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HIS ISSUE



Let's go travelling - LAST CHANCE to book for Antarctica day trip... - Winter in the West



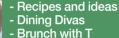
Have a Go News' Josephine Allison speaks with author Shirley Marr



Allen Newton interviews forensic scientist Dr Paola Magni



Food & Wine





Retire in Style feature - 10 pages

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Magda returns to the screen



Magda Szubanski hosts Channel 9's Weakest Link

by Allen Newton

COMEDIAN and actor Magda Szubanski welcomed her 60th birthday with open arms.

She'd even been telling people she was 60 before the big day in

"I was born to be mid-dle-aged," she says. "I'm hitting my straps now. This is the age I was always meant to be, I think."

Magda doesn't drink alcohol, so her birthday party was a little out of the ordinary.

She got together with around 30 people she's worked with for years, along with family and friends, including make-up artist Barb Cousins who belongs to a Sanskrit chanting group.

"They all came to my place and had a chant, which was lovely, a really nice thing to do and a really nice way to see in my seventh decade.

Best known for her roles in *The* D Generation, Fast Forward and Kath & Kim, Magda is back on the small screen as the host of a reinvented version of cut-throat quiz show Weakest Link, but savs

viewers shouldn't expect to see the grumpiness of previous hosts the late Cornelia Frances or the UK's Ann Robinson.

And she hasn't spent hours in front of the mirror practising the catchphrase: "You are the weakest link, goodbye".

"It came quite easily to me and over the course of the series, I play a little bit with different ways of doing it.

"It's a very tongue-in-cheek show, people are so aware now, it's very self-aware, much more suited to the times we're in now.'

Magda says it's time for a different kind of host on Weakest

"I decided to do this after having seen Jane Lynch doing it in the States and so it's a move on from the brutally mean, early iter-

"Post Covid, everyone is in a bit of a different mood, so it's stern, but it's also cheeky and playful with humour in there and that was what I was really pleased to see Jane Lynch doing, to just loosen it up a bit.

"It definitely has the stern ele-

ment to it, the headmistress sort of element, and that certainly lurks in my nature, but it's also really fun, with really fun contes-

Magda says there are plenty of opportunities for her comedic talents to shine through.

"There are little chit chat moments with the contestants - not during the actual quizzing period but throughout the rest of the show there are some really fun interchanges, and the contestants give as good as they get."

So, what's next for Magda?

"There are some drama things coming up, there's more comedy stuff, more writing, quite a lot of stuff on the horizon.

"I really love novelty and while I have the constant things that are always there I love to innovate

"Even when we were doing Fast Forward I would keep the same characters, but every year I'd come in with new characters

"I love moving all over the place and doing a whole lot of different things - and this is one

of those things – but there are still a lot of other things that I'll be doing as well.'

Magda says trying to pick out favourite shows she's done in the past is a little like trying to pick your favourite child, but she says D Generation was exciting because that was where it all started, Fast Forward because it was such a huge success, and Big Girl's Blouse was a huge achievement, the first sketch show written and performed by three women.

Kath & Kim is also a favourite. Crocodile Hunter and then writing her memoir was something completely different.

"I love it all. I love going from writing a serious literary memoir to doing a quiz show."

Magda has been embroiled in her own share of media controversies, from discussions about her sexuality, and fat shaming and photographs of her at the beach in a swimsuit, to her tweet about the PM's wife.

But she's not concerned by controversy.

continued on page 20

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From the editor's desk



Vale to Hugh Rogers. This photo was taken last year at Hugh Rogers' retirement party. Clockwise from left, Jennifer Merigan, Dawn Yates, Barry Felstead, Phil Paddon and the late Hugh Rogers

IT'S with a heavy heart that I announce the death of former president of the Seniors Recreation Council of WA Hugh Rogers. Hugh has been a colleague and great friend of ours and we are all very sad at his passing. He was a true community man who worked hard to improve the lives of seniors through his volunteering work for many years. We look back on his life with admiration and extend to Dawn, Martin and family our deepest sympathies.

I send my apologies to Joan and Brian Pope

who we featured in our last issue marking their 66th wedding anniversary. Unfortunately, I inadvertently called Brian by the name of Bob in the article. We pump out a lot of work in this office and sometimes we do make mistakes, but we always do our best to remedy them if an error is made.

I had an interesting

chat to long time reader Astra Warren who resides in Albany. She is writing some recollections about the history of this newspaper for our 30th anniversary edition. She spoke to me about how so many people she knows in Albany value the work we do at Have a Go News and the sense of belonging the newspaper gives them. I was certainly chuffed to hear that, but she also spoke about the

disconnection so many

older people feel with

the vounger generation.

I understand this, often

when I am watching

television I notice ageist comments presented as humour. I am really at a loss as to why the larger community doesn't value society's good fortune that people are living longer. I feel it's becoming an issue which governments both state and federal need to ad-

I attended the launch of IOTA 21, the first Indian Ocean Craft Triennial which will feature 37 lead artists in an international exhibition. The rich festival program will see more than 30 exhibitions and events involving over 200 artists working in craft. Held from September to November there will be crafts from 37 artists from eight Indian Ocean countries. I think the pandemic has highlighted the impor-

tance of craft in our everyday lives. This festival will showcase some fascinating creations along with interesting discussions. More details will be announced soon.

The Have a Go News Facebook page has now reached more than 16,000 followers. This provides us with the opportunity to interact with people regularly. We welcome you to join us on that platform by liking or following our page at www.facebook.com/ Haveagonews/.

For those people who don't mind reading the paper digitally, we offer a service to receive a digital copy via email on the day of publication. Email readers@haveagonews. com.au to sign up.

You may notice on this page that we have replaced our Urban Slang snippet with a new offering of Noongar words. I feel the need to be more connected to the first Australians and I thought offering some translated words each month will encourage us all to use them more in everyday language.

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

Jennifer Merigan Editor

jen@haveagonews.com.au www.haveagonews.com.au Phone 08 9227 8283

Ageing research snippet

IT'S official - 65 years old is still young...

Remember when 50 used to be considered old? Well considering our average health quality and life expectancy the World Health Organisation has declared that 65 years old is still

considered young. So, here's the new criterion which divides human ages...

0-17 years old: underage

- 18-65 years old: youth/young people
- 66-79 years old: middle-aged
- 80-99 years old: elderly/senior • 100+ years old: long-lived elderly

Word of the month

Quisling

Pronounced Kwizling

Noun

Meaning – one who commits treason, a traitor or collaborator.

NORWEGIAN army officer Vidkun Quisling founded Norway's fascist party in 1933. In 1939 he met with Hitler and urged him to occupy Norway. Following the invasion in 1940, Quisling served as a figure head in the puppet government set up by the German forces. By the end of 1940 the term quisling was being used generically in English to refer to any traitor. Winston Churchill, George Orwell and HG Wells all used the term. Quisling was executed for treason soon after the Norway liberation

Have a Go News Quick Quiz

- 1. WA's Coogee Beach is in which district?
- 2. Ronald Biggs's wife was Charmian ...?
- 3. Guilderton is on which river?
- 4. Where are the Caroline Thomson cabins? 5. Which WA tycoon controls The Sunday Times?
- 6. Which anniversary does Have a Go News celebrate
- this year? 7. Lane Pool Reserve is near which WA town? D...
- 8. Denmark was established as a timber town in 1840, 1860 or 1895?
- 9. Which Channel 7 presenter went to Nine Perth news?
- 10. Coal Mine Beach is a 20-minute walk from which

See answers on page 21

Quote of the month

YOUR truest friends are the ones who will stand by you in your darkest moments - because they're willing to brave the shadows with you - and in your greatest moments - because they're not afraid to let

Nicole Yatsonsky

Noongar words

DEMAN is 'nanna' DEMBAN is 'pop'

Funny historical fact

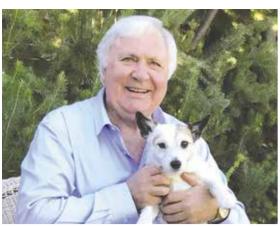
GANGSTER Al Capone's business card said he was a used furniture dealer.

Great West Aussies - Did you know?

DEAN Wilson was the first West Aussie to win a national junior squash title. He rose to world No 2 in 1982. In 20 Australian Opens, Wilson won in 1977 and was undefeated in WA from 1974 to 1987. He won the inaugural World Masters title in 1991.



Bob Maumill: scatter-brained dreamer to Australian media legend



Bob Maumill

by Lee Tate

AT 83, West Aussie media legend Bob Maumill has taken a backseat to broadcasting.

Maumill - penetrating, entertaining and informative - the man with the common touch. For radio stations, the man with the golden touch.

From politics and entertainment to his great love of footy and racehorses, Bob provided his audiences with rare insight, intelligence and fun. Bob

was never boring.

He always called it as he saw it, dominating radio ratings for a generation and an instant hit when he took over a microphone in Sydney. He was also a natural.

Bob, as always, is better putting it in his own words.

Q. As an octogenarian, you are able to look back at life and make a few judgements.

A. I'm a pessimist. Human beings are destroying the planet. Our obsession with growth and the ever-increasing population needed to drive world economies can only lead to disaster. We need to re-think the big questions humanity faces or suffer the consequences.

Q. What's the most fun you've had? Your favourite interest?

A. The love and respect of people I value. Watching Aussie Rules football, the friendship of dogs and the wonders of Australia's unique wildlife and landscapes.

Q. Have Baby Boomers really had the best of all worlds?

A. I think so. But everything looks better through a nostalgic lens. Modern advances in medicine and the treatment of disease have saved lives and reduced suffering. In the past, there were the bad times as well as the good. Q. How do you feel

about today's television and radio?

A. I like the advances in TV technology that has given us so much choice. Same with radio. Something on the dial to suit everyone's taste. Sadly, the concentration of media ownership has created some issues concerning the veracity of news and information being fed to the public.

The recent American election was a frightening example of how some media moguls use their power to shape public opinion. The ABC is not without fault but, in my view, it fills information gaps, corrects misinformation and provides a necessary alternative.

Q. Would you have let your children have tattoos and nose rings?

A. Not when they were under my care but once they were old enough to make their own decisions it would be their choice. But I would prefer them not to.

Q. Is there anything you haven't done that you'd tackle if you could go back a few decades?

A. I left school at 15 and left home not long after. I did all sorts of jobs and was sacked from quite a few. I was a scatterbrained dreamer. What little knowledge I have accumulated I have done through life experiences and reading. I owe a great deal to the State school teachers who taught me to read and write.

Q. Tell us your favourite holiday place?

A. As a young man I travelled a lot. By 21, I had seen much of the world. At 40, I had formed different views on a lot of things. Our like or dislike of places is often influenced by the people we are with at the time.

In my 40s I met my wife, Sabrina. We spent time in rural Victoria and it was wonderful - weather and all. Of the places I visited overseas, most had their various attractions, places of beauty, historical interest or charm. At one time, years ago, I spent time in parts of coastal Sri Lanka it was beautiful. I briefly thought of living there

Q. Did you have any

heroes? A. My views on politics and human rights were influenced by the writings of 17th Century activists, John and Elizabeth Liliburne, the America writers James Baldwin and John Steinbeck and the stories of hundreds of people I have met during my life's journey.

As for people in the media, none more than the two who started my media career, Barry Thomas and Brien Thirley. Later, Dennis Cometti, Steve Gordon, Cheri Gardiner, Declan Kelly and the incredibly and outrageously talented (most politically incorrect) George Grljusich. John Singleton and George Chapman gave me opportunities that I squandered. I could name a long list of others. Q. Do you think about the inevitable and I don't mean taxes.

A. At my age and with my health issues past and present, the inevitability of death is something I have confronted, thought about and accepted. I am grateful for the life I've had and the small circle of people whose love and care has sustained me.

Q. You are undeniably a media legend. Does it come naturally?

A. Labels mean nothing. Actions matter. I was born into a battling blue-collar family. Thankfully, with some good luck, lots of cheek and the help of some good people I achieved more than I deserved.

The most admirable qualities in human nature are kindness and compassion. The worst are greed, hate and the inability or refusal to see the other person's point of view.

Living well with dementia outlined in new book

He has led worldwide breakthrough advances

In the book, readers

on the early detection of

dementia.

a heart.

watch over the earth.

Professor Martins pro-

vides expert advice with a

dementia Q&A and Mag-

gie contributes recipes for

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copies for distribution

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Professor Ralph Martins and Maggie Beer

by Lee Tate

PERTH'S professor Ralph Martins has joined popular TV cook Maggie Beer, contributing to a national breakthrough book: A children's picture book about living well with dementia.

Dancing with Memories is written by Sally Yule and illustrated by Cheryl Orsini.

Professor Martins was West Australian of the Year 2010 and Maggie Beer was Senior Australian of the Year. They collaborated on the successful Recipes for Life book, published in 2019.

Professor Martins is Foundation Chair in Ageing and Alzheimer's Disease at Edith Cowan University WA and Professor Neurobiology at NSW's Macquarie University.

The book, \$17.95, is not available in the book shops, but go to: www. dancingwithmemories. com.au or email sally@ dancingwithmemories. com.au to buy your copy.

to schools.

Part proceeds go to the Lions Alzheimer's Research Foundation and the Maggie Beer Foundation, raising funds to support vital research in aged care and dementia.

The man who shook the airwaves

EX-BUNBURY boy Walter Robert Maumill left Fremantle Boys High School to become an abattoir worker, shearing hand, cattle drover and horse trainer. Invited to do a sports and horse-racing guest spot on 6IX, he was paid \$10 and a taxi voucher.

Bob then took on talk-radio with Maumill at Midday - "I was brash, fiery, and anti-conservative" - ratings soared.

Bob topped Sydney afternoon radio, was dining with Kerry Packer, starring on Sydney and Melbourne radio and TV. Mixing with the bignames in media and politics.

Bob blitzed radio, on 6PR (for 40 years), Sydney's 2SM and Melbourne's 3XY. He penned newspaper columns in Melbourne and Perth and wrote 1977 movie, Blue Fire

Bob's CD: stories about growing up in Fremantle are featured on Curtin Radio, are soaring. A Justice of the Peace, Bob was board member of Fremantle Football Club and vicepatron of the Bulldogs.



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Sue Uphill

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Retired Teachers Association need a conductor for choir

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

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

The group meet every other Monday at the SSTUWA building, 1 West Street, West Perth. They sing from 10am until 11.30am.

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Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor.

I THINK the suggestion by Lee Tate of a train line up the coast to the North West is an excellent idea. May I take his idea further. Why not start a train line at Esperance, go through Albany, up the coast and link into the train line at Bunbury, get to Perth and then go on up the coast on the train line that Lee has suggested.

This would tie in with the current Lord Mayor of Perth and his idea

for a brand name for Perth, which could then be referred to as the centre of the longest coastal train line in Australia.

There could be promotional train trips as prizes, people could get on the train and go from the bottom of WA to pretty close to the top of WA all on the one train with the side trips and attractions that Lee has mentioned.

It could also tie in with some of the stuff in Perth, the casino (well hopefully the casino will still be on the go) the zip line from the Matagarup bridge, Kings Park and so on.

Anyway, well done Lee for thinking outside the square and coming up with an excellent concept and let us hope the politicians and all the others have the same sort of foresight and take up the idea.

> **Margaret Anne Ryan** Ballajura

Dear Editor.

COTA still automatically registers in the mind with its original meaning: Council on the Ageing.

Ageing! Just seeing the word makes my (ageing) body and mind immediately feel decidedly more fragile and incompetent than they actually are.

I would like to suggest a small, but significant, name change: from COTA to COTOA, standing for Council on the Older Australian. Now isn't that much more dignified and positive?

> **Maureen Warman Attadale**

Dear Editor,

TO add to Rose Hope's letter (April Have a Go News) I learnt at an early age, at primary school, there is no such thing as too many public holidays.

> Cameron Bell **South Perth**

Dear Editor,

Re Lee Tate's opinion column on a railway up the coast of WA

WHAT a marvellous idea to promote a rail link up the WA coast.

I lived in Brisbane until moving to Perth a couple of years ago and I miss the rail transport.

The journey up the east coast, inland to Mt Isa from Townsville, inland from Rockhampton to Longreach and Brisbane to Cunnamulla, as well as the of the ease with which I could travel to Sydney was a comfortable and practical choice.

Here in WA, I have driven south to Albany and over several of the roads south, but I don't like deserts and am not keen to drive north. I'd be the first passenger on a fast rail north, stopping at all the interesting points. Keep nagging!

> **Roselyn Layt** Via email

Dear Editor.

AM I alone in comparing the big game hunters of yore and the fishermen of today?

In the March edition of Have a Go News there is a picture of a gentleman proudly displaying a salmon. I know that this is a regular thing amongst the fishing community and I understand that fish need to be caught for food, but to glorify it in this way appears

somewhat macabre to me.

I mean, you rarely see abattoir workers holding dead animals up with joyous smiles on their faces.

It is not clever to pull a poor unfortunate sea creature from its natural habitat, or to be proud of it and in some cases involve children being pictured with the catch of the day.

Dare I point out the influence of

There is little, if any, difference between a 20th century Colonel Blimp type with his foot on a tiger and a 21st century person holding a deceased fish.

Sport? - Hardly.

David Rudman Port Kennedy

Ed's note - most recreational fishers release their catch if they are not taking for food.

Dear Editor,

THANK goodness publication of Have a Go News has not been stopped by the virus. One of my favourites is reading the letters, so here is my contribution.

I am a 61-year-old woman married in Singapore years ago to my husband, an Australian man, so I am a permanent resident in Australia.

In 2014 I took out a learner's permit for a driving licence, but despite numerous private and professional lessons, I found the traffic just too stressful for me, so just used my licence card as an ID. When it expired, I was advised to take it and get a photo ID from the Department of Transport.

That proved an impossible task. After four visits and one year of complying with requests for more and yet more ID, it has been refused, finally they told me to change my name.

It seems after all these years here in WA I am not married and all my documents showing my correct married name are not recognised. Is it racism that is making it impossible for women who are married in their country of origin to obtain the photo ID?

It is almost impossible to function without an ID because of Government requirements. **Yvonne Hodge**

Via email



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Murdoch University forensic scientist, Dr Paola Magni

by Allen Newton

MURDOCH University forensic scientist Dr Paola Magni isn't put off by critters that slither or slime. But what she can't stand is a rotting carcass full of maggots that leap at you like popcorn and stick to

Leaping maggots were the least of Paola's problems when we spoke. She was ready to give birth to her second child any day and was finding it tough

Born in Turin Italy, Paola moved to Perth in 2013 where she met her now husband, fell pregnant and fell in love with the

"I never looked back," she says.

Paola is also in love with science and sees it as a way to make a genuine contribution to people's wellbeing.

She has been involved in crime scene investigations around the world, delving into the secrets insects and other creatures can reveal that can help the courts to decide a person's guilt.

She's a consultant to RIS Delitti Imperfetti, an Italian version of US crime series CSI: Crime Scene Investigation which she says is along similar lines but with more waving of hands.

While boundaries are pushed in the TV series in terms of piecing together evidence, how quickly crimes are solved and that police forces use consultants rather than have their own departments, Paola says the basic facts featured on TV are accu-

She says that includes body farms where human bodies are left to decompose while they are stud-

"They are called anthropology research facilities. There are several in the world and in Australia there is one near Sydney.

"Bodies are given to science to study decomposition in different ways and you can donate your body or the body of a relative.

"The research is great because you can really work on human bodies and see what happens to a human body rather than something like a pig."

Paola has also developed a Smartinsects smartphone app designed to help law enforcements agencies and crime scene pathologists. The app has been downloaded more than 10,000 times.

The senior researcher and lecturer at Murdoch University says her world is a little different to the days she spent in Kazakhstan researching the genetics of reptiles and amphibians.

"İ was interested in travelling the world to see the nature you can't see in the big cities and I went to Kazakhstan in the middle of nowhere. For my gypsy heart that was absolutely what I needed at that

She came away from the experience with her

desire to travel satiated but wondering what was the point of the research she had done.

"It didn't change anything; it didn't provide information that can change the world.'

It prompted Paola to look at other options and led her to the study of forensic entomology.

"Maybe I wouldn't change the world, but it might help to change the lives of a person or a fam-

Studying how insects and other animals interact with dead bodies allows her to make inferences about how and when crimes were committed.

She's contributed to solving murder cases both on land and in the ocean using aquatic forensics, as well as cases of animal cruelty and biosecurity.

Paola even used the placenta from the birth of her daughter to help train cadaver dogs.

"People thought I was a bit weird. My obstetrician asked what I wanted to do with the placenta, and I asked if I could keep it."

She was working with a group of volunteers called Search Dog Australia who normally use blood or teeth for training.

"So, Paola says.

She says forensic entomology is going through a second wave of development with the application of new technology to the makes her work easier. study of insects.

It has evolved from the days of a magnifying glass and forceps and picking insects off a bush.

"Now we have hyperspectral imagery, DNA techniques, chemical fingerprinting and isotopes, and even CT scans so we can put little cocoons of insects in straws and put them in a CT scan and trv to see what's inside the cocoon and how the development of the insect happens.'

That, she says, will provide new ways of putting hard evidence in front of the courts.

Paola works in both terrestrial and marine environments, but says on land the bulk of her work involves flies. Although if she is working in a drier environment such as Australia's interior deserts, then the insects she'll look for are more likely to be beetles.

While everybody else in Perth might be annoved at the number of flies around Paola says it

"When I'm in a terrestrial environment I work on the flies which everyone hates and when I'm in water I work on barnacles which people who have a boat or work in oil and gas hate because they are

While she might welcome flies as subject matter Paola says it's not much fun gathering a bunch of maggots from a dead creature.

"You have these little maggots that have a body structure that bends and jumps on your face.

"Imagine a pot of popcorn. It can be pretty funny, but at the same time pretty annoying.

"They don't freak me out because I know how they work, but imagine trying to work and having popcorn coming up at

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Author Shirley Marr writes of a small girl and a strange new land



L-R; Shirley Marr © Jessica Wyld - A Glasshouse of Stars book cover

by Josephine Allison

PERTH author of young adult and children's fiction, Shirley Marr, has just released a delightful

new book A Glasshouse of Stars which draws on her own experience of leaving Christmas Island for mainland Australia as a seven-year-old and ex-

periencing the good, the bad and wonder which comes from cultural shock

A Glasshouse of Stars, which everyone from older children to adults and grandparents will enjoy, focuses on Meixina Lim and her family who have arrived at the New House in the New Land. Everything is vast and unknown to Meixing, including the house she names Big Scary. Her only solace is a glasshouse in the garden, which inexplicably holds the sun and the moon and the secrets of her memory and imagination.

Shirley Marr answered some questions from *Have a Go News*: Shirley what inspired you to write the delightful book A Glasshouse of Stars?

Shirley: My book was actually inspired by my childhood experiences of migrating to Australia, encountering the cultural clash, language barriers and the difficulties of starting life in a completely new country.

Have a Go News: How much did you draw on your childhood experiences coming from Christmas Island aged seven. How did the move shape your life?

Shirley: I drew on so many things from my childhood for my novel. There are a lot of really good, but also really bad experiences in there that happened to me personally, even though I confess to not having a magical glasshouse or a cat that stood on hind legs and served my friends orange juice. The move absolutely upended everything I knew about life. I went from being a carefree child who climbed trees in the jungle and was popular with my group of friends to becoming a stranger in a strange land. That was when I started to withdraw into the world of stories and writing to escape the scary reality

that I found myself in. Have a Go News: How important is it for you to preserve those early memories, especially the

folk tales and fairy tales from your mother? Did she tell them to you from an early age? Do you still have your mum?

Shirley: I do still have my mum and I am so grateful for her. I am trying to remember all the stories my mum told me when I was a child and I basically beg her every time we meet to tell me everything she knows while I still have her on this earth.

Have a Go News: Have you always felt the importance of these memories and writing about them?

Shirley: I think we all go through a stage when we are young of wanting to distance ourselves from the past, so we can try and make ourselves our own futures. But there is also a point in our lives when we want to reconnect. I'm at a stage where I feel it is an honour and a privilege for me to re-interpret and include these stories into my own. I am fascinated by the idea that I am passing down these memories as new

folk stories. The idea that I can write a novel that will last a hundred years.

Have a Go News: Have you returned to Christmas Island much? Has it changed from the days you lived there?

Shirley: I haven't returned to Christmas Island since I left at seven. But I am making plans to return one day because I feel that there is a story that I need to tell that I can only do so by going back. I can feel the island calling me back constantly.

Have a Go News:
What next for Shirley Marr, reading and writing is part of you. A little about yourself.

Shirley: I am hard at work right now writing a followup book. And since I have always loved a sister story, my next novel will be based on the shared journey my little sister and I had while migrating to Australia. I'm hoping it is going to be tender and heartful. I have a wonderful sevenyear-old son who I learn from every day.

Have a Go News: What do you like to do in your spare time?

Shirley: Apart from reading copious children's books and writing in the middle of the night, I also like to tend to my 101 house plants. have a really good chai latte at a café with other writer friends and take out the maximum number of books I can from the li-

A Glasshouse of Stars (RRP \$16.99, Penguin Random House Australia) is available from good book shops.



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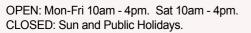
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Nick's back to talk finance

THIS year has seen the release of the Retirement Income Review and The Aged Care Royal Commission findings.

Financial guru Nick Bruining will share some of his thoughts about the implications of these reports when he addresses the Association of Independent Retirees on Friday 18 June.

The aim of the association is to protect and advance the interests of retirees who wholly or partly fund their own retirement. Meetings are 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 there is a guest speaker, and over the year they embrace many interesting topics related to finance, travel, health, community and special interests of members.

On Friday 16 July the Member for Curtin, the Hon Celia Hammond will be the guest speaker.

Numbers will be restricted to 100, so members and visitors must use the link www.eventbrite.com. au/o/margaret-walsh-18823245793 to register and pay (\$2 members, \$5 visitors). Please bring your own coffee mug.

Enquiries can be addressed to Graeme (gralin@ iinet.net.au) or Margaret (marghw@iinet.net.au).



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The Noongar language is alive and well in Western Australia



Left to right; University of WA's School of Indigenous Studies and Noongar elder, Len Collard - Len at the Rip Curl Rottnest Search presented by Corona

by Allen Newton

REPORTS of the death of the Noongar language have been greatly exaggerated. With apologies to Mark Twain.

It's a phrase that Noongar elder and language specialist Len Collard says, has no basis in fact.

He dismisses reports about how few Noongar speakers are left and the demise of the culture of Australia's south western Aboriginal groups.

Len breaks out into Noongar to demonstrate just how alive the language is.

And rather than Europeans rediscovering the language. Len says it has never disappeared and it's rather more the case of Aboriginal languages

taking over English.

"For some reason or another people have this idea that Noongar language is all broken down and screwed up and it's been colonised and beaten to a pulp," he says.

"It's only a figment of people's imagination because that's not really what's going on. Noongar language is healthy and wealthy and going along beautifully.'

Len. a Professor at the University of WA's School of Indigenous Studies, believes when people say there are no Noongar speakers they are talking about an Australian Bureau of Statistics survey that asked what language people speak.

The ambiguous nature of the question doesn't

encourage people to nominate Noongar as a

response.

But he says it's a language that's spoken every day and non-In-digenous people speak Noongar every day.

"If people grew up in the South West on the Noongar Boodjar (land), they can't operate or communicate unless they are drawing on our lan-

"If they are old farming families, for example, they would have all lived in a place with a Noongar name whether it's Pinjarra, Mukinbudin, Quairading, Kellerberrin or Mandogalup, they are all Noongar places.

"The majority of place names in South West Australia have Noongar

origins. Colonial names for places like Perth and Fremantle are the minority, but people talk like they are the majority.

"This is Noongar country, the majority of places are ours, so the Noongar language has not fallen into disuse. It never fell into disuse at any time because not only Noongars use it but wadjelas (white people) use it too.

"The irony of it is that people talk about how the Noongar language might be in a poor condition, but the reality is that English is in a poor condition in this country because Noongar is overwhelmingly involved in manipulating and assimilating English into our language and into our country.

"Even oldies, as kids, when they went down to the river to catch a crab or go skin diving, would have grabbed their mask, flippers, snorkel and their gidge. Gidge is a Noongar word that means a

"If I have English people in my classes at uni or on the tours that I operate, the English we speak isn't the same as Mother England's English.

Australian "Today's English, has been heavily manipulated and influenced by Noongar where we live in South West Australia. Hence when I speak to English students or tourists they don't always understand what I'm talking about.

"Whereas an Australian of English, Irish, Welsh or Celtic background, who grew up in our country will know what we're saying.'

Len asks what the English word is to describe the tuart tree - and of course there isn't one it's a Noongar word.

'The Noongars colonised the minds of Europeans a long time ago, but they did it so sneakily with smoke and mirrors so that they didn't understand what was going on - and they still don't.

"They live in our countrv and think they speak English, but they actually speak Australian.'

Len believes it is useful for anybody living in any country to be able to speak the local language.

"My wife and I have travelled to Indonesia a lot over the years, like everybody, surfing in Bali and what not. Later we invested in a development up in Lombok and built a villa up there, Villa Collard, awfully colonial.

"We're outsiders, the word up there for an outsider is 'bule', which could be a white person or just a stranger, but we're outsiders, I'm not an Aboriginal, I'm an out-

"The point is if we're going to spend money and do work there, we'd better learn how to speak their language because if we don't they could be laughing at us, calling us names and making nasty comments about my wife and me. We're standing there smiling saying 'isn't that lovely they're speaking their Aboriginal language'.

"The point is, today in the South West there are thousands on thousands of Noongar place names, so if you're going to live here it's probably a good idea to start brushing up on your Noongar, otherwise people might be talking about you and making fun of you and making comments about your missus, and you're standing there smiling and saying 'isn't that beautiful, this Aboriginal language'."

Len says it couldn't hurt for non-Indigenous people to learn a bit more conversational Aboriginal

language. It could help build better relationships between cultures

'That would be a fine outcome if people learn to speak the same lanquage and be on the same page when they are communicating with one another."

Len says for people wanting to find out more about Aboriginal culture it was well worth visiting the WA Indigenous Tourism Operators Council webwww.waitoc.com/ to check out some of the tourism experiences available.

See page 2 for our new monthly section translating Noongar words.





Where opinions matter - pondering the future in pandemic times...



by Lee Tate

EVERY dark cloud has a silver lining, including pandemics.

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Globalisation has come at a huge price with deadly infectious diseases taking a devastating toll on freely-mixing humankind.

The explosion of world travel has also heightened international conflict with trade disputes, culture conflict, nations giving unwanted advice or criticism and political interference all in the international mix.

There's no better time to ponder the future.

Infectious diseases will keep coming and probably increase. David Attenborough warns that as nations chop further into forests to cater for human growth, we are inevitably getting closer to animals and the diseases, previously confined to them.

Our raft of serious diseases all spring from animals. With highly-contagious viruses, isolation and quarantine are paramount.

