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VOLUME 29 NO. 11 ISSUE NO. 340 JULY 2020

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- wander out yonder in WA



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Commentating on Cometti...



Dennis Cometti - photograph courtesy Channel 7 Perth

by Brad Elborough

IF Dennis Cometti doesn't have the most recognised voice among Australian sporting commentators, he would certainly be in the Grand Final against any challenger for that honour.

For more than five decades Dennis spent weekends delivering every detail of performances from the world's elite sporting people into lounge rooms across the country.

While his work also included Test cricket and Olympic Games coverage, his smooth and easily distinguishable recount of

every kick, handball, mark and goal kicked by Australia's footballers is what people most probably know him best for.

Some of the witty one-liners he delivered were often talked about as much as the football games.

Last month, and only a few years after 'retiring' from commentating, Dennis was inducted into the AFL Hall of Fame, joining many of those great footballers he cut his teeth talking about.

He became only the 11th member of the media to rise to the honour.

Dennis downplays his

place on the list, believing it more befitting to those on the field. But he says he is honoured by the decision that he is celebrated alongside the greats of the game.

And if contribution to the game is a prerequisite to belonging in the Hall of Fame, Dennis' place cannot be questioned.

"I was on the selection committee for the Hall of Fame for the AFL for quite a few years, so I understand the rigorous process," he said. "That makes it more valuable to me."

"They don't take too many from the media. At

the same time, if you live long enough and do a reasonable job, you have a chance.

"We all have people we... not idolise... but certainly appreciate when we are growing up. The elite footballers of the late 50s and early 60s are the ones who drove me."

Let's clarify retirement for 71-year-old Dennis Cometti.

He retired from calling AFL matches for Channel 7; he retired from travelling from Perth to the east coast every weekend during winter to head up the television coverage of Australia's number

one sport.

But he is far from sitting at home every day with his wife Velia. Dennis can still be heard on radio calling AFL games played in Western Australia.

Displaying the gentlemanly qualities his voice can't hide, he unselfishly stayed until the end of the 2016 AFL season before hanging up his microphone at Channel 7.

"Had I got out earlier, it would have been very difficult for the network to find another commentator who wasn't contracted to someone else," he said.

"I think I could have stopped cold turkey; I don't think that would have been a problem."

"At the same time, half of my problem had been fixed by my retirement. When I was doing two or three games a weekend, quite often I'd be coming home from Brisbane. I wouldn't necessarily just stay in Melbourne."

"So, coming back home and just doing one game on the radio, seemed easy pickings. But it's amazing how suddenly, whatever you take on, it's more than you anticipated."

"Now, with all of the radio football, I am enjoying it at the moment, and it's quite flexible. But there are a lot of young fellas around who could do a good job, if I decided to retire - again."

The mental toll is also much less now on Dennis. Instead of having to study six teams each weekend, which he did when he was covering three games, he now only has two clubs to dissect.

Not that he takes his responsibility any lighter now.

"Supporters know their clubs really well; they live and breathe them," he said. "You can't just come on without knowing what is going on and what is topical for the club you are broadcasting."

Many of those supporters recognise more than Dennis' voice. He does stand out in a crowd and enjoys a bit of a celebrity status... in most states of Australia.

continued on page 38



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Philip Hardless,
Principal of Hardless Legal

From the editor's desk



LIFE is returning back to near normal in WA and I must say I am looking forward to returning to the cinema, going out for dinner and seeing a live performance. This month our regular brunch and lunch reviews and mid-week lunch listings return along with the community notebook.

I want to thank the many readers who have contacted me with kind words about the content of our newspaper. It means a lot to me and the team and I thank each and every one of you who take the time to get in touch. Also thank you to the people who donated to our appeal to help us keep going as we navigated the pandemic and its effects. I must say in March I was terrified that we would not be

able to continue publishing. Thanks to the many people who said, 'I believe in *Have a Go News*' and helped us through.

Congratulations to Jan McGlinn on receiving an Order of Australia medal for her services to the community – it is so well-deserved, and I thank Jan for her contributions to this newspaper and her wonderful friendship to me and my family over the years.

I also want to wish another dear friend of mine and the newspaper, Barbara Price a very happy 90th birthday. Barbara is the epitome of the have a go spirit, a strong woman who continues to give much to her community with her work for the Balga Autumn Club and the Western Australian Carpet Bowls Association. Barb has volunteered for many organisations over the years and continues to do so, she is an avid traveller, a proud wife, mother, grandmother and great grandmother and is one of the happiest people I have met.

Apologies to my good friend Chris Ilsey who we featured on page 3 of the June issue and unfortunately misspelt his name in the headline. It's a pet hate of mine to make these sorts of errors and although this newspaper is proofread at least twice by three people, we sometimes do make mistakes. We also send apologies to our puzzlers; the down clues in the straight part of the combination cryptic crossword were incorrect and they are now featured on page 39.

Sometimes I am a little shocked at how far and wide our newspaper reaches. Our report last issue on Australia's uranium foundations has been followed-up by Community and International Liaison of the Gundjeihmi Aboriginal Corporation in the Northern Territory. We were told this has led to uncovering further uranium-related newspaper articles by our columnist Lee Tate which will be shown to Mirarr Country elders in the NT. They will then be filed in archives as the Ranger uranium

mine ends its controversial mining lease after 40 years.

The *Have a Go News* Facebook page grows on a daily basis and we have a lot of fun there, with extra giveaways and items of interest. Please join our happy community at www.facebook.com/Haveagonews/ by liking or following the page.

Don't forget to check the *Have a Go News* website which offers different content to the newspaper. We also have more than seven years of back issues available there.

If you would like to receive the digital version of this newspaper via email on the day of publication email readers@haveagonews.com.au for a free sign up.

I hope you enjoy this month's issue of your WA owned family newspaper.

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

Volunteers wanted for local community radio station...

WA Multicultural Association Inc (WAMA) is in the process of transferring an online radio station, called Global Chat Radio (GCR) to Tuart College.

In recent times GCR has only played folk music from around the world and moving will help

expand its operation for it to become a community radio station for the college and the multicultural community of Perth.

They are looking for volunteers who would like to help with technical work; present programs and be involved in

the general running of the station.

Any interested people should contact; coordinator Eric Fazio on 0411 954 997 or president Franco Smargiassi on 0407 160 287, or email secretary@wamainc.org.au

Ageing research snippet

Put your best foot forward...

NEUROSCIENTIST Shane O'Mara has a bevy of evidence to show that plenty of regular walking unlocks the cognitive powers of the brain better than any other exercise. Daily walks make us healthier, happier and brainier and the best thing is it's free. O'Mara believes the brain was developed to support movement and if we stop moving, our brain does not work as well. A study of people over a 20-year period published in 2018 showed that participants who moved the least showed a decrease in positive personality traits and were found to be less open, extroverted or agreeable. O'Mara has also found that supervised walking for people suffering brain injuries may help with recovery. When we get up and walk our senses are sharpened. The need to increase our physical activity on a daily basis has never been more important. Get your walking shoes on...

Word of the month

Nomenclature

noun
The system or set of names used in a specific branch of learning or activity, including biology for plants and animals, or for the parts of a particular mechanism. The origin of this word comes from classical Latin.

Urban slang

TOTES: short for totally. That is totes a great looking hairstyle.

Funny historical fact

OXFORD University in England once had a rule which forbade students from bringing bows and arrows into classes.

Quote of the month

LET us not take ourselves too seriously. None of us has a monopoly on wisdom and we must always be ready to listen and respect other points of view.

HRH Queen Elizabeth II

Great West Aussies - Did you know?

IN a 35-year career, Frank "Tiger" Moore rode more than 2,000 winners. He won the first of six metro jockeys' premierhips in 1946-47 and eight WA Oaks, seven WA derbies and five Karakatta Plates.

Have a Go News Quick Quiz

1. Which WA Premier played cornet?
 2. On 7 October 2018, Australia played their first Test match under new coach who?
 3. In 2019 which Docker became a dual Brownlow medallist?
 4. Which Australian animals were being considered as endangered after the east coast bushfires?
 5. Which beachside Perth event sought a voluntary \$5 entrance fee?
 6. Esperance is in which WA region?
 7. Which tycoon put forward plans to develop Indiana Teahouse?
 8. Harry and Meghan's son was named?
 9. Which bank sets Australia's interest rate?
 10. Mosman Park's motorbike races were known as?
- See page 39 for answers.



“Check in on your loved ones every day.”

Elizabeth, 75, on getting through tough times.
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Helen's top tips for staying firmly on your feet financially



Financial adviser and author Helen Baker

by Josephine Allison

WOMEN today need sound, financial advice for every stage of their life, says financial adviser and author Helen Baker, founder of On Your Own Two Feet, an Australia-wide service dedicated to empowering women

to gain and retain their financial freedom. Helen has just released a fully revised and updated edition of her book *On Your Own Two Feet: Steady Steps to Women's Financial Independence*. "I've included many extra areas, especially

about aged care and personal injury, plus there have been a lot of legislative changes since the book was first published in 2014," Brisbane based Helen told *Have a Go News*. "People can read the book and understand why they need to see an adviser to handle certain matters rather than do it themselves." Passionate about what she does, Helen says she believes there has been a lot of improvement in women managing their finances. "Certainly, the younger generation are more au fait with finance concepts and there are more female advisers in the industry which women tend to be attracted to. "But we still see lots of bad stories and often someone says, 'I wish I had met you five or 10 years ago or I wish I had read this book earlier', so women are still coming from behind. So it is really important to get the message out stronger than before and try and

mobilise these women to take action." Helen's updated book covers unique money challenges women face and how to overcome them, five financial foundations every woman needs to have in place; understanding debt, investing and budgeting tricks to set women up for life and working through divorce and relationship breakdowns. She also offers money advice for different life stages, from singles to parenting to retirees and what women need to know about retirement planning, widowhood and personal injury. "It could be planning for your parents or grandparents, an important area covering all life events good and bad or starting a business, so there's lots of information people can refer back to in the future. Some women care for their kids, then grandkids and parents while working as well as being a wife; which is crazy. Being across all areas is key,

knowledge is power as they say." Helen says in the past women made mistakes by not obtaining financial advice. "I know with people I see they are being placed in a better position, saying they wished they had done this five or 10 years ago but by taking the first step at least there is time to improve things. "You might only need advice at the start to get everything right, it may not have to be ongoing, but women have to dispel the theory that financial advice is only for the rich. It's not, it's for everyday people who don't want any surprises down the track. "It's about action, many times people know about things but they don't act, time slips by and it's another year and basically we run out of time." Helen says a big part of her business is helping women who are divorced or widowed. From a divorce perspective, there is her other

book, *On Your Own Two Feet, Divorce: Your Survival and Thrive Financial Guide*. "I recently had dealings with a client who thought she had a good deal and then realised she didn't. The pre-divorce settlement is so important and I am passionate about these women not ending up homeless on the streets. "There are situations with widows when the husband took care of the finances and he may not have done things properly so these issues have to be addressed." Helen says there has been an upsurge in the number of homeless women aged over 65 which is horrific and must be addressed. She believes COVID-19 has challenged people's values. "It's been really nice for people to reboot their lives, saying, 'hang on a minute, I don't want to work a 50 or 60 hour a week. I want time for my kids and I don't need such a big house. There

has been a change in values which is good." Helen, who has a degree in commerce and two masters degrees in innovation and change management and financial planning, is also a two-time finalist for Australia's Financial Adviser of the Year. She says she is excited about what she does and hopes politicians will make change for women, including the homeless and those affected by domestic violence. Proceeds from her books help charities supporting disadvantaged women and saving children from sex trafficking. Outside finance, Helen can be found out kayaking, on a surf board, dancing or enjoying a picnic with friends. *On Your Own Two Feet* (second edition) by Helen Baker (Woodslane) retails for \$39.95.



IN response to the COVID-19 pandemic and to help seniors stay safe, connected and supported in their home, the Council on the Ageing Western Australia (COTA WA) has released a comprehensive guide for older Western Australians to help them meet the challenge of dealing with the impact of COVID-19 pandemic on their lives.

New guide for WA seniors released by Council on the Ageing (WA)

To ensure the *At Home Guide* is able to reach as many people as possible, it has been created in three formats – an on-line 45-minute video, on-line electronic copy and a 48-page hard copy. These free resources provide useful tips and information and cover a range of topics including safety and security, social and physical engagement and finding services and supports. It has been produced in partnership with the Bethanie Group and with the support of the Government of Western Australia, Department of Communities. Mick Murray MLA, Minister for Seniors and Ageing; Volunteering; Sport and Recreation of-

ficially launched the *At Home Guide* on 25 June. "The impact of COVID-19 is long term so it's important that older Western Australians, particularly those who are vulnerable, have access to tools like this guide to effectively manage in their day to day lives," said CEO COTA (WA) Christine Allen. Initially conceived in response to COVID-19, it is anticipated that the *At Home Guide* will be an ongoing resource for people to use well beyond the pandemic. "COTA (WA) is aware that many seniors are not connected to technology such as Facebook, email, mobile phones and the internet so we felt it was vital

to offer the Guide as a printed booklet as well as in electronic format," said Ms Allen. There are currently 365,000 people over the age of 65 in Western Australia and it is estimated that more than 50 per cent do not have access to digital technology. Printed copies of the *At Home Guide* are being distributed through local councils, the Bethanie Group and through the COTA (WA) programs such as Strength for Life (formerly Living Longer Living Stronger) or

mall walking. *At Home Guide* electronic copy and video can be viewed or downloaded from the COTA (WA) website www.cotawa.org.au

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Perth's iCity kiosk and Citiplace Centre are back...

THE iCity kiosk in Forrest Place is reopening from 10am to 2pm Monday to Saturday and 11am to 2.30pm on Sundays with volunteers at iCity Kiosk ready to help people find their way around the city.

The iCity Kiosk walking tours will also be reinstated, providing knowledgeable guides to take people on a free 90-minute tour, bookings are essential at www.visitperth.com/getting-around/walking-tours

The popular Citiplace Community Centre reopens on 13 July for meals, podiatry and hairdresser. The centre will be back in full swing from 20 July with some new fitness classes starting.

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The Have a Go News AUGUST edition will be published on Friday 7/8/20



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

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Website: **www.haveagonews.com.au**
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Fax: **(08) 9227 8293**

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

Printers **Australian Community Media**

Assistant Editor **Tahlia Merigan**

Journalists **Josephine Allison** **Frank Smith**
Brad Elborough **Lee Tate**

Columnists **Colin Barlow** **Jon Lewis**
Karen Majer **Tahlia Merigan**
Mike Roennfeldt **Hugh Rogers**

Contributors **Noelene Swain** **Vince Garreffa**

Production **Suyin Boehm**
/Graphic Artist

Advertising sales:
Direct Line: **(08) 9227 8283**
Email: advertising@haveagonews.com.au

Features Manager **Tammy Scott**

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Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor,
IS this a page for readers' letters to the editor, or just an extension of the editorial? I notice that any letter that doesn't agree with the editor's personal opinion receives a sarcastic footnote from the editor (with no right of reply from the writer). Might as well just have a whole page of letters from the editor and be done with it!
Yours faithfully,

Roger Ginger
Parry Village, Lesmurdie

Dear Editor,
AS a recent nonagenarian I have been a regular reader of *Have a Go News* for 20 years.

After reading your June edition from cover to cover I was moved to congratulate you on a fine effort.

The article on Heather Ewart was most interesting and I always enjoy the thought provoking columns by Lee Tate and Karen Majer. Hi Karen, remember me?

No other publication compares with *Have a Go News* for coverage and quality of journalism. Well done!

Lew Smith
Cottesloe

Dear Editor,
THE concession stamps we can get if we have a pension card and register with Australia Post are welcome, however is there any way we can get more?

In a normal year I run out of these usually around the end of November or early December and then have to wait until March the next year before I am eligible for more at the discount price, so for the three or four months I am required to pay the normal price.

This year due to the virus and posting more stuff than usual I have just bought the last three books of stamps I am allowed which I will use up by around the end of July.

Who would we lobby to get our allowance of concession stamps increased, I am sure I may not be the only one who runs out before their renewal date?

Margaret Ryan
Ballajura

Dear Editor,
Re Lee Tate's opinion piece on National Service June 2020 Issue #339

NATIONAL service for short periods of time for those who are unable to find jobs due to indifference on their part may provide a life changing experience. For a start it could well give insight to what it is like to adhere to a timetable.

Would it help those on the streets that have no other place to call home? It may well give them the chance to be something other than on the streets, at least a bed and a job for a while and meeting others that may well become lifelong friendships.

And no, I do not believe the armed forces are just for those that need sorting out.

It is better to be ready if we need them to defend our way of life and not rely on other countries for help.

Just a thought from an old person who spent a lot of time in air raid shelters as a child.

Mrs Susan Evans

Dear Editor,
YOUR 'word of the month' (June 2020 p. 2) was malapropism.

Your article failed to mention that although the word is first recorded in English in the rather French form malapropos, it really became known only after in 1775 a play by Sheridan, *The Rivals*, presented a character called Mrs Malaprop.

In the play she describes someone as being 'as headstrong as an allegory (instead of alligator) on the banks of the Nile', and tells someone to 'illiterate (instead of obliterate) him quite from your memory'.

An anonymous person later created another malapropism, perhaps intentionally: 'Having one wife is called monotony'.

John Melville-Jones
Via email

Dear Editor,
I WAS the lucky winner of one of the puzzle book packs from *Have a Go News*. I collected them from your office last month and I would like to thank you for the lovely puzzles that will keep the family entertained and occupied for ages.

Regards,

Connie Chan

COMMUNITY NOTEBOOK

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Mandurah couple's inspiring show business life with Hollywood and local greats



Left to right; Peter Keogh, Debbie Reynolds and Sacha Mahboub

by Josephine Allison

HOLLYWOOD legend and superstar Debbie Reynolds was in Perth with her show *Irene* in 2008 when friends Peter Keogh and partner Sacha Mahboub, who had arranged her visit, took her to dinner.

"Debbie was so tiny, just up to my shoulder," Peter recalls. "Her contract said she must work nine to five hours but she went till midnight and never complained. She hopped into our tiny Mazda car and came to our house for dinner, went to a barbecue at a friend's and saw the sights

of Perth.

"You never stopped laughing when Debbie was around."

It was Reynolds' third Perth visit, she earlier took the *Debbie Reynolds Show* to big audiences at the Entertainment Centre in 1979 and also toured Australia in 2007 for John Frost and Peter and Sacha's company Peach Productions.

Reynolds' Perth visits were the highlight of an illustrious long theatrical career for the Mandurah couple, now in their 70s, who have been together 32 and a half years and married two years ago. For Mount Barker

born Keogh, his involvement with the Hollywood star over many years was the culmination of a boyhood crush which saw him write a three-page letter to her aged 11.

"I saw the Tammy movies and wrote a long letter to Debbie at MGM," Keogh recalls. "About six months later this three-page handwritten letter arrived from Hollywood from Debbie. I had told her about my stuttering speech problem and she gave warm and loving advice on what to do such as deep breathing and not to panic. She said she would catch up if she ever came to Australia."

"Many years later, in 1978, I had a note saying she was coming to Melbourne with the *Debbie Reynolds Show* and, in 2008, we brought her back with the musical *Irene* at His Majesty's Theatre."

"The saddest time for myself and Sacha was when Debbie and daughter Carrie Fisher passed away within a few days of each other in 2016."

It has been a sometimes sad but always optimistic life for the devoted couple whose love of the theatre has never waned. Mahboub, who runs *Morning Melodies* at the Mandurah Performing Arts Centre, is looking forward to the show resuming in October, November and December.

"I have been working there for

around eight years, programming the show and finding artists. Patrons enjoy morning tea, there are lucky door prizes and we have a long and loyal following," he said.

Mahboub was born in Cairns but his early life took a different turn when he ended up in an orphanage in Rockhampton. As a ward of the state, he decided as a young adult to work on a cattle station for three years before ending up in Brisbane aged 21.

"I became involved in amateur theatre and then thought I would become a singer and dancer, heading for Sydney with £20 in my pocket. I auditioned for a show in the early 60s in Melbourne, *The Great Waltz*, with JC Williamson, then appeared in *Funny Girl* with Jill Perryman who is still a good friend."

"I did a lot of television and variety in nightclubs and theatre restaurants as a backup singer for Chelsea Brown, of American television's *Laugh-in*. I was a big fan of, and dressed, ballet dancer Mikhail Baryshnikov, my idol when I was young when he appeared at His Majesty's Theatre in Perth."

Mahboub headed to Europe, returning to Australia in the mid 80s where he met Keogh. He was asked to do the wardrobe for the show *Jerry's Girls* starring Jeannie Little,

Judi Connelli, Lola Nixon, Marcia Hines, Debra Byrne and *Big River* with Cameron Daddo.

He went to London, returning to WA to produce cabaret for the old Friends restaurant in Mandurah, now Red Manna, featuring the likes of Julie Anthony, Todd McKenney, Jon English and Toni Lamond.

Keogh's love of theatre started as a child, moving onto a job as an opera house tour guide. He went to Britain, fell in love and married entertainer Su Pollard, one of the stars of British television sitcom *Hi-De-Hi!* They remained together for eight years, living a colourful and somewhat tumultuous life, travelling throughout Britain and Europe and making the show business pages of newspapers and magazines. Keogh wrote a book *My Hi-De-Hi Life*, before, during and after Su Pollard.

