonder and lunch at Alwyn Gardens
- ★ Visit the Ballarat Fine Art Gallery
- ★ Enjoy a guided tour at The Cedars in Hahndorf
- ★ Spend time at Sovereign Hill
- ★ Experience the atmosphere on our visit to the Stawell Gift Hall of Fame
- ★ Brambuk Aboriginal Cultural Centre
- ★ Enjoy time in the well preserved town of Hahndorf

TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return Economy Airfares and taxes
- ✓ 11 nights' specially selected accommodation
- ✓ Luxury coach travel with a professional driver
- ✓ Breakfast daily, 5 lunches and 9 Dinners
- ✓ Sightseeing and entry fees as per the itinerary*

7 TO 18 OCTOBER 2022

\$4990*

Per Person Twin Share
Single Price \$5980*



8 DAYS

WILDFLOWERS OF THE CORAL COAST

COACH TOUR TO EXMOUTH THEN FLY HOME

TOUR HIGHLIGHTS

- ★ Tour and lunch at the Lobster Shack
- ★ Take in a local sights tour of Geraldton
- ★ See the Wildflowers in bloom with a local guide
- ★ Experience the Dolphin Encounter in Monkey Mia
- ★ Discover marine life on the Aristocrat 2 Cruise
- ★ Interact at the Space and Technology Museum
- ★ Visit the Shark Bay World Heritage Discovery Centre
- ★ Explore Ningaloo Aquarium and Discovery Centre
- ★ Enjoy a boat cruise through Yardie Creek
- ★ Swim at Turquoise Bay
- ★ Sunset Whale Watching Cruise
- ★ Morning Tea at Bullara Station

TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully escorted by a Kings Tour Manager
- ✓ Luxury Coach with a Professional Driver from Perth to Exmouth
- ✓ Airfare from Exmouth to Perth with Qantas
- ✓ 2 nights' at the Ocean Centre Hotel Geraldton
- ✓ 2 nights at the RAC Monkey Mia Resort
- ✓ 1 night at the Gateway Motel Carnarvon
- ✓ 2 nights' at the Potshot Motel in Exmouth
- ✓ Breakfast daily, 8 lunches and 7 dinners
- ✓ Sightseeing and entry fees as per the itinerary*

27 AUGUST TO 3 SEPTEMBER 2022

\$4190* Per Person Twin Share
Single Price \$5050*



4 DAYS

MIDWEST WILDFLOWERS

TOUR HIGHLIGHTS

- ★ Enjoy lunch and a tour at the Lobster Shack in Cervantes
- ★ See Wildflowers in their natural environment
- ★ Visit the HMAS Sydney II Memorial Park
- ★ Embark on a self-guided tour of the Chapman Valley Heritage Centre
- ★ Enjoy lunch at the Lavender Valley Farm and see the lavender in bloom
- ★ Visit Central Greenough Café and Historic Settlement
- ★ Lunch Coomberdale Wildflower Farm

TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ 3 nights' staying at the Ocean Centre Hotel Geraldton
- ✓ Breakfast daily, 4 Lunches & 3 Dinners
- ✓ Luxury coach with professional driver
- ✓ Sightseeing and entry fees as per itinerary*

2 TO 5 SEPTEMBER 2022

\$1990* Per Person Twin Share
Single Price \$2350*



9 DAYS

MURRAY PRINCESS

TOUR HIGHLIGHTS

- ★ Adelaide City Sights Tour
- ★ Spend time in the quaint German village of Hahndorf & enjoy lunch at the German Arms Hotel
- ★ See the historic town of Mannum
- ★ Enjoy cellar door wine tastings and lunch at Banrock Station
- ★ Visit Caudo Vineyard
- ★ Guided walk of the Morgan Township and Morgan Living History Museum
- ★ Guided tour of Ngaut Ngaut
- ★ Embark on a walking tour of Swan Reach
- ★ Enjoy a Woolshed tour in Sunnydale
- ★ Enjoy an Aussie BBQ on the banks of the Murray River
- ★ Enjoy a Captains Farewell dinner and dance
- ★ Explore the toy factory and enjoy a light lunch

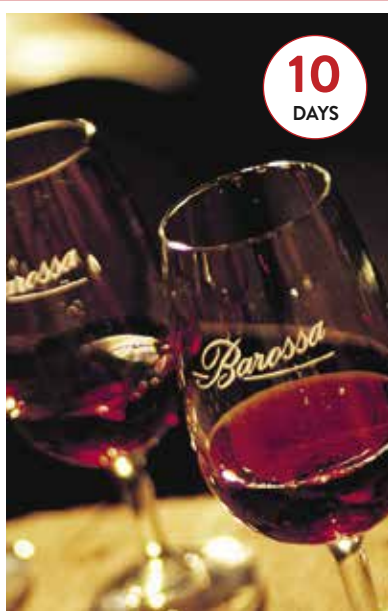
TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully escorted by a Kings Tour Manager
- ✓ Return Economy Airfares and taxes
- ✓ Luxury coach with professional driver
- ✓ 1 night accommodation in Adelaide at The Stamford Grand Glenelg, Adelaide
- ✓ 7 nights' onboard the Murray Princess in an Outside Twin Cabin
- ✓ Breakfast daily, 7 Lunches and 8 Dinners
- ✓ Sightseeing and entry fees as per the itinerary*

6 TO 14 OCTOBER 2022

\$4850*

Per Person Twin Share
Single Price \$6150*



10 DAYS

ICONS OF SOUTH AUSTRALIA

ADELAIDE, THE BAROSSA VALLEY, THE FLINDERS RANGES & KANGAROO ISLAND

TOUR HIGHLIGHTS

- ★ Explore Adelaide with a locally guided tour
- ★ Enjoy a guided tour of Adelaide Oval including morning tea
- ★ Visit Adelaide Zoo
- ★ Enjoy a guided tour and lunch at Bungaree Station
- ★ Enjoy a guided tour of Flinders Ranges including Morning tea and lunch at Gum Creek Station
- ★ Watch the sunset over Wilpena Pound
- ★ Visit the Jeff Morgan Art Gallery
- ★ Explore and visit the sights of the Barossa Valley
- ★ Enjoy a guided tour at The Cedars, Hahndorf
- ★ Sample honey ice-cream at Cliffords Honey Farm
- ★ Enjoy a guided tour and lunch at Emu Ridge Eucalyptus Distillery

- ★ Watch a Fang-Tastic Reptile and Birds of Prey Show at Raptor Domain
- ★ Enjoy a guided beach walk with National Park Ranger at Seal Bay

TOUR INCLUSIONS

- ✓ Home pick-up and return by Private Car
- ✓ Fully escorted by a Kings Tour Manager
- ✓ Return Economy Airfares and taxes
- ✓ 9 nights' specially selected accommodation
- ✓ Breakfast daily, 6 lunches and 8 dinners
- ✓ Luxury Coach with a professional driver
- ✓ Sightseeing and entry fees as per the itinerary*

5 TO 14 SEPTEMBER 2022

\$5250* Per Person Twin Share
Single Price \$6190*



TO SECURE YOUR SPOT

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