In Australia, and especially WA, we have isolation in abundance for quarantining. We have surplus space and resources to create permanent hubs for infected Australians we bring back from countries with high levels of infection.

In disease-free times, these modern, equipped hubs could cater for all sorts of activities: Education, training, military, social and sporting. Perhaps tourism, if in appealing places.

As well as vast inland open spaces and deserts, we have some of the world's longest and remote coastlines, thousands of kms between

Hubs would presumably require fly-in, fly-out trained staff, supplies

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and support. All has been mastered and we are leading the world, especially in WA.

Our governments are being pressed to increase Australia's manufacturing base and open-up rivers and waterways to irrigate vast agricultural areas. Increasing output of regional produce could supply export markets as well as local communities currently paying hefty freight costs.

Tourism in WA, especially outside prime tourist towns and peak seasons, is crying out for support and promotion. Bring in the crowds.

With no coastal rail to our North-West and limited train travel to our South-West, we are missing out. While trains continue to cut across our nation's desert and isolated heart and dive deep into

Queensland's outback. As a mighty sporting nation, we lack our own national, all-sports extravaganza. Our national games could be staged yearly or every two years, between the Olympics.

Games held only every four years, the world's sports people are underserved, especially those who reach their peak in the years between Olym-

I have previously argued for the Olympics to be staged every two years, eliminating most team events to make the competition manageable without sending host cities into bankruptcy.

Australia doesn't lack forward or lateral thinkers, wealthy backers or volunteers, but Canberra is somewhat light on political will and policy bravery.

Part of the problem is that Federal Governments aren't in office long enough to commit to long-term projects and adventures.

Governments of all persuasions resist bigtime projects that don't give them voter "returns" during their time in office. They are reluctant shoulder big-time projects on borrowings, despite the same methods being used to build



Parliament House, Canberra

modern Australia.

WA elections are fixed for four years but Canberra elections are timed at the whim of the ruling party. Every 2.5 years, on average, Canberra is back in (expensive and disruptive) electioneering-mode.

Fixed five-year political terms-of-office give political parties time to prove themselves. (We need a mechanism to throw out misbehaving governments).

Mark Mc-Premier Gowan's government showed that WA can take charge of important affairs

in the face of federal and other States' opposition.

The foundations for a lateral review of our future have been laid by the pandemic, international conflict, trade and border disputes, cyber-crime, climate change, pollution, savaging of our biodiversity, cultural demands. social expectations and even a shaken British roy-

Lateral thinkers see opportunities.

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





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See page 12 for details.

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er with whatever light source was available at the time, including candlelight.

The science and history of magic lanterns

were mainly They used for entertainment purposes in those early periods. As the equipment improved it was used increasingly for training and education as well as entertainment until well into the 20th century, when it was overtaken by the more advanced technology equipement we are familiar with today.

The Western Aus-Self-Funded tralian Association Retirees (WASFR) will host guest speaker Richard Rennie at their July meeting. Richard, who is a retired science teacher and avid collector and restorer of light and sound technology, will provide insight into the history and science of magic lanterns.

The presentation will also include a display of original magic lantern projectors and a magic lantern slide show.

Richard established the Light and Sound Discovery Centre in the Fremantle History Museum, and in 2016 was awarded the Rotary Community Award for exceptional social and community service.

The meeting will be held at 10am on Friday 9 July at the usual venue, the Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue, Floreat. Visitors are

always welcome. For further information please contact Ron de Gruchy on 9447 1313 or Margaret Harris on 9381 5303.

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Dr. Jenny Brockis (The Brain Fitness Doctor and renowned author) has committed her valuable time to help us develop the cognitive component of the program to keep those brains active!

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Citizen scientist volunteers needed to help in climate study



Perth Swan River 50 miles up © 1829 National Gallery of Australia

by Frank Smith

CLIMATE scientists around the world are faced with the challenge of rescuing old weather data before it's lost to science forever. It's not just a challenge for Australia, it's actually part of a much larger effort to rescue old weather observations globally.

The Bureau of Meteorology was founded in 1908. This brought together the state meteorological services and took over responsibility for all weather

For weather records before that, scientists have to rely on records kept by interested individuals and organisations such as the Perth Botanical Gardens and the old Perth Observatory on Mount Eliza. Scientists from

Australian National University (ANU) are looking for volunteers to help cre-

ate Australia's longest daily weather record. There are still gaps in the record, particularly between the start of 1876 to the end of 1879. Summaries were published in the WA Yearbook showing that daily observations were taken, but no one knows where they are

or if they are still extant. Caitlin Howlett, ANU citizen science and communications officer coordinates more than 1500 citizen scientists globally, most of them in Australia.

"There was a spike in numbers when lockdown occurred. People were looking for something interesting to do," she said.

"We need more in Perth. Volunteers can be any age from students to seniors. All they need is Internet access, an interest in weather and the ability to read hand

"They can spend as little as a few minutes or much

ANU project leader Dr Joelle Gergis says these historical records are critical for understanding pre-industrial Australia's climate and how climate change has impacted extreme weather events.

These weather journals are the oldest meteorological observations for Western Australia, and are likely to be the longest, near-continuous daily records for the southern hemisphere," he said.

The researchers have already published Perth's oldest weather records from 1830 to 1875, using 16 handwritten weather journals from the Swan River colonial settlement.

"This citizen science project will bridge the gap between historical observations we've already collected and the start of the Bureau of Meteorology's daily records," Dr Gergis

longer towards the effort,"

Perth go back to 1830. They are some of the oldest

in Áustralia, even though

Western Australia was one

of the later colonies to be

ies of the documents, vol-

unteers just need to tran-

scribe old records. Often

weather was recorded in

older style English descrip-

tive language. For example,

we have come across

'boisterous' weather," she

ing, not only because of the

history we uncover, but be-

cause it has cross-genera-

and young people in his-

torical sciences, but also

respects the knowledge

of older generations, and

gives them a chance to

leave a positive legacy for

"It engages students

tional appeal.

"This research is excit-

"ANU will provides cop-

records in

she said.

founded.

"Weather

This is the first time historical weather observations from south Western Australia have been analysed in such fine detail.

"To date, the majority of historical data recovery efforts across Australia have centred on the colonial centres of south-eastern Australia. Recovering 19th century observations from south Western Australia is important as it is a globally recognised climate change hot spot," Dr Gergis said.

Dr Linden Ashcroft from the University of Melbourne, who helped rescue historical weather in Australia, says the project is a way a practical way that people could contribute to climate science re-

ready changing. Global temperature increases are dragging our weather systems further south, meaning less rainfall for much of the south west," she said.

"Rescuing these historical records will really im-

exactly how these changes are occurring, and what the future may hold.

"Detailed information about our past climate can help us better prepare for future extreme events which we know are predictand severity."

To get started, volunteers can access the project on the citizen science platform, Zooniwww.zooniverse. verse: org/projects/caitlinhowlett /climate-history-australia.

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Too much jabbing on and yes, I'm a sleeve roller. That's showbiz



by Rick Steele

WHEN dastardly Donald Trump stated, "It's just another common flu, nothing to worry about here," I was thinking, who cares? I'll just take my normal cure for the common cold of two or three whiskies and reduce my normal rigorous exercise routine (cough, cough). Cancel my three-mile run. Heat up the hot water bottle and watch

Judge Judy

Last time I went to the doctor's, after a lengthy examination, he called my wife aside and said, "I don't like the look of yer husband?." She replied, "Neither do I, but he's nice to the kids."

Doc says, "I got good and bad news for you. Bad news is you got Covid-19 and probably only days to live."

"Strike me pink," says I; "What's the good news?"

"See that beautiful blonde nurse with the well-endowed chest. I'm going out with her tonight."

I do believe it is necessary that the population should be vaccinated, but is it necessary that every time there is a story, we need to see the

needle being inserted once again? Not a day, or a news bulletin, goes by without some noddy getting a jab. I'm sick of the sight of it. I've seen more injections on TV than have been administered.

Couldn't we get an ad campaign going? Something like; "We're happy little vegemites bright as bright can be, we all enjoy our vaccination morning, night or tea."

Can't you see Scomo, Albo and their mates dancing round singing, holding hands, with big cheesies on their faces promoting the cause. "C'mon Aussies, C'mon, C'mon."

My wife and I have had our first jab and I'm pleased to report it didn't hurt, we had no adverse reaction and we're booked for a second. Yes, I'm ready to roll my sleeve and do it for Australia. I just saw on the ABC that China vaccinated fifteen million people in a single day. I think doctors did fifteen in Tasmania last week.

I'm an unashamed baby boomer who remembers, in varying degrees, mumps, chicken pox, polio, measles, bronchitis and nanna fretting over me not to sit in a draught, or I would catch pneumonia. Three years ago, after my second serious bout with pneumonia my trusty doctor gave me the anti-vaccination and Bob's been my uncle

ever since.
Undoubtedly you would have seen the sto-

ry in last month's paper about the International Cabaret Festival at His Majesty's Theatre Saturday 19 - 26 June.

I will be performing my Once Upon a Time show on Wednesday 23 June, 6pm in the downstairs room. A rough, and I hope somewhat humorous track of 50 plus years performing. Perhaps a little like that saying, "Something old, something new, some rock 'n' roll and some blues."

A trusty musician or two will assist and the screen will project images and clips from Bindoon to Las Vegas, NZ. to Spencers Brook. Note: No nudity or photos of injections will be shown.

Last time I worked His Majesty's Theatre I was a stagehand packing up after the opera. We worked through the night and finished with a beer for breakfast at the early opening, now demolished, Beaufort Hotel. 1984 and mobiles not invented, I called on the hotel hotline to check that waters were not broken, and expected twins had not made their guest appearance. I was only about four days in front of

the game.

Been a lot of water over the rapids since then and plenty of beers under the bridge. As they say: "Keep the faith brothers and sisters."

Mother Superior and three young nuns pulled up at the lights in their ancient Datsun 120 Y chariot. Simultaneously a

hotted-up Valliant Charger of testosterone bursting juveniles screeched to a halt alongside. Immediately a tirade of antireligious abuse began. "Aha you penguin suited God botherers show us ver..."

"Quick, Sister Anna, show them your cross," shouted Mother Superior.

Forthwith Sister Anna wound down the window and let fly.

"You stink in' losers, shut the f,,,,k up or l'Il come over there and rip ya bloody testicles off and kick ya so hard up the ass you'll go crying home to ya mummy!"

She wound up the window and said to Mother Superior. "Was I cross enough?"

Cheers dears!

Keeping your options open once you achieve a goal can keep you on track



by Jon Lewis

WHEN my friend achieved his goal I casually asked, "What now?" To my great surprise I was presented with a very good answer.

Hamish had been row-

ing about two kilometres every day. This led him to a place well up in the world ranking and more so in the Australian ranking. He even managed to do this without getting wet, as he was on a sophisticated rowing machine.

On a sunny day he would take it out on to the lawn and row. Should it be raining, he would take it undercover and row. If he was tired, then it would be a double coffee day and he would row. As you could imagine if he kept to his goal with small increments, he

would achieve great success. He did.

At the time it was not clear to me if his ultimate goal was to be the winner or if it was a race against himself? What was wonderfully clear was his commitment and 'no excuse' clarity.

The day came when his year-long goal was quickly approaching and it reminded me of when I had a similar goal and over a similar time frame. I had been aiming for a six pack for no other reason than I wanted a simple goal that was 'cookbook and commitment'.

However, on completing my goal I drifted terribly whereas the rowing champ did not.

Hamish had already considered the problem and knew what to do next. He already had an answer to my question. What's more it was not a great answer and nor did it need to be, it was merely a practical answer that kept his 'options open'.

This is the part I loved... options open. You see the reliable rower had not fully decided what to do next and didn't want to tie himself down to a bad

idea only to realise it with hindsight. So, he chose a path (or a river if you prefer) that carried him a little further and could easily be added to his rowing score if he chose too.

I only wish I had thought like this when completing my goal. My mentality was at the time to simply finish and relax. Unfortunately, this is terrible waste of momentum. At times, yes, it can certainly be a necessary requirement but for the most part it is for me a waste. After I had crossed the six pack finish line, I relaxed com-

pletely and got...fat! What a waist (pun intended). After all that work and dedication. After all those lovely people helped me so kindly and carefully, I returned their consideration by giving up.

At the time, for me, this seemed right and sort of normal. I do regret it now. I could have done with a little Hamish forward thinking 'options open' consideration.

An easy option to me would have been, drop the exercise for a month and maintain the eating plan. Simple and utilising the momentum, while

keeping my 'Options Open'. I am sure there could be more fine choices too.

The rowing captain taught me achieving a goal is the first part. Planning ahead is the second part.

It is important to note, keeping your options open is not the same as no-commitment. In fact, I see it as making a good commitment that sends you in the direction of maximising your potential and momentum, however small or great it is.

What will you do next? All the best.

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11

Help is at hand when dealing with the loss of a loved one



by Hank Jongen, General manager, Services Australia

LOSING a loved one is very difficult. There can be a lot of things to take care of, and depending on your circumstances you may need to let Services Australia know.

Our staff are on standby to support you every step of the way. They can provide you with information and advice about payments, support and other services.

If you share with us that your loved one has passed away, we'll update your Centrelink, Medicare, Child Support and aged care records at the same time, so you only need to tell us once. The fastest way to access this sup-

port is by calling us on 132 300 and saying 'bereavement' when asked why you're calling.

If your partner has passed away, we will assess 50 per cent of your jointly owned assets as being yours until you tell us that the assets have been transferred to you. We'll send you a bereavement statement eight weeks after the date of death to help you to update your income and assets. If you need more time to make the updates, please call

to let us know.

As it can take up to 12 months for an estate to be finalised, any assets you are given from the deceased estate will not be counted until they're received or able to be received.

Anything left to someone in a will is recognised as being owned by the beneficiary. This means any assets left to someone else in your partner's will are not considered a gift by yourself and won't affect your pension. We also have a range of supports for you in this difficult time.

For example, you may want to appoint someone to be your correspondence nominee. Your nominee will be able to ask questions, make updates and act on your behalf. You can cancel the arrangement at any time online or by calling us.

You can also speak to a Financial Information Service Officer by calling 132 300. They can talk to you about any inheritance you receive and how this might have a bearing on your pension.

You might be eligible for a Lump Sum Bereavement Payment if you and your partner were both on a pension when they died and your rate of payment as a single person is less than when you were a member of a couple. You don't have to apply for this payment, we will help you when you get in touch with us.

If you want to know

more, please visit www. servicesaustralia.gov. au and search 'bereavement'. If you are on Facebook, check out our Seniors Update page where one of our Financial Information Service Officers talks about this further.

Until next time.

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

Can you recognise elder abuse?



MANY older people experience one or more forms of abuse without realising it.

Elder abuse can be financial, psychologi-

cal, emotional, neglect, physical, sexual and social. It often starts with small things, such as carer frustration building to angry outbursts or a holder of an Enduring Powers of Attorney helping themselves to bank accounts and other assets justifying it as payment or early inheritance

Often the person being harmed is trapped because of dependence on or fear of the perpetrator.

Advocare CEO, Ms Etta Palumbo said: "Elder abuse should be on everyone's radar; it can happen to any older person anywhere including residential aged care, in the home or in the community by

family, friends and car-

"It's often unseen and unheard. If people see behaviours toward an older person that concern them or don't feel quite right, it is important to take action."

If you or someone you know is experiencing or at risk of elder abuse, call the WA Elder Abuse Helpline on 1300 724 679 or visit www.advocare. org.au.

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Immersing in nature and connecting to country driving across Australia



Left; Dawn at Pildappa Rock

by Karen Majer

DRIVING along a dirt track off the Eyre Highway in April, my husband Bovd and I were lucky to observe a magnificent cream-coloured dingo loping across the limestone plateau. Later that evening we settled down next to our Avan to eniov dinner. The only light

came from a half moon through scudding clouds, the only sound occasional dingo howls.

Boyd was in his element, revelling in the endless ho-



rizon, the wildness - he was at home. I was less relaxed in the flat open landscape of the Nullarbor. I wished we could tuck the van into a grove of trees or the protective lee of a rocky outcrop. The previous night we had nestled in the shelter of one of my favourite places, Pildappa Rock in South Australia. There I felt safe, at one with the environment.

It made me wonder how other people connect to

circled letter to make up

country when they are away from home.

Driving across Australia on our 9,200 kilometre round trip from Margaret River through South Australia and Victoria, I had plenty of time to observe other travellers. We seem to be hard-wired for attraction to water, gravitating to coasts, rivers and lakes. I noticed that many folk like to be in close proximity to others, camping not too far from the highway where other caravans have pulled up. Others seek caravan parks with the comforts of home. A few, like us, slip away to immerse in nature.

I'm drawn to the coast. tall forests and granite rock formations. I notice trees, especially. Our own magnificent karri forest was the backdrop to the beginning of our month's journey. Through the Great Western Woodlands and Goldfields, the salmon gums and mallees were shedding shards of bark to reveal glistening trunks. Shimmering leaves formed delicate multiple parasols outlined against the sky. Dropping down from the Madura Pass, the saltbush plains supported only isolated stands of mallees, acacias and mulgas, giving way to the literal Nullarbor, the treeless plain, with large expanses

This tree-hugger was excited to revisit an old favourite, South Australia's river red gums, that were immortalised through the art of Hans Heysen. Each tree is a unique sculpture of outstretched limbs, an

of treeless plateau.

artwork in itself.

How do you connect? Maybe you wonder at seas of spring wildflowers or search for precious cryptic orchids. Perhaps you love to photograph dramatic landscapes, or like Boyd you are never without a pair of binoculars to watch for birdlife. Does immersing in the underwater world bring you peace, or simply watching a frog in your garden pond? We know that there are many health benefits that come from connecting with nature. In these Covid times, the natural world may be our best medicine.

"Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts." wrote Rachel Carson.

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

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FUNERALS

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

There are 11 advertisements in this issue which contain a blue circled letter

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

4. Care & Ageing Expo 5. Pinky's 6. Bolgart Hotel

the Ad Word.

1. Four Seasons

3. City of Joondalup

2. CPE Group

- 7. P&N Bank
- 8. Brad Dawson Property Group
- Regen Power
- 10. Mankara
- 11. Perth Cabaret Festival Entrants can enter via email with Adwords in the subject line at win@ haveagonews.com.au or write to Ad Words Competition C/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 30/6/21.

Biggest Morning Tea raises big dollars



Tamara and Steve Radi host the successful fundraiser

RADI Estates in Inglewood have been hosting a Biggest Morning Tea to help raise funds for the Cancer Council for the last five years.

The event is a community effort with many local businesses donating prizes for the raffles. The delicious morning tea was made by Radi staff, family and friends.

This year their goal this year was to make \$5,000 from the event. They achieved this with more than 50 people attending.

Oops!

LAST month in the article we published about Brian and Joan Pope's 66th wedding anniversary we inadvertently called Brian, Bob. Our apologies to Brian and Joan for

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Our financial options empower you to consider the way that feels right for you as well. For more information, contact us today.

LIKE TO KNOW MORE?

Join us at our upcoming Information Seminar on Saturday 12 June at 10 am 141 Claremont Crescent, Swanbourne. RSVP essential.



^{*} Facilities and social activities vary in each village.



Seniors Recreation Council Jottings



VALE: Hugh Arthur Rogers, 1935 - 2021

HUGH was one of the foundation members of Seniors Recreation Council of WA, joining in 1992 to organise an indoor bowls tournament and remaining as a core and valuable member of the team until his passing. During his many years with the Council he held the roles of state president, treasurer, board member, mentor and friend. Hugh was involved in the planning, development and implementation of many of SRCWA's programs and services. These included branch expansion, Have a Go Days, LiveLighter Aged Care Games, LiveLighter Activity information days, pole walking, Tech Savvy Seniors, Add Life to Your Years, annual Seniors Ball, club management awards and many more. Hugh was also instrumental in developing the organisation constitution and provided this service to clubs and groups. Personally, Hugh received a number of awards over the years for his dedication to the organisation. One of his most treasured awards was being presented with the long-time volunteering award for more than 27-years service with one organisation. Hugh formed many friendships over the years but the one closest to his heart was his lifelong friendship with his mate Quentin Smythe one of the founders of Have a Go News. Together they were a force to be reckoned with. Hugh could command a room with just his presence, he was known for his quiet personality and only spoke when he had something valuable to say. His tireless leadership, combined with his personal vision, creativity and innovative thinking helped him carefully guide the Council to a position of influence and high standing. SRCWA, along with his family, was paramount in his later life and he was totally dedicated to the organisation. Highly regarded in many circles and a mentor to many, Hugh was a true gentleman and was loved and appreciated by everyone. He will be greatly missed and will always live on in the hearts of the SRCWA family. Our thoughts are with Dawn, Martin and his family at this very sad time.

LiveLighter Aged Care Games Bunbury Region

The South West Sports centre came alive, after a twelve-month break due to COVID, for the annual SRCWA Bunbury LiveLighter Aged Care Games on 22 April. The atmosphere was electric with people dressed in team colours competing, and cheering from carers and supporters.

It was a fabulous day with 12 teams competing, coming together from nursing homes, aged care facilities and day centres to compete in games specifically designed for those in care.

The games were played in great spirit and included seated hockey, seated pass ball, beanbag toss and skittles. The carers game at the end of the day had representatives from each team competing in a fun event which was enjoyed by everyone.

The event was officially opened by local councillor Betty McCleary who also provided the lunchtime entertainment. Betty had people up out of their seats moving and shaking to Zumba Gold and she also shared a seated version with participants.

SRCWA would like to thank Bunbury branch president Barbara Fleay and her dedicated team along with the volunteers and staff from Perth head office.

Local member for Collie-Preston Ms Jodie Hanns MLA, who represented the Minister for Seniors and Ageing Hon. Don Punch MLA, presented the plaques, trophies and medals. The best presented team was South West Community Care. Third place went to South West Community Care, second place Community Home Care Collie and first place Ocean Star Village - Superstars. The oldest competitor at the games was 93-year-old Ursula Eaton from the Ocean Star

LiveLighter Seniors Activity/Information Day, Loftus Recreation Centre

Around 50 seniors attended the LiveLighter Seniors Activity-Information day on Monday 17 May sponsored by LiveLighter Healthway, organised by SRCWA in partnership with the City of Vincent. This event gives participants the opportunity to have a go at different activities. There were 12 static displays presenting a variety of information to people. The group of seniors who attended were very active and engaging and all of them participated in the activities. Pole walking, seated hockey and the air soccer were popular. Other activities included, giant darts, bob (table billiards), Heart Sport Activities, carpet golf and more. After a morning of activities participants were treated to a healthy lunch. It was great working with Bianca from the City of Vincent in organising this activity day, also a big thankyou to SRCWA's hard working volunteers. This event was sponsored by LiveLighter Healthway and supported by City of Vincent, the Department of Local Government, Sport and Cultural Industries and Dept of Communities. Remember to eat healthy meals and exercise daily to LiveLighter.

Registration is open for Have a Go Day 2021, a LiveLighter Event

Mark your diary for Wednesday 10 November at

Burswood Park from 9am to 3pm.

The activity and information sharing event for over 50s is open for registration for clubs/groups, not for profit agencies and commercial entities: forms can be obtained by calling 9492 9773 or email dawn.yates@ srcwa.asn.au.

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

Charles Renner enjoys a life-long passion for sport



Charles 'Chaz' Renner

by Tarquin Bateman, Communications and events coordinator -**Masters Swimming WA**

SPORT is a life-long passion for Charles 'Chaz' Renner. At 92 years of age, he has a wealth of sporting experience under his belt and many great memories of growing up in Perth. He has competed in many sports including cycling, squash and swimming. He also had a professional career spanning several indus-

Charles has been a Melville Masters swimmer for 11 years, but swimming has been a part of his life since he was very young.

His father was a keen amateur competitor, and Charles remembers going down to the river in Bicton every Sunday morning with his club for a swim. Twice a week, if you were

a very serious competitor. "Being open water at Bicton Baths, swimming was very dependent on the tide and the winds," said Charles. "If the wind blew the wrong way, there would be a thick blanket of jellyfish covering the bay. The turning boards were fixed to the jetty and if the tides were too low you could swim underneath them!

There were no heated pools in those days, it was all open water. The first attempt at an indoor heated Charles recalled, pool, was when local coach Kevin Duff constructed a 25m pool in East Fremantle.

"It was very progressive then and allowed us to keep swimming in winter, but inside it was steaming, heavily chlorinated and you could hardly see from one end of the pool to the other," said Charles.

Charles attends Melville

Masters training twice a week all year round, both in the pool and ocean. He enjoys the competition and the companionship. Moreover, swimming helps him stay active and engaged with his community.

Before Charles was born, his father was in a motorcycle accident in North Fremantle in which he was badly injured and nearly lost his leg to gangrene. Following the Depression, his father managed to open a bicycle shop in Bicton. Some of Charles' earliest memories are centred around the joy and pride he felt at being one of the only kids in the district to own a bicycle. This joy sparked an interest in cycling and fitness that carried through to Charles' adult life.

He attended Richmond Primary School, and then Fremantle High School before being encouraged by his father to pursue an apprenticeship in the developing trade of electrical fitting. Charles worked in this trade for 13 years until the 1950s when he got married, built his own home, bought a utility truck and began his 20-year career as a milk-

Charles has three children, four grandchildren, and five great grandchildren. After leaving the milkman trade he was a driving school instructor for four years, ran a pizza shop for four years and finally returned to his electrical fitting roots as a whitegoods service mechanic until his retirement.

Back in high school, Charles played team sports, but always preferred individual competition. As an adult he continued cycling and playing tennis but found these sports hard to fit in around his seven-day working week.

In 1951 he had the opportunity of a lifetime to participate in the Jubilee Couriers' Relay Cycle Ride as one of five athletes selected to represent WA. There were two amateur cyclists on the team (including Charles), two professional athletes and a long-distance cycling enthusiast. The event marked a golden milestone in the federation of Australia.

'The five of us carried letters of loyalty and goodwill in relay between Perth and Adelaide, substituting for the Olympic torches," said Charles.

"The letters were to arrive from all states around the country on the anniversary of federation.

'There was no bitumen road on the Nullarbor Plain in those days, but we had a support crew of about thirty people and eight vehicles. We ran into all sorts of creatures and weather," he said.

In 1962, squash exploded onto the sport scene in Perth. Charles was encouraged to try his hand at a few rounds and was hooked immediately. He could fit the sport around his career and personal life, and it was not long before he was playing competitively. He made many friends and continued competing until he was the last man standing in his age category, as his fellow competitors had mostly retired from the sport or passed away.

In 2010, Charles was attending a function with a friend when they suggested he join their swimming club. He is still swimming 11 years on and is an active member of the Melville Marlins

Charles is young at heart and is extremely intelligent and witty. We at Masters Swimming WA are very proud to have Charles as a member.

If you would like to join a Masters Swimming club visit www.mswa.asn.au.



Canoe club member approaches life with a 'have a go' attitude



Les with boat on ute

by Karen Finlayson

NOTHING ventured, nothing gained - that's how Les approaches life.

Five years ago, he considered trying his hand at kayaking. He and his wife Glenda paddled together in a class offered at Guildford. Despite struggling to stay afloat, Les was

undaunted and joined the Over 55 Canoe Club. He tried and tried again and with help from club members finally mastered the skill. Now he is a proud and capable member complete with personalised number plates on

Last year with weather warming, Les looked forward to a beautiful morning with friends on the river. He'd read the email. knew where to go and arrived early as usual - vehicles were there but no kayaks or paddlers chatting and sipping tea.

Looking up from her book a woman on a park bench understood the situation and pointed up the river. Straight into the water went Les, paddling furiously past the osprey paddlers see regularly, until he saw the group 'miles away'. Reaching them as they were about to turn back, he was welcomed with much hilarity. He now checks the emails for start times as well.

In his younger days, Les tried his luck with well-paid work in Port Hedland. On his return to Perth, money was burning a hole in his pocket. He'd discovered the plea-

sures of wine and women but knew there was a balance. Not wanting to fritter away his hard-earned nest egg, he considered an option - his family had been far from wealthy and had never owned a house, but that didn't mean he couldn't. He 'rang a bloke' who 'rang a bloke' who phoned Les back - there was an old house in East Freo on a quarter acre block. A \$20k offer went in, the agent negotiated and Les became the first in his family to own a home. The next-door neighbour said he'd paid too much but time certainly proved her wrong.

were excited to visit the world renowned Bronx Zoo. At Penn Station, New York the man in the information kiosk said, "Go over to the Blue Line... make sure you don't get on the Red Line." They jumped on They jumped on a train and watched for their station. No sign of it when the train stopped... at the end of the line -Harlem! Having to disembark, they felt like outsiders, hundreds of eyes staring at them from every direction. People of all ages, children hanging onto their parent's legs looking as apprehen-

In 2002 Les and Glenda

sive as Les and Glenda felt. The world seemed to stand still . . . no one saying anything or even

Not one to just stand there, Les put his hands in the air like a preacher, looked around, smiled nervously and said, "Hello everyone, we're Australian and we're lost". The atmosphere changed instantly - stares turned to looks of compassion, people approached from all directions offering help and camaraderie.

One man took Les by the arm: "Come on boy, you go up there and make sure you don't pay more than one dollar.'

It's the most touching incident Les can remember - the best things in life can happen when we least expect them, especially if we have a go.

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



Win a \$100 Mastercard

WE love giving away prizes to our readers and this month one lucky person has the opportunity to win a \$100 Mastercard.

This can be used anywhere and offers the opportunity for the lucky winner to treat themselves to something special whether it's a meal in a restaurant or some new clothes.

Have a Go News offers readers the opportunity to win by emailing win@haveagonews.com.au with Master in the subject line or write to Mastercard Competition c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 30/6/21.

Join the Stay Sharp Program

Promoting Physical & Cognitive Health Supported by City of Perth

Have you attended any of our previous programs? Do you wish to improve your physical and cognitive well-being?

We invite you to our on-going Stay Sharp Program The Stay Sharp Program is an 8 week progressive program for the over 55s

introducing you to the basics of eccentric exercises coupled with cognitive and memory exercises to aid in reducing a persons relative risk of developing dementia related diseases and improving overall health and wellbeing.

Prof. Ken Nosaka from the ECU School of Medical and Health Sciences has extensively researched the greater benefits of eccentric exercises. Dr. Jenny Brockis (The Brain Fitness Doctor and renowned author) has committed

her valuable time to help us develop the cognitive component of the program to keep those brains active!

Next Program Commences Tuesday 29 June - 17 August 2021

2 Plain St, East Perth

1.30pm - 4pm, 8 weeks

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Check the details if making additional contributions for a UK state pension



by Mike Goodall

HER Majesty's Revenue and Customs (HMRC) are sending letters, arriving in Australia over the last two weeks of May, to those who are making additional contributions to enhance their UK State Pensions.

You need to be very careful if you receive one of these letters to ensure that you are paying the correct amount because only full contribution years count towards a UK State Pension.