When the marriage ended, Keogh met and eventually married Sacha Mahboub and the pair settled in Mandurah. Life has come full circle but their love for each other and the theatre endures.



Connect 60+ spreads the wellness bug

IN these times of coronavirus, a different bug is helping people over 60 stay healthy – the wellness bug.

There is much more to wellness than physical exercise. Connect 60+, a ground breaking program by Connect Village Hub in partnership with Curtin University and Independent Living Assessment, explores seven aspects of life that makes people live well.

Running weekly from 24 July to 25 September, the program will take people on a journey to explore physical activity, vocation, intellectual stimulation, social engagement, emotional balance, environmental exposure and spiritual examination. Anyone can participate in person or online.

"While attending to mind, body and soul, Connect 60+ will also have a scientific approach, assessing participants before and after the 10 weeks to show changes in wellness", says Connect Victoria Park's CEO Luke Garswood.

Thanks to support from Town of Victoria Park, residents of Vic Park can take part in the program for free – the fee for residents of other areas is only \$50.

Want to know more about the wellness bug?

Come to an info session on 13 July, 2.30pm, at Connect Victoria Park, 5 Mackie Street, Victoria Park or call 9361 2904.

Self funded Retirees Association resume meetings

WESTERN Australian Self Funded Retirees Association will be resuming their monthly meetings this month.

The guest speaker at the next meeting will be Kevin Smythe who has researched extensively the operation of Catalina aircraft that operated from the Swan River, Nedlands during World War II.

Kevin's talk will cover US Navy operations and the real purpose and political background of Qantas Double Sunrise

flights which contributed to the success of mail and passenger services between Perth and England during the war years.

The next meeting will be held on Friday 10 July commencing and the following meeting on Friday 14 August. This will feature WA Museum's Erika Ellis who

will give insight into both the history of the museum and an update on the new museum.

Meetings will commence at the usual time of 10am. On this occasion due to the current health crisis, members may bring their own cups. Disposable cups and hand sanitiser will be provided and social

distancing will be expected to be observed.

Meetings are held at the Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue, Floreat.

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

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WA scientist over 90 publishes a major study of Australian marine animals



Loisette Marsh: photo courtesy WA Museum

by Frank Smith

WESTERN Australian Museum scientist 90-year-old Loisette Marsh has launched her magnum opus – *Field Guide to the Seastars of Australia*. The book details the 86 species of seastars from nine different genera that are unique to Australia as well

as seastars found here and elsewhere.

Ms Marsh joined the Museum's Department of Marine Invertebrates (Zoology) in the 1960s. She retired in 1993 but continued her research.

She is one of only two Australian specialising in echinoderms. Echinoderms are of marine

animals, the adults are recognisable by their radial symmetry, and include seastars (commonly known as starfish), brittle stars, sea cucumbers, sea urchins, sand dollars, and crinoids.

WA Museum CEO Alec Coles said: "Loisette has painstakingly captured some 60 years of research, knowledge, and understanding of WA's massive coastline in this one field guide."

"My fascination with the marine environment began as a young girl beachcombing along the shoreline of where we lived near the city of Victoria on Vancouver Island, Canada," Ms Marsh told *Have a Go News*.

"As I was an only child, I would amuse myself by fossicking along the rocky shoreline. In the tidal pools

I would see little seashells, green anemones, colourful crabs and purple seastars clinging to the rocks. Spying interesting animals interacting with each other in the rock pools was an endless source of entertainment. The large purple seastars clearly made an impression upon me."

Loisette scuba-dived from 1958 to 1994, and has dived, snorkelled and reef-walked on coral reefs from the Tuamotos to Mauritius. In WA she participated in dive surveys of Western Australian coral reefs, from the Abrolhos to the Kimberley, the shelf edge atolls, as well as Christmas and Cocos (Keeling) Islands.

"I certainly enjoy scuba diving – especially in remote places such as the Rowley Shoals 300km off the Kimberley coastline.

When diving in remote locations, the clear water, pristine coral colonies, the abundance of shells, and the prolific number of large tame fish is always exciting to see. Being able to sit quietly observing organisms without having to rush to the surface for a breath of air is a big advantage when studying marine life."

Like many marine animals some seastars are under threat. Loisette explains the importance of seastars in marine ecosystems.

"Any damaged ecosystem risks losing their unique suite of species critical to the survival of that particular ecosystem."

"There are two species in Tasmania that are under threat from ocean warming as there is no habitat further south for them to

move to. There is also a northern hemisphere species of *Asterias* that is threatening ecosystems in Tasmania.

"The crown-of-thorns seastar is also a threat to coral reefs. It only becomes a threat when the ecosystem has been upset. Overfishing, shell collecting, and pollution all play a part in upsetting a marine ecosystem."

"Seastars play an important part in any ecosystem – from eating weed that could choke up the ecosystem to eating rotting animals on the seafloor. Without them, ecosystems could easily become imbalanced."

"My interest in taxonomy has enabled researchers to identify the organisms in an ecosystem. Without it, it would be difficult to do any meaningful

research and with the environment coming under threat for many reasons, studies on the health of the ecosystem and the health of seastar populations will be a necessary activity for many years to come," she said.

And what does the future hold?

"I hope to continue swimming for as long as is possible. This year I did go snorkelling to have a look at the seastars off South Beach Fremantle. At the age of 91, being buffeted by the surf is a real danger and the cold water is a bit intimidating, but I still enjoy going for a swim when the weather is nice."



Solstice swim brings the Masters Swimming community together



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

MORE than 300 swimmers from 15 Masters Swimming clubs across the state hit the waves for the first ever Live-Lighter Winter Solstice Swim on 20 and 21 June.

This event was a virtual meet focused on fitness, friendship, fun, and bringing our members together as a community after the

COVID-19 closures of aquatic facilities.

Clubs were swimming in open water all along the WA coastline, from Broome to Yallingup.

Swimmers could choose from three swim distances and log their participation online to see a live tally of results. Points were also allocated for photos and videos.

Masters Swimming WA received hundreds of photos and videos of clubs swimming as groups in lakes, rivers,

and the ocean. Many swimmers wore their finest wetsuit, and some took on the challenge in just their togs.

Clubs gave each other positive support online, and some clubs even arranged to swim together.

The top four clubs were Mandurah Manas, Westcoast Masters, Busselton Masters and Bunbury Masters.

Masters Swimming WA executive officer Sophie Row said the event was a

huge success.

"This was a fantastic opportunity to bring our swimming community together and we were thrilled with the number of swimmers that took part," she said.

"We have plans to run the event again next year with an improved format."

Masters Swimming WA would like to give thanks to participants, and to Mark Hepple from Masters Swimming NSW, without whom the online man-

agement of entries would not have been possible.

If you would like to join the great camaraderie and swim for fun and fitness that can be found with Masters Swimming then visit www.mswa.asn.au



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THANKS to Martin Yates (pictured above) of Studio Twenty Six, we have a su-

perb print of the splendid fairywren for a lucky reader to win.

The splendid fairywren is found across most of Australia including coastal WA. The male in its breeding plumage is a small long tailed bird with bright blue and black colours. Non breeding males, females and juveniles are grey brown in colour.

Martin took this photo of a breeding male on one of his many walks and has had it printed onto canvas which is about 30cm by 30cm, for a lucky reader to win.

Martin is an avid photographer who runs various photographic walks with Seniors Recreation

Council of WA as well as having a fully operational studio for family prints and more.

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Chatty Café to combat loneliness has opened up in Australia...



Alexandra Hoskyn pictured left
© Oldham Evening Chronicle

by Frank Smith

LONELINESS, according to researchers at Brunel and London Universities,

is as bad for your health as smoking or being obese. Compared to the average person, people reporting to be lonely

have a 14 per cent greater chance of dying.

On a wet windy day in 2017 Alex Hoskyn was in an English supermarket café with her four month old son. He wasn't great company and she was feeling fed up. She looked round the café and saw an older lady who looked just as down as she did and on another table sat a young guy with special needs and his support worker both looking like they had run out of conversation.

She started to think about the positive impact they could all have had on each other if they had sat together, knowing from

experience that when you are feeling lonely, a short conversation with another human can really brighten your day and she realised that you can be out of the house all day yet have no interaction with another person.

This led to her starting the 'Chatter and Natter' table.

Cafés throughout the UK were persuaded to designate one table in supporting cafés as a 'Chatter and Natter' table where customers can sit if they are happy to talk to other people.

The scheme aims to tackle loneliness by bringing people of all ages to-

gether, from mums with their babies to the elderly and anybody in between.

"Many older adults are vulnerable because they are lonely, but in actual fact there are so many people in other age groups who feel the same way and we can all help each other," said Ms Hoskyn.

"I want our Chatter and Natter tables to be the norm in café culture across the world, providing opportunities for people to get together," she said.

Last year *Have a Go News* reported that the Chatty Café Scheme had been recognised by an Innovation for Ageing

Award from the International Longevity Centre.

And now Chatty Cafés have arrived in Australia. Glenys Reid, managing director of the Chatty Café Scheme Australia Ltd, a registered charity, contacted *Have a Go News*, last month.

"I thought you might like to know that I have launched the Scheme recently in Australia. There is definitely need given COVID-19 but there was a significant need anyway in Australia before COVID. I wanted to try and do something about it.

"We are still working on the website for Australia but have a good Face-

book site – please like it if you like it!

Ms Reid said the scheme was anxious to set up throughout Australia. The timing was right because Coronavirus pandemic had made the community extra aware of issues of social isolation and mental health.

Café owners were often keen to connect to the community and setting a table aside would achieve this at little or no cost to the business, she said.



Mundaring Probus back from lockdown



New president Frank Smith,
with immediate past president
Ian Allison

MUNDARING Probus members are meeting again now the Covid-19 restrictions have been partly lifted in WA.

Incoming president, Frank Smith, who is also one of *Have a Go News* journalists said Probus clubs provide retired people with social contact and intellectual stimulation. Both of these had been sadly missed by many members over the three-month lock down.

"Most events aimed at seniors are run by well-meaning younger people and centre round coffee and bingo," he said.

"That may suit some of us, but Probus Clubs are run by seniors, for seniors, provid-

ing stimulating and sometimes controversial speakers who interact with their audience, as well as opportunities to meet with old friends and make new friends."

Meetings planned this winter include talks on marine parks, bats in the Perth Hills and the history of Midland workshops.

Mundaring Probus Club meets on the second Monday of each month at Glen Forrest sporting club for a speaker meeting and for coffee at Perrellas in Darlington on the last Saturday of the month.

Visitors and people considering joining are welcome to contact membership officer Robyn Cain on 9298 8593.

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Where opinions matter - recognising the richness of Aboriginal culture



by Lee Tate

UNLIKE some of my friends, I am not sorry for saying 'sorry' to Indigenous Australians. In fact, I see the merit of Western Australia building a suitable monument to Ab-origines. I see a modern muse-um, telling and showing the true, rich history of the world's longest-surviving culture. Warts and all. Many agreed with Prime Minister John How-ard who expressed 're-gret' for past wrongs but didn't believe it was our responsibility to apologise for past practices. But if Indigenous peo-ples accept a national

apology as part-recogni-tion of their past terrible treatment and continuing plight, surely it's a step in the right direction. As was the mass walk across Sydney Harbour Bridge, on 28 May, 2000. A few thousand people were expected for the peace march, but more than 250,000 people, In-digenous and non-Indig-enous, waving Australian and Indigenous flags, braced the chill wind. The walk took six hours - Aus-tralia's largest-ever politi-cal demonstration. A skywriter created the word 'Sorry' in the clear sky. Peace walks followed in Perth, Melbourne and Brisbane. Over my many three-monthly stays in the north west, I have a strong feel-ing of a changing tide to-wards wider recognition of the richness of Aborigi-nal culture. Across our north, Indig-enous-guided tours, art-work, performances and welcome to country are

flourishing. Guided visits to Aboriginal communi-ties have also enlightened enthusiastic visitors from Australia and overseas. As baby boomers, our generation of whites is ignorant of Aboriginal his-tory. I'm fourth generation West Australian and my Indigenous knowledge is zilch, flowing-on from my forebears. It was never part of our school history lessons or family discus-sions. I have seen Aboriginal anger and resentment over my lifetime but most-ly passiveness among a clearly-suppressed people. When visiting my grandparents in Albany, a couple of Aborigines would come into the yard and settled down to sleep overnight on the back lawn. We would let them be. In country WA, Ab-origines off reservations knocked on doors with hands out for food and most farmers and towns people would oblige. If

Aborigines were hitching a ride, whites might allow them to hop in the back of the ute or the truck. Some employers ad-vanced a week's pay when asked by their regu-lar Aboriginal workers but sometimes the workers went walkabout and didn't return for the rest of the season - or not at all. Now we can see it as whites' tolerance. Token-ism. Whites took little in-terest in Aboriginal affairs. What better way to ad-dress it than with a mod-ern, purpose-built, interac-tive Aboriginal-designed museum relating full Ab-original history including suffering and mistreat-ment as well as advance-ments and achievements. Showing wonderful Ab-original artwork. Let's tell these stories, in black and white. For WA Day, the new boss of Reconciliation WA, Andrew Vlahov, told the public: "Your obliga-tion as a West Australian is to learn a little more,

take one step in your own reconciliation journey and make progress. That will have a domino effect." Shoulder-to-shoulder with the co-chair of Rec-onciliation, Aboriginal Car-ol Innes, Andrew said this includes the tough facts including massacres of Aborigines. "The impact of inter-generational trauma is still with us," he said. Andrew is part of the tide that is turning into our embrace of the truth. Something we can pro-claim to the world and not pretend it didn't exist. A dedicated museum in Perth where it could be visited by most people will allow us all to indulge in the richness of Aboriginal culture, housed in a build-ing serving as a salute to a unique people and ac-knowledgment of what has passed including: Aborigines, returning from WWII, still couldn't vote. Only from 1962 were all Aborigines allowed to vote.

In 1991 the Australian Parliament passed an Act creating the Council for Aboriginal Reconciliation to guide the reconciliation process over the rest of the decade. In 1992 the High Court handed down the Mabo decision, rejecting the doctrine that Australia was terra nullius (land be-longing to no-one) at the time of European settle-ment. In 1993 Parliament passed the Native Title Act for a national system for the recognition and protection of native title and for its co-existence with the national land management system. In 1996 the High Court handed down the Wik decision confirming na-tive title rights could co-exist with pastoral and leasehold tenures and pastoral leases would not necessarily extin-guish native title. In 1997 the Human Rights and Equal Oppor-tunity Commission pub-

lished the Bringing them Home report on remov-ing Indigenous children (Stolen Generations) from their parents, recom-mending an apology. Corroboree 2000 com-prised two events over two days with many Indigenous and non-In-digenous leaders to ex-changing commitments leading to the centenary of Federation in 2001. In 2008, Prime Minis-ter Kevin Rudd issued a formal apology to In-digenous Australians for forced removals from their families by federal and state government agencies. We're inching along. www.nma.gov.au/de-fining-moments/resourc-es/walk-for-reconciliation What do you think? Email info@haveagonews.com.au



Thinking, buying and supporting the local economy has many and varied benefits



by Karen Majer

"LIFE'S what happens to you while you're making

other plans." John Len-non got that right. We are living through an event that will go down in his-tory. I wonder how long it will be until the books start coming out? *My life in lockdown*. One of the biggest im-pacts of COVID-19 on the economy, especially the tourism and hospi-tality sectors, and on people's plans, is travel restrictions. Almost ev-

eryone has a story to tell - cancelled flights and overseas holidays, missed birthdays, wed-dings and funerals, and the longing to meet new-ly-arrived grandchildren. One outcome of closed state borders and grounded planes is that caravans are the new loo paper! Second-hand vans are like hen's teeth and caravan businesses are struggling to meet

demand. The same goes for four-wheel drive ve-hicles and even roo bars. I know this first hand because we planned to drive across the Nullar-bor in early July to join family for an extended period in Melbourne for a delayed wake and all of the logistics relating to my father-in-law's death mid-corona in April. Getting equipped for the journey has been quite a process. We snapped up a replace-ment for our much loved but elderly Subaru and were initially told we couldn't get a roo bar installed until August. Then, while we prepared our case for a compas-sionate pass to cross through SA to Victoria, and packed to hit the road, Melbourne re-ported a second wave of coronavirus. Back to

square one awaiting a change in restrictions. The upside of all this, apart from boom times for camping stores, is an upturn in intrastate tour-ism that will bring much-needed relief to rural economies. While state borders are set to stay closed for some time, Tourism WA has launched a "Wander out Yonder" campaign encouraging West Aus-tralians to explore our State. Local travel could throw a lifeline to busi-nesses that normally depend on interstate and overseas tourists for their income. It makes a lot of sense in the current economic climate to think local and spend our holiday money in WA busi-nesses. A new program in Margaret River, LOCAL-IS-More, expresses it



One member of the family thinks local holidays are great!

beautifully. 'Localism is an approach that em-phasises thinking local

first - is there a local business I can buy from instead of buying online? Is there a local band, or performance, or experi-ence I can enjoy instead of streaming videos? Is there a local vegetable I can buy, instead of fly-ing in an out-of-season vegetable from the other side of the world? When we think local, and choose local, our community gets stron-ger, our businesses get healthier and our en-vironment is nurtured. When we spend our money locally it cir-culates many times instead of leaking. This means more money circulates in our community, support-ing businesses and jobs. While we watch de-velopments in Victoria to re-plan our family re-union, we plan to try out the new rig by visiting some old favourites like Cheynes Beach and the Goldfields. Our own state offers so many wonderful land-scapes and experiences that I can't wait to pack the A-van and get out there.

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An incredible Australian mystery artist who had the magic touch



by Lee Tate

ELLIS Rowan is one of Australia's most incredible artists. She made people around the world, including Queen Victoria, sit up and take notice. Yet her name is barely known in Australia.

You don't have to be an art connoisseur, or even an art follower, to be wowed by the wonderful works of this 1800s painter who inadvertently gave Australia's leading male painters, including Tim Roberts, a proverbial poke in the eye with her masterpieces.

Her works were so botanically-accurate, colourful and stylistic that her superb standards have rarely been reached.

Ellis stole so many top awards from the blokes that they protested bitterly, without success, to the top judges and leading art administrators of the day.

Their case wasn't helped when Ellis's works were acquired by people like the ex-president of the British Royal Academy, Lord Leighton.

Born in Melbourne in 1848, Ellis developed a total commitment to her watercolours, becoming an intrepid explorer that took her into Western Australia's deserts, Queensland's rainforests and dangerously-remote and creature-infested parts of the Himalayas, Europe, New Zealand, Caribbean and

the United States.

Her many depictions of WA's spider orchids, Grevillea, spinifex, hibiscus and desert pea, painted in 1889 – when she travelled with painter friend Margaret Forrest (Lady Forrest, wife of WA Premier Sir John) – are among her brilliant, technically-correct watercolours.

They formed the WA colony's first art exhibition at the Perth Railway Station reading room and she went on to win a silver medal in Sydney's major art show.

Prolific over 50 astounding years of adventure and achievement, with more than 3,000 works now in major private and public collections including the National Library, the petite painter was so deft with the paint brush that she didn't bother with sketches.

Described as beautiful and plucky, Ellis often worked alone on her easel in dusty deserts, in crocodile-riddled swamps, in rain forests with poisonous snakes and mosquitos and in jungles among wild animals. She contracted malaria among other ailments.

Yet, with all this discomfort, wherever she was, she always dressed to the highest fine-fashion standards of the day, neck-to-knee in long-flowing dresses.

While women were put in their place by men and expected to paint not

much more than vases of flowers to prevent boredom, Ellis simply out-painted the male-dominated field.

In 1873, Ellis became engaged at 25 to English army captain Fred-

eric Rowan who had been disfigured in the New Zealand Maori wars. They had one son, Eric (Puck), who died in an accident as a young man while Frederic died of pneumonia at 47. Ellis had travelled

sometimes with Fred-eric and in Albany in 1880 they became friendly with English painter Marianne North, daughter of a wealthy British MP.

It seems Marianne gave Ellis ideas about oil paint-

ing and showing flowers in their natural habitat with clouds or sunshine, insects, birds, seeds and leaves. Later Ellis watercolours captured them too.

Ellis's works including never-before seen images of Australian wildflowers, some rare and some new to science. They were bought by royalty, including Queen Victoria, whom Ellis met and charmed, and many wealthy collectors.

Ellis's gongs and gold medals piled-up to her last international competition where she showed 99 paintings at the World Columbian Exhibition in Chicago and won gold.

The Ellis Rowan name was thankfully raised recently with the release of a book by Christine Norton-Evans: *Ellis Rowan: A Life in Pictures*, published

by the National Library of Australia.

I have seen the book but I highly-recommend the earlier book: *The Flower Hunter*. Ellis Rowan. It still available with several reprints since 2002.

The fabulous reproductions of her paintings accompanying the biography make this a tome that everyone can read and love. A brilliant gift for men, women and children.

Published by the National Library of Australia, I recently ordered it through a bookshop for \$20 but this must-read, must-know story is probably cheaper online.



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Support for carers and the Economic Support Payment from Services Australia



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

Support for carers
THERE are more than 2.7 million carers in Australia. If you look after someone with a disability

or medical condition who needs help with their day-to-day living you may be eligible for extra financial assistance and support.
Many people don't see themselves as carers. They are just children, parents, partners or friends who care for someone close to them.
Being a carer can be difficult and can come at a financial cost. You may have to reduce your employment hours or have extra costs such as petrol or groceries.
Services Australia has a range of support and

payments to help carers. These include the Carer Payment, Carer Allowance and the Carer Supplement.
You can also find support services and help from a range of other organisations on the Carer Gateway. The Carers Gateway offers free ongoing support for carers including:
• Online self-guided coaching and skills courses to help improve skills and plan for the future.
• Counselling in person or on the phone.
• Emergency respite dur-

ing an unplanned event to help you with care arrangements while you're away.
• Peer support with other carers who find comfort in sharing their stories with each other in person and online.
• Young Carer Bursary to help young carers aged 25 years or under continue or return to study.
Remember, you're not alone. Accessing payments and services early can help reduce the financial, emotional and physical strain on you.
To find out more about

support for carers visit servicesaustralia.gov.au/carers
Economic Support Payment
From 15 July, you'll get the second \$750 Economic Support Payment if you're eligible. This is part of the Australian Government's financial support for people affected by coronavirus.
The second Economic Support Payment is an additional payment if you're living in Australia and you get an eligible payment or concession card on 10 July 2020. If you're getting

the Coronavirus Supplement, you won't get the second Economic Support Payment, even if you got the first one.
If you're eligible, we'll pay it straight into your bank account. You don't need to do anything. If you have a Commonwealth Seniors Health Care Card, make sure we have your current bank account details.
The exact date you receive your payment will be different for everyone. It's not linked to your regular payment date. You should see it in your bank account

before the end of July and up to 48 hours before it appears in your online account.
To find out more about this and other Australian Government support for those affected by coronavirus, visit servicesaustralia.gov.au/covid19.
Until next time.
If you have a question of a general nature for Services Australia general manager Hank Jongen, simply email info@haveagoneews.com.au with Hank in the subject line.

Services Australia answers readers questions about Centrelink issues and more

GENERAL Manager of Services Australia, Hank Jongen provides a regular column in this newspaper and offers a question and answer service for readers. People are welcome to send through questions with answers being returned promptly.
If you require detailed specifics to a question you may be directed to contact Centrelink. If you would like to a question answered please email info@haveagoneews.com.au with Hank in the subject line or write to Services Australia C/- Have a Go News PO Box 1042, West Leederville 6901.
Dear Hank,
Why are the ASX share prices not being updated fortnightly. Part pensioners who have these shares may be getting less pension than they should be. My wife and I are losing about \$30 a pay at present. We understand that all the workers are busy in this pandemic but is that any reason for standard jobs

to be neglected.
Bryan and Rosemarie Tribe
Response:
Dear Bryan and Rosemarie,
Every year on 20 March and 20 September, in accordance with legislation, Services Australia re-values customers' market-linked managed investments, shares, and securities. We do this by applying the latest unit and share prices available. On the few occasions that they aren't available for specific products, we may write to you to ask for evidence of the current values.
In recognition of the impact of coronavirus on the financial markets we undertook a revaluation of all market linked managed investments, shares and securities on 1 June 2020.
You can also ask us to revalue your market-

linked investments and shares at any time. We'll update your record using the market-linked managed investment unit prices collected at the end of each month, and the ASX-listed share values collected fortnightly.
Importantly, when you ask for a revaluation, we'll revalue all your investments at the same time. If one investment has lost a lot of value but the rest of your investments have gone up, this may cause your total asset values to increase instead of the reduction you were expecting.
Dear Hank,
My wife and I both have Commonwealth senior health cards.
Why have we not received the \$750 payment? I am in poor health and could hardly manage a two to three hour wait in a Centrelink office.

Thank you
Dr Michael Flacks
Response:
Dear Dr Flacks
You may not have received the payment if we don't have bank account details recorded. Please check. There's some great information, including a step-by-step process on how to do that here: www.servicesaustralia.gov.au/individuals/online-help/centrelink/manage-where-your-payments-are-sent-0
If you check this and you think you meet the eligibility requirements for the Economic Support Payment, you don't need to visit a service centre but you will need to call us on 132 300. This number is available Monday to Friday, 8am to 5pm.

The at-home restaurant created during lockdown improved as the weeks passed by



Some 'party food' enjoyed during lockdown
- Jon Lewis' homemade party pies

by **Jon Lewis**
IT started as a fun alternative to just eating dinner. With all of the lock down inspired attention, restaurants had become sadly unavailable.



Thinking about this intensely, while exercising - where most of my ideas arrive - I had a very crazy idea, an idea so wild I felt sure it would fail.
However, I also thought that a failure would still be

much better than nothing at all and with a merry demeanour I would probably coast through to the finish line. Have you ever had a day like that?
So there you have it, I created an at-home restaurant.
Friday night arrived, and I manufactured a Shepherd's pie. I chose the word 'manufactured' as I used packet mashed potatoes, packet French onion soup mix, frozen chopped vegetables and pre-cut mixed 'tasty' cheese! Then lamb and a little beef. Placed in the

oven for a bit and... mmm good enough.
It was preceded by a 70s inspired prawn cocktail (in a cocktail glass) and followed by ice cream with fruit.
Certainly, you could easily say beyond any doubt, "it was edible"! That was eight weeks ago... on that night of my recklessly wrangled meal my darling wife was far too delighted. She decided this could not be a one-off affair, oh no! (you see dear reader; I had mistakenly included washing up too).

The next Friday followed as did another and another... each was another oven delight. My confidence was growing.
Now two months later the list includes... pizza, Turkish experience, lasagne, chicken parmigiana, bangers and mash, dim sum, home-made pasta, tiramisu, prawn cocktail, Shepherd's pie, and I think more.
On occasion I would re-make some meals with more natural ingredients - the onion deb finally gave way to the real thing.
We even managed to

celebrate the end of two unimaginable months with home-made 'party food'. This included freshly made little party pies, fresh pork sausage rolls, those little tiny quiches, a few leftover ingredient inventions and for desert... fresh lychee with mandarins in a strange blue jelly.
We are still trying to work out what that flavour was? Do you know?
What have I learned?
Baby steps lead to adult steps; learning is growing and think twice before creating a restaurant.
All the best.

Third phase of retirement village reforms - the consultation process begins

THE third phase of consultation on proposed changes to retirement village laws in WA is looking at difficulties seniors can experience in determining whether or not a village operates under the Retirement Villages Act (RV Act).
One proposal is to set up a public register of Retirement Villages to assist in identifying whether a particular village is covered under the Act.
Commissioner for Consumer Protection, Lanie Chopping said having a more easily accessible public database could greatly assist consumers when conducting their research into choosing a retirement village.
"Currently only a memorial registration process with Landgate is in place where the land is registered as being used as a retirement village. Ac-

cessing Landgate records may be cumbersome for many people," Ms Chopping said.
"Apart from indicating which villages are covered under the RV Act, the database could also include other useful information such as what amenities and services are available. This could assist potential residents in making comparisons between villages that have differing living arrangements, contracts and facilities."
The consultation paper also considers some concerns that residents have raised with Consumer Protection about the variety of arrangements within a village and confusion around what this means for the village's retirement village scheme.
"Greater clarity in the difference between a re-

tirement village scheme and residence contracts may also make retirement village arrangements easier to understand," the Commissioner said.
"The consultation paper also poses the question as to how the RV Act should cover rent paying residents in retirement villages, the sub-letting of units in a village and how the Act should apply to multi-site villages.
"Another proposal involves clarifying protections for the upfront and deferred payments that residents make."
Future consultation papers will look at mixed use of village land; improved process for village changes - such as re-development, partial memorial removal and retirement village scheme termination; building defects and insurance; pre-

residence fees, including wait list, application, and holding fees; dispute resolution; enforcement and offences; and strata title.
Two more consultation papers will be released covering these topics before the end of this year, giving all interested parties an opportunity to comment.
Those interested can view or download the Consultation Regulatory Impact Statement (CRIS 3) from the Consumer Protection website.
Submissions can be emailed to consultations@dmirs.wa.gov.au or sent by post:
Retirement Villages Consultation - Consumer Protection, Locked Bag 100, East Perth WA 6892
Submissions close on Wednesday, 30 September 2020.



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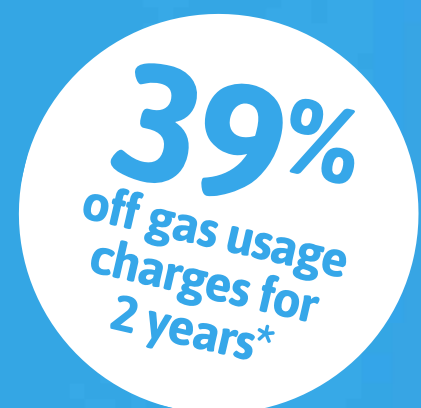
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Good fortune can take time...and sometimes may even skip a generation



by Rick Steele

I WAS brought up and advised, on a regular basis, to never take anything for

granted. The sun comes up and the sun goes down, the hands on the clock keep going around. After the first 25 years in the music industry, with some school teaching running side by side, the ups and downs, the wins and the disappointments were as regular as the queue to the toilet in our one dunny home. So, it was long ago, last century, in the early nineties, that I announced

I was putting the band back together. The response I received was as exciting as a new hanky from grandma for your sixth birthday. "But this time it's gonna be different," I said. "We're gonna fundraise, save, and go into the studio, and record our original songs properly." We had done a home demo, and there were some plums in the pudding. I already had 20 plus years of running river cruises, bus trips, train rides, raffles and the like. We hired an old river boat called *The Duchess* (pictured left), and sold the 80 tickets. Wives and girlfriends organised the supper and the roadies ran the bar. The band played *Waltzing Matilda*? No, it was old fashioned rock'n'roll. We were off like a bride's nightie. Many fundraisers later we had four days booked and paid for at Planet

Studio, Subiaco. The studio was substantially financed by Japanese partners, and as we began our sessions a foreign gentleman sat quietly observing our progress. By day three we were beginning to put the vocals on. My time arrived to sing my most dramatic and personal blues. I entered the control room to discuss my forthcoming vocal. Inside was an elegant and elderly Japanese woman. Mr Japan immediately introduced me: "this is our fortune teller who is over here to advise and help predict our future here." Like the Chinese, Japanese people place great importance to the predictions of these sages. She shook my hand gently and said something I didn't understand. I moved to the studio and prepared to perform: "Are you ready Rick?"

I poured my heart out, I channelled my late father, I felt God on my side, and emptied my heart into my performance. By the time I was finished I was exhausted. I made my way to the control room hoping to hear a playback, only to be told by the engineer: "yeah Rick that was good, but we didn't record, you gotta do it again!" I was about to collapse, when my new special friend came to me, took both my hands looked me in eye and spoke directly. Of course, I had no idea what she said but Mr Japan standing nearby translated in broken English very excited. "She just said you will have great fortune, and fortune will follow you..." The excitement was contagious and when she left, we waved and smiled, and Mr Japan came to me again with promises in his tone that the project and

I was destined for fame and fortune. For my part, I refused to sing that song again that day and got someone else to do something. When we finished the recording, and were presenting, launching, some encouraging praise was forthcoming including a good revue from USA and surely a hit was to come. We toured, we promoted, we drove from Port Hedland to Esperance, Kalgoorlie to Mukinbudin and our record went lead in Albany and finally sank without a trace. What about the good fortune? Fifteen years later and I'm doing my one-man show in Switzerland. Word comes through that my son has had a worldwide hit and will be playing a festival in Bern, a couple of mountain ranges away from where I was. I managed to organ-

ise, and we connected in the garden of an ancient castle. He held me in his arms and said to me. "Da, I'm sorry if I've stolen your dream." I replied that every kid that ever picked up a guitar, or sang with a hairbrush in the bathroom, or went on the *Voice* had a dream of good fortune. Mine had finally arrived! The doctor was doing his afternoon round. "Sir, I have good news and bad news. Which would you prefer first?" "Oh, I suppose the bad before the good," "Well I'm sorry but you only have two weeks to live!" "OMG. Please, what is the good news?" The doctor leaned over and whispered in his ear. "See that beautiful young blonde nurse over there with the ample bosom. I'm going out with her tonight!" Cheers dears.

Get moving with the Prime Movers...

PRIME Movers is pleased to announce that they are reopening classes the week starting Monday, 20 July following the closing of all classes in March due to the COVID-19 pandemic. A number of protocols will be put in place, following the guidelines of the WA Health Department. It will be necessary for people to give their name and personal contact phone number at each class they attend. Correct money of \$3 will be required as the hostess will not be handling cash.

Due to the current restrictions regarding social gatherings of 100 or more people there will be changes to allow for the 1.5 metre social distancing in the exercise classes. Classes will be smaller and conducted differently, but the organisers assure everyone that 'we're all in this together' and all efforts will be made to have classes as normal as possible. Prime Movers' aim is focused on providing exercise programs which promote health, fitness, and well-being in a social atmosphere, with music being an integral part.

Visitors are welcome to come to one of their classes. Please wear comfortable clothing, lace-up joggers and bring a bottle of water. A full list of the classes is available on the website. Annual membership is \$17 with a class fee of \$3 visitors \$4. For enquiries visit www.primemovers-exercise.com.au under the 'Events' tab, or email secretary@primemovers-exercise.com.au Telephone enquiries – Monday to Friday during business hours on 0444 560 037.

LotteryWest scratchie packs to win



WE'VE included our Scratchie pack competition again this month as it has proven very popular. Readers have really enjoyed entering this competition over the last few months with the newspaper receiving thousands of entries. We have five, \$20 Lotterywest Scratchie packs to give away to some lucky people. **WIN WIN WIN** To be in the draw, simply email win@haveagonews.com.au with Scratchie in the subject line or write to Scratchies c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 1/8/20.

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Seniors Recreation Council Jottings

TO all our friends and colleagues, Seniors Recreation Council of WA has returned to our office in Leederville. We continue to adhere to all the health advice and regulations for delivery of our programs and events. We remind people that SRC is on hand to assist anyone with advice or will attempt to locate answers to questions if able, just contact the office on 9492 9773. Congratulations to Mark McGowan MLA and the WA Government for their leadership through this trying time which is certainly looking more positive for WA as we move into the second half of 2020.



Congratulations to SRCWA Peel branch president Jan McGlinn on her OAM

Jan McGlinn (pictured left) was awarded a well-deserved Order of Australia medal in June for her service to seniors. She has been a committed volunteer for 48 years, with more than 28 years in the Peel district. The achievements and accolades afforded to her during her role as co-ordinator/manager of the Mandurah Senior Citizens Centre clearly indicate her level of commitment and service. Jan has always gone above and beyond the 'job specification' with her passion for seniors' needs in the community. When the Peel branch of the Seniors Recreation Council Inc was established in 2002 Jan was involved as a volunteer, initially as secretary then as branch president from 2006 until now. She has been a driving force in the wide range of activities conducted by the branch. In addition, she is the branch president's representative on the Seniors Recreation Council board of management. The ethos of Seniors Recreation Council of WA Inc is *Healthy Ageing Through Activity* and the range of programs conducted by SRCWA and branches around the state are designed to enhance the physical, mental and social well-being of older Western Australians. Jan manages a wide range of programs through the SRCWA Peel branch and is a regular volunteer in the conduct of these programs some of which are run on a weekly basis. The increasing proportion of the population in the over 50s demographic, particularly in the Peel region, places increasing pressure on health and other services. This makes the provision of preventative programs such as those provided by the Peel branch of SRCWA under Jan's volunteer management a significant benefit to the community. Once again, we say congratulations Jan on this well deserved award.

Clubs and groups recommence activities

SRCWA is pleased that many of the seniors clubs and groups that ceased activities due to COVID-19 restrictions are returning to regular schedules. One of the most important aspects of life is to be able to socialise and exercise regularly. Eating a healthy diet that contains a rainbow of colours also helps us to maintain a healthy weight. If you want further information on living well and eating healthily please visit <https://livelighter.com.au>.

Have a Go Day 2020

Have a Go Day a Livelighter event, will take place on 11 November 2020 and the event will focus on Remembrance Day. SRCWA is planning appropriate commemorations as part of the event. Expression of Interest forms are now available to all clubs and groups, not for profit organisations and businesses who would like to attend as a site holder or organise an activity. It is now looking very promising that Have a Go Day 2020 will go ahead at Burswood Park. Please contact the office on 9492 9773 or email dawn.yates@srcwa.asn.au to request further information and have an expression of interest form emailed to you.

ADD LIFE TO YOUR YEARS DIRECTORY



Grab a copy of this handy guide and join a club or group. Contact SRC for your free copy.

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



SRC President, Hugh Rogers



Canoe club returns to river paddling with a splash



Paddlers heading up the Matagarup Bridge

by Iris Mickiewicz

AS the COVID-19 restrictions began to be lifted the Over 55 Canoe Club was able to paddle in two groups of up to 20 paddlers. The two groups paddled from different venues to ensure we were following the rules implicitly.

June, the start of winter, at Garratt Bridge brought a perfect day for paddling. There was no wind, with warm sun shining through a few clouds, the Swan River was absolutely glassy and the flawless re-

flections on the water were a sight to behold.

The tide was unusually high, this offered a number of opportunities to have some fun exploring the many interconnecting channels along the river. We followed the usual couple of channels along the east side of Kuljak Island down to Ascot Waters and paddled our usual circuit around the marina. This little adventure turned out to be different due to the high-water level which reduced the clearance under the Marina Bridge. Hence, some retracing of

our strokes was required.

We continued on and a couple of our chaps discovered they were able to access several channels on the south side of the island. We paddled on down to the Clarkson Reserve. Another couple in a two-man kayak discovered a channel which appeared to be promising. Just as it seemed success was assured the channel turned away from the river and disappeared into a huge pipe. We reversed out and paddled back to exit the channel and on upstream to Maylands

boat ramp to enjoy morning-tea together. After our morning-tea the main stream paddle group continued downstream at a fast pace, hoping that we would cross paths with the leisurely group but, they were nowhere to be seen.

Little did we know that the leisurely group had taken advantage of the amazingly perfect weather conditions from Maylands Yacht Club all the way to Elizabeth Quay.

The leisurely group thoroughly enjoyed the picture-perfect reflections on the water as they passed under the delightful Matagarup Bridge. We paddled on at a leisurely pace past Heirsson Island and the Causeway into the incredibly calm waters of Perth city. We waited a few minutes to allow the South Perth ferry to berth, before we pulled our kayaks on to the small sandy beach at Elizabeth Quay. It was unusual to see so few people about at Elizabeth Quay. The restrictions of COVID-19 definitely deterred members of the public from venturing out. Of course, there were no tourists either. It was very

fortunate that we came along to add some colour, noise and life to the place.

We enjoyed a very welcome rest, sunshine and morning-tea in good company whilst, maintaining the obligatory 1.5 metres correct social distancing. It was with some reluctance that we left the beautiful and quiet Elizabeth Quay. We all clambered back into our kayaks for the sure and steady paddle back to Maylands Yacht Club in time to enjoy our delicious lunches together.

It was another perfect Thursday when we all enjoyed a magnificent paddle in the fresh air, on our beautiful Swan River with good friends.

If you are interested in paddling please contact: president Iris Mickiewicz on 0438 926 578 or secretary Dale Winn on 0439 973 903.



Walking club recommences weekly walks around Perth



WEEKLY walks of the Over 55 Walking Association will recommence on Tuesdays. Members gather at 10.30am and ask people to bring a chair, a flask and a sandwich and join members for an enjoyable morning of friendship and exercise.

The next walks are as follows:
Tuesday 14 July, Whiteman Park (Off Lord Street, car park No. 6, West of Village).
Tuesday 21 July, Bibra Lake, (Progress Drive).
Tuesday 28 July, Burswood (Resort Drive, Causeway end Burswood).

Tuesday 4 August, Carine Regional Open Space (Beach Road, near Okley Road).

If you have any further queries please refer to the website: www.over55walkingassociation.org.au or, you can ring the president on 0400 577 738.

Association of Independent Retirees resume meetings with guest speakers

SENATOR Dean Smith will be the next speaker at the Association of Independent Retirees (AIR) meeting.

He has been representing Western Australians in Canberra since 2012. Among other issues he has

been very active in determining a fairer share of GST for WA, the reform of free speech policy and advocating

for support for grandparents raising their grandchildren.

He was also very vocal in his opposition to Labor's proposed franking credits policy prior to last year's election.

Senator Smith will speak on Friday 17 July. Nick Bruining will be the guest speaker on 21 August.

Future speakers include Eric Boon, who has spent the last few years on assignments with Medecins sans Frontieres (Doctors without Borders) in

South Sudan and Syria and Tanya Trevisan who is an authority on infill projects.

AIR aims to protect and advance the interests of retirees who wholly or partly fund their retirement. The group meets at 10am on the third Friday of each month at the Cambridge Bowling Club, Chandler Avenue West, Floreat.

Visitors are always welcome. Further enquiries can be made to Graeme Gralin@iinet.net.au or Margaret marghw@iinet.net.au.

Thank you to the readers who have supported our appeal

Donations at time of printing 03/07/20



Mr R Longman
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Stay Sharp Program

for the over 55s - as seen on Channel 7 Today Tonight
Promoting Physical & Cognitive Health

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!