Some people who have reached UK State Pension Age (SPA) within the last tax year might receive a letter requesting a payment less than the full amount of £158.60 for a Class 2 payment or £795.60 for a Class 3 payment, although the dates might say it is for a

full tax year.

Anyone, living in Australia, who reached SPA between 6 April 2020 and 4 April 2021 should with the full amount might not benefit you once you have reached the maximum pension possible.

HMRC will also sendnot be paying for that year as the payment will ing tax coding letters out not give them any addito those who are or have been paying tax in the UK because their occutional pension. If you have overpaid for a previous year and pational and State Penthere was some monsions take them over the ey carried over to the tax-free allowance. If you 2020/21 tax year that are an Australian permacould explain a smaller nent resident or citizen, payment request. Howyou should be paying all

rather than the UK.
You might be paying too much tax to the
UK because each year

of your tax in Australia

HMRC increases the State Pension component on the tax code as if you were living in a country where UK expat pensioners receive their annual pension increases. If they are doing this to you, you could be paying tax on money that you have never received.

There is a double taxation agreement between the UK and Australia and the ATO seem to be very relaxed about you paying tax in the UK. However, if you are paying tax in Australia rather than the UK, the allowances and offsets in Australia might

reduce your tax liability.
Also, because the UK doesn't pay your annual State Pension increases (because we live in the wrong country) why pay them taxes that they don't deserve? If you are considering moving your taxation to Australia you

should take specialist advice.

Am I UK State Pension

Age?
UK Expats and Aus-

tralian citizens born between 6 October 1954 and 5 April 1960, who have worked for a minimum of 10 years in the UK, will be eligible to

claim their UK State Pensions from their 66th birthday.

For those born after 6 April 1960 the age that they can claim will increase by one month extra for every additional month of birth until 6 March 1961 when it will become their 67th birth-

Ånyone who would like to discuss the above in greater detail or any other aspects of their UK State Pensions, is welcome to contact Mike Goodall on 08 6364 0859, 0403 909 865 or via e-mail mikec goodall@btconnect.com.

Old collegians continue to enjoy the thrill of riding around Perth in their cycling kit



Jamie, Matt, Scott, Shaun and Craig

Scratchie packs up for grabs

IN our 30th anniversary year our fingers are

crossed that one of our readers will have a big win

write to Scratchies c/- Have a Go News PO Box

1042, West Leederville 6901. Closes 1/7/21.

This month there are five, \$20 Lotterywest Scratchie packs to give away to some lucky people.

To be in the draw, simply email win@haveagone ws.com.au with Scratchie in the subject line or

from our scratchie pack competition.

YOU will hear them long before you see them. It isn't the usual rattle of 'clear!' and 'car back' that pierce the early morning air, rather it is a constant chatter of four mates enjoying their ride, together.

It doesn't take a keen eye to notice that Wesley College Old Collegians, Scott Marshall, Shaun Murdock, Craig Parsons and Jamie Pirie are cycling around Perth in Wesley cycling kits.

"We certainly feel proud about our time at Wesley and any chance we get to wear these kits around Perth we take it," said Jamie. "It is made better knowing we are the only Public Schools Association school with an official cycling kit now. That schoolboy competition is still shining through."

ever, as you have a year

to make the payment it is

worth checking that the

payment does actually

benefit you. Even years

While they have been cycling together for only six months, this group of Old Collegians have been mates for 43 years. "It was the first day of Year 8 that I met Shaun," Jamie remembers. "Wesley had a huge impact on our friendship and really, all our families."

From playing football and tennis together all through school, trips to a family farm in Mingenew and to Shaun's place in Shelley these mates have had a lifetime's worth of laughs that many would envy.

As Shaun reflected on the journey they have been on together, he noted that there were several things that had driven them all.

"Watching Craig ride is truly an inspiration. He has a true can-do attitude that pulls the rest of us along and it can't be beat."

Craig's life changed forever in 1981 when he was paralysed following a motocross accident. He now rides using his hands and has recently added an electric battery to his bike.

The daily entertainment from Shaun often includes falling off his bike with no

one in front of him.

The impact of these four mates' friendships over the years is hard to ignore.

"As you get older you value your close friend-ships, they keep you sane and are a huge positive to your mental health," reflects Jamie. "Some mornings the best part of

the ride is the post cycle coffee."

Proof that this group is uplifting and exciting to be around is Jamie's son, Matt Pirie, who is the most recent addition to the group and a 2020 graduate of Wesley College.

Speaking of excitement, the group completed the Three Dams Challenge in late March. A 135km cycle with hundreds of metres of elevation change, which was a test of themselves and their friendship. The group finished the gruelling challenge with times of just over six hours and are now looking to tackle the Cape to Cape route.





Seniors Lifestyle Expo 2021

Tuesday 15 June 2021, 9.30am – 2.30pm Westfield Whitford City Cnr Marmion Ave and Whitfords Ave, Hillarys WA 6025

Are you:

- Over 65?
- Interested in remaining active, healthy, connected and independent?

Or, do you:

 Know someone who may benefit from this information? Come along to this FREE event, with information on assistive technologies, support with all things online and digital, plus a range of subsidised services to keep you out-and-about and maintaining your independence.

For more information please call **9400 4503** or visit **joondalup.wa.gov.au**

Project Partners:







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NON PROFIT community support HOPE, now 1 GENEROSITY 1 Stroke give, parkinson's Please donate MND now make a difference purpose Inspire neurological

make a difference purpose Inspire neurological KINDNESS multiple sclerosis discovery Contribute commit RESEARCH muscular dystrophy

Research takes not only time but really serious money. Many discoveries by our neuroscientists have taken years to identify the cause and then develop treatments. If you would like to support our research, even a small donation can make a difference. https://www.perroninstitute.org/donate-2021/





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Perth Convention and Exhibition Centre

14 - 15 August 2021

9.30am - 4.00pm

For Expo Information, contact CMS Events Phone 08 9201 9888 Email info@careandageingexpo.com.au

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www.careandageingexpo.com.au

sponsored by

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FREE ENTRY!

Risk of blood clots from Covid ten times worse than risk from vaccine



by Frank Smith

NATURALLY we all have questions about any new medical procedure and Covid-19 vaccines are no exception.

But widespread vac-

cination is the only way we will ever get back to normal. Moreover, it is important that nearly everyone gets the jab because if most people are vaccinated the virus cannot spread.

That is known as herd immunity and is the only way to protect people with defective immune systems.

Australia's Covid-19 vaccines overall are safe and effective, but there is a tiny risk of people, particularly younger people being affected by blood clots – cerebral venous sinus thrombosis (CVST).

Yet the risk of clots resulting from an infection is nearly 10 times than that from the vaccine. Research published in *The Scientist* found a 39 in a million chance of developing CVST due to an infection with Covid-19 and a four in a million

chance from vaccina-

So, the risk of an adverse reaction to the vaccine is small, but much less than not having the vaccine.

To put this risk in perspective, the lifetime risk of dying from a lightning strike in the US is one in 380,000 and the risk of dying from a motor accident is one in 107. There is no comparable Australian data.

Dr Roger Lord, senior lecturer (Medical Sciences) with the Faculty of Health Sciences at the Australian Catholic University said adverse events are rare with 169 cases of CVST and 53 cases of splanchnic vein thrombosis reported from the 34 million people vaccinated in the European Union and UK since April 2021.

"A higher incidence

of the adverse event in younger people, particularly females subsequently prompted Britain's vaccine advisory board to recommend that the AstraZeneca Covid-19 vaccine not be provided to those under the age of 30."

In Australia people under 50 may choose to have the Pfizer vaccine, which has not been found to cause blood clots

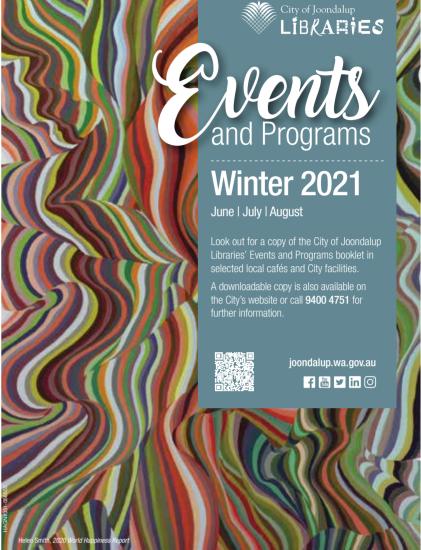
Epidemiologist Professor Hassan Vally at La Trobe University says developments regarding the AstraZeneca vaccine and blood clots must be put in perspective.

"It is certainly a significant setback and one we would prefer we didn't have to deal with, However, we have to be clear that this is an extremely rare side effect and once again the Australian government has taken an extremely cautious approach to protect our health.

"In making the adjustments to the vaccine rollout and making Pfizer the preferred vaccine for those under 50 years of age, the goal is to mitigate the risk of this blood clotting syndrome even further, which looks to mainly affect those in the younger age groups."

Blood clots have only been found in people after the first shot. If you had no adverse reaction on the first shot, you will be perfectly safe to have the second.

The public health message is clear: Get vaccinated – for your own health and that of your friends and neighbours.



Re-connect with Joondalup Libraries this winter

CITY of Joondalup Libraries - Duncraig, Joondalup, Whitford and Woodvale - host a fabulous range of events and programs for all ages and interests. Check out the Winter Event Guide online or pick up a copy at the library. Celebrate the *Magic of Stories* during the July School Holidays (bookings open Monday 21 June) or find a discovery session to suit. Crochet and knitting groups, crossword, mahjong and games sessions are popular, along with researching family history and using Ancestry.

Any questions? Call 9400 4751.

Please... No more lids for now

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

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

Lids for Kids in the eastern states has joined forces with 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. At this stage we have been advised that Containers for Change depots take clean lids and Precious Plastics in the southern suburbs will also take clean lids only.

We take the opportunity to thank

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

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



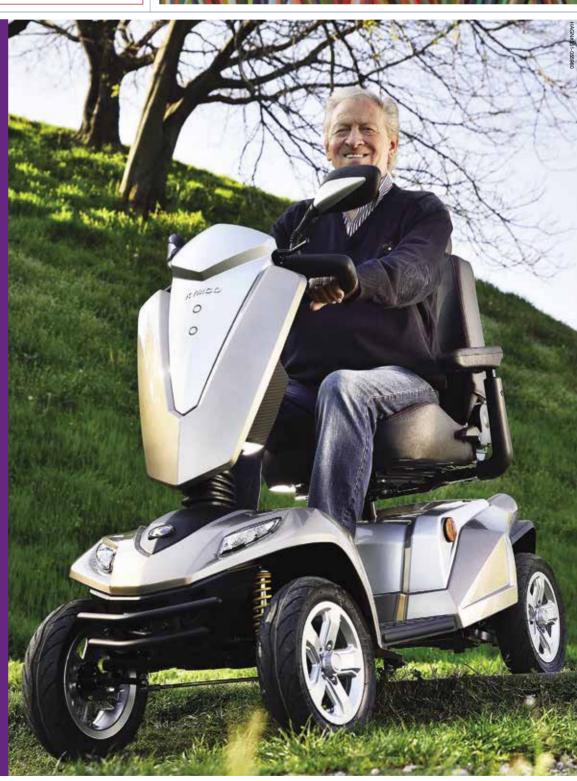
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Mandurah (08) 9479 3232 2/17 Gordon Road, Mandurah

www.motobility.com.au



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



VOICE MOVES WINTER CHOIR BASH Sunday 4 July, 1.30pm-4.30pm Cost \$5 at door. Afternoon tea \$2 gold coin donation A great afternoon of choral singing. Riverton Baptist Church.

38 Modillian Avenue Shelley Leonie 0419 471 583

DON RUSSELL PERFORMING ARTS CENTRE

Lot 13 Murdoch Road Thornlie Sundowner series - Ukelectic Friday 25 June, 7pm-8pm Doors open and food served at 6pm. Standard \$26+TF, includes your first drink and

Ph 9498 9414 email drpac@gosnells.wa.gov.au

THE PHILATELIC SOCIETY OF WESTERN **AUSTRALIA**

Welcome new members on the third Wednesday of each month at Philatelic House Wellington fair, 7.30pm, Unit 18/18A, 40 Lord Street, Perth. Circuit sheets available from 7pm. Auction is also held at each meeting. www.pswa.asn.au

LIVE LIGHTER INFORMATION ACTIVITY DAY **BELMONT**

23 June, 8am-5pm Presented by the SRCWA. Seniors are invited to take part in a variety of activities, also there are static displays offering senior specific information

Ph 9492 9773 email info@srcwa.asn.au

PERTH CRAFT AND QUILT FAIR

14-18 July Perth Convention & Exhibition Centre Info. craftevents.com.au Contact organiser 9452 7546

THE LIONS CLUB OF NORTH BEACH

is looking for volunteers to help with community projects and fundraising. Next meeting 9 June, 7.30pm Rocky Bay Centre, 15 Chessell Drive, Duncraig The club meets on the second Wednesday of each month.

Come along and enjoy some fellowship. Jeanette Simpson 0437 179 539

GUILDFORD VILLAGE POTTERS

Adventures with Alice an exhibition of art glass by Jennie Merritt. 28 May - 21 June Guildford Village Potters 22 Meadow Street Guildford. 9279 9859

STAMP EVENT

Sunday 20 June Philatelic House Unit 19/40 Cnr Lord & Wellington Street East Perth.

Doors open 10am -4pm Free admission. Dealers tables, stamp valuation advice available. Plenty of parking close to venue.

Email mleaman@bigpond.net.au

THE SOCIETY OF WOMENS WRITERS WA

Writers Boot Camps Citiplace Community Centre Saturday 17 July and Saturday 24 July 12.30pm-5pm. Contact Helen Iles 0429 116 395 linpress1@bigpond.com

CHAIN REACTION 6 PIECE SHOWBAND

Freemasons Hotel Bridgetown \$10 Door entry. Sat 26 June Rock idol event night.

AUSTRALIAN MODEL RAILWAY CLUB WA INC

Model Railway Exhibition at the club rooms, 24 Moojebing Street, Bayswater 3 & 4 Júlv Phone: 9377 3456

Email amra.trains@westnet.com.au

NORTHERN ORCHID & GARDEN FAIR

John Septimus Roe School Mirrabooka Ave, Mirrabooka Sunday 4 July, 9am to 3pm Demonstrations, gardening books, gardening groups and societies, herbs, orchids, African Violets, bromeliads, gerberas, cactus and succulents, pots, fertiliser, raffle, free parking. Entry \$5 - Seniors \$3, includes a cuppa Tony 0481 967 471 or Bruce 0417 903 280.

HAVE-A-GO NEWS No. 351 JUNE 2021

Martin wants to make the world a happier place





Martin Meader with a Born to Sing choir - Meader says people can improve physical and mental health by singing in a choir

by Josephine Allison

MARTIN Meader has done a lot in his life but singing and conducting choirs has been his mainstay, helping him through good times and bad.

In 1997, Martin co-wrote and co-executive produced the film Paradise Road starring Glenn Close and Cate Blanchett about a choir of women prisoners of war, capping an illustrious career which has taken him around the world.

In 2007, he returned to Perth after living in the US and was approached by ABC 720 Radio to form a choir under the name Born to Sing comprising 120 non-singers singing Christmas carols in Forrest Place.

"Once that six-week

program was successfully completed, I decided to continue the choir with some friends," Martin said. "The Born to Sing choirs now meet weekly and I conduct choirs in Joondalup, Melville and Rockingham with Luke Savage conducting one in Mid-

land." Martin also conducts the Secret Women's Business choir which have recently had sellout appearances around

Life is busy for Martin but he wouldn't have it any other way. Singing in a choir helps improve physical and mental health, he says. It helps reduce stress and creates social bonds.

"Singing in a choir also enhances our sense of happiness and wellbeing. Exposure to music

encourages the power of concentration, coordination and self-discipline, enhancing creativity and creating a positive attitude generally.

"Men and women mainly aged over 40 and up to 90 enjoy choir singing. Choirs are definitely a place for baby boomers to come to; they love the songs of the 60s and

Martin has been instrumental in establishing singing workshops throughout Australia, Singapore, Britain, Indonesia, Canada and the US. From 2014-15 he was the musical director for the choir of the Western Desert Kidney Health Project, an initiative that aimed to reduce disease and diabetes by 20 per cent over three years in 10 Goldfields Aboriginal communities.

was sioned by the Perth International Arts Festival to conduct choirs which included a 1000-voice choir for the 2004 festival opening ceremony and another 1000-voice choir in 2005 to sing Mozart's opera The Magic Flute with the Western Australian Symphony

Orchestra. In 2006, he travelled back to the US to create the Hurricane Choir as a response and help for the survivors of Hurricane Katrina. His choirs have raised more than \$240,000 for worthy causes.

In 2016, Martin was diagnosed with stage 4 rectal cancer and in the following two years underwent major operations, chemotherapy and radiotherapy,

"During that time, I

made myself attend choir four times a week because I knew that if I had a purpose, especially a musical purpose, I would have a better chance of surviving.

"The support and love that I received from choir members cannot be understated. It was massive and, for me, undoubtedly was a vital part of me getting through the treatment. I'm not free of cancer yet and have to attend hospital to keep a check on my continual improve-

Martin's choirs have performed at the Perth Fringe Festival, Concert Hall, His Majesty's Theatre, Regal Theatre, Subiaco Arts Centre. Denmark Festival of Voice, Dunsborough Songfest, Guildford Songfest and the Edinburgh Fringe Festival.

"Singing provides catharsis across the full emotional spectrum," he said. "It can give a directly experienced sense of happiness. It's a mood lifter and antidepressant with no side

effects. Martin's personal goal is to take singing together into the workplace. Anecdotal feedback from his workshops is that staff return to their workstations happy and full of joy.

That is as good a recommendation as any.

Double celebrations for the Prince of Flesh



L-R; Vince on his 70th birthday. The naked gardener - a portrait of Vince by Patricia Gray

AFTER a recent scare with a mild heart attack, we were all very pleased to see Vince Garreffa (the Prince of Flesh) on the rebound as he celebrated his 70th birthday.

It's a double celebration with Vince's business Mondo Butchers marking 42 vears of trading.

The man who has one of the biggest hearts in WA, has worked tirelessly for many years raising much needed funds for charity and particularly for Lifeline WA.

Have a Go News sends its biggest birthday wishes to Vince for the wonderful recipes he contributes each month and the charity work he does vear in and vear out.

St Patrick's Anglican Church Mt Lawley



SAVE THE DATE:

Friday 30 July, 7pm Christmas in July

ANNUAL CANDLELIT MEDIEVAL LONGTABLE FEAST

St Patrick's Anglican Church

For further information facebook @stpatricksmtlawley or email office@stpatricksmtlawley.com

Retirees group has a raft of speakers

dent Retirees (AIR) Perth northern suburbs branch, will be Lisa Richards, from the Seniors Housing Advisory Council (SHAC). Lisa has been with the SHAC since 2014 and during that time she has spoken to many people searching for the perfect housing arrangement to enable them to live independently for as long as possible.

She will also discuss issues that might be encountered and while there is often no perfect solution, her objective is to obtain the best solution for your individual circumstances.

The meeting will be held at 9.30am on Thursday

next meeting of the As- Park Community Sport- derive at least a portion sociation of Indepen- ing Facility, 27, Penistone of their income from inde-Street, Greenwood.

The following meeting will be held on 15 July with speaker Stuart Usher who is a Cruise enrichment adviser. With the prospect of Covid restrictions being lifted over the next year, many people's thoughts are turning back to cruising and besides considering the 'Future of Cruising' Stuart has a wealth of subjects to dis-CUSS.

AIR represents the interests of both fully and part self-funded retirees to government at all levels - they are completely apolitical, solely seeking to improve and maintain the positions of Australian retirees. The membership

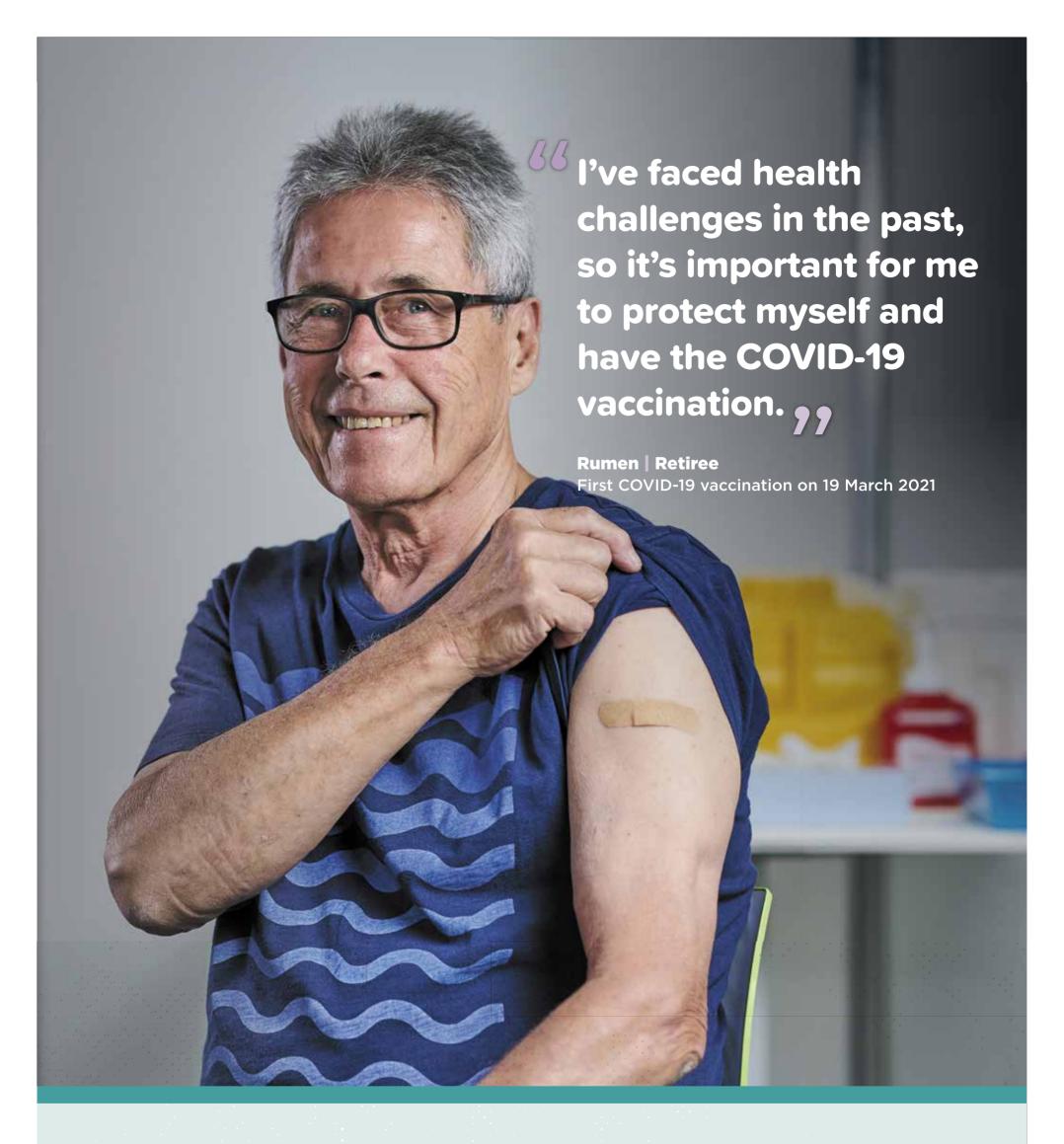
GUEST speaker at the 17 June at the Penistone consists of people who pendent means, however, at least half of the members rely on the Age pension for a substantial part of their income.

Under the current WA Covid -19 rules they are restricted to numbers in the meeting room. Therefore, if you wish to attend as a guest please reserve a seat by registering your interest.

All AIR members and any interested quests are most welcome.

Cost \$4 per person including raffle tea or cof-

For further information please contact Mike Goodall on 08 6364 0859 or e-mail pnsair@gmail. com for further details.





To find out where to get your COVID-19 vaccination, talk to your GP or search Roll up for WA.



As it happened... beyond the stories - Normie Rowe reflects on the Vietnam War

by Lee Tate

SEVERAL years ago, Normie Rowe was called to Perth for a television pilot, being produced by Johnny Young, with a script I'd written.

We assembled with the filming crew at Curtin University where Normie was to be the face of the TV special focussed on the ANZAC spirit.

It was, of course, an appropriate subject for Normie, well-known after his Army conscription and war service in Vietnam.

A fellow Viet veteran, tracked down in Perth, was brought before the

cameras with Normie where he told the harrowing story of how he was wounded and stranded in Vietnam.

"Then an armoured personnel carrier appeared and a soldier's arm reached down and pulled me up and away from danger," he said. "That soldier was you, Norm.

On that set, Normie rekindled many horrible war memories, working together with his long-time mate Johnny Young, in their support of the ANZAC spirit. They were successive Kings of

Johnny based his

haunting hit song, Smiley (sung by Ronnie Burns), on Normie. "Smiley, you're off to the Asian war. Smiley, you're all on your own.

Normie never begrudged serving for his country and proudly wore the uniform and medals. He also copped spite and abuse hurled at returning Viet vets for their roles in the conflict.

Those who came back (504 young soldiers did not) brought mental and physical war wounds, Normie included, with treatment for his mental issues.

Normie had good reason to be angry at finding himself in 1969 in the heart of the war. He had possibly been set-up.

In its misplaced wisdom that stopped the current King of Pop's career and left him with stress and depression. It is thought Army public relations allegedly slipped Norm's name in with conscripted men headed for training and war.

A decade earlier, Elvis Presley was conscripted to serve in Germany and photos of him in Army uniform and in the Army barber's chair were a massive fillip for promoting the US military.

What was enough for Elvis and America would be good enough for Normie and Australia. All in the national interest!

In 1968. Australia's top pop star was performing in Bunbury as part of a national tour when he got the tap on the shoulder not by military or government types or by official letter like other conscripts but by the media.

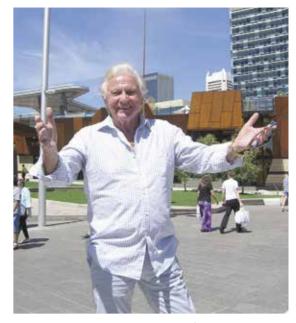
Normie was to packup and join Army recruits in training at Puckapuny-

Quickly followed that famous photo: Normie sitting in the Army barber's chair, his long, locks fallen on his shoulders.

After basic training and freshly-landed in Vietnam, within 24 hours Normie was rushed into action. The media wanted a photo-shoot.

At 6am, the former choir boy and Aussie heart-throb found himself in an armoured personnel carrier, heading out of Australia's base at Nui Dat to help count and deal with bodies and collect weapons following a Viet Cong ambush of Australians.

Enemy bodies were piled together and blown up with explosives introduction Normie's to an engineer's burial. Dark memories of these horrors were to surface much later during his mental treatment in Australia.



Normie Rowe in Yagan Square

later, Normie Years Rowe, 74, despite his mental scars, post-war treatment, loss of mates in Vietnam and de-railed singing career, demon-

strated in Perth that he has come to terms with his fate and can still be enlisted to tell it as it happened. In the ANZAC spirit.

AMMPT Western Region (Inc.)





CLASSICS OF THE SILVER SCREEN

2021 Film Program presents for your pleasure

Airport

starring Dean Martin and Burt Lancaster Monday 28 June

Live organ music before the show Admission; Members \$6 Seniors \$9 Public \$11 Grand Cygnet Cinema, Preston Street, Como Ph 9367 1663

Doors open 11.30am Screening starts 12noon

Email: waregion@ammpt.asn.au or write to The Secretary, PO Box 5147 Dalkeith WA 6009 Preserving the rich heritage of Western Australia's Moving Image Industries

TREAT A FRIEND! Bring this advert, and a friend, to any of our 2021 film screenings, for FREE ADMISSION for your friend.



continued from front cover Magda returns to the screen by Allen Newton

"That's the joy of getting older, you don't give as much of a fat rat's arse about things," she laughs.

"If you could bottle this. I'd give it to younger people. I wish I could have been like this when I was younger.

"I heard someone say, the thing about ageing is just when you are getting your head together, your arse falls off. It's a cruel trade off, not fair, but true.

"I have to say as you get older you care much less about yourself and more about the well-being of others, the world in general and young people, what sort of world you are leaving behind. That becomes much more of a concern.'

Magda believes we are becoming more inclusive as a society of people regardless of gender, race or age and Australians have a willingness to be open about tackling the things that are not our strengths.

"I can't even communicate to you how different it is now being

a gay person compared to when was young, and what a relief that is and how much creative energy it brings into the world because people aren't forced to hide who they are.

'That brings its own challenges because many of us have opposing views on things and figuring how to all work together is the big challenge of going forward, but that's democracy for you," she says."

Weakest Link, Channel 9, Tuesdays at 9pm.

MUST WATCH PROGRAMS THIS JUNE



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

LIVE & LOCAL 5.00PM



9NEWS AT 6.00

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

FULL STORY NIGHTLY 6.00PM



TRAVEL GUIDES

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

WEDNESDAYS 7.30PM



STATE OF ORIGIN **GAME 1 & GAME 2**

It will be a clash of the NRL titans as Queensland and New South Wales collide. Each team will showcase the top stars of the game, as they represent their respective states and hope to deliver their side another victory.

WED JUN 9, 5.30PM & SUN JUN 27, 5.30PM



CELEBRITY APPRENTICE

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

SUN 7.00PM, MON & TUES 7.30PM



WEAKEST LINK

game shows Weakest Link is back on Channel 9, with a new host: comedian, actress and Aussie national treasure



TODAY

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

WEEKDAYS FROM 5.30AM



DESTINATION WA

LOCALLY MADE Join Trevor Cochrane and his team

as they hit the road and experience our great state's most beautiful locations and hidden gems, right on our doorstep Why not make your next destination, WA!

SUNDAYS, 5.30PM



One of the most iconic early-noughties

Magda Szubanski.

TUESDAYS 9.00PM



AUSTRALIAN NINJA WARRIOR

Ninja Warrior is back with a bang as season 5 of the global phenomenon returns to Channel 9. Hosts Rebecca ern, Ben Fordham, Shane Crawford and Nick Kyrgios will be joined by a raft of new heroes and returning favourites as 200 aspiring everyday athletes face all new obstacles.

COMING SOON









Finding the comparative wow between an Audi A5 and Kia Carnival



Top; Audi A5 has all the sporty looks and features; bottom - the Kia Carniva is a great drive and ride



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

WHO would have thought there's a silkiness and comparative wow factor between Kia Carnival and Audi A5?

When Kia delivered the new Carnival it was love at first sight - If that was ever possible. My historical experiences with people movers were quickly decimated. The new Carnival is the antithesis of the people mover as we know it. Stylish, large, instantly drawing you into possibilities. At around \$70,000 drive away (not cheap) for the top of the range, 148kW/440Nm 2.2 Platinum diesel.

If you are moving a hoard of family, friends and freeloaders around on a regular basis this is the tremendous way to do it.

Heated electric front seats, 360-degree camera, easy to use sliding doors, a wonderful 12-speaker Bose sound system, massive infotainment system, sunroofs (plural) and easy to clean perforated **l**eatherette seating. I could go on, but you get the picture.

But here is the real revelation.

The new Kia Carnival is also great fun to drive. Never thought I'd say that out aloud.

Certainly not sporty, but very quiet, so very

smooth; verging on silky. All in a cosseted but large vehicle designed to move the troops.

I'd own one before the final siren stops sounding. And here is the telling

point of the story. To then move directly into the latest Audi A5 offering, was not the great blow it may have once been. These two vehicles have no reason to be in any sort of comparison, except that the time spent with each was curiously familiar.

The Audi A5, like the Kia, is gorgeous. Beautifully appointed and silky to drive and dripping in technology designed to keep us informed, comfortable

and safe. But unlike Kia, the refreshed Audi A5 is a cool, two-door sports sedan.

From around \$71,000 loaded with features, the 10.1 inch screen with all the bells and whistles. Sat Nav, Apple Car Play and Android Auto, with more radio stations than you'll ever need (you only need one). And like most cars you can spec up or down depending on your budget. But even entry level models bring considerable joy.

I drove the all-wheel drive, A5 Coupe 45 TFSI S Line with seven-speed S tronic dual-clutch auto, combined with Audi's 2.0-litre petrol engine, it's seamless in delivering 183kW and 370Nm.

I just wish we had the roads and deregulation to really test its merits. Still. knowing they are there is reassuring.

These two cars are completely different, but also alike when it comes to doing the things they are designed to do. They included a comprehensive

suite of safety and technology that would have been unheard of a few short years ago.

I understand a few former Audi design masters defected to Kia some time ago; it all now makes great sense.

Their respective competitors are now playing catch-up football.

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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Solution for BIG Crossword page 54

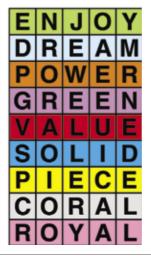
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PRISM solution page 55:

Lead, iron, tungsten, platinum, titanium, chromium.

Solution for Suduko page 55

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Solution for

Colour Blocks

page 55

Solution for Crossword page 55 S 0 R С Ε



Answers for Have a Go News Quiz page 2:

- 1. Cockburn
- 2. Brent
- 3. Moore River
- 4. Rottnest
- 5. Kerry Stokes
- 6. 30 years
- 7. Dwellingup
- 8. 1895 9. Monica Kos
- 10. Walpole



Winter is upon us - it's time for some delicious muffin magic



by Noelene Swain

YOU can't go past the scent of fresh baking, and a batch of home-cooked muffins really is as good as it gets; fruity, savoury or decadently chocolatey, there's a muffin out there just waiting to be devoured by you and your crew.

Whilst muffins are the essence of simple baking, there are a few guidelines to follow to ensure magnificent muffins every time; number one is to always make a double batch as they inevitably get scoffed in two seconds flat. By the children, of course.

The final mixing of muffins

needs to be quick and light, so planning ahead is important. Before starting, prepare the muffin pans by lightly oiling or lining with paper liners. Preheating the oven to the correct temperature is also vital. Muffins like a hot oven to rise well, then you can adjust for longer cooking if required.

Read the recipe before you start in case it calls for cooked, pureed or chopped ingredients. Combine both dry and wet ingredients in separate bowls before mixing them together. When mixing, work quickly but gently and take care not to over mix. The mixture should be just combined and

don't worry if you can still see the flour, this adds to the texture of the muffin.

Fill the muffin pan to the top, as this will produce a good looking muffin top. It's best to bake muffins in the centre of the oven and to turn during cooking if necessary. Leave the muffins to cool in the pan after baking. They should be removed once the pan is cool enough to handle - a wire rack is excellent for thorough cooling.

Flavour combinations can be as creative as your seasonal ingredients on hand. It's a great way to use up the fruit in the fruit bowl at the end of the week, when picky eaters are less attracted. Spotty bananas or softening pears and apples are great ways to add natural sweetness and create a light and moist texture. Savoury muffins loaded with lingering vegetables will transform packed lunches to a super delicious and easy alternative to boring sandwiches.

Muffins should be stored in an airtight container and can also be frozen successfully - so you can make large batches at a time and have fresh muffins on hand. That's if they last long enough to get to the freezer!

Try these easy muffins to get you inspired.

Orange and poppyseed muffins

Preparation: 15 mins; cooking 20 mins; makes 12

21/4 cups plain flour

- 1 tablespoon baking powder
- ½ teaspoon salt
- ½ cup sugar 1 egg, lightly beaten
- 1 cup milk
- ½ cup melted butter
- 2 teaspoon orange zest, finely grated
- 1/4 cup fresh WA navel orange juice
- 1 tablespoon poppy seeds

PREHEAT oven to 200°C. Combine flour, baking powder, salt and sugar in large bowl. Add lightly beaten egg, milk and melted butter. Fold in orange zest, juice and poppy seeds. Mix all ingredients together but be sure to leave quite lumpy as this will help rising. Divide mixture into a greased or lined 12-cup muffin pan. Bake for 15–20 minutes. Garnish with fresh WA orange slices.

Kiwifruit, lime and coconut muffins

Preparation: 10 mins; cooking 25 mins;

2 cups SR flour

1/4 cup raw sugar

1 tablespoon finely grated lime rind

½ cup desiccated coconut

1 cup low-fat milk

(or a combination of milk and yogurt)

1 egg, lightly beaten

1/4 cup canola oil

4 kiwifruit peeled, sliced crossways

½ cup shredded coconut

PRE-HEAT oven to 180°C. Mix flour, sugar, lime rind and coconut in a bowl. Combine milk, eggs and oil in a small bowl or food processor. Add the wet mixture to dry ingredients. Stir until just combined. Spoon into lightly greased or lined muffin tins. Top with kiwifruit and sprinkle with shredded coconut. Bake at 200°C for 25 minutes or until golden. Dust with icing sugar to

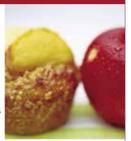
Spicy apple and walnut muffins

Preparation: 10 mins; cooking 35 mins; makes 12

21/2 cups SR flour ½ cup rolled oats 1 teaspoon allspice 2 apples, grated or diced ½ cup walnuts 1/4 cup brown sugar 1 cup low-fat milk 250g mashed ripe banana

1 egg, lightly beaten

1/4 cup canola oil



PRE-HEAT oven to 180°C. Mix flour, oats and allspice in a bowl. Fold in grated apple and nuts. Combine sugar, milk, mashed banana, eggs and oil in a small bowl or food processor. Add the wet mixture to dry ingredients. Stir until just combined. Spoon into lightly greased or lined muffin tins. Bake at 180°C for 35 minutes or until golden.

Vegetable and tuna lunch muffins

Preparation: 10 mins; cooking 25 mins;

4 cups chopped, lightly cooked vegetables (pumpkin, potato, carrot, sweet potato, onion, corn etc)

1 cup red lentils (cooked)

2 cups chopped lightly steamed green veg (broccoli, cauliflower, beans, cabbage) 425g can tuna in oil, undrained

½ cup chopped parsley

4 eggs, beaten

1 cup wholemeal SR flour

2 teaspoon curry powder

½ - 1 cup grated cheese

COMBINE all ingredients except cheese. Spoon mixture into 12 greased and lined large muffin pans. Top with cheese.

Bake at 180°C (fan assisted) for 25 minutes. Freeze in air tight container. Reheat two minutes in microwave for a super easy snack or light

What's fresh in the markets this month



Navel oranges: The season for WA navel oranges has started. Fresh navels are arriving from Moora, Dandaragan and West Gingin orchards. We depend on the refreshing flavour and texture of orange for fresh fruit and for cooking in both savoury and sweet dishes. What better snack is there than a navel orange peeled and divided into segments? Or as in the Mediterranean, a bite of a fresh navel orange segment and then a mouthful of steaming hot black coffee. Look out for the local sticker to guarantee you're getting the freshest WA-grown oranges.

Red flesh grapefruit: Beautiful red flesh grapefruit are arriving from Carnarvon; a tangy, flavour-rich fruit considered by many to be the grown-ups' citrus. Try making a Moroccan inspired dressing with red grapefruit juice, roast and ground cumin seeds and a pinch of sugar. Grapefruit stores well on the bench and longer in the fridge but be sure to bring to room temperature prior to serving for maximum juiciness

Kiwifruit: It's now easy to choose WA-grown kiwifruit: simply look for the distinctive green Western Australian sticker. Grown in Pemberton these little gems are vine ripened for maximum flavour and hand-picked throughout May and June. The emerald-fleshed kiwifruit has a mild sweet taste and soft texture that lends itself to many uses in both savoury and sweet recipes. Skin, flesh and seeds are all edible. The best kiwifruit are plump with a little bit of give.

Pink Lady apples: A beautiful-looking apple with flavour to match, Pink Lady is the preferred eating apple of many for its sweet yet tart taste, juiciness and crisp texture. Store in the fridge and enjoy cool, they're ideal with a few slices of good cheese to round out a meal. Clearly prized for its fresh eating qualities, Pink Lady is also wonderful to cook with. It develops a beautiful pink blush when cooked and holds its shape well, either whole or in segments. Serve it stewed for breakfast, in sauces, pies, tarts and salads.

Pumpkin: Varieties to look for at the moment are the butternut, characterised by a bulb shaped base with a slightly narrower neck, and the very popular Jap with its blue-green skin and yellow to orange flesh. Uncut pumpkins will keep well at room temperature for weeks or even months. When purchasing cut segments, check that the edges look fresh and the seeds are not slimy and cook within a few days of purchase.

Silverbeet: Abundant during the cooler months, fresh silver beet has dark green, ribbed leaves and a crisp, creamy white fleshy stem. Sometimes confused with spinach, silverbeet is more common in Australia because it's more heat tolerant. Rainbow silverbeet or Swiss chard is a spectacular version of this old favourite and comes with vividly coloured stems, hence the name. Silverbeet is very rich in folate, so buy a big bunch and use it in pies and quiches, substantial winter salads or for colour and flavour in pastas and risottos. Remove the lower portion of the stalk before slicing and adding silverbeet to dishes.

Bean shoots: These simple, pale coloured shoots are popular in a whole variety of Asian cuisines. They're low in calories and a good source of protein, vitamin C and many of the B vitamins, so you can feel very virtuous as you chow down. Silky and moist in salads and brilliant for adding a nutty, cool crunch piled fresh on the top of a laksa or soup. Unused bean shoots will keep in water in the refrigerator for several days if the water is changed daily.

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One or two drinks may help you handle stress better in your day to day life...



by Frank Smith

IT will come as no surprise to wine drinkers that moderate alcohol consumption reduces stress and this is born by recent research.

"We found that

stress-related activity in the brain was higher in non-drinkers when compared with people who drank moderately, while people who drank excessively (more than 14 drinks per week) had the highest level of stress-related brain activity," cardiologist Kenechukwu Mezue told the American College of Cardiology's 70th annual Scientific Session, last month.

"Moderate amounts of alcohol may have effects on the brain that can help you relax, reduce stress levels and, perhaps through these mechanisms, lower the incidence of cardiovascular disease," he said.

Here is a pleasant way to relax which may well be good for you – in moderation.

Flametree Estate Chardonnay 2019 from Margaret River, has aromas of citrus, flowers, dried pear and grapefruit supported by subtle French oak. The palate is fine, finishing dry and savoury, a direct result of wild ferments with turbid juices. Drink as a young wine or cellar for the medium term. RRP \$29.

First Creek Botanica Chardonnay 2018 from the Hunter Valley is a lighter style of Chardonnay with all the classic stone fruit characters of apricots and peach balanced with a touch of fresh citric. The wine finishes with a soft and creamy mouthfeel. RRP

Forester Estate Sauvignon Blanc 2019 is

pale straw green in colour with intense and fresh aromas with characters of nettle, pea shell and kaffir lime leaf. There's underlying passionfruit, gooseberry and lychee with savoury oak and smoky-peaty complexity. The palate is full with a creamy texture and a fine line of acidity. The palate is loaded with gooseberry, lychee and passionfruit with balanced grass. nettle and oak. Drink now to 2025. \$24.

Taltarni Heathcote Shiraz 2018 is deep purple in colour, with aromas filled with plum, red berries, spice and a hint of sweet oak. The palate is filled with red berry and concentrated spice, while fine chalky tannins provide mouthfeel and length. Layers of oak adds to the structure while the varietal Shiraz flavours linger to bring a balanced finish. RRP

Clairault Margaret River Sauvignon Blanc Semillon 2020 is a blend of 65 per cent Sauvignon Blanc and 35 per cent Semillon. It displays aromas of gooseberries, white flowers, peaches and lemongrass. The pallet has flavours of ripe stone fruit and lemons and subtle hints of brioche. It has a long finish

of natural acidity and citrus flavours. Cellar up to four years for added complexity. RRP \$22.

Patina Chardonnay 2018 is pale straw in colour. It displays aromas of toast accented by hints of peach, melon and honey complemented by the complex, nutty oak and lees maturation aromas. The palate is of ripe fruit up front with creamy nuttiness derived from ageing in oak barrels. The winemaker says: "It is drinking well now and I expect it to become rounder and very scrumptious as it ages up to and possibly beyond 2030." RRP \$60.

Vince's gluten free and winter comfort food recipe for beef burgundy ala Soren



by Vince Garreffa

THIS is a comfort food recipe that chef Soren cooks at home for his

wife, siblings and friends. It's easy, simple and full of flavour sitting on any (or none) of the usual mash, pasta or rice. Ingredients for 4–6 1.5kg shin beef chunks, cut roughly into 5cm

cubes 200g Continental smoked bacon, cut into 1cm batons

1L red wine (Sauvignon Cabernet or Shiraz) 1 tablespoon tomato paste 20 small pickled on-

ions, plus pickling juice 20 small button mushrooms 20 sugar snap peas

oil organic lake salt freshly cracked black

100ml extra virgin olive

2 bay leaves

pepper potato starch

Method
Brown the meat pieces on high heat in a big pot, with the extra virgin olive oil and a little salt and pepper. When there's plenty of colour, add the bacon batons and tomato paste, cooking well for three to four minutes. Add the bay leaves and wine, stirring and bringing to a boil before lowering to a gentle simmer with a lid 95 per cent on for two hours, stirring oc-

casionally.
Don't let it stick or burn.
If it starts to cook dry, add

any stock and stir the bottom well. Next add the onions, pickling juice and the mushrooms, cooking and stirring at a simmer without a lid for another 30 minutes until the meat is tender to your liking.

Discard the bay leaf

and if the sauce is too thin use one tablespoon of potato starch to thicken. Sugar snaps can be blanched for three minutes in salted boiling water then mix through as a crunchy fresh garnish.

Buon appetito.

Vince is the proprietor of Mondos Butchers located at 824 Beaufort Street, Inglewood. They are open Tuesday to Friday 9am – 5.30pm Saturday 9am to 2pm. Phone 9371 6350 or visit www.mondo.net.au.



Letters to Vince...

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



Support local and enjoy mouth-watering fare

PLATING up WA returns celebrating the significant economic and social contribution that our WA food and beverage industry makes across the State.

The month-long Buy West Eat Best program, features 50 venues celebrating their hero dish. From casual to fine dining, food trucks to wineries, tapas to desserts you can easily find mouth-watering options and price points to suit.

The campaign, initiated

The campaign, initiated by the Department of Primary Industries and Regional Development supports WA's foodservice and hospitality industry, which continues to face significant challenges yet pushes to prosper in spite of the global pandemic.

Deborah Pett, manager food industry development says: "This campaign ignites conversations with both producers, their staff and con-

sumers, and encourages chefs to highlight where ingredients have been sourced from within their menus, to promote the buy local message; while drawing attention to the spectacular range of seasonal ingredients available at this time of year.

"It is important to acknowledge the significant contribution that the Western Australian food service industry makes to the State's economy. All venues need the support of their local and visiting customer base now more than ever"

Prior to the Covid-19 pandemic, WA's foodservice and hospitality industry employed more than 80,000 people on average across nearly 8.000 businesses. The sector has been significantly impacted over the past 12 months as a result of the pandemic. This impact is greater in the regions, many destination dining venues are closely aligned and integrated with the tourism sector.

Winter ignites 50 restaurants across the state

Plating Up WA rallies local patrons to book a table with participating venues that are showcas-

ing a hero WA dish that best demonstrates the State's great winter ingredients. Breakfast, lunch, dinner or dessert chefs creatively plate up in their support of WA's local producers.

ducers.

"The food and beverage sector has the ability to generate significant flow-on effects and benefits when compared to other sectors, for example through food tourism and agri-tourism. These impacts are measured by increased income, employment and thriving communities and all con-

tribute to WA's recovery," said Ms Pett.

Plating Up WA will be strongly promoted through social media channels with supporting collateral illustrating the diversity of Western Australian landscapes and dishes reflecting the range of ingredients that venues will be offering.

Foodies, family, businesses and communities are urged to get behind the campaign to strengthen the viability of the sector by booking their table via www.platingupwa.

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Expiry: _

Brunch with T - Forklore is beating a drum for brunch at City West...



Left to right; chicken katsu sando - kimchi yaki udon - Forklore's innovative menu serves Asian fusion food - brownie - kaya Louise slice



by Tahlia Merigan

TBSP. in Bayswater is a favourite brunch spot of mine. Recently the owners have expanded with a new offering at City West called Forklore.

Asian fusion for brunch is extremely popular and Forklore won't let you down with its innovative menu.

I like visiting City West as it's not too busy, there's a train stop across the road and good parking in the area.

The space is clean and bright with plenty of seating inside and out and I particularly liked the black cutlery, Asian themed crockery and quality napkins.

On being seated, a waiter brings water and cutlery/napkins in a pail to the table, then once you choose your food, you order at the counter. The service was quick and friendly.

I ordered the chicken katsu sando which has fried and crumbed Maryland chicken fillet, tonkatsu sauce, amazuke cucumber (pickled), a yuzu and jalapeno slaw and shokupan (Japanese bread) (\$20.50) and for an extra \$3.50 you can add chips.

The shokupan is a Japanese soft bread which is brioche style. When toasted it makes the perfect casing for the large tasty interior which was full of crunchy chicken and slaw. It was delicious and so big that you could easily share it with another person.

I had a watermelon juice to go with this (\$8) which was refreshing and cut through the richness of the sandwich.

Jen (editor) was my partner in crime for brunch and she ordered a kimchi yaki udon (\$22.50) which was a bowl of udon (thick rice) noodles with a slice of confit/grilled pork belly, fried egg atop the noodles which came with

mushrooms, onions, spring onions and katsubishi (benito flakes).

It was a striking looking dish and again another large portion of tasty goodness. The kimchi balanced off the richness of the protein and Jen said it wasn't too spicy and she really enjoyed the mix of flavours with the benito flakes adding a richness to the dish.

We then tried the kaya (coconut jam) Louise slice (\$5.50); a homemade slice with a biscuit

bottom, layer of kaya jam and topped with a meringue. A very delicious offering which Jen said she loved because she has always been partial to south east Asian coconut jam and it went so well with the crispy me-

ringue. My favourite was the brownie (\$5.50) which was rich and almost bitter with dark chocolate. It was gooey in the middle and crispy on the outside; perfect.

Jen washed her slice

down with a latte (\$4.20) which was served in a pretty glass. She said it had an excellent flavour although it was not as hot as she would like.

Forklore often have a variety of daily specials. If Asian fusion is not your thing you can still get good ol' bacon and eggs. They also have a range of delicious pastries and cakes, both sweet and savoury on hand, which are well worth trying for those who like coffee and cake.

Forklore is beating a new kind of drum in West Perth and is definitely a worthy addition to the brunch scene.

3.5 spoons Forklore, City West

Centre, Suite 11- 12/102 Railway Street (turn down Plaistowe Mews), West Perth

0422 087 028

Find them on Facebook or Instagram

Open: Monday to Friday - 7am to 3pm

Saturday and Sunday -8am to 3pm

T's spoon ratings



A visit to Fremantle for knife and fork talk with the Dining Divas...







Left to right; The Mill Bakehouse on Norfolk's tropical chicken salad and grilled emperor

WEEK DAY LUNCH SPECIALS

Information correct at going to press

by Judith Cohen and Pat Paleeya

IT has been a while since we made a visit to Fremantle, so it seemed like a good choice for this month. It's easy to get to by train and as we chat a lot and usually miss our designated stop, the Fremantle line doesn't go any further, so no problem for these Ditzy Divas.

We'd already decided to go to The Mill Bakehouse on Norfolk so it was a lovely walk from the station to work up an appetite.

When we entered, we were met by a cou-

ple of genuine friendly fellows who made us feel very welcome. The dining room was clean and spacious with plenty of tables and chairs, and there is also outdoor seating. Windows along two sides of the restaurant let in plenty of light and also give voyeurs like us a great opportunity to watch the world go by.

They offer lunches under \$20 from a varied

We chose tropical chicken salad and grilled emperor with mango salsa.

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The tropical chicken salad was very pleas-

ing. The chargrilled chicken came with mango and cashew nuts (yum). The gourmet salad was a medley of snow peas, mango, cherry tomato and lettuce all tossed in a tangy citrus dressing. All the ingredients were super fresh.

The grilled emperor was cooked perfectly, neither overdone nor underdone. The fish was topped with the tasty mango salsa (not sweet) a great blend.

Crispy fine cut chips and mixed steamed vegetables with a rocket garnish finished off this scrumptious lunch.

We will definitely return for the good service and delicious food.

Four forks

The Mill Bakehouse on Norfolk, 1 Norfolk Street, Fremantle

Closed Mondays Phone 9336 3204



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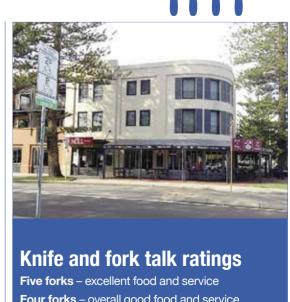
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GREAT HOME and GARDENING



Take a walk through your winter garden wonderland









Time to prune citrus - apply a high potash liquid feed with seaweed for late winter and spring flowering bulbs now - perfect time to plant everlastings - Lobelia is perfect for cheering up your garden this winter

by Colin Barlow

WINTER is the time when many of us would prefer to be tucked up cozily in bed under the doona, away from the chilly days and cold nights. While the trees may be a little bare and the leaves continue to fall, the colder weather allows us the time to stop and observe the 'bones' of our garden, and then start to plan how we can improve it.

So, let's take a look at the jobs to tackle during winter in your garden at home whether you are a seasoned green thumb, a lockdown gardener, or a 'newbie'

My tips for tending to your winter garden are:

Vegetable Patch During the wet and cooler wet weather slugs and snails will be slithering around the garden and causing extensive damage to your vegie crops. Try growing your vegies in raised beds with copper banding or sprays around or under the rims of the sides to deter them. Other effective controls for these slimy pests are Iron chelate based pellets, beer traps and coffee arounds.

Fertilisers work slower when the weather is cooler, so it is best to use an organic pelletised fertiliser like Scotts Performance Naturals to slowly feed the soil and soil microorganisms, then apply a quick acting liquid feed like Powerfeed to feed your leafy green vegetables and herbs every two to four weeks. · Early winter is the time to get your peas and beans in the ground. snow and Suga snap peas, plus broad beans in a sunny and well drained spot and don't water until after germination.

Fruit

· If your peaches, plums, or nectarines suffered from the blistering effects of peach leaf curl last year, a preventative lime sulfur spray should be applied now while the trees are dormant and before bud swell. Copper oxychloride sprays can be used later at bud swell, and then repeated around seven days afterwards.

· Most varieties of citrus will be in different stages of fruit ripening at the moment. Now is also the time to prune them. Cut the branches 10 to 30cm above ripening fruit to keep them compact and

to encourage new flowering and fruiting growth for next year's crop.

· Fig trees should be pruned in early August when dormant so they can be kept to a manageable size for picking. Look out for fig tree scale on the bare branches and rub them off with a glove or cloth. Spray the bare branches with Eco Oil to kill and suffocate the scale. Repeat the spray after 10-14 days to break the breeding cycle and kill the crawler scale stage.

Ğarden

 Remember to turn off your irrigation during winter. You can test it once a week for a minute to flush out any dirt or ants that may find a home there.

Natives will establish quickly from tubestock at this time of year with the regular rainfall and

cooler weather. Try planting kangaroo paws, tea trees, native rosemary, Geraldton wax, Banksias and Eucalyp-

 When replanting any sections of the garden always mix in quality soil conditioners and clay to improve the soil.

 Scatter some everlastings seeds in the garden or plant some out directly from punnets bought at your local nursery.

· If you have areas receiving too much shade you may be able to raise the canopy of the surrounding trees by pruning to let in more light. This will allow you to under plant the area with shade loving plants or winter and spring flowering bulbs.

· In Perth and the metropolitan area, roses are best pruned from mid-July to mid-August.

Flower Garden

 Apply a high potash liquid feed with added seaweed to your late winter and spring flowering bulbs every two weeks until they die down after flowering. This helps to strenathen bulb reserves for flowering again the

next year. · Annual flowers can be easily grown from seed at this time of year. Try sowing alyssum, Calendula, poppies, marigolds, and love-in-a-

· Fill some containers or bare spots in your garden with some bright and cheery winter flowers. My go-to plants for this time of year include poppies, pansies, Violas, alyssum, Lobelia, Dianthus, Cineraria, English daisies, Primulas, ivy leaved Pelargoniums, stocks, Calendula, and forget-me-nots.

Lawns

· The weeds will be growing actively while the lawn growth is slowing down during the winter months, resulting in unsightly dead or sparse patches. Always use a selective herbicide for your specific type of grass. For example, broadleaf lawns like Buffalo require a Bromoxynil based spray only, so always carefully read the instructions on the packaging.

· If you haven't applied a pre-emergent herbicide to your lawn to control winter grass before now, apply it straight away in early winter. It will save vour lawn from a patchy and uneven look. Always remember to water it in well and it can also be applied just before rain is expected to help wash

Continue to mow your

lawn at least every three to four weeks but raise the cutting height slight-

• Rake up any fallen leaves and add them to the compost pile.

Indoor Plants

· During winter cut down the watering of your precious indoor plants to around once per fortnight. Some succulents may survive quite happily being watered every three to four weeks if the room is not too warm and dry.

· Due to the decreased light levels during winter, most indoor plants should be moved a little

closer to the windows for better photosynthesis and growth.

· Warm dry air from the use of heaters, reverse cycle air conditioning or gas fires during winter can harm many indoor plants, causing dry leaf tips and increasing the incidence of red spider mite damage. I like to sit my plants on a gravel trav with the water level just below the top of the gravel to increase humidity and use a mister regularly. For control of mites usé Eco Oil, Eco Neem or Richgro Bug Killa to control infestations and repeat 10-14 days later.



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New funding will help support and prevent abuse of older people

RECORD WA demand for support for older people in aged care and at risk of abuse will be met with recently announced funding.

WA's Advocare has welcomed the increased \$94 million additional investment in aged care advocacy announced in the Federal Budget. The organisation will use its share to increase advocacy support to meet record demand from older West Australians and their families.

Advocare is the leading agency providing advocacy services for older West Australians in residential aged care or receiving home care. The new financial support coincides with a spike in demand for its services.

Chief executive Etta Palumbo said Advocare would use the additional funding to boost the organisation's advocacy staff.

"We are experiencing an unprecedented number of requests for help, advice and support from older people receiving aged care and their families," Ms Palumbo said.

"During March, we received a record number of calls to both our Elder Abuse Helpline and to our main telephone line.

"This new funding will help keep older West Australians living in their homes for longer and will also prevent elder abuse.'

Ms Palumbo said the Royal Commission into Aged Care Quality and Safety estimated that 40 per cent of people living in Australian residential aged care facilities experienced neglect or physical abuse. Many older West Australians found it difficult to get help with aged care issues for a variety of reasons, including not knowing they could access free, independent advice from Advocare.

She said Advocare would recruit additional advocates which will make it easier for older people to access aged care services and support when they need it, particularly in rural and regional areas of the State.

"As the WA member organisation of the national Older Persons Advocacy Network (OPAN), we fully support the Federal Government's significant investment in aged care and their commitment to implement the recommendations of the Royal Commission," she said.

"The aged care sector is struggling, and it needs funding and encouragement to recruit, train and retain qualified staff."

"Recently, Advocare has taken steps to strengthen our services to ensure we are giving the best possible support to those older people who need us by upskilling resources and adding aged care navigation expertise," she said. "This new funding will enable us to take the next step toward meeting a growing need.

"Advocacy will continue to play an increasingly important role in our so-ciety – seldom do people deliberately set out to cause harm or distress to others, particularly older people. Issues often stem from misinformation, misunderstanding, a clash of interests or lack of time or resources. amongst other things.

"Advocare will continue to deliver advocacy services that are relevant, sustainable and of the highest standards and to use research and public awareness to make a lasting difference in empowering older West Australians and is also working to create greater public knowledge of the rights of older people in the community.'

Advocare provides in person and telephone advocacy services (1800 655 566) including the Elder Abuse (1300 724 679) and Aged Care Navigation for eligible Western Australians. This helps older people register for My Aged Care, access aged care packages and home care services, transition between services or select and secure residential aged care places.

The Advocare Community Volunteers Scheme connects volunteers one-to-one with older people who are lonely or socially isolated and whose quality of life would be improved by positive engagement and companionship.

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City greenspace improves residents' well-being by Frank Smith PERTH, like many other

cities worldwide, is losing its leafy green appearance as larger blocks are subdivided, apartments increase in number and new developments clear trees prior to building.

This is a problem as greenspace in cities is good for residents' physical and mental health. Urban vegetation helps absorb airborne pollutants as well as mitigate noise pollution, which causes stress and sleep disturbance.

Research has found exposure to nature has a positive effect on psychological conditions such as depression, anxiety and mood disorder. It also improves sleeps and reduce stress, increase happiness and reduces negative emotions, promotes positive social interactions and even helps generate a sense of meaning to life.

Professor Oded Berman at the University of Toronto, Canada found that adding 10 trees to a city block had a huge impact on people's per-ceptions of their health and well-being, equivalent to the effect of earning \$10,000 more per household.

In the Shetland Islands, north of Scotland, doctors are prescribing nature-based such as birdwatching and beach walks to treat mental health conditions and



Volunteers creating a tiny forest in an urban wasteland

stress, as well as physical conditions such as heart disease and diabetes.

The project, jointly run by the National Health Service and the Royal Society for Protection of Birds (RSPB) Scotland, is designed to improve patients' blood pressure, reduce their risk of heart disease and strokes, plus boost their mental health.