8 weeks \$80

Next Program Commences

Thursday 30 JULY 2020

9.30am - 12noon

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Keeping connected is important for everyone particularly those with dementia



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

SOCIAL distancing measures introduced in March this year have kept many Western Australians safe from coronavirus.

These measures have also highlighted

the need to stay connected to the more vulnerable members of our community who live alone or who are experiencing heightened feelings of loneliness or isolation.

After 12 weeks of our office staff working from home, one thing I realised is just how much I value the routine of going into the office each day and the social interaction with my colleagues. I also appreciated the extra time at home with my family. Even though we can get on each other's nerves, there are no other people I would rather be

stuck at home with.

Actually, I am just grateful that I have a house full of people I could spend the time with.

Although many of us have adjusted to life as it is now, this kind of change can be difficult for some. Some people rely on strict routines to get through their day. Changes to normal patterns such as the cancellation of a regular social outing or event, not being able to see family and friends, even changes to the weekly grocery shop can cause undue stress and worry.

People with dementia can find this particularly difficult to deal with. And because dementia affects everyone differently, a person's reaction may not be what you would expect.

Families living with a person with dementia reported a range of reactions from their loved ones. Some became quite distressed seeing or hearing news about coronavirus, believing they or their family were infected. Others did not understand why they were unable to see family and friends, or participate in regular activities and outings.

They felt confused and angry at the disruption to their routine. Others became quiet and withdrawn, which is equally worrying. All of this increased the stress and demands on carers and family members.

Our day centres were shut for three months and although this was hard on our regular clients, at least they were able to be at home with loved ones.

Many families were barred from visiting relatives in residential care homes. A tricky situation, as lockdowns were in place to protect some of the most vul-

nerable members of our community. We heard of some very creative solutions to stay in touch, such as setting up space near a window so family members could talk to their loved one over the phone while looking at them through the glass. Our hearts also went out to families and staff at Newmarch House as an outbreak there took 19 lives.

Our day centres reopened in mid June and the atmosphere on that first day, indeed that first week, was like a party (with social distancing of course). Everyone was so happy

and excited to see their friends and familiar faces. Clients commented they had missed the companionship. The laughter served as a tonic to erase the fear of the past few months.

One of the best things you can do now that restrictions are easing is to keep in contact with family and friends. Even the ones you think have been coping just fine. Check in with them, their responses might surprise you.

Keeping up social connections really is vital for our mental health. Stay safe and stay connected.

UK expats need to be aware of the changes in the UK State Pensions



by Mike Goodall

OVER the last 10 years there have been three major changes to the UK State Pension rules. Many of us make a budget based upon the rules that are in force at the

time. As things change we often don't update our budget.

The most significant change took place on 6 April 2016 and affects all UK State Pensioners who reach State Pension Age after that date.

Many of you have been paying additional voluntary contributions (topping-up) prior to 2016 to achieve the 30 years that were required from 2010 to 2016 to achieve a maximum pension. However after 2016 the whole system changed and they could increase their pension

under the new rules to achieve an even higher pension.

But it is not just a simple calculation of paying for an additional five years because of the way that the pensions are calculated. Some people who have paid for 40 years still need to pay for additional years to achieve their new maximum as did people who have paid 31 years.

For most people it pays to maximise their UK State Pension even if they are eligible for a Centrelink pension from Australia. It is worth con-

sidering having a professional review of your UK State Pension entitlement to ensure that when the time comes you will receive the maximum possible.

To claim your UK State Pension you must apply to the UK Pensions Department (part of the Department for Work and Pensions).

The 2016 changes also include a change which can affect your decisions as to when to claim your UK State Pension.

Those who reached State Pension Age (SPA) before 6 April 2016 had

an option to defer claiming their pension. They could then receive the deferred amount as a lump sum. Or it could be taken as an additional weekly amount. This would take about 10 years to receive the same amount as the lump sum.

However, those who reached SPA after 5 April 2016 were only being offered the weekly payment.

Moreover the time of pay back has been extended and it could now take between 10 and 17 years to receive your money back.

This is because in Australia we do not receive the annual increases paid to those living in the UK and a number of other countries. Therefore I do not think it is worthwhile deferring your UK State pension.

UK State Pension is classed as income by the ATO therefore for those who continue working beyond their UK SPA could find themselves paying more tax. There are strategies that can be used to offset this but these need to be discussed with your Australian

financial advisor.

Am I UK State Pension Age?

UK Expats born before 6 September 1954 reach State Pension Age on or before 6 July 2020.

UK Expats born between 6 September 1954 and 5 October 1954 will be eligible to claim their UK State Pensions from 6 September 2020.

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

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Seventy years on - time to remember the Korean War

ONLY five years after WWII Australia was called to arms again to fight in another foreign country, this time Korea.

The then government of Australia led by Prime Minister Robert Menzies, immediately offered military assistance to the United Nations Security Council.

From 25 June 1950 until 27 July 1953, 17,000 Australians in the army, navy and air force fought as part of the United Nations (UN) multinational force, defending South Korea from communist North Korea.

In May 1963 the Republic of South Korea and Australia established diplomatic relations.

Last month the South Korean Embassy distributed face masks to Korean War Veterans in the COVID-19 risk category.

In Western Australia the Korean community have embraced the strong relationship between the two countries and joined with service organisations such as the Royal Australian Regiment, West Australian Branch in delivering and assisting to promote and nurture wholehearted support of Australian veterans and their families from the Korean War.

One such involvement is the ongoing presentation of Ambassador for Peace Medals to veterans or their families, on behalf of the Minister for Patriots and Veterans Affairs for the Republic of Korea.

This year we celebrate the 70th anniversary of Australians entering the Korean War and the 67th anniversary of the armistice.

The armistice of the Korean War was signed on 27 July 1953 and is celebrated on that date in July each year.

This year the event, will once again take place at the Flame of Remembrance, State War Memorial, Kings Park, starting at 10am.

The public are invited to remember those that made the supreme sacrifice and those that served in this forgotten war.

Recycle plastic lids at the Have a Go News office



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

The WA chapter of Lids for Kids is setting up a system independently from the project in the Eastern States to turn plastic lids into products to assist local children, particularly those with disabilities and life challenges.

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

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

Clean lids can be dropped at the Have a Go News office at 137 Edward Street, Perth, Monday to Friday 9am to 5pm.

Independent retirees group are on

THE next meeting of the Association of Independent Retirees (AIR) Perth northern suburbs branch will be at 9.30am on Thursday 17 July.

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

Due to the shortness of time the branch will not have a speaker for this meeting. The meeting will be held under the guidance of the City of Joondalup rules for their meeting rooms. As further rules are relaxed speakers will be arranged.

Please note a change of venue. All future meetings will be held at the Penistone Park Community Sporting Facility, 27, Penistone Street, Greenwood.

All AIR members and any interested guests are most welcome.

Cost \$4 per person including raffle.

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

Find the secret word to win a \$200 voucher

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

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

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

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

1. U3A
2. Alchera Living
3. MercyHealth
4. Kingsley Lakeside Village
5. Kings Tours & Travel
6. The Prev
7. Cunderdin Museum
8. XFactor Coachlines
9. Teranca Mews
10. My Delicious Cakes
11. Luna

Entrants can enter via email win@haveagonews.com.au or write to Ad Words Competition C/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 31/7/20.

Congratulations to Mrs Scott, of Albany, our May 2020 winner.

Quality fashion available at Maxies



MAXIES Fashion has been operating from the Armadale Cen-

tral Shopping Centre directly opposite BIG W for more than 10 years. It has an established a loyal following of customers who love their brands and service.

They stock quality Australian labels. VIVID, Sportswave, Jillian, Carolyn Morgan, Corfu and Tanner St, just to name a few.

Maxies is well established as a 'go to' shop for mother of bride/groom wear. Ladies come some distance to buy their formal garments and the store also carries a large range of fascinators, scarves, costume jewellery and some evening bags.

Ladies, if you hold a Seniors Card/Pensioner Card you will receive a 10 per cent discount off all full priced stock. Maxies stock sizes 10 – 24 in a fabulous range of styles and colour. Lay-by is offered on all purchases.

Maxies Fashion is open Monday to Saturday 9am to 4pm. Private group (10 ladies) showings are welcome to book for a Sunday viewing. Maxies also does fashion shows at a venue by appointment.

See Maxies advertisement on page 8 for details.

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You can save up to \$60,000 by securing one of our existing display homes or brand new builds with a fully refundable \$500 deposit if you change your mind after the lock down is over.

With 11 display homes available for inspection today (now that COVID-19 restrictions have been relaxed) we've only been able to secure this offer for a limited time. Includes new display homes and new builds (off the plan).

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*Terms and conditions apply see website for more details

5 sold

11 LEFT

DISPLAY HOMES

Let's GO MOTORING

ADVERTISING FEATURE

TMac wanders out yonder visiting regional WA while trying out an Audi or two



Left to right; Audi's Q3 SUV 35 TFSI and A6 Sedan 45 TFSI - enjoy a great drive with Audi's engaging screen and dash technology - Tmac's travelling companions Ray and Pete



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

"DIDN'T we have a lovely day the day we went to Katanning. A beautiful day, we had lunch on the way and all for under a pound you know." (with apologies to Debbie Cook and Fiddler's Dram).

Inflation and the

years, have taken a toll.

Lunch we did. At the Williams Woolshed. A brilliant family business located 150km south east of Perth. A great location to stop with family and friends as you head your way through the Great Southern. We enjoyed the most amazing scones with fresh cream and homemade jam, surpassed only by the friendly, welcoming service. Ray and Pete, my travelling companions, really thought they were special.

Our planned schedule was to test drive one of the great Audi sedans and visit the Dôme Café at the beautifully restored Premier Mill Ho-

tel. Don't ask. Can you do it all in one day, from Perth? Turns out you can, even if you linger longer in Williams; the bathrooms are to die for.

As readers may know I am not a fan of SUVs, I know some of you love them including the editor of this newspaper but me I am a sedan man.

I have test driven two Audis this month, the Q3 SUV 35 TFSI (from \$46,400) and my preference the Audi A6 Sedan 45 TFSI (starts at \$95,000 plus on road) in which we travelled to Katanning.

It is top of the range; bells and whistles throughout. The screen

and dash technology, effortlessly engaging. A 2.0 litre turbo petrol engine, seven speed automatic gearbox, all-wheel drive. Great fun to drive; more so on a long drive. And infinitely more invigorating than a swim at Scarborough Beach on a chilly June morning. I was reminded of the silliness of the fascination with SUVs. A great sports sedan remains an extremely better driving experience.

The Audi quietness is absorbing; my grumpy travelling mates fell asleep before we hit the Albany Highway. Fortunately I was able to drown the snoring with the exquisite sound sys-

tem playing *The Wonder Years* soundtrack; a perfect accompaniment.

The Premier Mill Hotel at Katanning is marvelous although it makes the rest of the town feel tired and unloved. The locals seem to have their coffee meetings at Dôme which has been exquisitely incorporated into this fabulous development. It's almost a sanctuary and supremely superior to the overcooked chips and meat pie on offer, just a few doors down. Cliché and no longer acceptable.

As the Premier Mill Hotel website reminds us, Katanning is one of those great places; towns that lie halfway

between here and there and not far from anywhere (find out more at www.premiermillhotel.com).

The drive home to Perth was an experience which will be discussed for generations. One of the more proficient travellers fell asleep in the back seat, looking comfortable; but again with the snoring.

Exasperatingly, the cruise control on the Audi A6 failed to engage. There were lights on the dash that were inexplicable. More than 350kms without cruise, was dispiriting. A first world issue. Turns out the backseat sleeper Ray inadvertently

jammed his car keys into the middle rear seatbelt, rendering the usually reliable Audi technology disabled. It only returned to normal once the aforementioned, sleeper Ray, alighted on our return to Perth. Audi recognised the safety issue.

Day trips with the right company can and should be a delight. Our day trip to Katanning was indeed that. Blended with one of the finest from Audi, a day trip to Katanning, a trip which we will laugh about for years to come.

But I recommend you don't buy the grossly overcooked chips down the road!

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ADVERTISING FEATURE

travel options for the mature west australian



WESTERN Australia has led the way in its handling of the coronavirus pandemic, and we are fortunate enough to be able to return to a fairly normal life this month.

Who can say when our state and international borders will open, but I think the majority of Western Australians agree they are happy to stay in this almost virus-free bubble.

As we all know many

tourism businesses have been severely affected by the restrictions enforced by the pandemic so now more than ever, we need to buy locally where possible and support them. The State Premier Mark McGowan said it was our civic duty to wander out yonder and experience all that is on offer in our beautiful state. I am sure many readers will heed this call.

We have some lovely destinations featured in this month's travel section including the much under-rated central wheatbelt region.

One of my friends took a four-day holiday touring the towns of this region and said it was so beautiful to discover a part of WA she hadn't visited before with friendly people, good accommodation and lots of interesting sights to see.

Our south west is always a popular tourist destination and this month we highlight some of the lesser known spots of interest to visit on your meanders.

If you don't want to drive yourself, many of our tour companies are offering a comprehensive selection of extended tours throughout WA. Jump aboard and have some fun while making new friends and take advantage of everything being organised for you.

We will announce the winners of the two night accommodation package from Seashells in next month's issue. If you

are the lucky winner we will contact you by telephone prior to publication.

If you have a travel issue, would like to send in a photo from a recent holiday or share some information, don't hesitate to contact me on email. Our website also has a selection of great travel information which is updated regularly, visit www.haveagonews.com.au

Happy trails

Jennifer Merigan
Travel Editor



Grand Pacific Tours launches online magazine



L-R; Online magazine Haere Mai - Grand Pacific Tours managing director, Peter Harding

THROUGHOUT 24 years of operating New Zealand coach holidays, Grand Pacific Tours has provided thousands of travellers with the holiday

of a lifetime.

Grand Pacific Tours managing director, Peter Harding said: "since mid-March this year we have faced one of our biggest challenges to date in dealing with COVID-19. This has seen travel to New Zealand and around the world come to a standstill. While this has been a tough period for the travel industry we have remained optimistic as we face this unprecedented period with confidence.

"New Zealand reached a milestone recently, moving to level one restrictions. This means we are one step closer to the Trans-Tasman borders opening, and now is a great time to consider New Zealand as your next holiday destination.

"We offer a range of all-inclusive, escorted New Zealand coach holidays for over 50s, full of authentic, innovative and educational experiences.

"Although only several hours away by flight, New Zealand is unique and unlike Australia, it really is a world in miniature. You can go from one side of the country to the next and think you've travelled through several.

"We are excited to

launch our new online magazine *Haere Mai*, to inspire and help invigorate New Zealand travel dreams. In Maori, the phrase *Haere Mai* is a greeting, a welcome, and we invite readers to come in and join our whanau (family)."

This first issue follows a 'Dream Now, Travel Later' theme. Grand Pacific have filled more than 60 pages with inspirational thoughts, stunning imagery and motivational stories.

"A key highlight of the publication is our Ultimate Small Group Touring program, a VIP travel experience commonly referred to as 'Business Class on Wheels'. Be dazzled by the purpose-built Ultimate Coach featuring only 20 luxury leather seats, panoramic viewing and a level of comfort unparalleled by any other vehicle.

"For those travellers who have already been to New Zealand and want to return and see another part of this special country, learn about our new Top of the South Island itinerary. Explore regions not visited by any other coach company, making it a truly unique holiday.

"Enjoy the outdoors, experience local food and wine and get off the main roads and experience some of the South Island's native wildlife and natural beauty.

"You will also enjoy Great Kiwi Firsts by respected, retired journalist, Frank Morris. Have some fun with kiwi tea towels, mouth-watering recipes and plenty of competitions."

Visit the *Have a Go* News website travel section to access your online copy.

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	THE GHAN EXPEDITION	7 TO 13 SEPTEMBER 2020	\$4,990	\$5,190
	WHITSUNDAYS	14 TO 20 SEPTEMBER 2020	\$3,950	\$4,550
	ICONS OF SOUTH AUSTRALIA	25 SEPTEMBER TO 4 OCTOBER 2020	\$4,990	\$5,890
	KING ISLAND	28 SEPTEMBER TO 3 OCTOBER 2020	\$4,190	\$4,790
	WA SILO ART & HERITAGE TOUR	15 TO 19 SEPTEMBER 2020	\$1,790	\$2,250
OCT	TULIP FESTIVAL - VIC	3 TO 8 OCTOBER 2020	\$3,590	\$4,050
	MURRAY PRINCESS - SA	15 TO 23 OCTOBER 2020	\$4,450	\$5,500
NOV	NORFOLK ISLAND SPLENDOUR	25 NOVEMBER TO 4 DECEMBER 2020	\$4,750	\$5,590
DEC	XMAS IN ALBANY	21 TO 26 DECEMBER 2020	\$2,490	\$2,990
	XMAS IN ADELAIDE & THE CLARE VALLEY	21 TO 27 DECEMBER 2020	\$3,950	\$4,750
JAN	GREAT SOUTHERN RAILWAY ADELAIDE TO BRISBANE	21 TO 27 JANUARY 2021	\$4,190	\$5,190
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	NEW ZEALAND RAIL & COACH TOUR	12 TO 31 MARCH 2021	\$7,990	\$10,440
	NORFOLK ISLAND SPLENDOUR	17 TO 26 MARCH 2021	\$4,890	\$5,890
	THE BEST OF SOUTH AUSTRALIA	19 TO 29 MARCH 2021	\$5,690	\$6,950
	AUTUMN FLOWERS, FOOD & WINE - VIC	25 TO 31 MARCH 2021	\$4,190	\$4,950
APR	EASTER ON THE MURRAY PRINCESS	1 TO 9 APRIL 2021	\$4,790	\$5,890
	FOLLOW THE MURRAY RIVER - SA	27 APRIL TO 8 MAY 2021	\$4,990	\$5,990
	ALICE SPRINGS & ULURU - THE RED CENTRE	29 APRIL TO 4 MAY 2021	\$4,150	\$4,950

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ADVERTISING FEATURE



travel options for the mature west australian

Tips to keep you fishing and avoid the mid-winter blues



The perfect spot and the perfect size bait for a big winter snapper

by Mike Roennfeldt

YOU know those horrible periods in the middle of winter, days of rain and strong winds with no end in sight. The ocean is a mess, dirty water and masses of weed fouling up the coastal shallows. Beach fishing is all but impossible and you wouldn't even think of venturing out in a boat. So what options are there for those who can't go without their regular fishing fix?

There are only a handful that I can think of. The first is pretty exciting, but probably only for the younger, fitter anglers who don't mind getting drenched with spray from waves smashing into the rocks. You see, it's in these sorts of conditions that big pink snapper come in close to feed,

picking up disoriented baitfish or shellfish that have become dislodged from their hidey holes amongst the rocks.

Places like North Mole and most of the marina rock walls that have proliferated along the metro coast in recent years are prime spots for this sort of fishing. But it can be mighty uncomfortable. Long, strong rods loaded with fairly robust line of around 15kg breaking strain are the way to go because you might have to keep the line as high above the water as possible to avoid close-in floating weed, with enough power in reserve to muscle a big fish in close to the rocks. Monofilament is a better choice in main line than braid, thanks to its much higher abrasion resistance.

A heavy sinker to keep the

bait fairly stationary is a good idea and big, tough baits like a whole yellowtail or small herring are advisable. A long pole gaff is indispensable, because no fish is worth risking your life for if you have to scramble down close to the water to make a gaff shot. For those who fancy catching a big storm pinkie but aren't nimble enough on their feet to try the rocks, there are a handful of disabled fishing platforms along the coast, but disabled anglers have right of way at all times. Cockburn Sound jetties offer another alternative when fishable.

Another, less extreme option is to try and tempt a black bream or two in the more sheltered confines of the Swan and Canning rivers. In winter, bream like to hang about in close to struc-

ture such as jetties, bridges, boat pens and mooring areas. If you are one of those who still enjoys catching them on bait rather than lures, the trick is to get the bait right in amongst the structure. At places like Canning Bridge, where there is enough timber in the water to build another Noah's Ark, this can present some challenges if you hook a good fish.

Or you could just stay at home and wait for a couple of calmer days. As inshore waters start to clear after a blow it's not unusual for many of our bread and butter species to come back on the bite strongly. If the last option sounds more like you, why not put the down time to good use and engage in a little tackle maintenance, so that when it starts again, you're ready to go.

Great value rail and coach packages



Source: @NorthamAvonlinkSupportersGroup

CLUB 55 Travel is happy to announce an affordable range of two-day weekend getaway rail and coach tours to help people get out and about after months of isolation.

Prices start from only \$210 for Bunbury and Gnomesville, staying at the Lord Forrest Hotel. There's a two-day Avon Valley and Ghost Tour at

\$230 or a two-day Busseton and Abbey Beach Resort for only \$250.

All include a relaxing train ride with departures from Perth, Midland and Armadale depending on which tour is chosen.

Free membership signup and full itineraries can be viewed and booked on the web site www.club55.com.au.

Plan a visit to Toodyay

TOODYAY is 85km north east of Perth and is a quiet country town steeped in history. It makes the perfect place for a day trip or an overnight stay and is a good base to explore the Avon Valley.

The town has a variety of attractions including two museums, boutique shops, emu and kangaroo experiences, wineries and eateries.

The Toodyay Miniature Railway runs on first and third Sunday of the month from April until November from 11am to 3pm and Wednesdays during school holidays.