"There is overwhelming evidence that nature has health benefits," says RSPB community engagement officer Karen MacKelvie.

"We saw an opportunity to design a leaflet that helps doctors describe the health benefits of nature and provides plenty of local ideas to help them fire-up their patients' imaginations and get them outdoors."

One explanation of the effect of urban greenspace is that residents living near green spaces simply take more exercise. But most research suggests that visiting green spaces is more associated with social activities, such as picnicking. Attractive public spaces are a catalyst for building cohesive neighbourhoods

Ecologist Karl Evans at the University of Sheffield, UK, points out that about half the green space in most cities is closely mown grass.

In a study in the south of England, his team found that people responded more positively to meadows, which were more biodiverse rather than to mown grassland.

"You could convert lawns to meadows or plant more trees," he told New Scientist.

A recent innovation in the UK is Tiny Forests planted in small areas of urban wasteland. Despite their small size, tiny forests deliver significant benefits, they grow five times as fast, reduce noise and absorb 30 times the carbon of conventional tree-planting schemes.

They also attract more than 500 species of animals and plants in addition to those planted, process 30,000 litres of rainfall and improve air quality through dust reduction. They also provide spaces for people to connect with nature.

Tiny Forests commuco-ordinator nication Elizabeth Hunston, says: "It does not take much increase in urban greenery to have a big impact, with the most disadvantaged people benefiting the most.

"Greening the world's urban spaces can boost human well-being, help redress social inequality and be a boon for biodiversity.



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I LOVE the winter months. For me there is nothing better than snuggling up near a log fire, so heading down south is always on my agenda. If the cold is not your cup of tea of course we Western Australians have the good fortune to be able

to head north and enjoy warmer climes. This month, in this section, we have a special giveaway from Elite Tours for readers and lots of interesting attractions and events happening across the State and beyond in the winter months.

More than 7,700 people from the general public cast their vote for the Top Tourism Town Awards this year. Congratulations to Busselton which took out the gold award, Manjimup claimed silver and Exmouth bronze. In the small tourism town category Dwellingup won the gold, Coral Bay silver and bronze went to Balingup.

After the devastation Cyclone Seroja caused in the mid-west, Kalbarri is reopening again and the town is looking forward to welcoming back visitors. It's been a tough time for them and making a visit there will certainly go towards helping them get back on their

The Department of Health is warning residents and travellers in the Pilbara and Kimberley regions to take additional precautions to avoid mosquito bites, following the first evidence of Murray Valley encephalitis (MVE) and Kunjin virus activity this season. Individuals do not need to change their

travel plans, however,

it is important that residents and travellers to the Pilbara and Kimberley use basic protection to avoid being bitten.

Western Tourist Radio

offers people the opportunity to hear stories of the people and places of the South West. I was chuffed that recently Barry Green interviewed me about this newspaper. Please support this local initiative as maintaining independent media is so important is today's world. Tune to 87.6fm in East Perth, Bunbury, Busselton, Dunsborough, Cowaramup and Augusta or visit www. touristradio.com.au. They also offer a comprehensive website with podcasts and links to the Pet Friendly website (www.petfriendlywa. com.au) which lists accommodation for those who want to travel with pets. For people looking for a farm stay or station experience in WA Western Tourist Radio has a booking site at www. farmstaywest.com.au

It's coming up to final bookings for the day trip to Antarctica with seats still available only in superior and premium economy. The trip departs on 14 November 2021 onboard a Qantas Dreamliner aircraft which will offers spectacular viewing of the continent with its large windows. See below for further information.

Another Covid outbreak and lockdown in Victoria shows us how we are still at the mercy of this pandemic. It also highlights the importance of wearing a mask when travelling, which is of course is mandatory in all airports and planes.

Don't forget to support our advertisers. Anyone who would like to share some information or a photograph of a recent trip, we would love to hear from you. Our website also hás a selection of travel information which is updated regularly, visit www. haveagonews.com.au

Happy trails

Jennifer Merigan **Travel Editor**

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

Only a few seats left on the world's best day trip flying to Antarctica...

JOIN Have a Go News on the day trip of a lifetime to fly to Antarctica in 2021, safely touring the last great wilderness.

Since Qantas retired the Boeing 747, the 787 Dreamliner is now in service, with fewer seats but larger windows which will provide a better viewing experience

for passengers.

All seating classes experience spectacular views and the trip provides the complete Antarctic experience - experts on board, live crosses to the Australian station, videos and other informative

Passengers will receive a com-

prehensive information kit, two full service Qantas meals plus in-flight snacks and full bar service - including champagne, wine, beer, spirits, soft drink and use of the state of the art entertainment system.

This flight departs Perth on Sunday 14 November 2021 at 8am and returns at 8.30pm and seats are selling out quickly.

There are still some seats available in the following classes: Superior Economy Class - \$3199

per person Premium Economy Class -

\$3999 per person. A \$300 deposit is required with booking and full payment is required eight weeks before depar-

Travel insurance is available for \$175 and needs to be paid with deposit.

For further information, brochures and booking forms please call the office on 9227 8283 or email info@haveagonews.com.au.

Don't miss experiencing a field of lights in Uluru this winter



Bruce Munro's Field of Light, Uluru

IT'S not every day one of the world's most significant natural landmarks experienced durina

artist Bruce Munro's Field of Light Uluru does exactly this and people can witness it this August.

Covering more than seven football fields in size, the installation is made up of 50,000 light stems that sway and 'breathe' among the desert's atmosphere and highlight the mmagnitude of the rock.

Munro, a British artist, journeyed to Uluru in 1992 and was inspired many different landmarks across the globe but now this global phenomenon has come home to the place that inspired it -Uluru.

Venture into the heart of Australia to experience this incredible installation, the Northern Territory's unique pioneering history, exhilarating natural wonders, evening experiences and fiery sunsets and sunrises with Villa Carlotta

This fully escorted tour departs Monday 23 August and guests enjoy a courtesy home pick up and drop off from anywhere in Perth, Mandurah and metropolitan areas. Call 1800 066 272 to register your interest or request a full itinerary today.

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et's go travel options for the mature west a





Waterbiking across the Swan River is an adventure to be had





Chris Parry and son Tom enjoying a relaxing afternoon waterbiking on the Swan River

by Chris Parry

HOW lucky we are to live in the most beautiful city in the world and for it to be so accessible and so easy to discover new adventures.

My son Tom and I were recently discussing an upcoming void in the activity filled life of an eleven-yearold boy and he suggested waterbikes on the Swan River. He wanted to ride under the Narrows bridge and hear the traffic and trains rumbling overhead.

The Perth Waterbike Company operates at

South Perth on a little

beach near the Narrows Bridge and at Rottnest. Tours start at \$30 for the give-it-a-go style 30-minute experience right up to a two-hour tour for \$90.

Tours can be tailor made or you can trust these guys completely to show you the sites and the sights within a reasonable pedalling distance. The most popular tours are the sunset rides and who doesn't love being on the water when the sun sinks down behind Kings Park?

Arriving for the after-

noon tour, it's an overcast day but there's no sea breeze that can make the air over the water a little bit cool. There's warmth in the air and just a little bit of excitement as well. I love my travels and adventures, here at home and abroad but nothing makes me happier than a shared experience with my kids. Today it's Tom and I on the break. road to discovery, or more

While I'm always mindful of fitness requirements in the activities I under-

aptly, the river of discov-

take, our guide Nev has a brilliant way of assisting tired legs when you're in the middle of the river. Just like those pilot vessels and tugs that pulled up alongside the stuck tanker in the Suez Canal recently, Nev tucked in behind Tom's craft when his little legs were failing and pushed his bike while Tom took a

The waterbikes themselves are light and easy to ride and there's no rush. Nev is insistent that the aim of the tour is to relax and unwind and al-

low yourself plenty of time not to pedal, just drift and enjoy being on the water and seeing all the hustle and bustle swirling around you on the freeway and the

As we make our way under the Narrows it is surprisingly dark and cool. It's even too dark to see the Swan River big brown jellyfish that never seem to be in a hurry to get anywhere. I like their style.

Adopting inspiration from the jellyfish and Nev's advice, I stop peddling. Around me there is busyness, but in my mind there is none. I notice Tom has now stopped churning the water and is looking up at the underneath of the Narrows Bridge.

I'm about to do my Dad bit and Nev is about to do his guiding bit but we share a look and say nothing at all, we just enjoy watching Tom look up and

The Narrows is actually made up of two road bridges and one train bridge. The original name of the bridge, announced in the early 1950s by then Deputy Premier, John Tonkin, was the Golden West Bridge but it was never popular and never mentioned again.

The first bridge was completed in 1959 and entered the state's national heritage register in

When we're off and moving again towards Elizabeth Quay, Nev has some great stories to tell about the wildlife and boats on the river. He doesn't crowd us and he allows us plenty of time to pedal in circles or to just drift and listen to the lapping of the water on our waterbike pontoons.

It's one of those adventures that you find yourself thinking about doing again with other members of your family or a group of friends.

The bike's pontoons make them super stable and they're very visible to any boats who are in the area. Just like a bike on land, the seats are adjustable, and the steering is easv.

Riding a waterbike doesn't just have to be enjoyed in summer. Over the cooler months Perth Waterbike Company will continue to provide experiences and tours so even if there's grey clouds about, get out and about and try something new and support our local businesses that are putting a dash of adventure in our lives.

Escape Plan

You'll find the Perth Waterbike Company on the South Perth side of the Narrows Bridge and also over at Rottnest Island. Check out their website at: www.perth waterbikeco.com.au.

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Another lucky winner



L-R: Delvs Reid - The Sandalwood Shop Mother's Day hamper

Have a Go News loves giving away prizes to our readers and each month we have a raft of competitions for people to win some great prizes.

Congratulations to Delys Reid from Wanneroo who was the lucky winner of The Sandalwood Shop's Mother's Day hamper.

Enjoy opera under the stars in Broome



Opera Under The Stars © Jeff Atkinson

A UNIQUE experience, Opera Under the Stars, will be held on Saturday 28 August. It is the perfect mid-winter's break combining Broome's sun, surf and scenery with the exquisite pleasure of being able to sit back and relax whilst being serenaded by this sensational cast of performers in the lush gardens of the Mangrove Hotel overlooking the majestic waters of Roebuck Bay. Opera Under the Stars is ideal for both opera lovers

and novices plus, it's the perfect occasion to don your silk and pearls or dress Kimberley casual for a fantas-Featuring the sublime voices of Emma Matthews,

Paul O'Neill and James Clayton, these consummate stars of Australian opera, together with virtuoso pianist, Graeme Gilling, will dazzle and delight as they showcase a spectacular selection of music from the world of opera and beyond.

With reduced seating capacity this year patrons are encouraged to book soon for this stellar winter treat.

members Audience have the choice of premium seating (reserved area) or general seating (unreserved area).

Pre-opera dining al fresco from the Bay Club restaurant at Mangrove Hotel from 5.30pm.

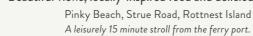
Broome **Explorer** Bus is providing an extra bus service after the performance. This service will follow the usual bus route through Old Broome and Chinatown (\$3pp) and on to Cable Beach (\$5pp) - for updates visit www.bebus. com.au/events

For one night only on Saturday 28 August at the Mangrove Hotel. Tickets are now on sale at www. operaunderthestars. com.au.





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Highlights

- Uluru-Kata Tjuta National Park
- Sunset and sunrise over Uluru
- Field of Light Illumination, Uluru **Curtin Springs Station tour**
- The MacDonnell Ranges
- · Walpa Gorge walk
- Outback dinner & astronomy show
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- · Cultural experience
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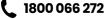
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- ▶ 5 nights' accommodation
- ► Tours and attractions
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The Fridgetown Fest in Bridgetown makes an ideal winter tonic



Celebrating winter in Bridgetown

WHEN winter winds swirl around Perth, many eyes turn north for a winter warming break.

And while many people love the warmth of the State's north, there are more than a few who don't mind snuggling up in front of a fire or setting out on a brisk winter walk.

those people, Bridgetown's annual winter fest, Fridgetown, which runs from June to August is the ideal

winter tonic.

Australia's Western self-proclaimed winter capital is back with a blast after the 2020 event was cancelled because of Co-

Organised by the Bridgetown Greenbushes Business and Tourism Association, local businesses will turn on their blue lights to give the town a winter festive feel and dozens of events featuring the region's food, art, music and more.

Many of this year's events are deliberately being kept as intimate, exclusive affairs to allow for Covid safety plans to be put in place.

That includes the leg-

endary Banquet on a Bridge, which this year will be even more exclusive with reduced numbers and a slightly different format featuring individual tables rather than the traditional long table that stretched from end to end of the picturesque Evans Bridge, a short drive out

of town. This year WA Food Ambassador, Don Hancey, will be giving patrons a unique opportunity to be up close for some food theatre and live cooking action, with fire being the key ingredient.

Chefs, cooks, gnerons, brewers, producers and community will celebrate produce from the originating food bowl of the Blackwood River Valley and the Southern Forests, from the hinterland to the Southern Ocean.

The event always sells out quickly and this year is likely to sell out even faster when tickets go on sale over the June long weekend.

A festival within the festival is Puzzle Town. inspired by the Brierley Jigsaw Gallery, the only public jigsaw in the Southern Hemisphere, which runs from 3 to 18 July.

Events are designed for children and adults and include quiz and puzzle trails, geocaching, Twist n' Turn Rubik's Cube Masters, Ukeladies street performance, Family Puzzle Race, Dungeons and Dragons and much more.

New puzzles will also be on display in the Brierley Jigsaw Gallery.

The first Fridgetown Fest was held in 2019, a rebranding of the long running Bridgetown in the Winter Festival.

But the festival continues to enchant West Australians looking to get a touch of frost into their

Combine one of the Bridgetown and Greenbushes Art Trails or a visit to the Bridgetown Sunday markets, take in some live music or take some craft lessons and maybe a Christmas dinner

As well as a multitude of events to choose from, a wide range of accommodation options are available for a few days break.

Less than a three-hour drive from Perth, the rolling green hills, beautiful Blackwood River, and quaint hamlets around the picturesque town of Bridgetown are perfect for a short getaway. Music events include

The Rhapsoscalliwags: the well-loved boys of Blackwood rhapsody on 6 June; Soupe Et Tunes on 12 June and 7 August; Singalong Gospel with Mary Myfanwy and Daun Crozier on 16 June, 21 July and 18 August; Acoustic Greenbushes open mic on 18 June, 20 July and 15 August; The Freemason Hotel Rock Idols Event Night with Chain Reaction; Country Music and Tapas on July 9; Ukeladies on 10 July;

Dinner Avec Vinyl on 16 July; The Coles Music Band at The Freemasons Hotel on 31 July; Neil Murray at Bridgetown Pottery-Restaurant on 15 August; and the Lush Band at the Freemasons Hotel on 28 August.

Food events include Secret **Picnics** from Wednesdays to Sundays; Wattleseed High Tea at the Wattleseed Barn Café and Florist on 19 June; Ford House Christmas Dinner in Winter on 26 June, 3 and 31 July; Diner En Blinder at Bridgetown Pottery-Restaurant on 10 July; Dinner Avec Vinyl at Bridgetown Pottery-Restaurant on 16 July; A "Well-Rounded" mas Dinner at FATS on 24 July; Banquet On A Bridge on 22 August; and Yummy Stew and Dumplings at the Bridgetown Family and Community Centre on 23 August.

More information about individual events is available from www. fridgetownfest.com.au.





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Northam - a great destination to discover the Avon Valley

NORTHAM lies at the heart of the picturesque Avon Valley in WA's Wheatbelt. The town offers something for everyone, from hot air balloons rising at dawn, to a touch of adrenaline, history and

culture.

With nature on your doorstep and a full lineup of events, including the start of the epic Avon Descent and Hot Air Ballooning national championships in August, you'll

have plenty to do any time of the year.

Local year-round highlights include Bilya Koort Boodja Centre which is an award-winning, multi-million-dollar Aboriginal cultural centre that seeks to

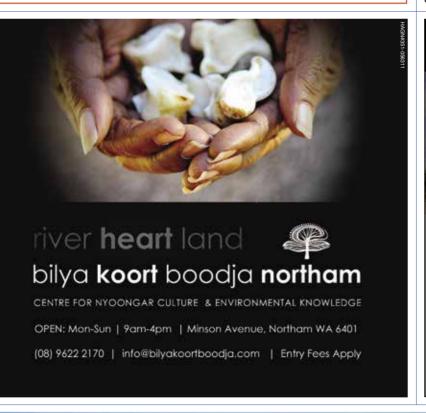
preserve and celebrate local Ballardong Nyoongar culture. This is a place like no other, where tradition meets technology on the banks of the Avon River.

Northam also boasts a huge concentration of buildings second only to Fremantle in terms of historical significance. Don't miss Morby Cottage and the Northam Library, one of the finest Australian examples of Brutalist architecture by renowned architect Iwan Iwanoff. The refurbished Farmers' Home Hotel and its delightful Temperance Bar embrace the early settler's stories as does the historic Old Railway Station.

Burlong Pool is a site of cultural significance and a birdwatcher's paradise. Discover the ancient story of the Waygl's summer resting place along a 12stop interpretive trail.

The Northam silos showcase artwork from international renowned artist Phlegm (UK) and Hense (USA).

Plan a trip to nifty Northam and see the wealth of attractions in the Avon Vallev.





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WELCOME TO OUR LAND OF PARADOXES, OF STUNNING VISTAS, ONCE IN-A-LIFETIME EXPERIENCES AND FRIENDLY LOCALS.

Carnarvon is located 904kms north of Perth and 1,461km south of Broome, positioned right on the edge of Western Australia's Coral Coast, and right in the middle of the Shark Bay and Ningaloo World Heritage areas. About 5,000 people currently call Carnarvon home and you'll find a rich mix of heritages here, with families from all over the world drawn to this fertile spot. The traditional owners of this land are made up of several Indigenous groups including the Inggarda, Baiyumga, Thalanji, Malgana and Thudgarri people.



Celebrating Aboriginal Heritage

Gwoonwardu Mia, the Gascoyne Aboriginal Heritage and Cultural Centre, is a multi-purpose centre that celebrates the five Aboriginal language groups of the Gascoyne Region. The centre features a permanent exhibition, touring exhibitions, a new café, gallery, artist-inresidence program, conference and meeting rooms, an ethnobotanical garden and gift shop.

Burlganyja Wanggaya: Old People Talking -Listen, Learn and Respect

For the first time, the Aboriginal story of the region takes pride of place as part of a rich and vibrant history of the Gascoyne in an engrossing exhibition. This multi-award winning permanent interactive exhibition unites and reflects the culture and stories of the five Aboriginal language groups of the region; Yinggarda, Bayungu, Malgana, Thadgari and Thalanyji. Special features include:

The Skydome – Made up of a series of timelapse night footage taken from different areas of the Gascoyne region showing how Aboriginal people were our first astronomers.

Artefacts and objects — discover the importance behind objects such as shields and grindstones. There is a shell necklace on display, dated at around 33,000 years old which is a replica of one found in the region — the original is held in the Museum of WA in Perth.



Do the loop

During the months of May to October you can take a drive around South and North River Road (the so-called Fruit Loop) which lines the banks of the Gascoyne River. Honesty stalls on the side of the road will have a wide range of produce available to purchase. Bring cash (there's no EFTPOS) and plenty of coins. Products can be second grade produce, but this doesn't make a difference to their taste.



Gascoyne Food Festival



Gascoyne Food Festival, which runs from July to September. Highlights include the highly anticipated Long Table Dinner will be a fantastic introduction for many to the kaleidoscope of ingredients produced in the Gascoyne region. Held on the banks of the Gascoyne River at Bentwaters Plantation, guests can expect a long dinner for the ages set in the heart of this lush, tropical horticultural country. The chefs gather ingredients from local growers and farmers, making this long table dinner one of the most location-specific – and freshest – you're ever likely to enjoy. If you've been inspired by all those ingredients, don't miss your chance to take some home after a visit to the Gascoyne Growers Market on Saturday morning. Open from 8 to 11.30am, you'll be spoiled for choice as local growers and producers tempt you with their wares. Visit www.gascoynefoodfestival.com.au





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Celebrating the blooms in the Great Southern region during wildflower season





Great Southern's Bloom Festival, left to right; Wildflowers and fauna of the region will be on show - from tractors and cars to food and wine, there's something for everybody

by Allen Newton

THE Great Southern of WA is going to be bloomin' marvellous this spring with some of the region's rarer blooms expected to make an appearance.

Highlighting the region's wildflower season the Great Southern's Bloom Festival returns for its 10th year from 18 September to 17 Octo-

There will be more than 60 events, including The Ongerup Wildflower Show, Kodja Place wildflower display and bush walks in the Stirling Range, which are featured every year.

Other events will take place across the region's eight local government authorities, Broomehill-Tambellup, Cranbrook, Gnowangerup, Katanning, Kent, Kojonup, Plantagenet, Woodanilling and the region's 19 towns. They will include arts, crafts, displays, entertainment, exhibitions, fauna, floral themed activities, food

heritage, land care, markets, Noongar culture, open gardens, organics, trails, wildflowers, wine events and workshops.

Another major attraction this year will be the launch of the GNP360 Horsepower Highway which features a collection of 16 vintage tractors along the Broomehill-Gnowangerup Road, leading to the Stirling Range National Park.

The Bloom Festival celebrates the renewal of Spring focusing on the wildflower tapestries and town cultures that make up this diverse region.

The Bloom Festival started from small beginnings 10 years ago as an initiative of Great Southern Treasures to coordinate existing events across the region in spring with the aim of promoting The Great Southern as a whole.

The Great Southern Treasures region begins around 250km south of Perth at Woodanilling. running around 160km further south to Porongurup and from Kojonup in the west around 150km to Ongerup in the east.

Dominated by livestock farming and crop growing, the region is also known for its amaznational parks, large ephemeral inland

lakes and amazing flora and fauna.

Accommodation options in the region range from the luxury Premier Mill Hotel, Katanning, to a host of pubs and taverns, bed and breakfasts and camp sites which can be found on the **Great Southern Treasures** website greatsouth erntreasures.com.au/ town/.

Activities are held over the full region and can be enjoyed by linking events in a trail format to be enjoyed over one or two days or a week.

In 2021 the event is expected to attract around 15,000 visitors from Western Australia and interstate.

Chair of Great Southern Treasures, Emily Hardie, says the Ranges will be interesting this Spring with the likelihood of new and rarely seen plants flowering, which often follows on from the extensive fires such as

those of the past year.
"While the amazing Spring wildflowers create a backdrop for the festival, the whole region has so much to offer, from sweeping farmland vistas to spectacular mountain peaks, but the lifeblood of the region are its rural communities," Ms Hardie

Each of the events that are part of the Bloom Festival will help demonstrate the creative spirit and vibrancy that exists in these communities.

"It's a great opportunity to visitors to get a taste of one of WA's lesser-known tourism regions, to meet the genuine people of these rural communities and see what the region has to offer."

More information on the Bloom Festival and individual events as they come to hand will be posted on www.great southerntreasures.com. au/festival/great-south ern-bloom-festival/.





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> Reynoldson Reserve Wildflower Festival 29-31 October 2021

Call into the Visitor Centre for further information regarding the festival and also for details on where to find the best wildflowers

"The Station" 1 Wongan Road, Wongan Hills PH: 9671 1973 e: wongantourism@westnet.com.au





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A festival of light celebrating Aboriginal culture in the heart of Australia



The Ebb and Flow of Sky and Country Parrtjima

PARRTJIMA - A Festival of Light was held in the Northern Territory's Red Centre during April.

More than 23,000 people from all over Australia attended the 10-night festival which celebrates Aboriginal culture and filled with light, music, talks, workshops

A popular addition to the 2021 program was the Merne Desert Dinner under the stars, which sold out months in advance. Merne will return for the 2022 festival, along with dedicated Parrtjima travel packages, which were introduced for the first time this year.

The closing weekend of the 2021 festival saw huge numbers through the gates, as eager fans arrived to soak up the atmosphere and enjoy live music from Ziggy Ramo on Saturday and Shellie Morris on Sunday in front of the MacDonnell

It wrapped up an epic 10 nights of festivities that saw the eyes of the nation focused on Alice Springs as a shining example of how to hold a safe, successful event in an industry badly affected by Covid-19.

The influx of visitors saw a boom for businesses in the region, with barely an empty hotel room or hire car to be found. Danial Rochford, CEO of Tourism Central Australia, said Parrtjima was a great start to the Red Centre's events season.

"Our operators have seen great interest in their offerings, which is fantastic news after a year where tourism was severely impacted by travel restrictions," he said. "Several tours and experiences have already been fully booked, which is fantastic."

The Parrtjima Festival is growing in popularity and it's time to plan for next year with organisers having now confirmed the dates for Parrtjima 2022 as 8-17 April.

Win the opportunity to join a magical mystery tour and enjoy an elite service



ELITE Tours has a new owner and he is very excited to offer Have a Go News' readers from the northern suburbs an unprecedented opportunity to travel on an exclusive coach tour and enjoy elite hospitality during a fantastic free day out.

Owner Mike Mascall

loves his new business and since taking over more than six months ago he has had a great time showing people the delights of Western Australia, whether it's on one of his popular day tours or one of the extended

His philosophy is about

getting people out and about, having fun and enjoying the day from start to finish.

To encourage more people from the northern suburbs to join his tours he is very proud to offer Have a Go News northern suburbs readers the opportunity to join an exclusive magical mystery tour and discover his elite service.

The tour is limited to 30 people and Mike will be hosting this unprecedented mystery tour for the lucky winners of this prize.

No one except Mike knows the destination, so get excited as it will be a trip out to the country and includes morning tea and lunch for the winners.

This is a one-off opportunity and for a small operator such as Mike it's a large investment to provide a day tour for free, so readers please get behind him and support this very generous offer

The lucky readers will join Mike on Friday 20 August for this special magical mystery tour. Departures will be from three points in the northern suburbs with 10 people picked up from HBF arena Joondalup, 10 picked up from Morris Place Innaloo and 10 picked up from Morley Recreation Centre.

You can find out more about Elite Tours at their website at www.elite tours.net.au or call (08) 9314 2170.

WIN WIN WIN

To be in the draw to win a ticket on the Magical Mystery Tour on Friday 20 August readers must be from the Northern suburbs of Perth for pickup in Joondalup, Innaloo or Morley (please nominate). In your entry please tell us who owns Elite Tours. Then email to win@

haveagonews.com.au with Elite Tours in the subject line. Include your contact details and nominate whether you want a single or double ticket. You can post your entry in with the answer to the question, your

nominated pickup place and details to Elite Tours c/- Have a Go News PO Box 1042, West Leederville 6901. Competition closes 10/7/21 and winners notified by phone. Entrants details will be passed on to Elite Tours.



WA's birds and flowers



PHOTOGRAPHING our brilliant West Australian Birds and Wildflowers is a 90 page book offering tips for enthusiastic photographers to capture photos on their camera, phone or other device.

Chris Tate has been photographing birds and flowers throughout his life and was inspired to publish his book sharing ie tine and tricke witl broader audience.

"Photography is a creative and artistic activity that gets me outdoors, bush-walking, travelling and enjoying nature. I have met some really interesting people, been on some incredible ventures and seen so many amazing natural sights,7 he said.

The book costs \$25 and contains a collection of superb photographs taken by Chris along with a wealth of tips and tricks.

See page 23 to order or buy direct from the office at 137 Edward Street. Perth during business hours. Call 9227

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Fishing in the annual Abrolhos Islands game fishing tournament



Not an eligible fish for the tournament but Guy Bessell-Browne's giant longtom was a beauty.

by Mike Roennfeldt

A FEW weeks back I headed north to fish in the annual Halco Abrolhos Islands Game Fishing Tournament. It's something I've been doing for close to 20 years and as always it was a great week. The others on board included Ben Patrick, owner and skipper of our boat Mandalay, his brother-in-law Guy Bessell-Browne and Guy's son lan.

This tournament is unique in that it attracts both recreational and local commercial fishermen and the spirit of camaraderie and cooperation between the two camps goes a long way towards showing what is possible when sometime rivals work together. Each year the future of potentially vexatious issues like resource sharing always seems less daunting after this week of sharing great fishing and plenty of laughs with the local Abrolhos pros.

There are two parts to the event. About half the field heads wide of the islands to catch billfish, while the remainder drag lures around closer in to tempt Spanish mackerel, yellowfin tuna, yellowtail kingfish and various other members of the mackerel and tuna families. Because Ben is also the manufacturer of Halco lures, the Abrolhos tournament is a great testing and proving ground for his company's products.

We've had heaps of success over the years up there, but the cards didn't quite fall our way this time around. Our closest and friendliest rivals aboard Allure had our number and went on to win the light tackle section. They zigged when they should have zigged, while we tended to zag at those moments. That we were out-fished was made all the more unpalatable by knowing they were using the same lures we were.

The billfish boats did really well on both blue and black marlin, with Reel Teaser landing and releasing four fish and Really Black catching three billfish and a magnificent yellowfin tuna. Several more billfish were tagged by the rest of the fleet.

The Abrolhos is a notoriously windy part of the world and it certainly lived up to its reputation during our stay. Fishing was cancelled on a couple of days due to strong wind warnings and all except one day were held in tough 20-25 knot conditions. It was a not-so-gentle reminder of the deteriorating balance and burgeoning arthritis of advanc-

But when the wind was blowing and competitive fishing was out for the day, there were always places to go where there was shelter. The other three blokes on our boat are accomplished free divers and grabbing a crayfish or two for tea seemed effortless to them, while coaxing hooked baldchin groper out of the coral wasn't always quite so easy.

Crayfish, yellowfin tuna, baldchin and coral trout provided the basis for some stunning meals under a starry canopy out on Mandalay's back deck.

But really, the tournament was just the back story to a brilliant week of magic fishing, magic eating and very good company in a fascinating and starkly beautiful place.

It had to happen. After going there all those years my luck ran out and the trip back to Geraldton was about as rough as I would care to strike it. A nose-on sou'easter of 25 knots stretched the normally two and a half hour trip out to almost five hours. A flying cutlery drawer smash and a snapped dinghy tie-down meant we were pretty glad to enter the blissful calm of Gero port's entry channel at the end of it all

Even then, our enthusiasm for the magnificent Abrolhos remained totally unscathed.

Enjoy an island and outback discovery package in WA's north

LYING just off the coast of Onslow in Western Australia's north west region, between Exmouth and Karratha, is one of WA's best kept holiday secrets - the Mackerel Islands.

Onslow is easy to reach from Perth on a 1,400km road trip, or two-hour direct flights on Virgin or Qantas. If driving, take the Onslow Road turnoff from the North West Coastal Highway and continue west to the coast. Guests can take their own boats over from Onslow

to the Mackerel Islands, or take the island ferry transfer service which is a 45-minute crossing, operating twice per week

The Onslow Beach Resort on the mainland offers self-contained accommodation, a waterfront restaurant and bar, swimming pool and barbecues. From here, the team will look after all aspects of your Mackerel Islands trip, from checking-in to secure parking, helping launch your boat or driving you to the ferry de-

On the island, you'll stay in beachfront cabin accommodation with ocean views. A range of tours and activities is available, including fishing, snorkelling, kayaking, stand up paddle boarding and boat hire.

The marine wildlife is amazing, with sea turtles, dolphins, dugongs, stingrays, wobbegongs, gropers, colourful tropical fish and beautiful coral formations. Whales are a magnificent sight when they visit

the islands during their migration and calving season in July and Au-

The fishing is where it gets really interesting, as the waters are absolutely teeming with reef fish and pelagics. You can target red emperor, rankin cod, gold band, coral trout, wahoo, yellowfin tuna, amberjack, jobfish, pearl perch, giant trevally, queenfish, ruby snapper, marlin, sailfish, mahi mahi, squid, tropical crayfish and of course, what the islands are named after - Spanish Mackerel

An Island and Outback Discovery Package is currently on offer, priced at \$1,399 per person for seven nights. Guests spend three nights at the Onslow Beach Resort and four nights at the Mackerel Islands, with transfers and other extras included.

To find out more or book, call 9184 6444 or visit www.mackerelis lands.com.au.

The delightful idyll of Katanning makes a great spot for a visit



Katanning entry - Katanning pub

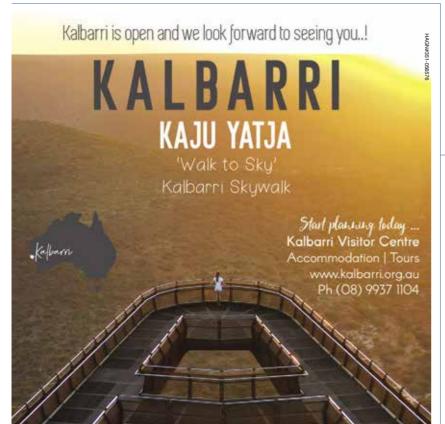


Image - @simplysantos

by Lee Tate

KATANNING is cool. That's the verdict from kids around the Great Southern, enthusiastically expressed by callers to country ABC radio.

We heard their praise while motoring along the Great Southern Highway on our first visit to Katan-

We soon saw why. The forward-thinking leaders of the historic town have greatly extended its public playground into a showpiece. And regional kids are lapping it up, skateboards whizzing. It even has an official title: All Ages Playground.

The tidy town, 277 kms south-east of Perth with its wide streets and long line of welcoming international flags, is approached through a tree-lined section of country highway.

Given the sophistication of this delightful idyll, its population of about 4,000 is a surprise.

Katanning turns out to be a regional hub. We learn of the largest undercover sheep-selling complex in the Southern Hemisphere.

"Come and enjoy watching the truckers and sheep dogs unload the sheep on a Tuesday afternoon and enjoy dinner at the café or breakfast before or after the auction at 8.30am every Wednesday," says the town's

"Visitors should ensure they wear enclosed shoes when entering the saleyards."

Opened by then premier Colin Barnett in 2014, the saleyards boast 1,008 selling pens and "the only saleyards in Australia with water in the selling pens."

It is capable of trading 1.5

million sheep a year. Katanning proudly protects its 109 heritage-listed buildings and places with Frederick Piesse watching down from high

on his town pedestal. This historic figure would be unknown to most West Australians but deserves rightful recognition: State pioneer, businessman politician.

Northam-born, in 1853, the son of a policeman and magistrate. Piesse went to schools at Guildford and Northam before working at Northam's general store. After pearl fishing at Shark Bay, he became a postmaster and telegraphist.

In 1880, Piesse and brother Charles launched a general produce firm, F. & C. Piesse, at Williams before he set-up a portable store, following progress of the Great Southern railway, finishing up at Katanning. He built a flour mill in the town and also produced award-winning wines. His orchard near the town grew 2,300 trees.

Piesse became a member and chairman of the Williams Road Board, a Justice of the Peace and ioined the Katanning Road Board as well as the Board of Agriculture. He was a member of WA's first Parliament under responsible government in 1890.

From 1896 to 1900, he was Commissioner for Railways and Director of Public Works in the Forrest Ministry. A WA delegate to the Federal Convention of 1897, he was WA Acting Premier in 1900 and later

became Leader of the Opposition.

He reared five kids with wife Mary Chipper.

The Piesse name is sprinkled around Katanning. But the first Europeans to explore the Katanning area, 186 years ago, were WA Governor James Stirling and Surveyor-General John Septimus Roe, travelling from Perth to Albany.

Sandalwood came in 1870 and then the West Australian Land Company extended the Great Southern Railway from Beverley to Albany in 1889 and set-up Katanning as a town.

In 1898, Katanning comprised just 107 men and 119 women.

The Piesse brothers' Premier Roller Flour Mill supported local wheat growers, suppling flour to the Albany district, cheap-er than imports from Adelaide.

The ground-floor street frontages of the mill were later converted into shops for music, butcher, dress, barber and tearoom.

Acquired by the Shire of Katanning, it was sold for \$1 to a private developer who turned it into a hotel and restaurant in 2018.

In the heart of the Great Southern, Katanning is still an important centre on the Great Southern Railway to Albany and with direct access to Perth, Albany and Bunbury.

For city people, Katanning is a perfect country getaway along an alternative to familiar Albany Highway. The kids and grandkids will love it.



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Retire in Style



Living the Australian dream... author's timely tips on making the most of retirement



Author, finance journalist and financial planner
Patricia Howard

by Josephine Allison

RETIREMENT looms large in most people's lives, but the path to it can sometimes be fraught with problems and concerns about making the best choice for those later years. Author, finance journalist and financial planner Patricia Howard has written a handy easy-read book, The No-Regrets Guide to Retirement in which she

advises how to live well, invest wisely and make your money last.

Howard, a licensed Australian financial adviser, author and financial journalist, has a commerce degree from the University of Melbourne, holds her own Australian Financial Services Licence and recently passed the FASEA financial adviser exam. She has written for The Australian, The Australian

Financial Review and The Age.

Age.
"So many people enter retirement expecting the worst," Howard says in a preface to the book. "They worry they won't have enough money. They worry that their funds won't last as long as they do, no matter how much money they have.

"They worry they will miss out. That they won't be able to do all the things they've dreamed about doing in life. That they simply won't enjoy life anymore."

Howard says she wanted to write a positive, practical, uplifting boost to help people make the most of their financial situation whatever that is, but more importantly a book that will hopefully change people's attitude.

The No-Regrets Guide to Retirement will help people plan their retirement in an optimistic way, even though this might be a stretch for some readers.

"Throughout the book I refer to Australia's generous welfare system and I do believe Australians are fortunate to be able to access the Age Pension," Howard says. "I know many will baulk at this. I can hear them grumble: 'It's impossible to make ends meet on the Australian Age Pension, so

how can she call it generous?""

Howard says she thinks Australia's Age Pension rate is generous and people retiring in Australia have wonderful opportunities. So many people in the world don't have access to these.

"I have been blessed with the great opportunity and challenges of living overseas, mostly in what are referred to as 'third world' countries such as Brazil, Mexico and Kenya. It is a term though that suggests these countries somehow lag behind a so-called 'first world' country like Australia"

She says while it's never too early to start planning retirement, it is also never too late with just five simple steps enough to make a big difference to a person's financial position and ensure they have a better, healthier retirement.

Think through how you want to live in retirement. A financial healthy retirement begins with good planning. Don't be guided by some outdated rule book or how your parents might have lived in their retirement.

Investigate whether you will qualify for the Australian Age Pension. In planning retirement many people overlook whether or not they may

be eligible to receive the pension. This is a big mistake. If you do qualify for the age pension it can make a big difference to retirement and obviously remove a lot of financial pressure.

Maximise what you have in superannuation. Too often people think they need a million dollars in super to retire comfortably. While that's a nice goal to have, too often it just prompts people to give up on their superannuation.

Make sound investment decisions. Howard says that might seem obvious but it's worth focusing on because it will stop people from making poor investment decisions in retirement and help them focus on solid, reliable income generating investments.

Live within your means. Once people have sorted out their financial investment, know exactly how much money is coming in each year and make sure to live within your means. This is especially important if someone is receiving an income stream from their own investments.

Howard points out that in retirement, more than at any other time of life, the only thing holding people back is themselves and the limitations they place on themselves.

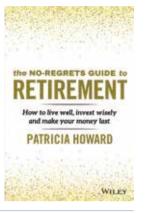
Some of her advice: Start a business, make money from travelling, write a book, start a blog, go back to school, a tree change, a sea change, get fit, get involved.

"Retirement is your time to do these things you've always dreamed of," Howard says. "When you're retired and you are asked 'What do you do all day?' the right answer is always: "Exactly what I want to do."

The No-Regrets Guide to Retirement how to live well, invest wisely and make your money last by Patricia Howard (Wiley, \$29.95) is available from good book stores.

WIN WIN WIN
We have seven copies of The No-Regrets
Guide to Retirement

how to live well, invest wisely and make your money last to give away to some lucky readers. To be in the draw simply email win@haveagone ws.com.au with Retirement in the subject line or write to Retirement Book c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 30/6/21.



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by Zofia St James

AS we prepare for the cold days ahead, let's make a determined effort to look for ways to embrace the beauty of what winter holds, not to mention the food and snuggling up in comfort.

I am sitting at my writ-ing desk in my new room overlooking a lovely green space, by space I mean the five and a half acres I now live on. Yes, the city mouse has gone bush!

Fortunately, I'm only two hours from the CBD and so

the city/country mouse can decompress every fortnight to get just enough smog to fill her style starved lungs, feel the joy of traffic congestion, witness the lovely lack of merging skills on the freeway and visit my family, friends and wonderful cli-

If I have ever been any good at decluttering, displaying organisation-al skills, DIY or planning a renovation I have just lucked out... I have moved in with my mother.

So yes, it's a tree change and I am looking at lots of them. If you have been reading my column for a while then you would not have missed my 'home is heart and hearth' mantra.

We only have to watch the news to see that while we can't control what happens outside, we absolutely can within our own

Whether it's just keeping it clean and tidy or taking the opportunity to renovate, update or makeover, never underestimate the safety and warmth your home provides.

This month I met a new client Margaret who invited me to her home for some advice about paint colours.

Margaret has a lovely home but hated the very 90s tiles that start from the front door and continue throughout the living, dining and kitchen.

She was very happy to learn that she did not have to jack hammer them all up. In fact, it's better that they stay. Wooden floorboards can be applied directly onto the tiles which are already perfectly level.

Sometimes a particular job can be dismissed as 'too hard' for years, robbing you of something you might like to enjoy living

in now.

I would like to point you to the team of tradies I work with. They are trustworthy and reliable, which is helping me as I endeavour to finish the building here that my dad started.

If you are looking at your living or bedroom area and feel like it could do with upping the ante on the cosy factor, that's easily done. You can have instant gratification in the space of an afternoon with as little as

Cosiness is all about adding colour and comfort. Knowing how and where to shop helps too. As does having a bit of an idea about what you would like to add. Even brochures can provide interior inspiration.

Last month I had a FaceTime call from Joy to advise on upholstering her antique sofa. It took five minutes but it was just enough to help her decide which of two fabrics would be the most appropriate.

Please feel free to contact me and either arrange a shopping excursion, in home consultation or just a FaceTime call... I am always happy to help.

Rug up, make a hearty soup and enjoy a movie or a great novel. No matter how old we are it's never too late to make the most of what we have and live our very best life.

Hope to hear from you

Zofia offers an interior style consultation for readers and a free over the phone or video call consult. She can assist with de-cluttering, restyling, choosing furniture and personal styling. For those interested in a free styling opportunity please contact Zofia on 0406 336 607 or email int shg@gmail.com.



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Lyneve, Pearson Village



Australian retirees need good representation of their interests

THERE are about two million retirees who partly or fully self-funding their retirement. Therefore there is a need for an active and responsible organisation to represent their interests.

This is particularly relevant when Government is considering changes to legislation that may have an adverse impact on a retiree's superannuation, retirement investments, part age pension qualification, medical support, aged care costs and home care availability.

Retirees who fully or partly fund their own retirement value their independence and choice of lifestyle, health care, retirement investment, superannuation and aged care.

With the medical science advancements made over the last 50 years, the average retiree can now look forward to a a period of retirement equal to 50 per cent of their working life. Many

enjoy 30 years or more of retirement. As a result, retirees need to ensure that Government policies support greater savings for sustainable retirement not only to cover the increase in years of retirement, but also higher medical and aged care costs that go with the increase in longevity.

The Association of Independent Retirees (AIR) provides this representation on behalf of retirees, or those planning to retire, through advocacy at the national, state and local levels of government. AIR has achieved a great deal to protect the interests of retirees who have either fully or partly funded their retirement since it was founded in 1990.

Each year AIR makes a pre-budget submission to the Federal Government on behalf of self-funded retirees. This sets out policies to provide the financial support needed to maintain

a satisfactory standard of living in retirement.

In the lead up to the last Federal election AIR conducted a strong campaign against the proposal to cease franking credits which are in place to prevent investors being taxed twice on the same income.

Currently AIR is monitoring legislative changes under consideration by the Government following the recently released *Retirement Income Review* and the Report of the Royal Commission into the Safety and Quality of Aged Care, to ensure that the interest of self-funded retirees is fully protected.

Members of the workforce who are near retirement or have recently retired are encouraged to join AIR to ensure that their views are advocated to government and to take advantage of opportunities to network with other retirees and learn from their experiences.

AIR is a not-for-profit, non-party political, volunteer organisation for Australian retirees. Membership is open to Australians over 50 years of age who are either planning their retirement or have partly or fully retired. Annual subscriptions to AIR are moderate and membership of AIR ensures the interests of retirees are advocated to both State and Federal Governments.

For information on WA Branches which meet monthly at Floreat, Victoria Park, Dianella, Mandurah, Bunbury, Busselton / Dunsborough and Greenwood contact President – Janice Ricks on 0408 959 990 – janice43kg@gmail.com or secretary – Margaret Walsh on 0487 290 097 – mar ghw@iinet.net.au.

For further information visit www.independen tretirees.com/.

Discover modern inspired living spaces in Attadale - perfect for downsizing



The sunken outdoor terrace is superb

CUBE on Canning is a new boutique development coming to Attadale with only 14 apartments spanning four levels, which will lead the way for the City of Melville's vision of the Canning Highway redevelopment.

Griffin Group's point of difference is their specialist boutique style small developments in inner city suburbs.

This unique devel-

opment offers north/ south orientation with a mixture of single and two-bedroom, two-bathroom apartments with the upper north-facing apartments offering expansive views toward the Perth CBD, Swan River and Fremantle.

The ground floor 2 x 2 terrace apartments are large and spacious with sunken outdoor terraces and gardens featuring a northern aspect for great all-year-round use. These terraces offer a tranquil retreat to entertain and relax.

Each apartment is finished to the highest specification including engineered stone bench tops, luxe kitchen cabinetry, wood flooring and on trend ceramic round basins in the bathrooms.

The modern exterior is finished off beautifully with emerald handmade Japanese mosaic feature tiles and artwork by renowned sculpturer Stuart Green.

Griffin Group pride themselves on their design and interior floor plan layouts which optimise functionality for apartment living, ensuring seamless free flowing spaces and open kitchens with plenty of storage.

Also included at no cost to residents is built in green technology

through the installation of PV (photovoltaic) solar panels, which lowers energy costs and leaves a smaller carbon footprint on the environment.

Cube on Canning, located in Attadale, aspires to set a new benchmark for sustainable, simple and restorative apartment living.

Find out more about this development by calling Caroline Bicknell on 0473 331 800 or visit www.cubeoncanning.com.au.



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Retirement looks different with a Reverse Mortgage



An avid traveller and adventurer, Cheryl Collins (72) is not one to sit back in retirement. Working as a nurse for 47 years, Cheryl had built significant equity in her home. Wanting to make the most of her well-deserved retirement and do what she loves most – travel, Cheryl looked at options to access these funds. Realising that a P&N Bank Reverse Mortgage was a way to unlock the equity in her home, Cheryl's retirement took her on a string of new adventures.

If you'd like to have a chat about our Reverse Mortgage Home Loan, call us on 13 25 77 or visit pnbank.com.au/reversemortgage

Before taking out a Reverse Mortgage product, seek appropriate advice and consider if the product is right for you.





Retirement living at Albany's Amity Village is just the best... says residents!



Allan and Wendy Banks

AFTER living in Collie all their lives, Wendy and Allan Banks made the decision to move down to Albany to be near their children.

"We moved into RAAFA Amity Village, Albany during October 2020, and the day we arrived one of the residents welcomed us with a huge bouquet of flowers, which just summed up how welcoming and friendly the place is," says

"Evervone is lovely and just so helpful, especially in the office," adds Wendy. "If you have

a problem, or need any maintenance or anything like that, you just go down to the office and it's all dealt with very quickly, which is just wonderful.

"Our son drove around all of the retirement villages in Albany for us and he reported back that the one with the nicest feel was RAAFA's Amity Village. When we visited ourselves, we agreed that it was lovely," explains 89-year-old Allan.

"We managed to sell our house in Collie, and Cheryl in the office helped us out with all the paperwork which wasn't hard. All in all everything went through very easily," adds Wendy.

"Our two-bedroom unit is just perfect for us. Our family is close by so we don't really need a spare room, and we've converted the second bedroom into an office, it really suits us down to the ground."

Since moving in at the end of last year, the couple have enjoyed getting involved with weekly activities, including playing pool, going to craft workshops and enjoying happy hour every Friday evening.

"We are all different and you can be as involved in village life as you want to be, but there's certainly plenty to do, including a lovely library that I have really been enjoying,"

said Wendy.
"It's also really lovely to see people walking or taking their gophers around the village during the evenings, gathering more people as they walk around, getting a bit of fresh air and exercise. Amity Village is such a friendly, inclusive and welcoming village, we are so happy to be here.

Join us if you are concerned about issues related to self-funded/partly self-funded retirees!

We need to speak with a strong united voice regarding:



- Financial future
- Health
- Aged Care
- Discounts & benefits for seniors

Join the Association of Independent Retirees

who advocate for Australians in Retirement at Federal, State and Local levels.

Members receive newsletters and can attend meetings to hear guest speakers on subjects of interest to self-funded/partly self-funded retirees. Annual membership - \$32 single \$48 couple to 30/06/22

For more information on AIR contact: www.independentretirees.com President - Janice Ricks - 0408 959 990 - janice43kg@gmail.com Secretary - Margaret Walsh - 0487 290 097 - marghw@iinet.net.au

Independence inspired purchase at Mankara



Norma and Dr Nicky Howe at the Mankara development

LIVE your life in every room – is the mantra of Norma who is the first official purchaser of an apartment in the new Mankara development in Manning.

Norma bought her two-bedroom, one bathroom apartment for herself and called it an early birthday present as she celebrated her 78th birthday around the time she signed the contract.

"I will be able to enjoy every room - I have studied every angle of the floor plan so I feel like I know what it will be like to live there," Norma said.

"I particularly love the wide balcony and that it overlooks a garden that will not fall apart because I don't have to maintain it myself."

Norma said the development represented the epitome of independence which she loves.

"I don't want my children to worry about me as I age, and I know this is a good move for me now and for my whole family later."

More good news is that Norma won't have to travel too far to enjoy the magic of Mankara.

"I've lived in Waterford since 1984 so I know the area well," she

The first release of apartments in Stage 1 of the Mankara development are selling now from \$309,000.

When complete, the development will see 82 apartments built over four levels, plus an on-site café and community centre.

All apartments are strata titled. architect designed and meet the Liveable Housing Guidelines. They are built to be "move-in ready with all internal and external fittings and finishes plus landscaping included.

Visit www.mankara.com.au for more information.



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You're invited to this special FREE information seminar for over 50s on Saturday 26th June at 10.00am.

On the day we'll be showcasing our master plans for our Piara Waters Lifestyle Resort, home designs and more details about the timeline of the project.

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RSVP ASAP to secure your seats! - bookings essential **REGISTER** at piarawatersresort.com.au



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SEMINAR DETAILS:

- Location: Cockburn Health and Community Facility / Success Library -11 Wentworth Parade, Success WA 6164, (corner of Beeliar Drive).
- Date: Saturday 26 June
- Time: Check in 10am for a 10:15am start. Finish 11:30am.
- Easy free parking
- · Morning tea and coffee provided



Janine Thomas,

Sales Manager Piara Waters Lifestyle Resort

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

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South



Parkland Villas Booragoon 510 Marmion Street, Booragoon

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At 78, Satima's dance classes bring joy to SwanCare residents

by Josephine Allison

SATIMA Flavell adjusts the stance of her dance students, then moves on to another student inside the auditorium at Swan-Care in Bentley. Her attention to detail and love of teaching dance is reflected in the many years she has been a teacher and, at 78, her love of dance endures.

British-born Satima, who came to Australia with her family aged eight, trained in piano and singing at the NSW Conservation of Music. As a young adult she danced with the Australian Dance Theatre including a performance before the Queen and the Duke of Edinburgh in Sydney in 1963. After school she did classes with the Scully Borovansky School, on how to teach.

She also studied at NIDA while teaching and has performed widely in cabaret. She holds an Associate Diploma in

performing arts (dance) from the WA Academy of Performing Arts and a Bachelor in religious studies from Edith Cowan University. She is also an author and writer for various publications including *The Australian, Dance Australia, ArtsWest* and other journals. Satima has taught privately and for tertiary institutions and especially enjoys teaching adults.

Now a resident at SwanCare, she started

the ballet based theatrical dance program for other residents who are aged in their 70s and older.

The twice-weekly group lessons are ballet based, but students also learn belly dancing. Satima believes ballet is the foundation of all good dance techniques. While students don't have a ballet bar, they use the stage as a support instead.

"Class sizes can vary from three or four women up to a dozen," Satima said. "It is absolutely wonderful at my age to be still teaching. "By the time you reach 60 many people don't exercise, but ballet is something enjoyable. We don't do any jumping or deep knee bends but apart from that it's a normal ballet class."

Shoes for the group were donated by a dance studio which had recently closed and students wear comfortable clothing. Research shows seniors who take part in ballet classes experience higher energy levels, greater flexibility, improved posture and an enhanced sense of achievement.

Born in Manchester, England, Satina has lived in Victoria, New South Wales, South Australia and New Zealand, teaching ballet in all those places. She saw Dame Margot Fonteyn dance with Michael Somes and watched Dame Margot's dancing fame skyrocket when she teamed up with the younger Rudolf Nureyev, the pair taking the dance world by storm.

"Ballet has been my life since a young age," Satima said. "I always wanted to dance from when I was about five and one of my sisters was doing ballet and tap. But I really wanted to teach, which I did from the age of 14, under guidance of course."

Among the dancers attending class are Swan-Care residents Catherine Charles and Judy Mackintosh who say they benefit greatly from the classes which help keep them fit and moving.

Satima's passion and commitment to dance shows no signs of abating. Her joy in helping others is evident as she instructs the women, introducing them to her special world.



Above; Satima Flavell Second row; Satima (third left) and class members





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Framed by blossoming Jacarandas and opposite beautiful parklands, Abode Como is a South Perth sanctuary which embraces serene living in a luscious setting. A boutique development comprising two townhouses and twelve apartments, it's perched in a peaceful and leafy pocket of Como opposite Neil McDougall Park where landscaped gardens and open green space combine to create an oasis of gentle elegance.

On the inside, each apartment is finished to the highest standard with Caesarstone benchtops, engineered stone splashbacks, luxe cabinetry and Bosch kitchen appliances. On the outside, energy-saving green-tech infrastructure harnesses renewable energy, which lowers the cost of electricity, heating, cooling and hot water, all while reducing your carbon footprint.

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Downsize to luxury in this unique development in the heart of Como's parklands

GRIFFIN'S latest development in Como, situated next door to their almost complete Parkview Como, starts construction this month.

Abode Como offers a niche development of 12 apartments and two townhouses harmoniously positioned opposite the beautiful Neil Mc-Dougall parklands.

Residents can look forward to immersing in a personal sanctuary where they can relax and unwind in nature.

Inside, every detail has been considered to maximise space, with designers and architects working together to create a bespoke living area.

Residents can choose from two colour schemes, dawn or dusk, which work to elevate the very functional floor plans

Dawn features crisp white cabinetry, golden oak, matte black tapware and warm grey tiles. Dusk showcases walnut cabinetry, offset with a warm grey and brushed gold finishes.

Smeg appliances in the kitchen, Caesarstone benchtops with mirror flecks, a luxe marble-look stone kitchen splashback and marble herringbone feature tiles in the bathrooms, all combine to showcase the designer living aspect of this unique development.

Outside, Abode ticks all the sustainable boxes with photovoltaic solar panels, central water heating and energy-efficient design, focusing on ample natural light and cross ventilation.

More than 50 per cent of apartments are already sold, so now is the time to downsize to Abode. Two bed apartments start from \$539,000, and there is one large townhouse left with three bedrooms and two bathrooms for \$989,000.

With construction starting this month, there are only a few weeks left to capitalise on the State Government's 75 per cent stamp duty rebate, allowing buyers to save



more than \$15,000 if signing before construction commences.

Find out more on this stunning development at

www.abodecomo.com. au or by calling Caroline Bicknell on 0473 331

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Staying safe and comfortable and at home



SOMETIMES a little help with gardening or housework or even some minor home modifications can make all the difference to being able to remain safe and comfortable in your own home.

Applying for a Home Care Package may be the way to do this. It doesn't mean losing your indepen-

dence; it's quite the opposite. Getting a little help with daily activities means you can stay independent and in your own home. In fact, a little support can lead to a much better life with services ranging from domestic assistance, shopping, transport and social support right through to allied health services such as physiotherapy, special dietary requirements, mobility aids, personal care and nursing with quite a few other services in between, depending on the level of the Home Care Package.

However, inviting someone into your home to assist for the first time isn't an easy decision and as Annie Carvell, Client Relationship Manager for CPE Group, says this is why it's so important for the client to be involved in the choice of their support team.

Annie chooses the carers for CPE Group for their ability to show understanding, kindness and respect as well as at least 500 hours experience and a qualification in health care. She says they each bring their own individuality to the relationship so it's important for the clients to be able to choose those best suited to them and build a support team that they feel comfortable with and they can trust.

Having access to the funding a home care package provides can lead to a safer and more enjoyable lifestyle so it's well worth considering that application and then taking the time to build a care team that you can look forward to welcoming into your home.

If you would like more information call Annie on 1300 665 082.

ADVERTISEMENT

Regen Power: Journey of a renewable energy pioneer







Regen Power Managing Director Nikhil Jayaraj

ESTABLISHED in 2003 by Curtin University Emeritus Professor Chem Nayar, Canning Vale-based Regen Power is a national company providing renewable energy products and services to residential, commercial and off-grid mining and remote community markets, with a vision to create affordable access to power through sustainable solutions and innovative technologies.

Regen Power CEO, Professor Chem Nayar is one of WA's most outstanding engineers, dedicating almost four decades to advancing the clean energy industry. Professor Nayar was conferred the prestigious Sustainable Energy Association Awards' Ambassador Award in 2011. Earlier this year, Professor Nayar was selected as a WA Finalist for Australian of the Year 2021 and was also nominated as a finalist of Western Australian of the year 2021, Professional category.

Regen Power's contribution has been instrumental in commercialising renewable energy power systems to regular households at affordable prices. Key components of its success are its quality products and services, affordable pricing, ongoing innovation, and its futuristic approach.

Ranked as the 55th-fastest growing company in Australia in the 2020 Australian Financial Review Fast 100 list, Regen Power has won various awards and nods for sustainable development and product development, vouching for its existence as a reputable brand in the solar power business of WA. Consecutively for two years, Financial Times listed Regen Power among the Top 500 Asia-Pacific High-Growth Companies, with the company ranked at 209 (2020) & 326th (2021).

Rooftop solar power has been a smashing success in Western Australia, which has one of the world's sunniest environments. With electricity costs continuing to rise throughout Australia, people are racing to install solar power in order to save money on their energy bills, even more so now that solar panel costs in Australia have reached an all-time low. Solar panels of high quality are now so inexpensive that you may get a return on your investment in as little as two to three years. With over 350,000 solar-powered homes, solar energy now powers 35% of homes in Western Australia. Regen Power Managing Director Nikhil Jayaraj, who was named a winner of the 40 Under 40 awards 2020, said, "Now is

the moment to invest in solar systems when government subsidies cover approximately 50% of the cost."

Regen Power looks ahead for a very bright future. They have been able to supply high-quality items due to their ties with important manufacturers. Maintaining such a positive connection with these important manufacturers helps them to deliver future renewable energy goods.

Regen Power has a customer base of 30,000, with many more coming daily for assistance in embracing renewable energy. One of the reasons for the company earning the ProductReview Award 2021 was for receiving the highest possible number of 5-star reviews. Regen Power 18 years strong and still powering on.



Visit regenpower.com or call 08 9456 3491 to find out more.





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Retirement is the chance to find new friendships



AT LENDLEASE retirement villages all around Australia, friendships are being forged minute by minute. Residents enjoy village life, create lasting ties and wonder why they didn't make the move sooner.

Patricia, a Lendlease retirement village resident, found an instant community when she moved into the village six years ago with her terrier-cross dog, Toby. "When I turned 65, I thought to

myself it's about time we had a sea change. The housing market was up so it was a good time to sell. I made the move and I have everything I could possibly need here – people to mix with and security. I've made some lovely friends," she says

"I enjoy the environment here very much. We have a village garden plot and spend a couple of hours together on Wednesday morning. There's a bus that takes us on trips. It's a lot of fun. If that's not enough, there's a heated pool, a gym and always someone to talk to.

"As my late mother would say, 'Everybody's got a story to tell – listen to them.' You can learn so much from people."

Even Toby has found himself a canine community.

"Next door lives a Bichon called Nelly and she and Toby are starting to become really good friends," says Patricia.

To boost your social network, follow Patricia's tips: Get to know your neighbours; they're only next-door if you ever need a hand (or a cup of sugar) and join a class. When you learn a new skill there's a good chance you'll meet like-minded people who share common interests

For information about Lendlease Retirement Living, call 1800 550 550 or visit www.retireinwa.com. au.

Stunning and secure apartment with picturesque views

DON'T miss the opportunity to buy this secure welcoming apartment with must-see stunning views. See page 40 for details. Photos cannot do justice to them.

You deserve to see the highly picturesque aspects available from all bedrooms, living and kitchen areas. Don't miss viewing this property.

Set high on the 16th level in this tightly held resort

Set high on the 16th level in this tightly held resort style complex, stepping inside you will feel the ambience of city and foreshore.

This picturesque spacious apartment feels like the city skyline and peaceful landscaped grounds just rose into your own living area, with inviting balcony

access from the living and bedroom areas.

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It's your turn to secure this stunning lifestyle opportunity. Call Brad Dawson from Dawson Property Group on 0413 879 479 to arrange a personal viewing.