There are lots of walk trails throughout the town and nature reserves. The Bilya Walk Track follows the river for more than five kilometres with lots of opportunities to spot the local bird life.

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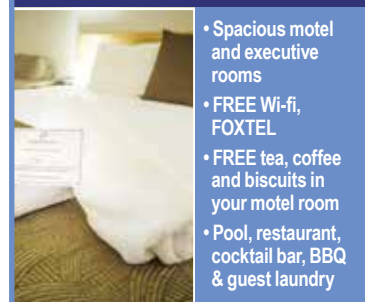
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Winter is the perfect time to discover the killer whales of Bremer Bay



Left to right; Mick Cross - Shipshape: Alison Maree

by Lee Tate

THE massive head of one of nature's most-feared ocean mammals pops up next to the charter boat, to the squeals of delighted, camera-wielding passengers.

Orcas, or killer whales, have become the hottest tourist tickets for the region, raising Bremer Bay from virtual obscurity to a world-watching fascination.

"It's different every time," smiles Mick Cross, a prominent Bunbury businessman who, with son Paul, was a founding father of the seasonal sea expeditions.

Entering their sixth season, the team has delighted international scientists, marine biologists, tourists, government officials and locals.

With one of the world's biggest populations of

orcas, the Bremer Canyon is also a favoured destination for whales including hump backs, pilot, southern right, beaked and occasionally, the world's biggest-ever creature and gentle giant, the blue whale.

During an official government sea-site inspection, an eight-tonne orca breached next to the 73ft boat, *Alison Maree*, leaving a life-long memory as well as splendid, close-up im-

ages captured by professional photographer Keith Lightbody.

The WA nature photographer and former science teacher has been along for the ride since the expeditions first launched, along with Esperance filmmaker and shark expert David Riggs.

The true tale of the Bremer Canyon's magic offerings is legendary and led to amazing discoveries, a new tourist hub and a marine documentary – *Search for the Ocean's Super Predator* shown on the ABC.

In 2003, David Riggs filmed a 3m-long great white shark being fitted with an electronic tracking tag.

Nearly three months later the tag washed up on a beach. The massive shark had been eaten alive by something even bigger. But what? Giant squid, orcas or a monster shark?

David's investigations proved the attacker to

be a huge great white shark, while his trips across the continental shelf also turned up revelations about life and death in some of the world's deepest canyons between massive underwater mountains.

About 20 nautical miles (37kms) out from Bremer Bay Boat Harbour, there is an amazing concentration of sea animals, including an area over several kilometres dubbed the 'Patch', a favoured orca hunting ground.

Mick says their Naturaliste Charters expeditions often come across these orca hunts, sometimes witnessing whale kills by orcas. An abundance of squid undoubtedly adds to the orcas' feed.

Even 60kms out to sea, tourists may sight albatross and other seabirds, flying fish, sea lions, fur seals, dolphins, great whites and giant sunfish with a guarantee if orcas aren't sighted

they are invited to make another trip.

"It's a very rare occasion when we don't sight orcas in the season (best in February-March)," Mick tells me.

"Our success rate is more than 90 per cent. Some orcas now know the boat and come in close and gently roll over," he said.

There are more than 150 orcas, in family pods, in the Southern Hemisphere. Orcas are a toothed whale and apex predator, largest of the 35 species of ocean dolphins and can swim at up to 30 km/hr.

Each trip includes skipper Paul, crew, a marine biologist, professional photographer and perhaps a biology student and sometimes a visiting scientist or official underwater mapper.

A regular visiting marine specialist is Michi, flying-in from Japan for each orca-watching season. The vessel

is also put to use for whale-watching trips out of Augusta, Albany and Dunsborough (June-December).

Whereas on Australia's east coast, whales can only be sighted going one-way each year, WA gets two bites when whales migrate north and when returning with their young.

Bremer Bay is a two-hour drive from Albany (a bus also goes out from Albany) and five hours drive from Perth. For 8.30am expedition departures, passengers would need to stay the previous night, ideally for two nights in case unsuitable weather pushes the ocean trip back by a day.

Options are two caravan parks with chalets, camping sites and vans or in the Bremer Bay motel. Booking early is highly recommended to ensure a place.

Go to: www.whales-australia.com.au/bremercanyonkillerwhales/

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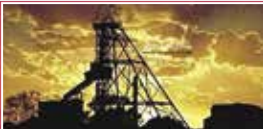
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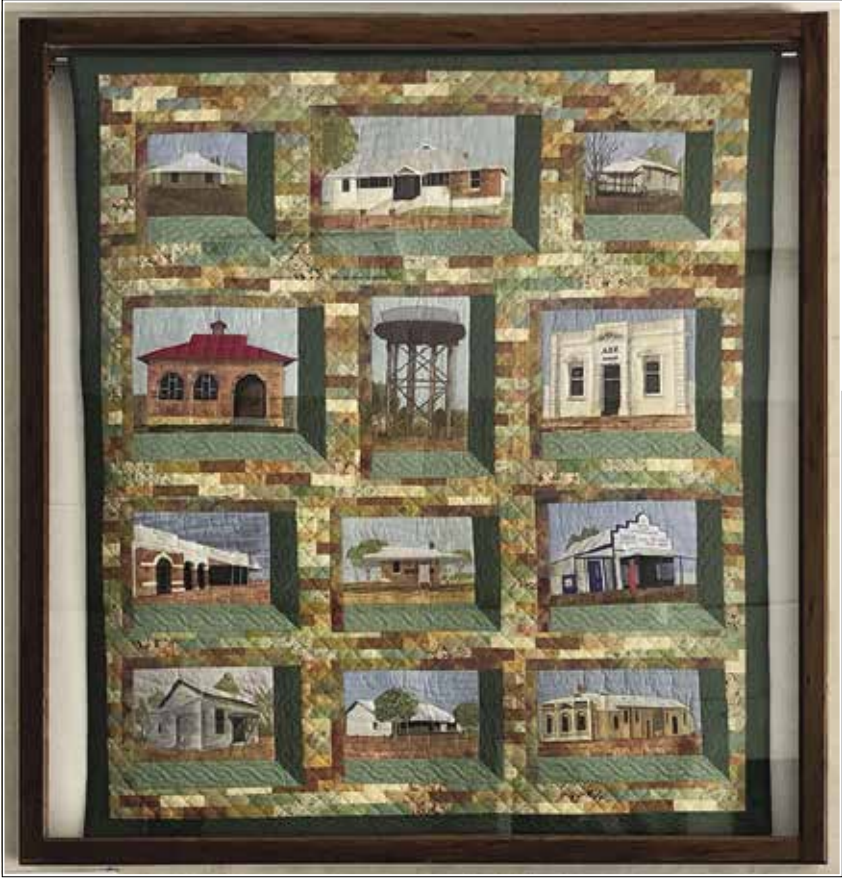
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Kalbarri Skywalk - DBCA



Ivy's colourful and detailed quilt depicts Wickepin's interesting history



L-R; Ivy Rose O'Sullivan's colourful quilt - W.Hessen General Merchant

by Josephine Allison

THE colourful quilt depicting some of Wickepin's historic buildings on the wall inside the district resource and community centre bears testimony to this beautiful little town, which I visited late last year. Fortunately I was able to track

down the quilt's creator, Ivy Rose O'Sullivan, who now lives in Perth, but whose family has long links with Wickepin. Ivy produced a booklet *A Town Is Born* in 2003 to accompany the quilt project. "I really undertook the project out of my interest in

quitting and machine embroidery at the time," she says. "Like topsy it just grew. I began with the post office (1909) and enjoyed that, from there it just kept growing as did my interest. It wasn't even meant to become anything in particular to begin with.



"I did some research at the Battye Library and it just sparked further interest. "Then amidst all this Wickepin opened Albert Facey House and had an art exhibition to commemorate the occasion. And so one thing led to another and I entered the completed quilt. It won all the prizes in its category plus best entry. Really, that was about the end of it at the time." Ivy says she folded up the quilt and stored it away. Her mother passed away in 2001 and her husband the following year. "After that, I decided I needed to pass on the quilt as I had no use for it. I contacted the shire president and offered it to the shire. My siblings and I agreed to pay for framing the quilt and donate it to the district as a memorial to the local pioneers." Ivy says the materials

she used for the quilt were bits and pieces she had, nothing fancy. "The whole thing was just something that grew, I haven't done anything else like it. In fact, I don't even sew any more." Ivy left Wickepin when she was 21 to work in Perth and only visited for holidays when her parents were on the farm. But she undertook the quilt project to commemorate the birth of Wickepin and the birth of her mother in 1909. Ivy says in her booklet: "In 1906 the government purchased 40 acres of land and proclaimed the town of Wickepin. Some of the buildings seen on the quilt date from this early period, most significant are the railway water tank (1908) and the railway station, both of which take up the most central position on the quilt, and which I believe to have been the hub around which the town

grew up. "My aim was to portray the essential elements of a growing town, therefore I decided there were certain specifics needed to sustain a healthy population. These are universal and will be found in every flourishing society. "They are its people and family life, health services, law and order, communication, water, financial services, hospitality, transport, commerce, spirituality, education and community gathering. In about 1996 I set about finding suitable photographs dating back as far as possible, and obtaining information about the origins and history of the various buildings." As for the process of creating the quilt, Ivy says people viewing it will notice there is little uniformity in the sizes of the pictures. "This was due in part to my having no plan as to how I would finally assemble the work. It began as isolated units, hand drawn from the photos and very spasmodically, due to the pressure of work I was doing at the time. Later I used a photocopier, enlarging images until I had the required size, then tracing off these. "Since my major skill is in machine embroidery, that was the main method used to describe the buildings. Many of the fabrics have been hand-dyed,

using various techniques and, in keeping with the pioneering spirit of the work, many of these were recycled flour bags. "Once I had all the pictures completed I realised the difficulty in putting them together as one piece of work. What would I use as a background, how would I unify the work? Eventually I decided to make up a randomly pieced background from the colours that depict the general landscape of the district. "The pictures were then "framed" and hand applied onto the background. Finally, the whole was put together in quilt form and hand-quilted." The quilt is a must-see for people visiting Wickepin. Apart from Albert Facey House, the town has great walks, a barbecue area, children's playgrounds and a well-kept local swimming pool with colourful wall murals. There is a wildflower trail to Harrismith and a must see is Lake Toolibin, the last seasonal freshwater lake left in the WA Wheatbelt. People looking to explore country WA will fall in love with this delightful town, as I did.



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Meet Lily the Dutch windmill in the Western Australian Wheatbelt

by Frank Smith

WINDMILLS in the Australian bush usually means pumping water, not grinding flour. But WA has one exception. Pluen and Hennie Hitzert have built the Lily, an authentic replica Dutch mill, out of recycled bricks. It is a working windmill complete with sails turning in the wind and wheat being ground to make bread flour. More recently they have added a restaurant, based on bricks and timber from Gnowangerup railway station, a small

vineyard and guest accommodation units in a replica 16th Century Dutch cottage. Pluen and Hennie moved to Borden, just north of the Stirling ranges and some 100km from the port of Albany in 1982 and bought a 20 hectare plot of land. Pluen researched his project in the Netherlands and the result was the Lily Windmill, an authentic 16th Century design brick "ground-sail" mill. "Windmills are pretty well forgotten in Australia, but at one time there were 80 in WA," said Pluen.

"There were also 1500 wind-driven sawmills." The five storey full sized windmill, with its 22 tonne cap and a sail length of 24.6 meters, is one of the largest traditional windmills ever built in Australia. "Building is my hobby. Hennie and I have been doing it together for 37 years." At first the completed windmill provided accommodation and a small café, but soon the Hitzerts decided it was too good to live in, so they turned it into a fully operational flourmill. They brought two

three-tonne millstones from Holland, with the help of a federal government grant. Then they constructed wooden milling machinery with the help of a group of millwrights who came over from Schiedam in the Netherlands. The Lily now produces stone-ground flour for sale to visitors and for baking bread for the restaurant; it is the only fully operational flour-producing mill in Australia. Pluen has added bread-making skills to his considerable repertoire, while Hennie runs the Windmill Restaurant specialising in Dutch treats such as broodje kroket, matjes herring fillets, rollmops and bitterballen. "We can't compete with the roller flour mills, so we specialise in organic spelt flour," said Pluen. "Spelt is the mother of all wheats. It fits our windmill and makes beautiful bread. It is also suitable

for most people with gluten intolerance." Spelt is grown locally and commands a premium price. Grain yields come out around 2.5 tonnes/ha, but that includes the husk. "We lose about half the weight in the dehulling process. It is a costly exercise to clean it, around \$600/tonne. "And you can't get it all off. Spelt grinds really well on the stone and it is more pleasant to grind than wheat." It is also much less dusty. "The only way to make money with wine is to sell direct," said Pluen. "The cellar door needs something else to attract people. With windmill, wine, spelt bread and authentic Dutch cooking, not to mention the Stirling Range as a backdrop, it is no wonder tourists stop on their way to Albany and Bluff Knoll.



Hennie and Pluen Hitzert standing in front of Lily the windmill

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Lions Clubs of Western Australia have been running this former forestry village for the last 48 years. What started from the foresight of one Lions Club member to establish a camp for underprivileged children in 1972, has now morphed into a first-class holiday destination used by thousands of Western Australian families.

This would not have been possible without continued support from the Department of Parks and Wildlife, from which Lions lease the village.

Starting off with nine cottages which

have been refurbished over time, Lions have added three Nissan huts converted into dormitory accommodation, and a commercial kitchen with dining room for groups and schools.

Patronage mainly consists of the same people returning time after time. Once having visited, even if only for a few days, the draw of the village and surrounding woodland is hard to resist. Lions have kept all cottages in good condition, albeit of a basic nature and there is no TV or mobile coverage – bliss.

The beauty of staying at the village is the opportunity to spend time walking the many walk trails, visiting Barna Mia, a sanctuary for endangered marsupials

where people can see bilbys, boodies and many more native animals in a natural setting.

Sitting on the front veranda overlooking a huge paddock where mobs of kangaroos spend most of their time, is a joy. Birding groups from all over the world visit due to the abundance of bird life in the area. At night, visits by possums are regular and the night sky, free from ambient light is just spectacular.

The board of management, consisting of volunteer Lions members representing all Lions clubs in WA, consider it a privilege to be given the opportunity to maintain this Heritage listed village for future generations.

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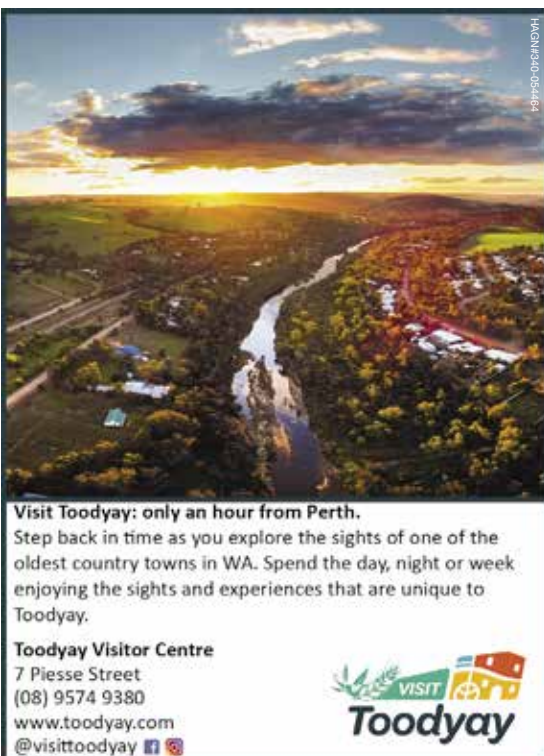
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WINTER IN THE WEST

let's gotravelling

Meet the lavender lady of Nannup and discover her fabulous farm



Heather Walford with lavender koala

by Lee Tate

FLOWER-LOVING Heather Walford is the lavender lady.

When Heather dipped her tentative toe into the metaphorical waters in Nannup, she was swim-

ming against the tide.

After all, Nannup is known for its annual, stunning tulip displays and lavender was untested and largely unknown as a commercial flower anywhere in the region.

Fast-forward 20 years

and Heather pulls in the tourists to her lavender lair on a property on Nannup's fringes as well as for her lavender products in a main street shop.

"I like all flowers and when I was looking to create a business, it was clear that tulips had only a short season so I looked at what other flowers I could grow.

"Lavender can tolerate full sun in Australia and doesn't need much water," she said.

With her rocky patch of earth, Heather did her homework and has planted herself firmly on the tourist track for lavender lovers.

The half-hectare is too rocky for rabbits to come

eating the lavender but the flower is popular with bees.

In the home, lavender – with its camphor – is used to repel insects including silverfish and moths.

"And scorpions," laughs Heather who explains that in a movie, Russell Crowe used lavender to keep away scorpions and the practice caught on.

Heather, 57, and husband Rob Marshall set up Nannup Lavender Farm on the barren, abandoned paddock in 1999.

"Rob brought with him his tractor from Busselton, a sturdy Massey Ferguson."

They were committed to sustainability and grow their own vegies and col-

lect all their own water from their big dam while generating electricity from solar energy.

Their trusty helper has been Heather's 91-year-old dad, Ralph, who also lives on the property, 10 minutes from town.

They've also made room for a small, unpowered campground to accommodate tents, camper trailers, camper vans and caravans.

"We have a flat, shady grassy area under chestnut trees, perfect for camping from April to January," Heather says.

It's ideal for small groups of adults wanting to explore the Blackwood River Valley, Southern Forests

and Margaret River to Augusta areas from a central base.

The little team cuts and dries the lavender which is at its best colour in December-January. The blooming season can start as early as June in WA's north and enters its prime during spring (September to November).

Heather also produces oils for lavender sprays. These are favoured by some people for applying to pillows to encourage restful sleeps.

Her shop is generously-endowed with lavender and other products that are far from run-of-the-mill gifts and souvenirs.

She's been a familiar

face at regional events and has been involved in the local flower and garden festival as well as the annual music fests.

Giving us a guided tour of her popular shop, Heather picks up a tourist-favourite cutie: Lavender Koala (\$32), which turns out to be a cuddly heat pack. Of lavender, of course.

Details: info@nannuplavenderfarm.com. Phone 0428 302 370. www.nannuplavenderfarm.com



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The Kimberley Dreaming nine-day tour departs 14 August, and is fully accommodated (that means no camping).

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WA's wildflowers bloom



L-R; Villa director, Margaret Buswell
- wildflower image by Wendy Payne

WILDFLOWERS started to bloom up north just as Western Australia's regional borders reopened last month.

Villa Carlotta director, Margaret Buswell said she was delighted that restrictions had eased in time for the annual wildflower season.

"Wildflower tours have always been popular with our passengers, and we are thrilled to be able to operate them as usual again this year," Ms Buswell said.

"With easing of restrictions, we've been overwhelmed with bookings as our passengers are understandably keen to embark on well-deserved holidays."

"What better way to brighten your outlook than with a tour to see some of our State's most spectacular wildflowers?"

"We have a range of tours operating this winter and spring to wildflower hotspots in the South West, Coral Coast and Golden Outback."

"We are particularly excited about our upcoming Kalbarri tours, as we are looking forward to stepping out onto the new Kalbarri Skywalk viewing platform, which provides a beautiful bird's eye view of the National Park below."

Villa's specialist wildflower guide, Wendy Payne said: "Although there is always something flowering in the Australian bush, spring holds the promise of flowering en masse in response to winter rains. As the winter rains begin in the Mid West, the wildflowers are celebrating."

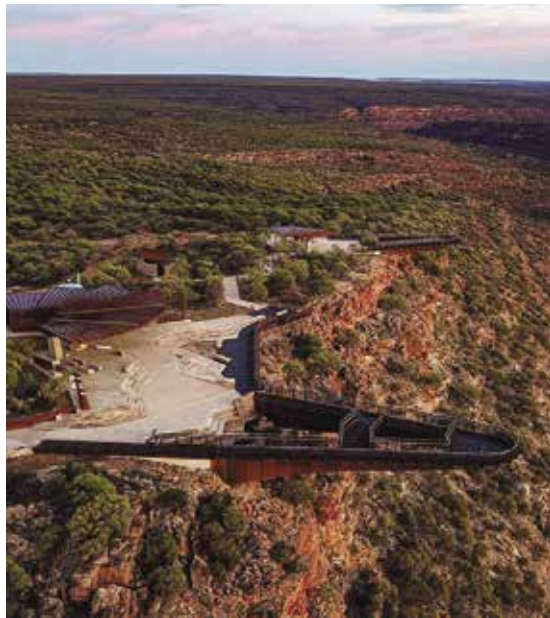
"In Kalbarri, it's a double celebration of both rain and the opening of the new Kalbarri Skywalk."

"Early wattles and Guinea flowers are beginning the show with a shower of gold to go with the purple haze of Thryptomenes."

"Grevilleas and half sided bottle brushes are adding their splash of red and early Hakeas are beginning to bloom," Ms Payne said

Please call Villa on 1800 066 272 to secure your place on an upcoming tour or visit www.villa.com.au

Get ready to touch the sky at Kalbarri's Skywalk



Kalbarri Skywalk © Department of Biodiversity, Conservation and Attractions

THE newly opened Kalbarri Skywalk is a welcome addition to the

Kalbarri National Park and is already proving a popular drawcard with

tourists and locals alike.