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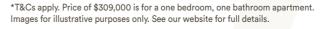
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Discover the magic today by calling Glenn on 0413 545 044 or 9032 6489







Meet the 86 kilogram English Mastiff dog with a bucket list



Left to right; Roman manning a kissing booth with Peta Samson - a feast fit for a English Mastiff - all dressed up for a pool party - Roman taken for a ride in a police car

by Allen Newton

ROMAN, the English Mastiff, could never be described as light weight. To start with he weighs a hefty 86 kilos and secondly, he has the constitution of an iron man.

Roman was diagnosed with bone cancer at the beginning of the year, but rather than give in to the cancer, his mum Peta Samson has been keeping up the fight with regular chemotherapy treatments – and so far, so good.

When Peta first found out about the diagnosis, she wrote a bucket list of adventures for him to tick off, to ensure Roman's coming months were filled with fun.

So far, he's managed to take on everything from manning a kissing booth to a ride in a police car and Peta says the big fella is coping well with chemo and has just completed his sixth round.

She says that unlike humans, chemo does not affect dogs in a negative

"Roman runs in and out of his chemo sessions. He spends two hours every three weeks hooked up to a drip feeding him the drugs" she says

the drugs," she says.

"At his last scan, his leg looked great. I also have him on a cancer starving diet which includes a lot of traditional Chinese medicines as well."

Many people will recognise Roman from the Treat Truck, which visits various markets around Perth and has been a regular at the Inglewood on Beaufort Monday Night Markets for many years.

Before creating Woof Meow Tweet Squeak in July 2011, Peta had worked in pet retail, kennels, catteries, the RSP-CA and as a nutritional adviser for a major pet food company, so it's no surprise that so far, a combination of chemo and diet are working.

"Roman is doing great. He has no idea what's going on," Peta says.

"He still goes swimming every week, still works in The Treat Truck with me and is not on any other medication."

He still has a handful of things to do on his bucket list and Peta is hopeful that she'll be able to add more.

"I'm not sure what Roman's favourite thing on the bucket list has been but I'm guessing our holiday to Denmark was up there as he got to swim in crystal blue oceans and dined on gourmet grazing platters.

"Some of the last things remaining on his list we are having trouble with, so if anyone can help out with those, we would greatly appreciate it.

"In the event he doesn't finish them, his brother Peperoni, a French Bulldog x Aussie Bulldog, will step up and complete the list for him," she says.

Already ticked off Roman's bucket list are: go on a picnic; eat fillet mignon; watch a sunrise and sunset; eat a tomahawk steak; eat crayfish; take a selfie a day; have a bubble bath; go on a

holiday; eat fish tacos; see snow; visit an iconic monument; do a photo shoot with mum; play in a pit of teddies; be a ninja turtle; drink a strawberry milkshake; have a pool party; create art; eat ice cream cake; have a gour-

met grazing platter; wear a tuxedo; swim at the beach; photo with an ice cream truck; and Valentines dinner.

Still on the list are: go camping in a tent; go on a boat; meet someone famous; visit a nursing

home; be in a movie; meet a pig; host Donut Day; fight for animal rights; ride in a limo; and ride in a convertible.

And perhaps the most heart-rending of all: to have my eighth birthday





Friend to Friend







Instructions - Please read carefully

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

Friend to Friend PO Box 1042 West Leederville WA 6901

Each person may submit one entry every month.

Abbreviations used in Friend to Friend

ALA: All letters answered GSOH: Good sense of humour SD: Social drinker NS: Non smoker

SOR: South of River WLTM: Would like to meet DTE: Down to earth ND: Non drinker NG: Non gambler NOR: North of River TLC: Tender loving care

Name								

Please nominate a category for your advertisement.

Tick one box only.

☐ Travel companion

Seeking a friend

Seeking a partner

NS. ALA.

Wishing to contact

Reply Box entry:

Please include two stamped (\$2.20) self addressed C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized I am over 45 years of age(Signature) envelopes will not be considered for publication.

Seeking a Friend

ACTIVE mature gentleman, young at heart, WLTM lady for all seasons, winter in her smile, summer in her heart, spring in her step. Well built, fit, lonely, don't be

Reply Box 8840

AUSSIE easy going lady WLTM gent approx late 70s with likes, GSOH, fin sec, genuine, caring, share life's journey, cooking, dance, family etc. Long term if compatible.

Reply Box 8842

CALLING all single ladies and gentlemen 65+, let's get together to meet for a coffee as a group. Seeking friendship, companion or a soulmate. Why not? If you never try, you will never know. P.S. Have a go! No fees other than the cost of your own beverage.

Reply Box 8844

GENT 55 seeks female 35-60, who would enjoy a casual relationship, no ties, who is medium build, broadminded, occasional outings, must enjoy being massaged, into art, music and very easygoing. I am

Reply Box 8850

GENT 73, NOR, NS, SD, GSOH, medium build, likes music, movies, dining out, quiet times. WLTM DTE, sincere, easy going, honest lady, 65+ for a coffee and chat. Reply Box 8855

GENT 82, postcode 6030, WLTM friendly lady for friendship and compan-

ionship. I like music, TV, radio, going out for coffee and meals, visiting people and places. I love animals and wildlife. 166cm tall, 70 kg, NS, SD, GSOH, DTE,

Reply Box 8833

NEWS UPDATED DAILY www.haveagonews.com.au

GENTLEMAN 63, no baggage, fit, healthy, active, enjoys walking, travel, life in geneal, seeking a

Reply Box 8852

I'M a 1942 vintage male, tall, 86kg, quite healthy, fin sec, NS, ND, presently residing in Albany 6330. Would like to share one's life with a compatible lady. Would consider relocating if required, no baggage thanks, positive thoughts. Reply Box 8835

JOHN formerly of WA Newspapers would like to renew his acquaintance with Joan, daughter of Fred H.

Reply Box 8846

LADY 70s, NOR. If you can walk, dance, love country music, festivals and country drives, and sometimes just sit togethsomewhere, watching the sun go down. If that sounds good, let's meet for coffee. NS, gent please.

Reply Box 8834

LADY 80, widow, NS, ND, DTE. GSOH, hobbies, TV sports, football, soccer, tennis. reading, walks, music, dancing, gardening, crosswords, markets. op shops, garage sales. Looking for gent, 75-80, companionable, friendlifestyle, ship. simple country, south west, postcode 6220, comfortable like old pair of slippers, must be genuine.

Reply Box 8856

Reply Box 8849

LADY mid 60s, slim, petite, dark haired, NS, SD, silly sense of humour, funny accent from north of England, easy going, DTE, likes reading, walking, swimming, WLTM gent for friendship, coffee, occasional night out.

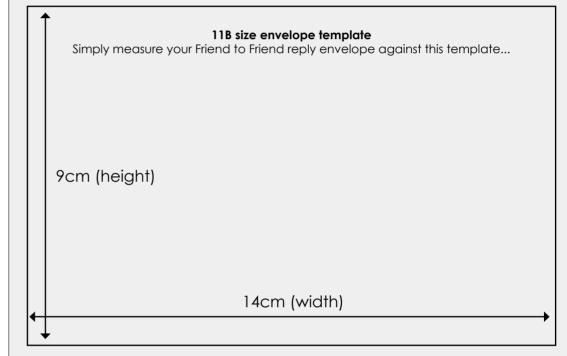
healthy. PASSIONATE widower, 80, NOR, vegetarian, Christian values, emotionally mature, desires nurturing relationship with petite lady early 70s. Smart dresser for dining out. Fin sec, coffees, laughs, walks, heart to heart talks, 1-3 days a

Reply Box 8847

Seeking a Partner

ATTRACTIVE English Australian lady 70+, med build, SOR, postcode 6107, GSOH, ND, fin sec, seeking a well presented, genuine, fin sec gentleman, 67-72, (not separated) for permanent long term relationship with old fashioned values. I like reading, walking, music, country drives, socialising. good conversation. Genuine replies only. ALA. Reply Box 8851

When replying to an Friend to Friend entry...



To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to:

eg. Reply Box 4100 c/- Friend to Friend, PO Box 1042, West Leederville, WA 6901. (example only) Write your reply on a single sheet of paper and place inside an 11B size envelope (measures approx. 14cm x 9cm). Please note, due to the popularity of the service,

it is essential that all Friend to Friend replies are sent in a 11B size envelope see diagram below.

No greeting cards, bulky items and photos. All replies will be forwarded early in the next month. All replies are strictly confidential and are not opened.

Replies must be in response to reply boxes no older than three months.

SOLUTIONS MATCHMAKING

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

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CLAREMONT LADY 78 tall, trim, vibrant, widow, dog lover, great sense of humour, enj golf, yoga, walks, sk smart active gent 75+.

MERRIWA LADY 80 charming, funloving, Brit, trim, very well grmd, loves music, travel, drives, sk honest, o/going gent 77+.

MANDURAH LADY 75 refined, attractive, well-spoken, beautifully grmd, funloving, understands the bush, enj travel, sk well-mannered man 72+.

RIVERTON LADY 76 lovely blue eyed blonde, slim petite, very well presented, kind, generous, happy & bubbly, sk youthful gent 73+.

well-travelled, slim, active, loves the arts, sk sociable gent w/ GSOH 70-78. GREENWOOD GENT 74 well-spoken/groomed,

COMO LADY 75 outgoing, friendly, intelligent,

multi-lingual, euro descent, 181cm, trim, a great cook & can dance the tango, sks lady 68+. SCARBOROUGH GENT 73 handsome, intell, trim,

fit, healthy o/look, well presented, e/going, enj

walks, golf, eating out & can dance. Sk lady

65-75. NEDLANDS GENT 73 educated, ret. Prof, 183cm, easy on the eye, charming, well-travelled, sophisticated, sks stylish lady 60+.



SOLUTIONSMATCHMAKING.COM.AU Matching mature singles since 1995

COUNTRY guy postcode 6489, 67, retired, 6'3", tall, GSOH, SD, DTE, prolific reader, free spirit, 60s-70s music, WLTM country lass only, 60-70, homeless big girl okay, no baggage please, TLC, guaranteed genuine only, ALA, cheers.

Reply Box 8830

EASY going, guy, 64, NS, DTE, WLTM Asian lady who likes country life to share life together. Enjoys walks on beach or just a simple bunch of flowers

Reply Box 8857

GENT 69, young at heart, NS, GSOH, SD, likes cooking, relaxed style, country drives in my sportscar, 60s music, dining in/out. WLTM lady, slim, similar interests. Let's meet for coffee. Reply Box 8836

GENT 70s, NS, GSOH, loving, caring, ex country, active, respectful, interests include yours, outdoors, sport, occasional caravanning, WLTM similar happy, active lady to love and be loved. Quiet times at home, be there for each other. Enjoy while we can doing whatever we decide

Reply Box 8848

NEWS UPDATED DAILY www.haveagonews.com.au

NEWS UPDATED DAILY www.haveagonews.com.au

GENT good Aussie bloke. Medium build, quiet lifestyle, seeks presentable lady to 70, 6281 or surrounding areas only. Similarly enjoys homelife, 4WDing, exploring outdoors, caravanning, fishing, practical, sociable. intelligent, broadminded. Reply Box 8845

GENT mid 70s, active, GSOH, NS, SD, lives one hour NOR, into beach camping, fishing, playing with toys, seeks active lady whose life doesn't revolve around computers, phones and dining out to live with full or part time if compatible, on all levels of life.

Reply Box 8839

GIRL at heart, late 60s, you must love animals, well groomed, travelled, kind, fun, secure, NS, non controlling, no big beards, want to travel. Me; all the above and more. You won't be disappointed. Reply Box 8853

HAPPY active sie lady, NS, SD, WLTM happy, caring, NS, gent, 75 plus, into travel, music, dancing, eating out, quiet nights at home, good friends, all the good stuff of life, Mandurah or near suburbs.

Reply Box 8838

I'M searching for a warm, sensitive female. Romantic and positive is a plus. I'm all these things. Help. Please. Oh yes, early 70s. Reply Box 8843

LADY 71, NOR, coastal area, postcode 6018, attractive, fit, well groomed. trim, active, enjoys gym, yoga, golf, coastal walks and outdoors, loves life, very loving person. Would like to meet a fit, like minded gentleman, 68-75. Reply with your phone number.

LADY 72, postcode 6330, well presented, positive, enjoys cooking, movies, walks, outings, looking for a personally developed boyfriend to share life, good to have GSOH, NS, SD, ALA, coffee? Reply Box 8832

Seeking a **Travel Companion**

SLIM active. NS. female. young 70s, would like NS, SD, travelling companion, Australia, NZ, Norfolk Island and more. Also enjoy day trips, walking, shopping, coffee, films etc. Shall we meet for coffee? Reply Box 8854 WANTED lady who would enjoy embarking on a travel adventure to beautiful locations in Australia in a near new well equipped caravan and share the experience: mountains. forests, sunrise, sunsets, campfires etc. 78, gent. Reply Box 8831

Wishing to Contact

Reply Box 8837 WOMAN 72. DTE. SD. NS, and need GSOH, seeks friendship to begin. I'm happy, peaceful and appreciate same, kindness, and sensitivity required. I'm fit, healthy and require same. Live simple life, its joys.

Reply Box 8841

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.

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Masters Games is a walk in the park for this 91-year-old

by Lee Tate

JOSEPH Reah, at 91, cuts a dashing figure on Perth social dance floors.

It's all for enjoyment, just like his approach to the Australian Masters Games, in Perth on 9-16 October.

Joseph finds himself the Games' oldest entrant among 6,000 participants.

"My daughter, Janet, volunteered me for this," he laughs.

The father of eight, who has been widowed for 10 years after the couple's arrival from England in 1974, says: "I have lived in Australia longer than Britain. Hey, I follow the Aussie cricket team," he insisted.

After consulting his doctor, Joseph will be tackling the 1,500m walk run event.

"It's a fast march. I'm limiting myself to the 1.500 metres. I told Janet. I don't want to bugger my hips or my knees."

After serving in the British Army, Joseph knows something about discipline and involvement, including dancing.

"In the army, we were ordered to go to dances," he said.

But dancing developed into a love. In the seniors' clubs where he's on the dance floors two or three times a week. Joseph says there's no shortage of female partners.

"Most men don't want to dance." he

told *Have a Go News*.

The seniors' dancing, in groups of 60-90-year-olds, widened into regular socials in their homes including singalongs around a piano and games of pool.

Clearly, Joseph's fancy footwork and dedication is going to help him in his Games quest to finish the race in a good time. His past welter-weight boxing matches in British clubs won't harm his chances either.

Never a smoker nor a drinker, the ex-regimental sergeant-major has set himself a training regime that includes daily spells on his home treadmill and laps around Mundaring oval.

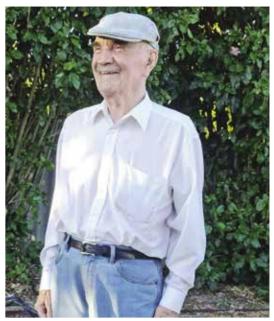
It might be his first competition in any games, but Joseph is just happy to be involved.

"I have watched a lot of my friends have to go into care and I don't want that for myself. I choose to get active and I'm getting sweaty each day with a good walk.

"Participating in the Games will be a personal achievement for me. I'm excited to be a part of the health movement," he

The national games, back in Perth after 28 years, will attract more than 2,000 supporters of competitors in 50-plus sports.

For more information visit: www.aus tralianmastersgames.com/.



Joseph Reah

Feeling breathless? Dizzy? Fatigued? Don't assume it's your age, it could be your heart

AS we age, our bodies go through many physical changes. You may not be able to climb stairs as easily, or you may notice discomfort or inability to participate in normal daily activities.

But sometimes, these changes may be signs of a serious underlying medical condition, such as heart valve disease - a common

condition in which the heart valves do not work the way they should.

Heart valve disease can reduce the amount of blood pumped through your body. If your body is not getting enough oxygen, this can lead to symptoms such as shortness of breath, fatigue, light-headedness, chest pain and difficulty exercising.

Heart valve disease (aortic stenosis, mitral valve regurgitation and tricuspid regurgitation) impacts 2.5 per cent of Australians, rising to 8.5 per cent of over-65s.

Aortic stenosis is one of the most prevalent and serious conditions impacting elderly people in Australia, with higher rates detected in men. It is estimated that one in eight senior Australians has aortic stenosis.

Unfortunately, up to 50 per cent of people who develop severe aortic stenosis symptoms will not survive more than two years, unless they have a valve replacement. Early diagnosis is therefore essential for survival.

Diagnosis of aortic stenosis

starts with listening to the heart but four in 10 Australians say their doctor rarely or never checks their heart with a stethoscope, making the illness undetected, undiagnosed, and untreated. If you are experiencing signs or symptoms reflective of heart valve disease, ask your GP to listen to your heart next time you see them.

Have a Go News is available at Pharmacy 777, located at Unit 4, 2 Sheoak Road, Maddington. Contact them on 9459 6179

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Men - get your hearing checked this Men's Health Week

HEARING loss affects more than 100,000 men in WA and on average, it takes Australians seven to ten years to acknowledge they have hearing loss before they take ac-

To mark Men's Health Week. 14–20 Specsavers senior audiologist Kathryn Launchbury urges men to watch out for the signs of poor hearing and to get their hearing checked.

"Through research June. conducted by Specsavers, we've found that 90 per cent of men are likely to have engaged in activities potentially damaging to their hearing, so we always encourage protective hearing equipment when working with loud machinery, doing DIY

> er noisy environments. "Often a close friend or partner will notice before they do that they can't hear so well. It is really

> work or when in any oth-

important to look out for signs such as turning the TV up loud, putting their mobile on speaker phone, lip reading and asking people to repeat themselves.

This Men's Health Week, if you know anyone who you think may be hard of hearing or you are worried about your own hearing loss, book a free 15-minute hearing check with your local audiology professional at Specsavers.

If further testing is required, a comprehensive 60-minute hearing assessment will be recommended.

During this appointment, the audiology professional will carry out a comprehensive diagnostic assessment and will be able to determine if hearing aids would be beneficial. For more information or to book a hearing check, visit www. specsavers.com.au/ hearing.

STOP SMOKING in 3-5 Sessions or Less!

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How stem cell therapy may help arthritis

ARTHRITIS is painful inflammation and stiffness of the joints. Inflammation is part of the body's natural response to protect joints from damaged cells; to remove irritants and infection - but also to start the healing pro-

The most common form of arthritis is osteoarthritis. This is a degenerative disease and often leads to joint replacement surgery. Osteoarthritis begins in the cartilage and eventually leads to two bone surfaces rubbing directly against each other.

This is not only painful, but very restrictive on daily mobility and flex-

Research now shows that the body heals itself via the migration of adult stem cells from the bone marrow. Providing they can get to the tissue - adult stem cells can become new bone cells, cartilage cells and have been linked with an increase of lubricin - a protein found in joint fluid that acts like a shock absorber.

As we age our stem cells migration naturally declines. By age 50 it has reduced by 50 per cent and by age 65 you only have about 10 per cent the number of stem cells you had in your bloodstream when you were 25.

Stem cell nutrition encourages your body to naturally release millions of new stem cells which then replace damaged cells anywhere in the body. The more stem cells you have in your bloodstream the better. Find out more how stem cell nutrition can transform your life by calling Sandra Barnsley on 0412 479 156.

Elder abuse... it often starts small.

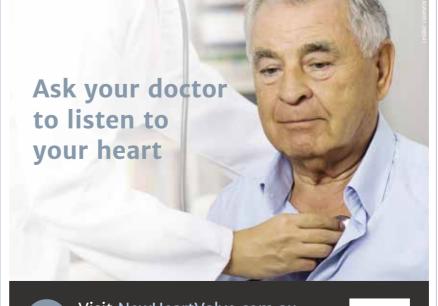


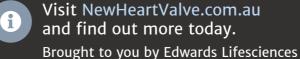
Many older people experience one or more forms of elder abuse without realising it.

If you, or someone you know, may be experiencing elder abuse please call our free and confidential service.

WA Elder Abuse Helpline: 1300 724 679

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health options for the mature west australian



Care and Ageing Well expo puts older Australians in the spotlight





Care & Ageing Well Expo will include more than 100 exhibitors and speakers plus L-R; hands-on demonstrations - seminars covering a wide range of topics - live music to keep visitors entertained

A PANDEMIC and a royal commission have meant older Australians have certainly been in the spotlight for the last year.

That focus will continue with Western Australia's biggest expo for older Australians, showcasing ways to make life easier in later years

The Care & Ageing Well Expo will be held at the Perth Convention & Exhibition Centre on 14 and 15 August, with more than 100 exhibitors and speakers across two stages.

Created by Leading Age Services Australia (LASA) in 2017 and building on a strong reputation, this year's expo is expected to attract thousands of people.

LASA CEO Sean Rooney says innovation is making lives better through the fantastic products and services available to help older Australians

"Living your life as older Australians is a great bonus and these expos concentrate on enjoying the best of lives and supporting people who need assistance," he says.

"We want our nation to care about better age-

ing futures, using innovative technologies and community connections to make the most of our lengthening lives."

The Care & Ageing Well Expo will also be going national, to be held at the Melbourne Convention Exhibition Centre on 12 and 13 February in 2022.

Mr Rooney said both events provide ideas and answers for our older population to plan for the years ahead, armed with assurance for them and

'The Expo is about giving families and their older relatives confidence and convenience in living the best life. It centres everything together, so people can have conversations with organisations and experts to make sure they focus on better ageing.

"Also, the speaker's program is vital, giving visitors a new perspective on lifestyles and including discussions on budgets and legal advice.

Key platforms will focus on ageing well, starting the conversation and planning for the future, including transformation in aged care and care and support at all levels of the community.

It will provide a forum full of information, wheth-

er people are just starting to understand the journey of caring for the aged or looking on how they can be better prepared for the future.

CMS Events director, Richard Campbell, who runs the expo, says Australia's ageing population made it imperative for the age services industry to be innovative.

"It needs to accelerate innovation to translate ideas into action, resulting in better outcomes for older Australians. The industry needs to promote a balanced outlook on living in the healthiest and most comfortable way as people age. It is important to include the whole family in the planning pro-

The expo will provide a great starting point for families who were unsure where to begin on the journey and will provide solutions to fit their needs.

The Expo will show the full spectrum of products and services in home care, residential care and retirement living that will assist the community to navigate through what can be a confusing journey and will provide a major community awareness of aged care services, support services,

products and education. Other products and services featured include medical, legal and financial advice and products that make it easier for older people to remain in their homes.

With a great line-up on both stages for visitors, the organisers have planned to live stream the seminars so those people unable to attend have access to the information.

The organisers are fully compliant with Covid-19 practices and will welcome the event back after a one-year hiatus.

From residential and home care to retirement living the expo will cover all the lifestyle options for

Exhibitors include equipment and service providers to health care, technology and support

The Perth Expo will be open from 9.30am to 4pm on 14 and 15 August.

Entry is free and pre-registration is encouraged to assist the management of crowd flow.

More information is available at www.carean dageingexpo.com.au.

Boost the quality of sleep and enhance relaxation with Sandalwood

SANDALWOOD has been used for thousands of years. Its earliest recorded use in medicine was found in ancient Chinese texts. Other uses include wood carvings, perfumes, beauty products, incense for religious purposes or as Ayurveda med-

The best-known species are the tropical Indian sandalwood (Santalum album) and Australian sandalwood (S. spicatum) native to WA

The key active constituent (alpha-Santalol) provides most of sandalwood's therapeutic qualities when inhaled or applied topically. It affects the parasympathetic nervous system reducing anxiety, improving the quality of sleep and enhancing relaxation. Beta-Santalol is the other major active compound. It provides

sandalwood's creamy, woody aroma and therapeutic qualities. Indian sandalwood contains around 70-90 per cent of active compounds, while Australian sandalwood has typically around 20-40 per cent. Therefore, it is not surprising to find that Santa-

the Chinese Pharmacopeia. However, the kernel oil of WA native Australian sandalwood has a unique property of naturally suppressing sebum secretion and reduces fat deposition under the skin.

lum album is used in traditional Chinese medicine as set out in

Aussie sandalwood nuts are also rich in ximenynic, a potent anti-inflammatory agent and oleic acid, a fatty acid commonly found in premium antioxidant oils such as almond and olive.

Whether it's the album or spicatum species, these are just some of the properties which makes sandalwood such an amazing botanical ingredient.

Explore the benefits of sandalwood further by heading to:

Starting on Friday, 11 June The Sandalwood Shop will hold a 72-hour sale with up to 20 per cent off selected items storewide,

Local experts can help navigate the home care process



can assist.

Baptistcare is a leading Home Care Package provider throughout Western Australia and has been providing quality aged care services for more than 45 years.

Baptistcare consultants are expert aged care 'navigators', who meet with local seniors to guide them through home care options that will allow them to remain living in their own home as independently as possible.

If someone has a question about home care in the Perth metropolitan area, they can contact Glenis Dickinson in the south, Georgia Shepherd in

www.step2it.iinet.net.au

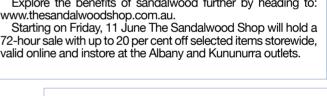
the north and Kerry Goodrem in the east.

If people live in the South-West region, they can get in touch with Lesley Longfield, in the Great Southern region, Lisa Iley is standing by to help, whilst Kerry Goodrem can answer questions in the Wheatbelt region.

Whether someone has just started exploring home care options or if they have received home care package approval, take the next step and have a chat with their local Baptistcare consultant.

They can catch up at your local café, or visit at home for a free, no-obligation consultation. Just tell us where to meet and enjoy a cuppa on us.

For more information contact 1300 660 640 or visit baptistcare.com.au



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Consultants at Baptistcare. They are experts in navigating the complex aged care process for seniors across Western Australia

IF someone is about to start exploring home care options, they may need help to work their way through what is often a complex and confusing process.

That's where a Baptistcare customer engagement consultant



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Lifeline WA: 13 11 14 Centrelink: 13 24 68 **Medicare: 132 011** My Aged Care: 1800 200 422 ATO: 13 28 61 **WA Senior Card:** 6551 8800

Seniors Recreation Council: 9492 9773 **Western Power:** 13 13 51

Water Corporation: 13 13 75

2 Down Rd, Albany WA 6330 Ph: (08) 9845 6817 MyGov: 13 23 07



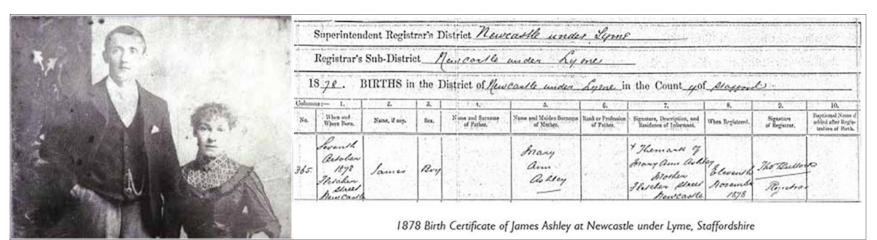
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www.thesandalwoodshop.com.au



Perth woman uncovers a family secret and the true love story of her past



Left to right; Karen Lockett's great great-grandfather James Ashley Lockett with wife Mary - 1878 Birth Certificate

KAREN Lockett had always been curious in nature, a trait that recently saw her discover a family secret that had been buried for more than 100 years.

Karen's grandparents didn't speak much about their family history and both she and her parents grew up with many questions about their past.

With a profound desire to learn about her ancestors' lives and her family's identity, she embarked on a quest to explore her personal history, but soon into her research, she hit a "brick wall" - a dead end in her research that she couldn't seem to get

Luckily for Karen, she

was given the opportunity to work with a genealogy expert from Ancestry ProGenealogists and this is how the further branches of her family tree were revealed.

searching through historic records such as birth certificates, newspaper articles and marriage records, and by utilising the results of

Karen's **Ancestry DNA** test, the Ancestry Pro-Genealogists helped her discover that Karen's great-grandfather James was born illegitimately and that her family name, Lockett, may not be her true biological name.

Karen's great greatgrandfather (also called James) married the love of his life Mary, while she was pregnant with another man's child. He humbly took on the role as baby James' father and the real story of Karen's great grandfather James and his loving parents was kept a secret...until now.

Karen and her familv were astonished to learn the truth about their past and the discover-

Wednesdays

ies have sparked a desire in Karen to pursue her next research quest - to uncover the identity of her true paternal ancestors

Karen said: "Working with the Ancestry ProGenealogists was a dream come true. I have researched my family history for years, but I had hit a brick wall on my fa-

ther's paternal lines and receiving this help from experts was invaluable to get me on the right track again.

"I highly recommend anyone to give family history research a go as it helps you discover and understand more about where you've come from and it preserves family traditions, cultures and stories for generations to come. It is a rewarding experience that brings to life your ancestors and their lives. I've made many surprising discoveries throughout the years, some that have helped me answer deeply personal questions about who I am. In this instance, understanding my great-grandfather James' past provided immense clarity for my family and I as, for generations, we were left with many unanswered questions and rumours about our family's story."

Get a hole in one with this great family fun outing | Irish TV drama on DVD

HOW many times have you scratched your head and thought I just want to find something different to go to as a family?

Well scratch no more we have the answer and it's a real hole in one!

Glowing Rooms, near Fremantle, is Perth and Australia's first 3D mini golf experience and it's got to be seen to be believed

From the minute you arrive, you are transported on a vibrant journey of colour, taking you (thanks to the power of magical 3D glasses) from an asteroid

field in outer space to an underwater world complete with sea creatures and treasure, past iconic landmarks of Australia and face to face with superheros.

These amazing worlds and creations are all

thanks to incredible light-

Travelling through each room sees the difficulty of the shots increase, with many having ramps, tunnels and trenches to navigate as well as animals that appear to come to life and golf balls that hover in front of you, but this makes it even more of a fun and unique experience

for all ages and abilities. It really is a one of a kind of experience, just don't

forget your camera. Ğlowing Rooms are

open from 2pm to 9pm on ing and special effects Tuesdays, combined with stunning and Thursdays, 2pm to hand-painted wall and floor art, which play host 10pm on Fridays, 10am to to the golf holes, as well as 10pm on Saturdays and sneaky hidden obstacles. 10am to 9pm on Sundays.

On most public holidays Glowing Rooms is open from 10am to 6pm, but that can change from time to time. The opening hours will be updated on the website: www.glow ingrooms.com.au. For the school holidays

they will also open on Mondays from 10am. Last tee occurs one hour before closing.

There is a café on site and they also do incredible parties.



BLOODLANDS is a gripping, four-part thriller set in Northern Ireland.

When an expensive car is pulled from the sea, veteran police detective Tom Brannick (James Nesbitt), instantly sees the connection to an infamous cold case that holds enormous personal significance for him - a notorious and long-buried series of mysterious disappearances.

Bloodlands follows Tom Brannick's obsessive campaign to identify and unmask the semimythical figure behind these events - a figure code-named Goliath, after the giant shipyard cranes, Samson and Goliath that dominate the Belfast skyline. It's a case that comes from Tom's – and his country's - dark past.

Bloodlands features four, 60 minute episodes and releases to DVD and iTunes on 16 June. RRP \$34.95

WIN WIN WIN

To be in the draw to win a copy of Bloodlands, simply email win@haveagonews. com.au with Bloodlands in the subject line to write to Bloodlands c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 30/6/21.



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Artistic life has taken Gillian Kaye around



Gillian Kaye Peebles Picture: Peter Allison

by Josephine Allison

PERTH artist Gillian Kaye Peebles has crammed more into her life than most and shows no signs of slowing down.

Her life as an artist has taken her around the world to international recognition and meeting up with celebrated people including actor Charlton Heston and Prince Philip's cousin Count De D'Angerville in London.

"I had a childhood of sitting among sheep and drawing ships to sitting among ships to draw sheep going into sheep ships," Gillian Kaye (formerly Aitken, née Easton) tells Have a Go News. "As a child I spent my hardearned pocket money on art materials rather than lollies, my dream was to paint, but my father said

Born in Boyup Brook, Gillian Kaye, now 77, recalls helping her father catch rabbits, skinning them and leaving the pelts to dry, for which she received the princely sum of one shilling each.

"I used the money to buy art materials and, at nine, had my first art award win at the Dinninup Show. Even though my father thought I should pursue a career as a bank officer with the Bank of NSW (now Westpac) my love of art never dimmed.'

Educated at Boyup Brook Junior High School and St Hilda's Mosman Park, Gillian Kaye spent a decade as a bank officer until she took up opera singing with painting as a hobby.

"But my voice was badly affected when I contracted an infection while learning Madame Butterfly for my grandmother's 80th birthday and I never sang again.'

Her talent and affinity for art was something she could turn to, which she did.

Married to Allan Aitken in 1965 and later the

mother of two sons, she entered the prestigious Claude Hotchin Art Prize in 1970 and her work was accepted. Gillian Kaye's career has followed a self-educated path. she is mainly self-taught with senior accreditations with the Royal Academy of Arts in London in 1984 and 1985, the only Australian to hold these awards

"I stayed in London on both occasions and the Royal Academy billeted me with Prince Philip's cousin Count De D'Angerville in part of the Old Observatory in Kensington," Gillian Kaye said. "I taught the Countess water colours in appreciation of my stay."

Since her first judging appointment in 1975, Gillian Kaye has judged competitive exhibitions at international, national, state, regional and local levels including most of WA's annual exhibitions.

In 2002 she won both the silver medal and People's Choice awards in the prestigious Caterina de Medici plein air paint-

ing awards in Florence. The mayor, who was involved in the event, purchased her winning entry for the city's famous art collection.

Married to Ronald Edward Peebles, Gillian accepted an invitation to do an oil painting in the hills above Florence.

"Tourist buses would travel from artist to artist observing our work. But one day I noticed the splendid Duomo from my bedroom window and decided I would paint it so I had around eight to 10 tourists in our bedroom watching me paint."

Back home, a major maritime commission for Gillian Kaye was two large oil paintings of trawlers built in WA for the Jordanian royal family's fishing fleet. The two artworks were added to the family's Hong Kong office collection.

From September 1972, Gillian Kaye taught art to SAS returning soldiers in the morning and to their wives and partners in the afternoon, helping estab-

lish the SAS Art Prize exhibition, now called Army

In the mid 1970s she was one of five people who helped establish and taught at the Atwell Gallery in Alfred Cove. She has annually sponsored and judged the Atwell Gallery Youth Awards,

now in its 19th year.

"I can honestly say that my work is my pleasure. If I can help others along the way, I have doubled my pleasure," says Gillian Kaye. "To those who need encouragement, I say: Don't dream dreams of creation, create your



A sneak peak of backstage at the Perth Concert Hall

THE public are welcomed to delve into the backstage areas of the Perth Concert Hall. The tour includes a display of historical information on the lower gallery foyer and audio and lighting equipment of old, on the upper gallery foyer.

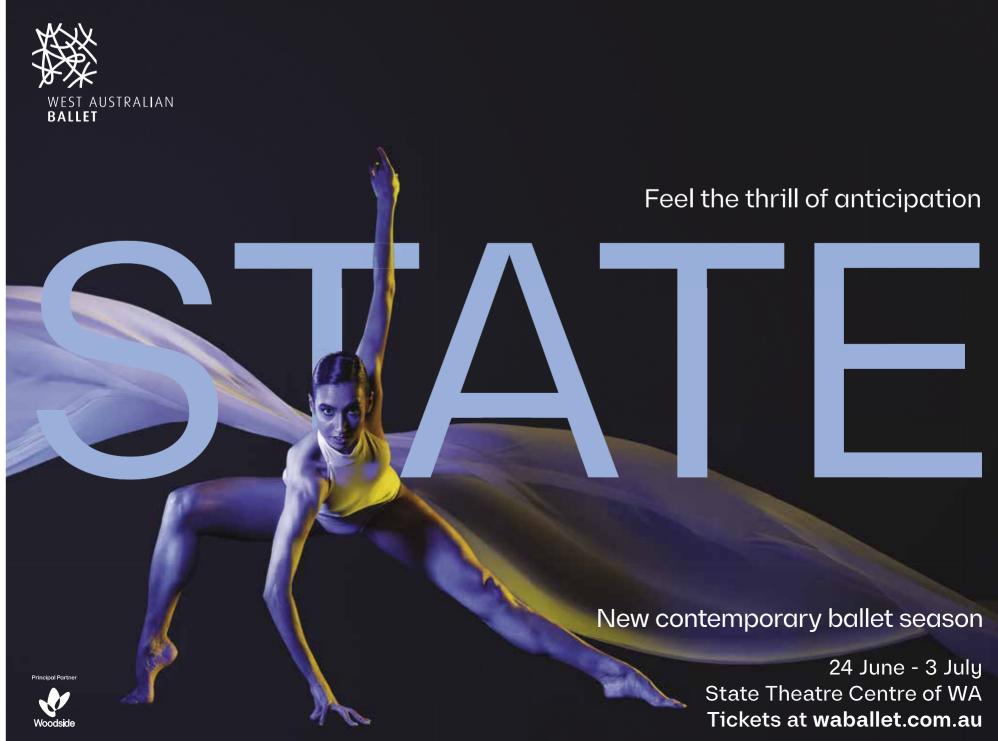
The next tours will be held on Monday 12 July; Monday 26 July; Tuesday 27 July; Monday 2 August; Monday 9 August and Monday 16 August.

Each session runs for about 30 minutes and tours will run at 10am and 11.15am.

Entry is by gold coin donation. To book, just email info@perth concerthall.com.au stating what

day and time you would like to





One last show and then it's time to hang up the tap shoes



Glamorous Carlotta entertains

by Allen Newton

POLITICAL correctness in Australia is ruining the country according to cab-

TRALIAN

aret performer Carlotta.

And she says she'll be warning her final audiences, in Perth and Adelaide, before she retires, to watch out. She won't be holding anything back.

From 1963 to 1992 Carlotta was an original cast member and compere of all-male revue Les Girls in Sydney's Kings Cross.

She hit the headlines in 1971 when she was 29, becoming one of Australia's first sex reassignment cases and has graced the small screen in Aussie soap opera Number 96 as Miss Robyn Ross, the first time a transgender actress played a transgender TV character anywhere in the world.

The inspiration for Priscilla: Queen of the Desert, Carlotta has been made a Member of the Order of Australia for services to the performing arts and the LGBTQ community and a bronze sculpture dedicated to her has been erected in Kings

Speaking from her Gold Coast home, Carlotta says she's not worried about putting the bright lights behind her and will happily head into retirement. She is calling it quits on her 79th birthday on 2 September after 62 years in show business.

"I could probably still go on, but it's the travelling with this Covid, if you get stuck... but if I was 30 years younger, I probably would keep at it," she

Carlotta is a painter in her spare time and says

her art has taken off, which will be something she'll focus on in coming years

She's just had a successful exhibition at Sydney's Maunsell Wickes gallery, giving her encouragement to keep going.

"It's time to hang up the tap shoes," she says.

And she has no regrets about that.

"I've had a very fortunate life - and it's not over vet hopefully - but I have loved my life.

"The only regret I do have is that I could never find out who my real father was.

"I was born illegitimate, and I had two mothers. but I never knew who my father was and it's sad going through life not knowing who your father

"I don't think even my mother knew who it was to be quite honest."

Carlotta's eyes are on the future now and she is looking forward to spending time at home.

"I'm not a person who gets bored. I've seen a lot of friends who've retired, and they're bored, especially now that they can't go on holiday overseas, but I'm always doing things, I'm active, I read. I sew, I paint, I garden, and I have lots of friends to have lunch with.

"I can never understand people being bored, I live life to the fullest because we're here for a short time not a long time."

The entertainment world has changed since Carlotta first took to the boards with Les Girls.

She says going on stage for the first time

was scary.

"It was a new thing and we got ridiculed.

The shows in those days were like a crutch because we couldn't do anything else, we couldn't get a job in a shop or anything because we weren't accepted, and it was a different type of drag in those days.

"Most of the girls that I grew up with and had in my show all went on to have sex changes, not like today where they are boys who dress up, which is great, I think they are fabulous.'

The style of drag show has also changed considerably over the years.

"I don't think they could afford to do the shows that we used to do, it would be so expensive."

Having to make concessions to being politically correct has also meant changes to her own show over the years.

"But I do announce at the beginning of my show after I've finished my first song I say, 'if you're politically correct, you'd better leave now'.

"Because I say it as it is and unfortunately a lot of people don't anymore.

"It's like freedom of the press, you've got to say what you believe in."

While Carlotta has been active in her support for transgender and LGBTQ issues over the years, she says she is less active these days.

'They have my full support now, whatever they do, but I'm not as active in that as I used to be, but there are people out there now doing it well, and a lot better than I did.'

She says the most trying times are now behind her and generally speaking society has become more accepting of sexually diverse people.

When the Party's Over at His Majesty's Theatre on 22 June (6pm) and (special matinee at 11am) 23 June, presented by Perth International Cabaret Festival. Tickets

Carlotta tells her remarkable life story punctuated with some of her favourite songs.

HIS MAJESTY'S THEATRE

TICKETS AT waopera.asn.au

Metropolitan Symphony Orchestra is back



OVER the summer, the Metropolitan Symphony Orchestra (MetSO) expanded their highly successful MetSO Young Artist (MYA) program, by opening it up to State-wide application via onvideo-submisline The standard sion. of all applicants was extremely high.

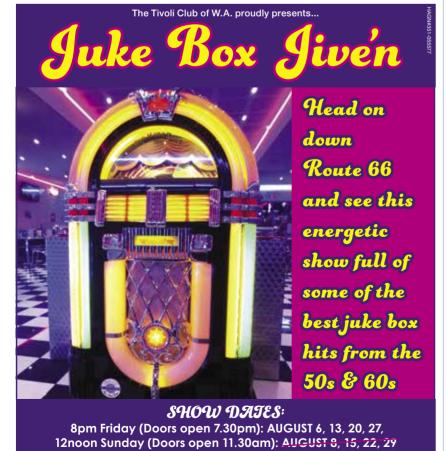
The MetSO Young Artists for 2021 are Tina Algeri (piano soloist), Jesse Chester Browne (soprano), Lachlan Higgins (baritone), Zoe McGivern (trumpet), and Kaining Wang (piano soloist). These exceptional young local artists will now go on to perform in the Act-Belong-Commit MetSO Young Artists (MYA) Concert Series 2021.

The first will be held at 3pm on Sunday 27 June, featuring Zoe McGivern playing the sparkling arutiunian trumpet concerto, conducted by MetSO artistic director Burhan Güner. Also on the program, are two gems from the dawn of the Parisienne belle époque, Saint-Saëns - Suite Algérienne and Franck - Symphony in D minor. All concerts in this series will be held at the new Churchlands Concert Hall, located at Churchlands Senior High School. Tickets from \$12-

\$27 (online) and can be booked at www. metsoperth.org/cur rent-concert-tickets, or by Googling "metso tickets'

WIN WIN WIN

We have one double pass to give away to a lucky reader to the concert on Sunday 27 June at Churchlands Seniors High School. To be in the draw simply email win@haveaa onews.com.au with MetSO in the subject line or call the office during business hours on 9227 8283. Closes 18/6/21.



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(Ticket price includes a chicken & chip meal at half time)

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Norah Murphy

Perth artist's exhibition supports diabetes research

WITH her granddaughter diagnosed with type 1 diabetes as a toddler, Perth artist Norah Murphy has long been inspired to give to West Australian diabetes research.

The Cottesloe resident has donated to Diabetes Research WA since 2010 -each month since November 2014 - and is now boosting her support for the organisation by hosting a fundraising art exhibition in Peppermint Grove

She will showcase more than a dozen original sketches and paintings created in her studios in Fremantle and at her home.

'It's so important to find a cure for diabetes and highlight the plight of little ones getting diagnosed with type 1 diabetes, like my granddaughter Georgia was at the age of two," said Ms Murphy, who also has a family member impacted by type 2 diabetes.

Of her regular donations to diabetes research, Ms Murphy said: "It's just a little something every month - I never even miss the money.

Diabetes Research WA executive director, Sherl Westlund, thanked Ms Murphy for her long-time support.

"Norah's dedication to the cause of helping WA researchers discover breakthroughs that positively impact the life of those living with diabetes is inspiring," she said.

"It's wonderful to see her merge her artistic passion with her desire to give back to diabetes research and support our new Create.Connect.Contribute initiative, which encourages people to fundraise for our cause through their creative endeavours, whether that be painting, cooking, photography - anything really.

Ms Murphy's exhibition will run from Wednesday 16 to 27 June at The Grove Library during library opening hours.

Part proceeds of the event will be channelled into Diabetes Research WA charity's 2022 Research Grants, which will be announced in November this year.

The Grove Library is at 1 Leake St, Peppermint Grove.

Find out more at www.diabetesresearchwa. com.au.

Win tickets to the **Perth International Cabaret Festival**

THE inaugural Perth International Cabaret Festival takes place at His Majesty's Theatre from 19 -27 June featuring a plethora of entertaining acts.

Amelia Ryan and Libby O'Donovan will appear in Unsung, a loud, raucous celebration of the original pop and rock divas with music from Lynne Randall, Little Patti, Judy Stone, Marcie Jones, Wendy Saddington, Margaret Roadknight and more. We have two double passes to give away to *Unsung* on Friday 25 June at 6.30pm.

The Party's Over WA premiere features Carlotta (78) the famous icon, political activist and living legend who retires from the stage soon. We have two doubles to the matinee at 11am on Wednesday 23 June.

To be in the draw simply email win@havea gonews.com.au with Cabaret in the subject line and nominate which show you would like to attend. If you don't have email, call the office during office hours on 9227 8283. Closes

The Holly Wood Tuesday Morning Show runs weekly at the Perth Town Hall



Join the great entertainment every week

A FREE community service from the City of Perth runs at the Perth Town Hall every Tuesday morning from 10.30am.

Each week enjoy the camaraderie with a variety of entertainment compered by local entertainer Bernard Carney OAM.

8 June - Gioiosa, sultry vocals and swinging keys, will sing Broadway show tunes and standards from yesteryear alternated with emotive piano pieces.

15 June - Jennifer Merigan from Have a Go News will update you on the news, events and competitions in this month's issue. Hilary Everard, ever popular with her own stylish vocal magic and great repertoire, is back to give another great show of favourite sonas.

22 June - Gary Lynn, popular entertainer, will sing songs from the swinging years featuring some of the favourites from Frank Sinatra, Dean Martin, Sammy Davis Jr and other stars of the era.

29 June - Arthur Leggett is a bush poet, author, and ex-WWII prisoner of war and at 102 years of age he has a lot of memories and poems to share. We will use the full show to highlight Arthur's life and poetry and Bernard may inter-

6 July - The Haze Showband is a four-piece Live band of multi-talented instrumentalists who will take people through the golden eras of jazz, rock, pop and blues.

13 July - Jennifer Merigan from Have a Go News will update you on the news, events and competitions in this month's issue. Versatile performer Phil Wilson will perform a great show of Broadway classics, favourite songs from the musicals, and a smattering of numbers from the good old London Music Hall

20 July - Singer Moira Jo Scott

THE PARTY'S OVER

PERTHCABARET INTERNATIONAL FESTIVAL

will present a tribute to the great female entertainers of the fifties and

27 July - Come for a journey into the world of flamenco with Aire Flamenco. Maree Laffan will present a short film and photographs documenting flamenco in Sevilla followed by flamenco music and dance by Aire performers.

After the show, head to the Citiplace Community Centre situated on the upper level of the Perth City Railway Station which offers seniors a range of low cost refreshments in a warm and friendlv environment.

19-27 June 2021

Stories on Stage - an author event not to be missed



BESTSELLING author Rachael Johns (left, midle) will join fellow WA authors Sasha Wasley (left, third row) and Monique Mulligan (left, top row) for Stories on Stage at Koorliny Arts Centre in July.

The trio will chat about life, love, loss and laughter in their recent releases for the 'girls' night In' - themed event.

Johns is current-ly Australia's leading writer of contemporary relationship stories around women's issues. a genre she has coined 'life-lit'. Her recent release, How to Mend a Broken Heart, is an uplifting novel about three women joyously learning to move on after heartbreak.

After cor PhD in feminist literature at Murdoch University, Wasley went on to work as a copywriter before pursuing creative writing. Her latest novel, Spring Queen for the Peach Queen, is a deeply moving story about forgiving, forget-ting and falling in love with life again.

Stories on Stage founder and host Monique Mulligan is a former journalist and news editor. Her debut contemporary fiction novel Wherever You Go was published in 2020 and is a powerful and ultimately uplifting tale of heartand redemption.

The in-conversation is on 21 July.

Stories on Stage starts at 7pm and costs \$15, which includes supper, door prizes, book sales and signinas.

Bookings are essential on 9467 7118.





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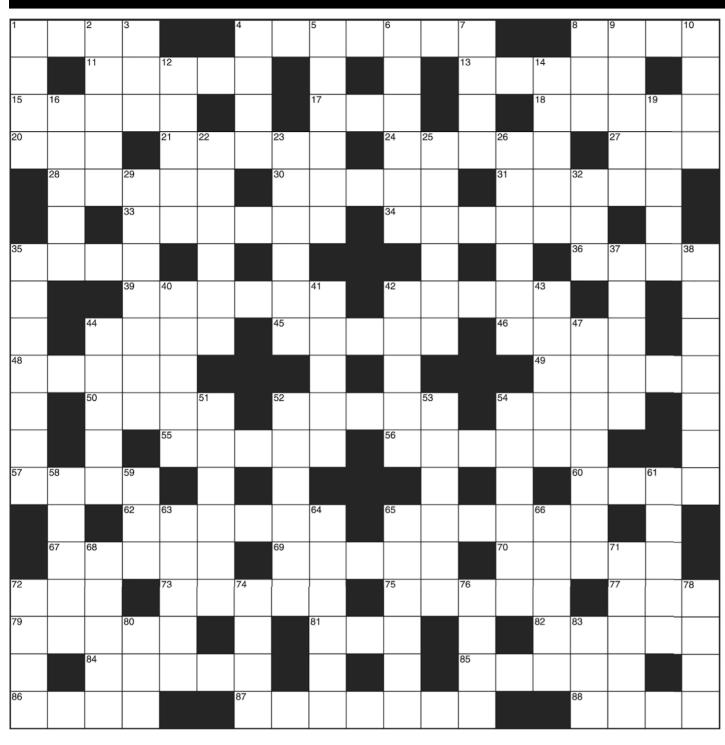




Have a Go News PUZZLES PAGE Have a Go



BIG CROSSWORD - SEE PAGE 21 FOR SOLUTIONS



ACROSS

- 1. Skull
- 4. False courage
- 8. The ... of Capri Mutineer
- 13. Innocent
- 15. Perverse fate
- 17. Geological age
- 18. Longing (to know) 20. Border
- 21. Duped (3,2)
- 24. Oral sense
- 27. Negative vote
- 28. Lethal
- 30. Levied 31. Athletic sprints
- 33. Expects
- 34. Scandinavian language
- 35. Word indicating action
- 36. Gifted
- 39. Defeated people
- 42. Alternate
- 44. Single
- 45. Rubs with abrasive
- 46. Lay off (worker) 48. Shy
- 49. Bumps into (acquaintance)
- 50. Unspoilt paradise
- 52. Come next
- 54. Shadow-box
- 55. Respond
- 56. Nook
- 57. Grain tips
- 60. Computer symbol
- 62. Army chaplains 65. Gangland executioner
- (3,3)67. Altogether (2,3)
- 69. Noisy confused fight
- 70. Heart or lung
- 72. Before now 73. Licit
- 75. Large wading bird 77. Football arbiter
- 79. Lead-in
- 81. Deer
- 82. Put up with
- 84. Quotes
- 85. Relieves 86. Resound
- 87. Most heated 88. Castrate

DOWN

- 1. Inheritor 2. Smell
- 3. Wolf's home
- 4. Haemorrhaged
- 5. Sports grounds
- 6. Waned
- 7. Individuals
- 8. Creeping plant 9. Paris river
- 10. Jittery
- 12. Local regulation
- 14. Thoughts
- 16. Firearm 19. Flu symptom, ... con-
- gestion
- 22. Pass (of time)
- 23. Water mammals
- 25. Bends to circum-
- stances 26. Clans
- 32. Cantonese lunch,
- 35. Small trace

29. Sensationalist (press)

- 37. Bread maker
- 38. Natural abrasion 40. More senior
- 41. Holy person
- 42. Stench 43. Sloped walkways
- 44. Tarnish (reputation)
- 47. Stopping
- 51. Pine tree leaf
- 52. Skin disease
- 53. Weirder 54. Religious lecture
- 58. Straighten
- 59. Health spring
- 61. Possessed 63. Apportion
- 64. Pick
- 65. Harass with questions 66. Districts
- 68. V-shaped cut
- 71. Emerge
- 72. Attendant 74. Deep wound
- 76. Help (criminal)
- 78. Family war 80. City, ... de Janeiro
- 83. Scrounge

New culturally and linguistically diverse elder service aims to end isolation

AGED care services in the East Metropolitan region have received a boost with a new program aimed at culturally and linguistically di-

verse clients. The new program is based at Catholic Homes' day therapy centre within its new St Vincent's facility at Swan Street West in Guild-

Executive manager home and community care Kylie Steele said the program boosts the organisation's popular day therapy services which were delivering high quality programs to the region's elderly, enabling them to stay active and connected in the community.

Older people eligible for entry level aged care, particularly individuals from culturally and linguistically diverse (CALD) backgrounds. such as Italian speakers, can access tailored activities and outings.

"Elders in the community may struggle to find services tailored to their needs, especially if they are experiencing communication difficulties which can lead to isolation and marginalisation," Ms Steele said.

"Carers of older people and clients themselves often experience stress and carer fatigue.

"The opportunity for clients to join a day centre respite service

brings a welcome break and the chance for people to form new friendships and have meaningful and fulfilling experiences."

Clients can join the program once they are deemed eligible for entry level aged care through the Australian Government's Commonwealth Home Support Programme (CHSP).

"Catholic Homes welcomes Australian Government funding that helps us to bring additional, specialised day services to the local community," Ms Steele said.

The Australian Government Department of Health has committed \$20M over two years to assist aged care providers to deliver services.

For more information and bookings visit catholichomes.com/ about-our-home-care or call 1300 244 000.

Together we grow



As our foundation year students prepare to graduate from us at St Elizabeth's Catholic Primary School and start their high school journey, we celebrate how much the school has grown and what we, as a community, have achieved since our opening in 2014!

We pride ourselves on high quality Catholic Education and our inclusive and holistic approach that celebrates each child's uniqueness.

We are incredibly proud of our growth and development, which is accredited to our amazing staff and our supportive parents and community.

Our students demonstrate our Catholic Values as a school daily,

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Our brand new Library and Great Hall are ready and open to enhance the children's learning experience here at St Elizabeth's Catholic Primary School.

Enrolments now open for Pre Kindergarten to Year Six

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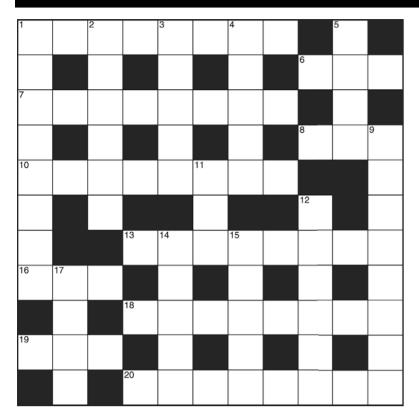




Have a Go News PUZZLES PAGE Have a Go



CROSSWORD



STRAIGHT CLUES **Across**

- 1. Magician (8)
- 6. Disallow (3)
- 7. Adventurous (8)
- 8. Heroine, Joan of ... (3)
- 10. Overwrought (8)
- 13. Bread grillers (8)
- 16. James Bond or Maxwell Smart (3)
- 18. Said over & over again (8) 19. Small garden plot (3)
- 20. Negligent (8)

- 1. Hairdresser's implements (8)
- 2. Withdraw (from contest) (6)
- 3. Duelling weapons (5)
- 4. Exclusive group (5)
- 5. Den (4)
- 9. Morals campaigns (8)
- 11. Jet-bath (3)
- 12. Middle (6)
- 14. Musical, The Phantom Of

The ... (5)

- 15. Attack on fort (5)
- 17. Social equal (4)

- 1. His power is charming (8)
- 6. Bar in Albany (3)

CRYPTIC CLUES

Across

- 7. I printed out characters that are bold (8)
- 8. Curved line left by a car crash (3)
- 10. Emphasised that desserts must be returned (8)
- 13. They pop up in kitchens (8)
- 16. Secretly observe mole (3)
- 18. Replayed tape made in plant by river (8)
- 19. I got to leave bigoted bunk (3)
- 20. Rescales incorrectly in slapdash fashion (8)
- 1. They are expected to make the cut (8)
- 2. Get exhausted again and give up work (6)
- 3. Swords slashed top off tepees (5)
- 4. Put tile back, sweetheart, it's for a select few (5)
- 5. Lion's abode, initially. Really! (4)
- 9. Holy missions to hear crew's aides (8)
- 11. Health resort in cyberspace? (3) 12. Recent surgery for heart (6)
- 14. Type of glasses used in antelope ranch (5)
- 15. Is on the rebound, for example, with enemy com-
- mencing prolonged assault (5)
- 17. Look closely at nobleman (4)

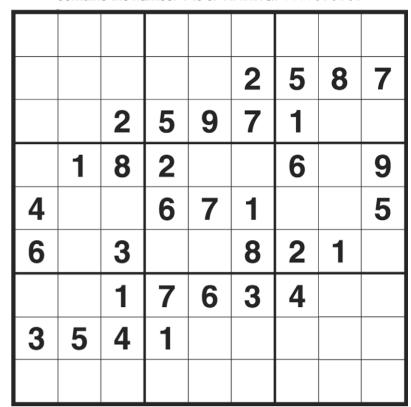
B

THIS is like a jigsaw puzzle. All the blocks fit together to make nine five-letter words reading across. Each word is a different colour. The mystery answer will read down the middle.



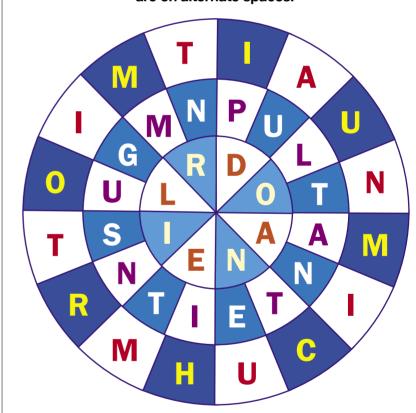
SUDOKU

Fill the grid so that every column, every row, and every 3x3 box contains the number 1 to 9. RATING: ★★☆☆☆



PRISM

Track down the six metals in our prism. The words appear either clockwise or anti-clockwise and are on alternate spaces.

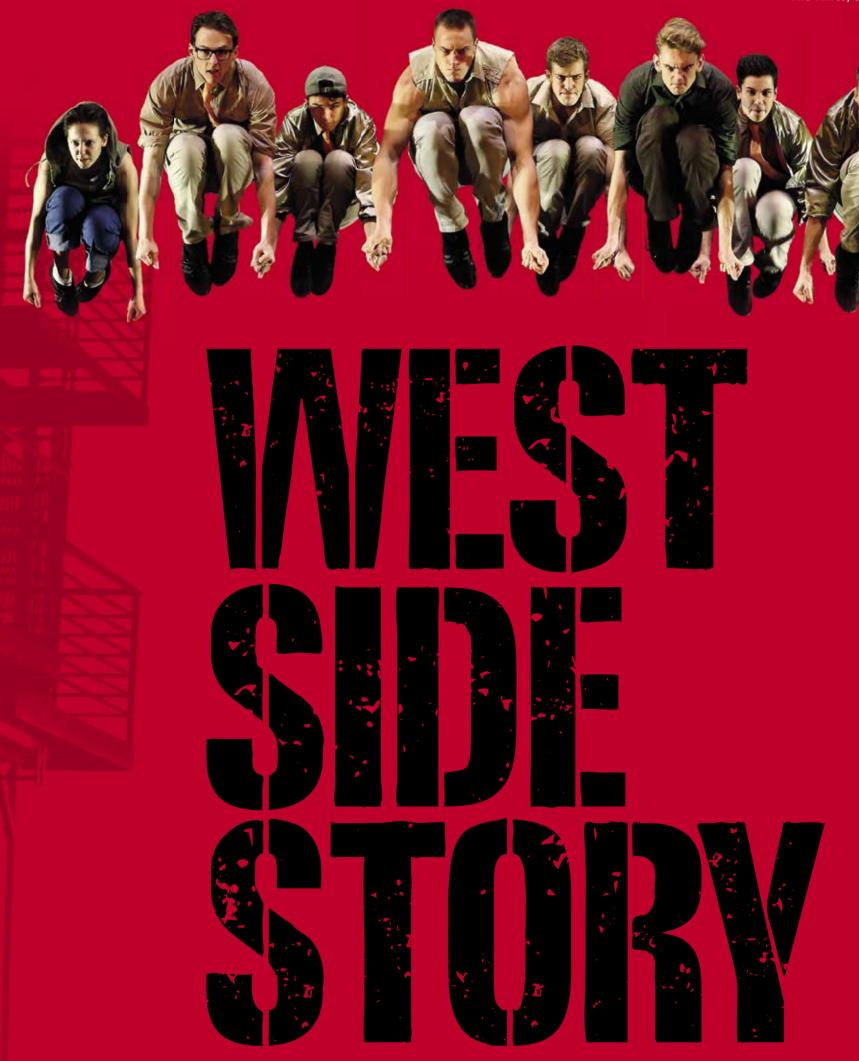




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