Located at West Loop lookout, the structure features two cantilevered viewing platforms that offer soaring views of the Murchison Gorge, river and surrounds. The platforms project 25m and 17m beyond the gorge rim, and more than 100m above the river. The site also provides toilets, shade shelters, parking, interpretive artwork, improved road infrastructure and a soon-to-open kiosk.

Kalbarri is a part of the traditional lands of the Nanda people, in the Yamatji region of Western Australia. The entry sign 'Kaju Yatka' is the Nanda words for sky and to walk.

Inspired by the region's Aboriginal heritage and beauty, several local indigenous artists

have created interpretive artwork as an important part of the Skywalk experience. This includes the Beemarra serpent, central to the dreaming story of the Nanda people, sand-blasted into the path to guide visitors, and message sticks welded with Aboriginal art to make a forest near the entrance of the Skywalk.

A six-hour drive from Perth, Kalbarri is well known for its combination of coastal and inland landscapes. The spectacular coastal cliffs provide an excellent vantage point to view humpback whales on their annual migration down the coastline between June and November each year and access to some of the State's most spectacular wildflowers.

Inland sites provide

stunning vistas and plenty of established walking trails for beginners through to experienced hikers. In addition to the new Skywalk, lookouts are available at Ross Graham and Hawk's Head, all easily accessible from car parks, along with the famous Nature's Window, one of Kalbarri National Park's most iconic landscapes.

The inland gorge sites of the National Park are open from 6am to 6pm daily (from sunrise to sunset), at a cost of \$15 per vehicle (carrying up to 12 passengers). All coastal sites of the Kalbarri National Park are free to visit. For more information on the Park, visit parks.dpaw.wa.gov.au/park/kalbarri. There are no additional costs to access the Kalbarri Skywalk.

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Heading off the beaten track with Pemberton Discovery Tours



Left to right; Toni and Graeme Dearles - Yeagarup Dunes - arkana in wildflowers

by Lee Tate

ECO-TOURISM is more than a buzz-word for Graeme and Toni Dearles who, for more than 20 years, have been true to their vision of providing nature with adventure for visitors to the south west.

Their Pemberton Discovery Tours takes tourists into otherwise inaccessible big-timber country that kisses the coast in a glorious splash of nature's best.

Heading out with your host Graeme at the wheel of his 4WD, you will encounter seasonal coastal heath wildflowers throughout the Warren and D'Entrecasteaux National Parks where our famous towering trees stand tall.

This is truly off-the-

beaten-track and an ideal time for tourists to be told about the unique, dramatic countryside and learn about the geography, plants and animals that make this region so special.

Rain or shine, to be amongst the tall timber is a humbling experience. With hosted, tailored tours taking you to places you would be unaware of, you can relish it in half-day and full-day adventures.

From out of the forest, you come upon the Yeagarup Dunes, the biggest landlocked sand-dunes in the Southern Hemisphere.

"These sandhills are moving four metres a year," Graeme tells us.

"We take people to the top where the views,

30 metres-up, are magnificent. The attractions in our Southern Forest National Parks are unforgettable and our guests constantly tell us that."

We are immersed in old growth karri forest which many of us Perth people haven't visited since school days. International guests can't stop taking photographs, usually featuring person-with-tree comparisons.

Yeagarup Beach is accessible only by 4WD and you might be tempted for a jog along this stretch of pristine coastline from the Warren River to the Donnelly River. Graeme lets out air from the tyres and the car cruises effortlessly along the sand.

The Warren River mouth, where river meets

ocean, opens and closes depending on the seasons.

As Graeme steers his passengers through the bush tracks, one tourist, aged 96, jokes to him: "Graeme, go faster. I'm not dead yet."

We don't want our trip to end. We take morning tea and too soon it's lunchtime (with hampers prepared by local cafés) with a stop at an off-road camping site at Yeagarup Hut.

Our amiable tour guides Graeme and Toni started the business in 1999 after meeting on the Goldfields where Graeme, 48, was an industrial chemist involved with mineral exploration.

Toni's parents had chalets in Pemberton, so it was logical for them

to pursue their tourism-based hopes from the town and they introduced hire-bikes for use on the now-popular mountain bike trails. (The bike-hire business is now provided by another operator).

Parents-of-two Toni and Graeme love to direct visitors to Pemberton's main attractions, including eateries and other service providers, as well as highlight the animals visitors might see, including emus, white-tail cockatoos, roos and mallee fowl.

Having been immersed in the fabric of the town, the couple speak with authority with their business constantly snapping-up many tourism awards.

Graeme was on the board of the Pemberton Visitor Centre and the Tourism Advisory Committee for Parks and Wildlife. Toni, a Bachelor of Science, joined the Chamber of Commerce, along with other organisations.

Prior to COVID-19 international and national tourists were growing. Perth people still find Pemberton popular, seniors sometimes take the train from Perth to Bunbury and then the bus to Pemberton.

Prices for tours, including national park entry fees, are: \$125 adults, \$115 concession, \$65 children.

Go to: www.pembertondiscoverytours.com.au. Phone 9776 0484.



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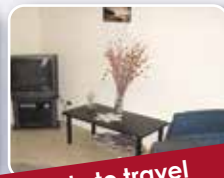


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Downsizing

ADVERTISING FEATURE



Home builder and building bonus schemes provides some help to downsizers



by Frank Smith

DOWNSIZERS may be able to take advantage of more than \$45,000 in grants when moving to a new house or one under construction.

The WA State Government is offering grants of \$20,000 to both own-

er-occupiers and investors who build a new house. The building bonus scheme is not means tested and there are no limits to the value of the completed house.

Homebuyers who purchase a property in a single-storey development which is already under

construction - such as a townhouse development - may also apply for the grant.

This scheme follows shortly on the Federal Government's HomeBuilder scheme which will provide grants of \$25,000 to people building a new home or renovating an existing home using at least \$150,000 of their own money and subject to an income cap of \$125,000 for a single person.

WA homebuyers who meet income criteria for the federal package could receive \$45,000 in government assistance, rising to \$69,400 if they are also eligible for the \$10,000 first home own-

er grant and stamp duty concession.

The WA Government is also extending a 75 per cent stamp duty rebate, which was offered last year for off-the-plan apartments, to other apartment projects currently under construction.

Both WA and Federal Government schemes will run for six months.

The Federal Government scheme has come under criticism that the HomeBuilder scheme from Brendan Coates, of the Grattan Institute writing in *The Conversation*.

He says to be eligible, grant recipients have to sign a contract with a builder by the end of the year. That is not much

time to purchase land, obtain planning consent and start building. As a result many of those homes would have been built anyway.

Mr Coates says the scheme won't support many construction jobs either, but it is a big win for developers selling house-and-land packages on the urban fringe.

Downsizers who may benefit are those planning to move to a land lease community where the house is individually owned but the land leased, often offering facilities similar to a retirement village.

People already planning their move to a new home or a retirement

village where individual homes are owned outright, rather than leased, are also helped by these schemes.

Mr Coates says it would have been better to fund the states to build new social housing or refurbish existing homes, as the Rudd government did during the global financial crisis.

The WA Government has avoided this criticism by providing \$319 million for building, buying, renovating and maintaining social housing.

Of this \$80 million has been allocated for maintenance programs for 3,800 properties in regional areas, including homes in Aboriginal com-

munities and for government workers.

The WA social housing package is intended to provide 1,700 jobs, with 780 of those in the regions.

Housing Minister Peter Tinley said the funding allocation met several objectives.

"This stimulus package main objective is to support jobs," he said.

But it will also help renters, reduce homelessness and improve the quality of regional housing.



Men's Shed reopens

CANNING Community Men's Shed has reopened and is available for men to join in on woodworking activities and friendly companionship.

It is now operating at its new premises at Unit 3, 110-114 Bannister Road, Canning Vale.

They meet from 9am to 12 midday Monday to Friday with half an hour for coffee and a friendly chat. People with disabilities are welcome and have a specific workbench available.

No woodworking experience is necessary and assistance is available if required.

The Shed is well run, well equipped and is COVID ready.

For more information contact Ian on 0412 9148 96.

Protecting park home residents

GREATER protections for people living in park homes in Western Australia are one step closer after new laws were passed by State Parliament.

Changes to the Residential Parks (Long-stay Tenants) Act 2006 will give tenants who rent a site or a home in a residential park better clarity with contracts and costs as well as set new rules relating to terminations.


Long-stay tenancies can involve living in a caravan, mobile home or park home located within a caravan park or lifestyle village. The changes follow extensive consultation with tenants, operators and the community generally.

Commissioner for Consumer Protection Lanie Chopping said these extra protections are important for the members of our community who rely on residential park living as an important and viable housing option.

"As these residents usually own their home but only lease the land on which it sits, they are sometimes lacking protection, so I expect these new laws will give them greater confidence and security," Ms Chopping said.

"I believe the laws strike a fair balance between upholding the rights of tenants and maintaining the financial viability of the park for operators."

Work on developing standard agreements, disclosure material and other regulations has now begun which, when completed, will see the new laws implemented.



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Downsizing

ADVERTISING FEATURE



New horizons inspire fresh ideas to make over your living spaces



by Zofia St James

THE year seems to be flying by and we are finally emerging back into reality... albeit a modified one.

Sitting on a cafe strip people watching, I think supermarket and other retail shopping has taken on new meaning for

people and gives them more joy. For this I'm so grateful.

As a personal stylist and shopper for many years, I have taken notice of people enjoying being able to look, touch and try products, it is indeed something that the convenience of online shopping will never be able to fulfil. So, I encourage people to get out there and enjoy some much-deserved retail therapy, lunch and make a lovely day of it.

This year we have all felt the challenges of change which never sits terribly well as we all rather like the reassurance of

a constant.

However, sometimes a curve ball thrown at you is just what you need to be reminded how quick we are to rise to the challenge of catching something new and running with it. This year has been like that for me, but what has arisen from those ashes is the greatest opportunity since I created the Westfield styling service and ran that for a wonderful six years.

I'm thrilled to share that I have been appointed the interior designer and sales executive for the Sherlock Homes Group.

I look forward to assisting clients to style their

homes in order to present them for sale as well as working with clients to design the interiors of newly purchased property. And as you are aware it's the downsizers who are my favourite focus. I look forward to bringing you profiles, stories and before and after pictures of homes that I makeover.

This week I visited the city to have a look through Pottery Barn and West Elm. Their stock has always had a point of difference, offering great style at an affordable price, with everything from homewares, furniture, rugs, lighting, soft furnishings, window

treatments and bedding.

They are a one stop shop providing the opportunity to see how everything could work together for those who may need a little more help to visualise a styled room.

In each area professional consultants will help you put together a whole look for a living area complete with rug, cushions, accessories and lamps.

You will find West Elm and Pottery Barn at the east end of the Hay Street mall. There is also Pottery Barn Kids, which is just magical, providing beds, cots, quilts, dolls houses and baby accessories.

It's an amazing place for gift ideas too.

Having to stay in has made us look more closely at our homes and what they need to enable us to enjoy them more.

It really is easy to make some instant gratifying changes and if this is how you think please feel free to give me a call to chat about how we can make this happen.

Now more than ever let's action what we have dreamed about doing... we can't travel but we can make our homes a beautiful place. A new quilt set, fresh new towels, a rug, artwork and some cushions can in-

stantly make a room seem so styled and provide that cosy feeling we all need right now. And of course, everything everywhere is on sale. Have an amazing month.

Zofia offers an interior style consultation for readers. She would like to offer readers 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 this opportunity please contact Zofia on 0406 336 607 or email zofia.stjames@hotmail.com.

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Willagee a shining star in Australia's property hot spots



Alchera Living - The Reserve - Winnacott and city view

PROPERTY researcher and writer Terry Ryder named the City of Melville as one of Australia's top 10 property growth precincts for 2019.

Current and proposed investments into infrastructure, retail, public spaces and property developments have all contributed to building Melville into a hotspot in Western Australia. Willagee, was noted as the star performer within the City of Melville and Willagee was included on Mr Ryder's list of top 50 performers Australia wide.

According to REIWA, Willagee has also been named in the top 10 fastest selling Perth suburbs for the 12 months to March 2020.

Willagee is a peaceful, affordable and well-connected suburb just 12km south of Perth and a 10-minute drive to Fremantle and surrounding beaches. It

has proven popular for retirement villages, aged care homes and land development.

Some of the retirement living developments include Alchera Living's The Reserve which is an over 55s development. This was completed in 2019 and offers 36 apartments opposite the spacious Winnacott Reserve.

Braemar's Cooinda aged care home, which was completed in 2019, provides accommodation for 108 residents.

The launch of this major Willagee development assists in meeting the rising care needs of older adults in the local area.

For those keen to build their own home, Satterley's new Gallery Estate is located on the corner of North Lake Road and Archibald Street. The estate will offer a range of homesites as part of its mix, with titles scheduled for 2020.

These landmark developments coupled with the significant housing renewal within Willagee have revitalised the suburb in recent years.

Alchera Living CEO Alan Marshall said: "We carefully considered locations for our new apartment complex and Willagee was an obvious choice for The Reserve over 55s apartments."

"We're so pleased to be able to offer our village residents nearby access to libraries, parks, cafés and everything else Willagee has to offer."

"It's central to Perth CBD, Fremantle and all of the retail and entertainment options in between," he said.

With more development activity planned for the local area, Willagee continues to be a growing and thriving community now and into the future.

Has COVID-19 pushed back your retirement dreams?

FOR many people, this was the year when they were going to start a new phase in life and enjoy the fruits of their labour; then the pandemic happened.

The global financial markets plummeted and Australia headed into recession; plunging many people's retirement dreams into a whirlpool of uncertainty and confusion.

So what now? Depending on where people

are financially, retirement timelines could still be on track, although many may have to make a few minor adjustments or defer retirement for a couple more years.

The only way to know for sure is to talk to the experts and get a full financial review and future modelling analysis.

While people may have successfully managed their own investments and financial portfolio in the past,

now is not the time to 'go it alone'. These are unprecedented times and require non-biased, emotionless decision-making.

Specialist retirement planners can help align financial matters to goals, and offer direction and peace of mind in today's tumultuous environment.

Sage is Perth's leading WA retirement planning specialists. Using state-of-the-art technol-

ogy, they can let people know exactly how long your money will last in retirement and help implement the strategies needed to ensure you remain on track.

To book in a complimentary financial review, call Sage today on 9445 2955.





Rediscover the flavour and versatility of cooking and eating Aussie pears...

by Noeline Swain

PEAR season is now in full swing. So it's the perfect time to rediscover the flavour and versatility of this often overlooked traditional favourite. So whether you're a committed fan of old favourite Packhams or a convert to the newer choices like Corella and Red D' Anjou, there is sure to be a variety to please everyone in the family.

Whatever your preference, it is hard to improve on the flavour of a soft, juicy fresh pear as a perfect snack or lightly poached to add to your morning cereal or porridge. Pears also add incredible flavour and flair to sweet and savoury dishes alike. They are a perfect choice to allow your creativity to

roam as you write your winter menus.

On a savoury note, try baking pear halves with your roasted veggies and serve with a warming roast pork or lamb. Simply cut in large chunks, or be more elegant and halve, remove the core and stuff with a filling of herbs and nuts. Soups will take on a special sweetness with the addition of a pear – pumpkin and pear is divine. If you're a salad lover all year round, grate a firm fleshed pear into your coleslaw or add slices to a green salad of rocket with a sprinkle of walnuts and a crumble of feta or blue cheese.

Pear inspired dessert is limitless. Team with chocolate or nuts or the tang of fresh lemon for truly memorable and elegant creations. Add them to bread and butter pud-

ding for a fruity variation or get out the pastry for a Nana's pear pie or strudel, or home baked pear Danish. Muffins and cakes take on a wonderful moist texture with the addition of pears.

When selecting pears the challenge is knowing just how ripe they are. Pears are picked when fully developed but still firm and continue to ripen off the tree. They become soft and fragile when ripe, so green grocers prefer consumers to buy them while they're still hard and then ripen them at home for a few days at room temperature.

For those who love a crisp pear, the Packham is the pick of the bunch. It is green-skinned and remains so, even when ripe.

It has a white, juicy flesh, which is ideal for both eating fresh and cooking.

Buerre Bosc has a brown-coloured skin which ripens to a deep cinnamon colour. The flesh is sweet, buttery and delectable. It is worth savouring on its own and is just as delicious in elegant pear dessert recipes. And who thought all pears were green?

Western Australian pears are exceptional in quality right now so be sure to indulge in the fruits of the season whether fresh from the hand or cooked. Explore some delicious recipe ideas on australianpears.com.au/. Here are some lovely recipes to inspire those tastebuds...

Brought to you by Fresh Finesse Fresh Food Promotions – www.freshf.com.au

Pear and cinnamon clafoutis



Preparation: 20 mins; cooking: 25 mins; serves: 4

CLAFOUTIS is a classic French pudding, great with cherries, berries and peaches.

¼ cup caster sugar
¼ cup plain flour

2 eggs
1 cup reduced-fat milk

400g poached pears
2 teaspoons ground cinnamon
2 teaspoons icing sugar mixture

PREHEAT oven to 180°C. Lightly grease a one litre capacity ovenproof dish.

Combine sugar and flour in a bowl. Whisk together eggs and milk. Pour egg mixture into flour mixture. Whisk until smooth. Place pears in ovenproof dish. Spoon custard over pears. Sprinkle with cinnamon. Bake for 25-30 minutes or until custard is set. Stand for five minutes. Dust with icing sugar and serve.

Recipe for one: Lamb cutlets with pear sauce



Preparation: 10 mins; cooking: 25 mins; serves: 1

½ Packham pear, peeled and sliced
¼ cup orange juice
¼ cup chicken stock
½ tablespoon oil
2 lamb cutlets
½ clove garlic, crushed
½ teaspoon wholegrain mustard
1 teaspoon cornflour

Steamed vegetables, to serve
COMBINE pear slices with orange juice, stock and water in a saucepan. Bring to the boil. Simmer until pears are just tender. Remove pears with a slotted spoon. Reserve cooking liquid. Heat oil in a frying pan. Cook cutlets until golden. Remove and keep warm. Add garlic and mustard to the pan. Stir in reserved liquid, blended with cornflour. Stir until mixture boils and thickens. Add pear slices. Serve lamb fillets with mustard pear sauce and steamed vegetables.

Pear and pumpkin risotto

600g pumpkin, peeled and cut into 1cm cubes
1 teaspoon olive oil
50g butter
1 onion, finely chopped
2 cups Arborio rice
5 cups hot chicken or vegetable stock
¾ cup grated parmesan
2 Buerre Bosc pears, chopped
Chopped chives, to garnish

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

HEAT the oven to 200°C. Toss the pumpkin in the olive oil and place on a baking tray lined with non-stick baking paper. Cook in the oven for 20-25 minutes or until tender. Melt the butter over a gentle heat in a heavy based saucepan. Add the onion and cook for five minutes or until soft and golden. Add the rice, stirring constantly for one minute.

Add half a cup of the hot stock to the rice mixture, stirring constantly. Repeat the process until all the stock has been absorbed and the rice is creamy and tender. Gently fold in the parmesan, cooked pumpkin and chopped pears. Scatter with chives and serve immediately. Ideally accompany it with a green salad.

What's fresh in the markets this month



Lemons: While local trees are dripping with lemons, kick start your day with a healthy glass of freshly squeezed lemon juice. The addition of grated rind and juice takes the flavour of favou-

rite winter fruit puddings, pies and tarts to new heights. Alternatively, squeeze and freeze lemons for use over the next few months, and make a batch of preserved lemons to flavour salads, couscous, seafood and meat dishes.

Navel oranges: The season for WA navel oranges is in full swing at last. Seedless, easy to peel and full of sweet juice, navels are a perfect snack or refreshing finish to a meal. Eating one orange a day will ensure you are getting your recommended daily intake of vitamin C. When juicing, remember to squeeze just before use as the juice of navel oranges doesn't have the keeping qualities of Valencia, the summer variety. Always keep your eyes peeled for the sticker that guarantees you're

getting the freshest WA-grown oranges.

Celeriac: The ugly duckling of the winter veggie tribe, celeriac more than makes up for its lack of good-looks with sensational flavour. It produces a smooth, mild and creamy mash and is heaven in a hearty gratin or roasted with other root vegetables. Raw celeriac can also be grated and combined with a mustard-spiked mayonnaise to produce remoulade, that French bistro staple. Look for tennis ball sized roots (the larger ones are slightly less flavour-some) and peel before use.

Pumpkin: Varieties to look for at the moment are the Butter-nut, 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.

Imperial mandarins: One of the most widely available varieties, look for the sticker to be sure you buy local fruit for maximum freshness. Imperials are at their flavoursome best from June to August and are noted for their excellent flavour, good juice content and an appetising aroma. They are easy to peel and have only a small number of seeds which make them ideal for lunch boxes and snacks. Try mandarin segments tossed with watercress and toasted walnuts as a lovely partner for fish.

Panna cotta with citrus poached pear

Preparation: 15 mins, plus chilling; cooking: 20 mins; serves: 6



900ml cream
⅓ cup caster sugar
2 teaspoon vanilla extract
2 teaspoon powdered gelatine, dissolved in 2 tablespoon cold water
1 cup sugar
3 cups water
1 lemon, juiced
4 Josephine pears, peeled, quartered and cored
PLACE the cream and sugar in a saucepan and gently heat while stirring, until the sugar dissolves and liquid begins to bubble. Remove from the heat and stir in the vanilla extract. Dissolve gelatine in cold water for two minutes. Add to the warm cream and stir until it is completely dissolved.

Pour into six 150ml ramekins or moulds. Place in the fridge for four to five hours or until set. For the pears, heat the sugar, water and lemon juice in a saucepan. Slide in the pear quarters and gently poach over a medium heat until just tender. Place pears and cooking syrup in a bowl and refrigerate until cool. Turn out the panna cottas and serve with pears.

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Brunch with T - delighting in Malaysia's delicious cuisine in Victoria Park



Enjoy traditional Malaysian food at Sedap Place, left to right; char koay teow - nasi lemak - beef rendang - roti canai Inset; enjoy tea tarik served cold or hot



by Tahlia Merigan

WE have missed eating out and I couldn't wait to get back on the brunch trail after lockdown.

The first foray out was

to Sedap Place, a favourite spot in East Victoria Park, which offers some traditional Malaysian food.

The word sedap means delicious in Malay and every time we visit this restaurant, we always leave saying how delicious the food was.

When I visited with my mum and her partner, we were a little lockdown crazy and ordered a feast.

We started off sharing a plate of six chicken satays (\$12.90) which had a smoky flavour that permeates the chicken from being cooked on a charcoal grill, served with a delicious peanut sauce, cucumber, onion and rice cake.

My family loves Malaysian cuisine and our favourite dish would have to be roti canai (\$7.90), which is a layered flat

bread served with a dhal and a curry sauce. Sedap give you two roti with each serve and Mum added a side order of beef rendang (\$15.90) for her and her partner to share. She said it was the most delicious version of rendang she has eaten in Australia and she has been to Malaysia many times.

To eat the roti traditionally you break off pieces of the bread and dip it into the curry sauce; we all felt that eating this dish transported us back to Malaysia.

For our brunch feast we added a serving of one of our favourite noodle dishes char koay teow (\$12.90) which is stir fried rice noodles with prawns, bean shoots, spring onions and some fried bean curd. It's very spicy, even the medium spicy is very

hot, so be aware to order the mild version if you don't like it too hot.

Nasi lemak (\$14.90) is a Malaysian national favourite breakfast dish and includes coconut rice, a boiled egg, acar (pickle vegetables), cucumber, peanuts, fried anchovies and a sambal.

I ordered it with chicken rendang. Other side options include beef rendang, curry or fried chicken.

We washed down the spiciness of the meal with

a cold tea tarik, which literally means pull tea in Malay. It's another Malaysian specialty and is black tea with evaporated milk which has been poured from a height to give a frothy top. Mum said that when she has visited Penang you find tea sellers on the street who can pour the tea from about four feet, making it a very theatrical experience. Tea tarik can be either ordered hot (\$4) or cold (\$4.30) with ice. Sedap also serve it in a tower for the table

to share.

There is a large selection of Malaysian favourites on the menu including laksa, curries, variations of roti and noodles, delicious Malaysian desserts including ice kacang (shaved ice with different toppings) and lots of Malaysian specialty drinks.

Sedap is well priced and the service is quick and friendly.

The restaurant is very popular so it's definitely worth making a booking; we have waited on the

street several times when we have turned up without one, but it's always worth it.

Our borders may be closed but a visit to Sedap Place makes you feel like you have just been to Malaysia.

4.5 spoons
Sedap Place, 876 Albany Highway, East Victoria Park.

08 6161 0741
www.sedapplace.com
Open Monday to Sunday 11.30am - 2.30pm, 5pm to 8pm

T's spoon ratings

Five spoons

– excellent food and service
– you must go!

Four spoons

– overall good food and service well worth a visit!

Three spoons

– reasonably good food and service but could make some improvements.

Two spoons

– food and service needs improvement.

One spoon

– would not recommend.



Vince's lamb chops in red wine - an easy and delicious winter dish



by Vincenzo Garreffa

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

my book *The Flesh in My Life*. This beautifully presented hard copy book contains many of my family recipes. This is our second recipe in the series utilising the ingredients from the *Have a Go* pack. We hope to see you in store and don't forget you can pick up your copy of *Have a Go News* at Mondos too.

Ingredients for two
1kg lamb shoulder chops
1 onion fine chopped
50ml Extra Virgin Olive Oil (EVOO)
50g seasoned flour
300ml of chicken stock or stock made from stock cube

Salt and ground black pepper
1 tablespoon butter
Parsley finely chopped for garnish

Ingredients for marinade
350ml red wine
1 carrot diced
1 celery stalk diced
1 bay leaves
6 juniper berries
6 peppercorns crushed
1 tablespoons rosemary leaves

Method

Marinate the lamb chops one hour minimum in the fridge covered in plastic wrap, remove meat to one side.

Heat half the oil in pan and sauté the onion till

soft and translucent, about 10 minutes. Add the marinade ingredients to pan, bring to the boil and boil one minute to burn off the alcohol, then add stock. Lower the heat to a simmer and cook for about 15 minutes until reduced by half. Then remove from heat and strain the sauce, discarding all the solids. Return to pan and continue to reduce by half; add butter and check seasoning and adjust, then turn off the heat.

Coat the lamb in seasoned flour and seal in the EVOO in a big pan with remaining oil and hot enough to sizzle and create a crust on the lamb on



both sides then turn down the heat and continue cooking till cooked to your preference.

Place on a plate and drizzle over your sauce, sprinkle with some chopped parsley.

Serve with mashed potatoes or vegetables or

salad of your choice.

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

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

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The cooler months are the time to celebrate the queen of flowers - the classic camellia



Left to right; Senetti Magics Salmon and Magic Blue start flowering in late winter and will continue well into summer - 'Queen of the flowers', Camellias make an impressive addition to the garden

by Colin Barlow

FROM late autumn, through winter and into spring, one of the most popular of all the flowering plants in our gardens must be the Camellia. This queen of flowers always brightens up those cold dreary days with exquisite beauty and extensive range of cultivars. Plus, if you are enjoying a nice cup of warm tea during the cold and wet winter months it is most likely that your tea is made from the dried and cured young leaves of Camellia sinensis.

Camellia japonica is the largest of the many Camellia species and

usually flowers from winter through to early spring. The flowers range in colour from red, pink and bi-colours through to white, accentuated by the evergreen glossy green foliage. Most of these Camellias have descended from the single species of Camellia japonica first cultivated more than 550 years ago. It is found growing on a number of the Chinese, Taiwanese, Korean and Japanese islands with mildly scented single red or pink slightly funnel shaped flowers. Naturally it grows between six to nine metres tall as either a tall shrub or small tree.

Breeding and hybridi-

sation began at least 300 years ago in China and Japan, with the double flowering types preferred by the Chinese and the single flowered forms by the Japanese. Camellias were introduced into Europe in the early 18th century from China and by the early 19th century many new varieties were being developed in Europe. By the early 20th century hybridisation had spread to the United States, Australia and New Zealand. It is now estimated that there are more than 20,000 cultivars of Camellia japonica grown around the world.

Always plant japonica Camellias in an acidic and well-drained soil, enriched with organic matter such as sphagnum peat, pine bark, cow manure and well decomposed pine needles. Sulphur can be added to the soil to lower the pH. A partially shaded position

is preferred, with morning sun and sheltered from strong winds and the hot afternoon sun. Camellias are happy to grow as an understory shrub underneath deciduous trees or on the shady southern side of the house.

Due to their shallow root system, it is essential to keep Camellias moist during summer. The addition of a pine bark, pine needles, jarrah sawdust or peat mulch will help to retain moisture and acidify the soil. Once established they are quite drought tolerant and can often be found surviving in old neglected gardens where most of the original plants had succumbed to drought.

For more exposed positions Camellia sasanqua is a better option. It will also perform better in full shade and makes a wonderful evergreen flowering hedge. Camellias make excellent

container and pot plants, especially if your garden soil is heavy, alkaline or otherwise unsuitable. Always use a premium 'Azalea and Camellia' potting mix and plant at the same level as the root ball. I have successfully grown Camellias in pots for many years and they can be under planted with bulbs and flowers for some extra spring interest. Pruning is usually not required but most Camellias can be shaped after flowering. Hedges should only need a two to three trims a year to keep them neat and manageable. If you need to move or transplant a Camellia it is best done when they are flowering as they put on a big flush of soft growth afterwards.

Camellias make an impressive addition to the garden and their flowers also attract birds and bees during win-

ter months, so try and find a little room in your garden for the 'Queen of flowers'. For more information check out the Camellia Society of Australia www.camelliasaustralia.com.au/ or take a short trip to see more than 450 Camellia cultivars at Araluen Botanic Park here in Western Australia www.araluenbotanicpark.com.au/

Could it be magic!

If you are looking for some appealing colour to brighten up your winter garden, then look no further than the vibrant Senetti Magic range of Pericallis cruentus hybrids from Oasis Horticulture. This year they are adding two new colours, Senetti Magic Salmon and Magic Blue to their exciting collection with each compact plant covered by up to 200 eye-catching blooms.

You don't need to be

a wizard like Harry Potter to grow these high impact pots of daisy-like magical flowers, as Senetti Magics start flowering in late winter and will continue well into summer. When the first flush of flowers fades, just trim the plants back to encourage repeat blooming later in the season.

Position these easy-care plants in either a part shade or full sun position where they will receive protection from the hot afternoon sun, particularly in warmer parts of Australia. The cooler temperatures of winter and spring are perfect for growth and a shadier spot is better in Perth during summer.

These compact plants grow up to 30cm in height with a spread of around 60cm across, so they are ideal for growing under deciduous trees or in decorative pots and containers on the patio.

Try grouping a number of pots together or plant them in drifts for a magical show-stopping effect. You can even keep them inside for a few weeks on a brightly lit windowsill, so you can enjoy the flowers close-up.

The petals of the new Senetti Magic Blue are a gorgeous soft baby blue towards the middle of the flower, bursting into a deep, electric blue on the outer tips. The petals in the centre of Senetti Magic Salmon are a soft salmon pink graduating to a vibrant blue on the outer tips creating a dazzling effect. Try contrasting both these new varieties with silver foliaged plants like Jacobaea maritima (Dusty Miller) for a very pleasing effect.

You can check out the new Senetti Magic range of colours at leading nurseries, garden centres and hardware stores.

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How technology can give people a nudge to improve their health and fitness



University of
South Australia
Associate Professor
Carol Maher

by Frank Smith

NEARLY 40 per cent of chronic disease including cardio-vascular diseases, cancer, arthritis, asthma, back pain, diabetes, pulmonary disease and some mental health conditions can be prevented by changes to diet and lifestyle.

A team led by Associate Professor Carol Maher at the University of South Australia plan to use digital technology, including apps, wearables, social media and artificial intelligence to attempt to modify people's behaviours in order to induce meaningful and lasting lifestyle changes.

"I will be doing a suite of studies, and doing different things in the different studies. Some of the studies will use wearables, some use social media.

"We have developed an app that integrates with Facebook to allow users to compete with their friends in a 100-day physical activity challenge.

"In one of the studies, we have developed a virtual health coach that delivers personalised diet and physical activity coaching/programming, using artificial intelligence.

"Most of my programs are behavioural in nature – education is only a small part. We use established behaviour change theories like Social Cognitive Theory to inform behaviour change components such as goal-setting, self-monitoring, social support," she said.

Health apps include Fitocracy, Couch to 5k, Foodeducate, Nudge and Fitbit Coach. These operate on a smart phone and remind the wearer to eat well

and meet exercise goals.

Wearables are devices such as smart watches, body mounted sensors and fitness trackers which are worn on the body. These measure and record activities such as exercise, heart rate and sleep length and quality. Examples are Fitbits, Garmins and Google Glass.

These devices record your behaviour and report to the wearer, providing feedback.

Professor Maher says the research aims to deliver accessible and affordable health solutions for all Australians by evaluating commercial and research gadgetry designed to support healthy living.

"Poor lifestyle patterns – a lack of exercise, excess sedentary behaviour, a lack of sleep and poor diets – are leading modifiable causes of death and

disease in Australia.

"Technology has a huge amount to offer in terms of improving lifestyle and health, especially in terms of personalisation and accessibility, but it has to be done thoroughly and it has to be done well.

"Research plays an important role in helping understand the products that are most effective. We will work with existing commercial technologies and apply and test them in a new way, as well as developing bespoke software for unmet needs.

"The great advantage of technology-delivered programs is that with careful design, once they are developed and evaluated, they can be delivered very affordably and on a massive scale.

"If we are to make any change

in the prevalence of chronic disease in Australia, we must plan to do it en masse.

"One of the challenges we face is that many people who could benefit from digital health technologies are intimidated by them – for example, older adults who are not that comfortable with technology, or health professionals who are just used to doing things a certain way," Professor Maher said.

"Change can be hard, but when we're making leaps in the right direction to improve lifestyle and health of the Australian community, these changes are worth pursuing."



Manjimup CWA member and great-grandmother celebrates 100th birthday



Clockwise from left: Centenarian Mary Morey - birthday message from the Queen - Mary's 100th birthday cake

MANJIMUP great-grandmother and long-time CWA member Mary Morey celebrated her 100th birthday on 21 June surrounded by her family and friends.

Among those honouring the new centenarian's milestone were 20 relatives bearing balloons and flowers, along with friends and staff at Baptistcare Moonya

Residential Care where Mrs Morey has lived since 2013.

A beautifully decorated cake was organised to help Mrs Morey mark her landmark birthday.

Born in 1920, Mrs Morey arrived in Australia at the age of four after her parents, Bob and Mabel Dorrell, sold the pub they owned in Gillingham, in the English county of

Ten-year-old Mary helped her father clear the block and cut the timber with a crosscut saw. The family sold milk and cream, ate kangaroo and rabbits as their main source of meat, made their own bread and butter and grew vegetables.

Several years later, they moved their family home by bullock team from Dunkerton to Cloverlea, where the Dorrell family still live today.

Those early years were the beginning of a long farming career for the young Mary, who stayed on the family farm during World War II, starting at 4am to milk 29 cows twice a day.

In 1949, she married Eric Morey and the newlyweds moved to his parents' farm at Doopenup Flats, before moving to Woodanilling and then Wagin, and eventually buying Marrivale

farm at Bokerup, where some of the Morey family still live.

Mrs Morey and her late husband had four children. There are now seven grandchildren and nine great-children.

Mrs Morey's family say her passions have always been hard work, family and looking after her men on the land. Her interests over the years have been the CWA,

knitting, crocheting, reading and eating well.

Throughout her life, Mrs Morey has taken vitamins to support her health and she is a firm believer that any injuries or ailments require prompt attention. Her family wonder if this is maybe the answer to her long and happy life and achieving the fantastic age of 100 years.

Nicolle Warren, residential care manager

at Baptistcare Moonya, said it had been lovely working with Mrs Morey's family to organise her milestone celebration.

"We had a calendar at the spot where Mary loves to sit in the dining room and she crossed off the days until her birthday," she said.

"All her friends here at Baptistcare Moonya wish her a very happy 100th birthday."

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Instructions - Please read carefully

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

Friend to Friend
PO Box 1042
West Leederville WA 6901

Each person may submit one entry every month.

Abbreviations used in Friend to Friend

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

Please nominate a category for your advertisement.

Tick one box only.

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

Name

Address

Phone Email

I am over 45 years of age (Signature)

Obtaining replies to your Friend to Friend Reply Box entry:

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

Seeking a Friend

AUSSIE gent 68, Catholic, NOR, active, postcode 6021, GSOH, like lady for companionship, dining out, SD, NS, would spoil you and share things together; movies, dancing, ALA.

Reply Box 8576

AUSSIE lady fantastic personality has modern outlook, WLTM Aussie guy, 65-70, GSOH, nice appearance, NOR, like music, theatre, dining out, coffees, some sports, picnics etc. Seeking friendships and catchups. Let's see if compatible hey?

Reply Box 8574

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

Reply Box 8581

AUSTRALIAN born Italian gent lives Gosnells area, would like to meet lady. I am 76, keen on carpet bowls, NS, ND, SG, looking for a sincere, honest lady 70-76.

Reply Box 8573

GENT UK/Australian, 70, 180cm tall, presentable, educated, very GSOH, sociable, NS, SD, enjoys travel, gym, family, beach, coastal walks, usual social activities, seeks intelligent, attractive, compatible, easygoing lady to mid 60s, all travel modes, destinations considered. Northern suburbs. Coffee?

Reply Box 8571

LADY 80s, postcode 6065, gent, 80+, company, friendship, winter months, dining in/out, walks, cinema? Watch TV, country drives, NS, SD, NG, NOR.

Reply Box 8589

UNCOMPLICATED woman, 71, seeking a good man for love and support in good times or bad, share fun, laughter and adventures, young at heart, share friendship and romance, hobbies, holidays, NS, GSOH, NOR, SD, TLC.

Reply Box 8588

WELL groomed guy, 80, young thinker, NOR, planning country drives for bush and beach, walks, cycling, dining out, romantic country getaways. WLTM physically fit, fin secure lady companion to share romantic fun, 2-3 days a week.

Reply Box 8583

WIDOW young 80s, WLTM active gent, NS with GSOH for friendship, living in 6210 area. Meeting for coffee would be a good starting point.

Reply Box 8579

Seeking a Partner

ENGLISH lady 71, attractive, feminine, educated, med build, SOR, GSOH, ND, social smoker, fin sec, own home. WLTM well groomed gentleman 67-72 for long term, permanent relationship (not separated). I enjoy reading, walking, music, country drives, good conversation, genuine replies. ALA.

Reply Box 8575

EURO gent 70+ seeking slim lady 65 or over for companionship, relationship later. I'm no smoker, SD, Midland.

Reply Box 8580

FILIPINA lady 59, widow, sincere, caring, loves cooking, respectful, well presented, professional, intelligent, business minded, fin sec, NS, DTE, GSOH, WLTM genuine, sincere gentleman 60-65 with similar interest.

Reply Box 8572

GENT 72, athletic, 1.76cms, well presented, WLTM nice, slim lady for relationship, social events, dining, movies and other things of interest plus some quiet times, NS, SD, GSOH, DTE, ALA.

Reply Box 8582

HAPPY caring 73 gent seeks similar lady, must be interesting, around same age. Cuppa first.

Reply Box 8578

HILLS gentleman, 68, personable, slim, fit, average height, adventurous, philosophical, spiritual, young at heart, well educated, enjoy travel, cooking, gardening, outdoor activities. Seeking hills lady or nearby, fit, motivated, socially intelligent to share our journey.

Reply Box 8577

LADY WLTM active guy fin sec, 65-78, interested in travel in/out Australia, open to explore future possibilities with independent fin sec lady who enjoys reading, gardening, usual social activities, quiet times, companionship, missing that special friend partner. ALA.

Reply Box 8585

MATURE intelligent, broad minded, petite lady seeking company of a gent not older than 60 who takes pride in himself. Slim to med build who understands how to treat a lady, is NS, NG and enjoys life in general. If you are the one then I will be awaiting your reply.

Reply Box 8584

SHALL we dance? COVID rules say no partner no dancing only a couple. I am 80 soon in October, a fit lady looking for a lovely man 75 - 80 for social old time and new vogue dancing. Postcode 6220.

Reply Box 8586

SOUTH west lady WLTM Aussie, neatly dressed, caring, respectful, NS, SD, gent to 75, for companionship on country drives, outings, travel, walking, dining, medium build. I enjoy beach walks, gardening, reading, slim, fin sec.

Reply Box 8587

NEWS UPDATED DAILY
www.haveagonews.com.au

When replying to an Friend to Friend entry...

To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to:
eg. Reply Box 4100 c/- Friend to Friend, PO Box 1042, West Leederville, WA 6901.

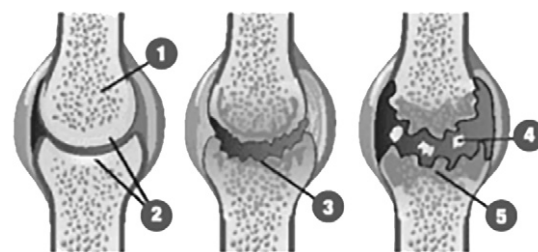
(example only)
Write your reply on a single sheet of paper and place inside an 11B size envelope (measures approx. 14cm x 9cm). Please note, due to the popularity of the service, it is essential that all Friend to Friend replies are sent in a 11B size envelope see diagram below.

No greeting cards, bulky items and photos. All replies will be forwarded early in the next month.

All replies are strictly confidential and are not opened.

Replies must be in response to reply boxes no older than three months.

How stem cell nutrition may help with arthritis



Evolution of Osteoarthritis
Diagram; 1. Bone, 2. Cartilage, 3. Thinning of cartilage
4. Cartilage remnants 5. Destruction of cartilage
© doctorramey.com

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 process.

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 to daily mobility and flexion.

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

Retirees retreated to the great wall of comfort...



Dean and June Pascoe on the balcony overlooking Rossmoyne

DESPITE the enduring myth, the Great Wall of China is not visible from space, however it remains as one of humanity's most impressive architectural feats and is one of the world's most popular attractions.

Defence fortifications are common; some are erected and fall while others are perennial. In recent months society has witnessed unprecedented rise of defences against the deadly, worldwide coronavirus and no group of people has needed walls to defend their health more than seniors.

Retirees at Rossmoyne Waters have successfully protected themselves during the 2020 COVID threat. Refusing to perceive the many retirement village restrictions as an affront to their pre-COVID enjoyment of brand new, retirement apartments and amenity, residents of Rossmoyne Waters are instead thrilled.

Retirees, Dean and June Pascoe were settled and relaxed in their luxurious apartment, within the multi-award-winning Australis complex that overlooks the Canning River, when COVID-19 became the dominant world-wide headline. Their rewarding lifestyle was significantly interrupted. Amenities closed, activities ceased and residents retreated behind doors.

"We are fortunate to have a retirement community that places residents' wellbeing first. We don't see the rules and restrictions imposed as a threat to our

lifestyle, but rather as acts of kindness to protect our lives," insist the Pascoes. "But we can't wait to see the beautiful amenities and activities resume."

Rossmoyne Waters is the preferred destination for retirees due to its caring community, emphasis on wellness and wonderful location.

Seniors attracted to the Rossmoyne Waters' Great Wall of Comfort should contact Daniel Gallop on 9253 4456.

SOLUTIONS MATCHMAKING "The safest way to meet a genuine and suitable companion" 9371 0380

SORRENTO LADY 70 trim, fit, attr blue eyed blonde, feminine, caring, fun/loving, indep, sociable, loves sport, c/doors. Sk active, intell, well grmd Aust gent 68-78.

MANDURAH LADY 73 attr, refined, very well grmd/spoken, happy, outgoing, loves travel, dancing, walks, sk gent 70-80 who's kind, charming & enj conversation.

CITY BEACH LADY 72 slim, fit, youthful, modern, kind, good listener, generous, indep, country girl at heart, keeps fit & healthy, sk gent 68-78 to do things as a couple.

SHELLEY LADY 65 friendly, relaxed, practical, d.t.earth, not a "fusspot", enj the home life & life's simple pleasures. Loves animals, gardening, cooking, family. Sk gent w/ GSOH 63-73.

SWAN VALLEY GENT 70 sincere, kind, honourable, British, educated, well spoken, 180cm, pride in appearance, love art, travel & nature. Sk refined lady 65-75.

MULLALOO GENT 80s retired professional, widower, 180cm, blue eyes, great smile, e/going, intell, sociable. Enj swim, walks, music, movies, footy & friends. Sk lady 75-85.

PINJARRA GENT 78 widower w/ a heart of gold. Happy, can be quiet, confident w/ who he is, generous & a GSOH. Enj travel, garden, books, tinkering, building things. SK genuine lady Rockingham to Busselton.

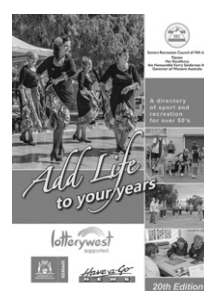
BAYSWATER GENT 80 playful, d.tearth Aussie, generous, giving, likes a laugh, well presented, fair w/ blue eyes, loves bowls, dancing & his little dog. Sk lady 75-82.

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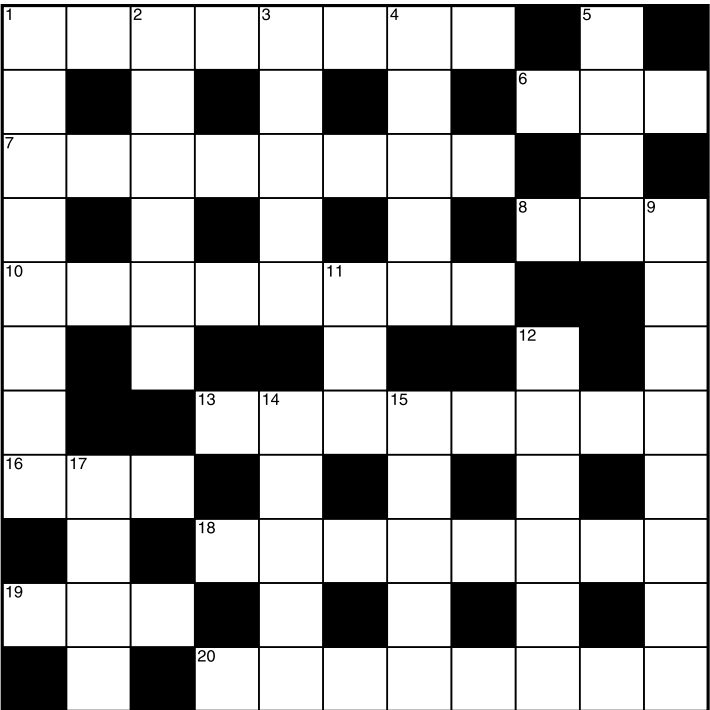
A directory of sport and recreation for over 50s
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Add Life to your years directory please contact
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9492 9773 or email
info@srcwa.asn.au

CROSSWORD

CRYPTIC CLUES

- Across
- 1. Two donkeys in place of a killer (8)
 - 6. Manic and demented at the outset (3)
 - 7. End of the line? Sounds deadly! (8)
 - 8. That's right, in my estimation (3)
 - 10. A cistern broken but still holds dry goods (8)
 - 13. Win support for how much purse weighed we hear (8)
 - 16. A little Alsatian posed for picture (3)
 - 18. Complaints about making ladies go without royal title (8)
 - 19. Odd brewer finds insect (3)
 - 20. Made sure characters took dimensions (8)

- Down
- 1. Objects to written pieces (8)
 - 2. Holy place was hers, in ruins (6)
 - 3. Is ESP used by secret agents? (5)
 - 4. Picture drawn right out of strange mirage (5)
 - 5. Able to make a bundle (4)
 - 9. Emphasised strain on news boss (8)
 - 11. Peak at four every second (3)
 - 12. Delicacy prepared by a vicar (6)
 - 14. Completely remove section of Vera's essay (5)
 - 15. Wounds from small bats hanging upside down (5)
 - 17. Swear to be part of brave recovery (4)



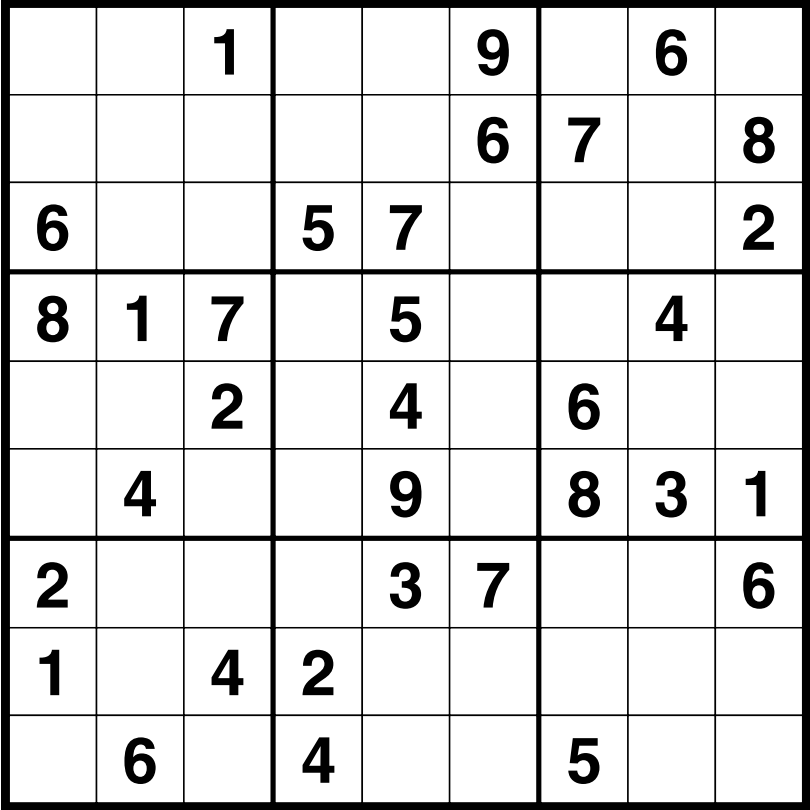
STRAIGHT CLUES

- Across
- 1. Hired gun (8)
 - 6. Furious (3)
 - 7. Remote computer link (8)
 - 8. Affirmative response (3)
 - 10. Kitchen container (8)
 - 13. Coax (8)
 - 16. Rested in chair (3)
 - 18. Ailments (8)
 - 19. Word contest, spelling ... (3)
 - 20. Carefully considered (8)
- Down
- 1. Things (8)
 - 2. Sacred tomb (6)
 - 3. Catches sight of (5)
 - 4. Public profile (5)
 - 5. Actor, Christian ... (4)
 - 9. Overwrought (8)
 - 11. Rocky hill (3)
 - 12. Beluga (6)
 - 14. Rub out (5)
 - 15. Punctures with knife (5)
 - 17. State positively (4)

SUDOKU

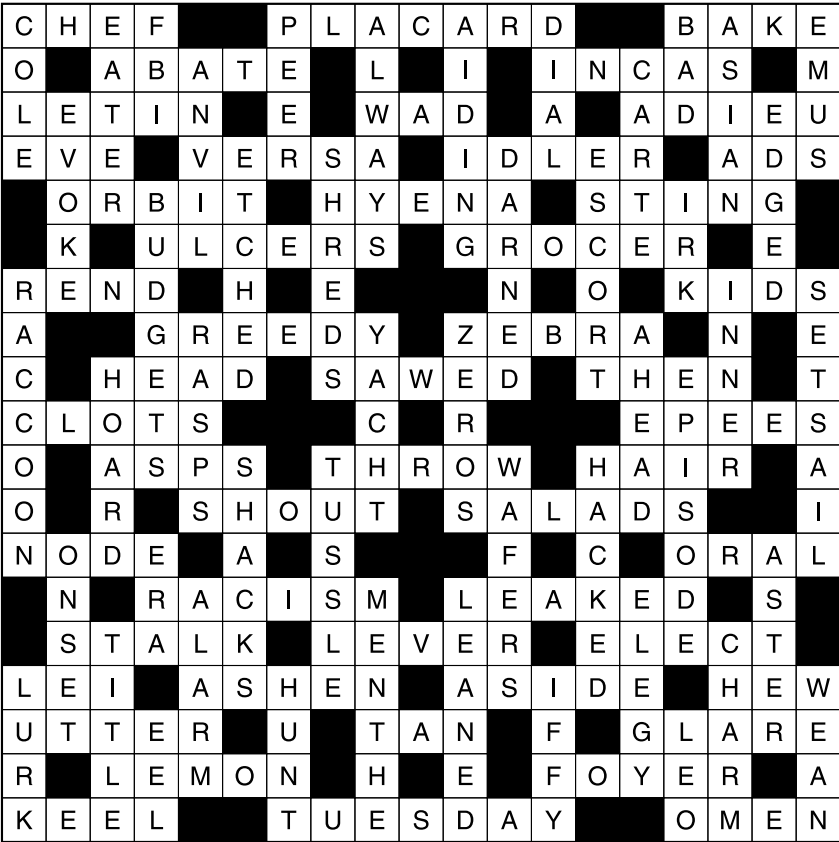
Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.

Rating: ★ ★ ☆ ☆ ☆



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#340 JULY EDITION
CROSSWORD PUZZLE SOLUTION
FOR PAGE 39



Wheel Words



Create as many words of 4 letters or more using the given letters once only but always including the middle letter. Do not use proper names or plurals. See if you can find the 9-letter word using up all letters.

24 Good 28 Very Good 31+ Excellent



Dennis Cometti

Commentating on Cometti... by Brad Elborough: continued from front cover

It hasn't really ever been a problem for him, and he welcomes the opportunity for a chat.

"I think for people to come up is terrific and I am happy to have a chat with anyone who wants to do that, unless you are running for time... you can make the excuse that there is something going on in your life and you can't stay and talk.

"A few pleasantries never hurt anyone."

In retirement, Dennis has also spent a lot of time in Channel 7's archives, putting names to faces in thousands of photos of WAFL players from days

gone by. He says it's important to see that's done before the images become unusable.

"The one thing I could do if I went on to a TV quiz show, something I would be very good at, would be to know (jumper) numbers of WAFL players of the 50s and 60s," he said.

"And not only that, but what they look like. I don't remember what I did last week, but I have this steel trap memory of music and football players of the late 50s through the 60s."

Dennis' knowledge and love for music from the 60s was born when he was a radio disc jockey it's

where he got his start in media after a brief playing career with West Perth.

Having time to return to that music is another thing he is enjoying now.

"I put play lists together, modern day and from the past, but not on the same play lists," he said.

"So I drive around some days living in the 60s. It isn't something I had time to do before I retired.

"I think a lot of people who retire, or who get to my age, sometimes just hanker for little things, that aren't that important. But they are things that you had always wanted to do."

Looking after himself is

a passion though.

"The main thing is keeping active. I love getting to the gym every two or three days, it's a regime for me now and I used to do it when I was travelling, but clearly I had less time.

"I think health is down to quite a bit of luck as well. You can only do so much and I am doing all I can."

But let's go back to the quiz show concept for a second.

What about a head-to-head battle between Dennis and his former on-screen partner (and surely future Hall of Fame inductee) Bruce McAvaney on football knowledge?

Who'd win?

"That depends on which state we were doing," Dennis explained. "I would need to take him out of his comfort zone, I think. South Australia... he would be very hard to toss.

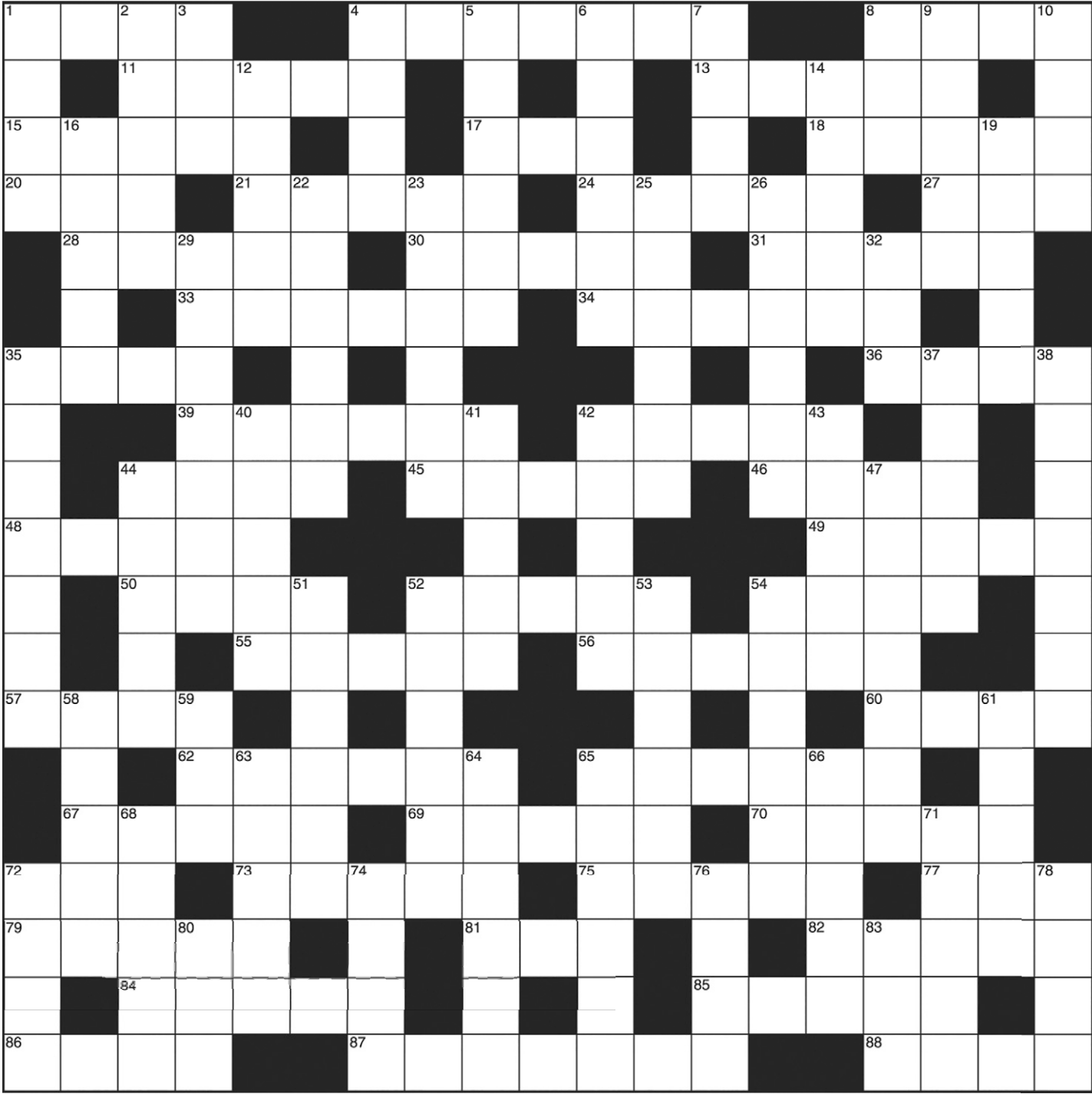
"I think probably him, although I'd be very dangerous.

"I'd get him in WA, but overall he'd get me, I think. He is too good with figures and his memory is like a steel trap."

That battle will probably never happen, but surely anything that would keep Dennis on our television is worth considering.



Have a Go News PUZZLES PAGE



- ACROSS**
 - 1. Kitchen professional
 - 4. Protest sign
 - 8. Roast
 - 11. Diminish
 - 13. Ancient Andes Indians
 - 15. Conceded (goal) (3,2)
 - 17. Money fold
 - 18. French farewell
 - 20. First woman
 - 21. Flipped around, vice ...
 - 24. Lazy person
 - 27. Product promos
 - 28. Satellite path
 - 30. 'Laughing' scavenger
 - 31. Bee wound
 - 33. Mouth sores
 - 34. Food retailer
 - 35. Split apart
 - 36. Young goats
 - 39. Gluttonous
 - 42. African striped beast
 - 44. Skull
 - 45. Cut (timber)
 - 46. After that
 - 48. Congeals (of blood)
 - 49. Fencing swords
 - 50. Serpents
 - 52. Toss
 - 54. Scalp growth
 - 55. Yell
 - 56. Raw vegetable dishes
 - 57. Body lump, lymph ...
 - 60. Spoken test
 - 62. Ethnic bias
 - 65. Oozed
 - 67. Pursue stealthily
 - 69. Control stick
 - 70. Choose
 - 72. Frangipani garland
 - 73. Pale
 - 75. Stage whisper
 - 77. Use axe
 - 79. Complete
 - 81. Brown in sun
 - 82. Angry look
 - 84. Yellow citrus fruit
 - 85. Reception area
 - 86. Fall (over)
 - 87. Pancake day, Shrove ...
 - 88. Premonition
- DOWN**
 - 1. Nursery rhyme, Old King ...
 - 2. Diner
 - 3. The Feds (1,1,1)
 - 4. Nobleman
 - 5. For keeps
 - 6. Lending a hand to
 - 7. Clock face
 - 8. Rotten
 - 9. Korean or Thai
 - 10. Large Australian birds
 - 12. Smithy block
 - 14. From menu, a la ...
 - 16. Conjure up (memories)
 - 19. Bordered
 - 22. Engraved with acid
 - 23. Destroys (papers)
 - 25. Mended (socks)
 - 26. Guide
 - 29. Financial estimates
 - 32. Rile
 - 35. Long-tailed US mam-mal
 - 37. Interior
 - 38. Embark on voyage (3,4)
 - 40. Grates
 - 41. Pleasure boat
 - 42. Noughts
 - 43. Onward
 - 44. Amass stock
 - 47. Part of a serial
 - 51. Huts
 - 52. Scuffle
 - 53. Thin biscuits
 - 54. Chopped roughly
 - 58. Start (of ailment)
 - 59. Age
 - 61. Showy flower
 - 63. Sudden fear
 - 64. Liqueur, creme de ...
 - 65. Tended (towards)
 - 66. Mournful poem
 - 68. Name
 - 71. Enchant
 - 72. Lie in wait
 - 74. Search (for)
 - 76. Doubtful
 - 78. Take (baby) off breast milk
 - 80. Slippery fish
 - 83. Zodiac lion

#340 JULY EDITION PUZZLE SOLUTIONS

Have a Go News Quiz Page 2:
1. Sir Charles Court 2. Justin Langer 3. Nat Fyfe 4. Koalas
5. Sculptures by the Sea 6. South East Coastal 7. Andrew Forrest 8. Archie
9. Reserve Bank 10. Harley Scramble

Wheel Words: Alee, Elan, Gale, Glam, Glee, Glen, Lame, Lane, Late, Lean, Lent, Male, Malt, Meal, Melt, Tael, Tale, Teal, Aglet, Angel, Angle, Eagle, Elate, Gleam, Glean, Leant, Metal, Eaglet, Enamel, Gentle, Lament, Lateen, Legate, Mangle, Mantel, Mantle, Mental, Tangle, Elegant, Melange, Entangle.
9-letter word: GENTLEMAN.

OOPS #339 JUNE EDITION PUZZLES

In last month's crossword on page 38, we published the straight clues down incorrectly - the correct straight clues down are;
1. Hard to please (10) 2. Aloof (11) 3. Deprived of food (7) 4. Forward-looking (11)
5. International socialites (3-7) 8. Spiny anteater (7)

Crossword page 38

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

Sudoku page 38

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

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