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Australia should embrace ageing



Maggie Beer is working hard to improve aged care

by Lee Tate

MAGGIE Beer at 76 is a flag-bearer for Australia's seniors, pouring-in her skills, time and money for aged care.

The multi-gonged television favourite arrives in Margaret River in November as she shoulders a phenomenal workload.

Maggie will be joining a feast of gourmet cooks and chefs, but the grandmother isn't here for the gourmet food or media exposure.

"I hope to be hosting a dinner to raise funds for my foundation. That was my lure to get me over there," she laughs.

Maggie's reach, in support of her non-profit foundation for the aged, is spread across Australia. And it is only one arm of the self-taught cook who left school at 14.

Maggie Beer, corporate speaker, trainer, motivator and author, is also a company – Maggie Beer Products.

"I'm chaotic but I'm not stressed. It's there. I

must do it. I can do it and I must do it," she tells me from Adelaide.

Into the evening, Maggie still hasn't finished her day's commitments, clearing the decks before heading, again, to Sydney where she's filming 11 educational episodes of a tailored guide for cooks and chefs working in aged care.

"It's a training module that hopefully will go into 2,500 aged care homes. No-one else is doing it. Training for this, for complexities of food in aged

care, is not available," says Maggie who is funded by her own foundation.

Simon Bryant, Maggie's co-host on ABC's former cooking program, *The Cook and the Chef*, is a participant in the training module.

The importance of healthy food in aged care, including those with dementia, was raised in the wake of the Royal Commission into Aged Care which revealed shockingly poor food and cooking stan-

dards in some homes.

Along with Perth's Alzheimer's expert, Professor Ralph Martins, Maggie produced a book, *Maggie's Recipes for Life*, with 200 recipes aimed at reducing dementia risks. The pair also contributed to an illustrated children's book telling a story about dementia.

Maggie's endeavours earned her a Member of the Order of Australia in 2012 – for service to the tourism and hospitality industries as a cook, restaurateur and author, and to the promotion of Australian produce and cuisine. She was Senior Australian of the Year in 2010.

In 2016, self-made Maggie was awarded an honorary doctorate from the University of South Australia for her achievements in tourism and hospitality and to the promotion of Australian produce and cuisine.

Maggie gets results, but she says her attempts at improving care of the aged is a hurdle.

"It's the biggest job I've ever tried to do. You try and change a culture," she said.

Maggie built a successful company carrying her brands of natural foods, wines and products but recently sold it.

"I'm staying on the company board to oversee quality," she adds.

With husband Colin, Maggie remains anchored to their Barossa Valley property with her much-loved garden, vines, olives and small orchard. Their famous Pheasant Farm Restaurant flourishes.

Maggie says her recipe for life is: "being involved, loving life, having beautiful food every day, life-sharing, at a table with friends and family. Colin would like me to step back a bit. I'm not home as much as I should be," she said.

With her voice being heard across Australia, Maggie keeps using it. And she stays committed to her local choir.

continued on page 14

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From the editor's desk



Jen Merigan receiving her first Astra Zenica vaccine



IT'S been a month for reflection as I looked back on the last 30 years of producing this newspaper. I am bursting with pride with what we have achieved, mixed with sadness that the founders, my beautiful mum (Judith Treby) and dad (Quentin Smythe) are not here to mark the occasion. I know they would be so proud and pleased of our continued achievements. It was a challenge to consolidate into a few pages 30 years of edi-

tions, events and highlights. Clubs and groups have been the backbone of this newspaper and this month I reread the first edition, which focused on the many recreation clubs for over 50s that are still thriving today. It takes a village to produce this newspaper and I take this opportunity to thank the many people past and present who have contributed. I do hope you enjoy the special feature we have put together.

Last month we began our 30th anniversary celebrations with a special movie morning screening of *Dream Horse* thanks to Sony Pictures and Palace Cinemas Raine Square. The audience loved the movie and it was a pleasure to meet and greet everyone who attended. For further celebrations this month in-conjunction with Channel 9 Perth and

Radio 6PR, we are giving some lucky people the chance to dine with the stars to celebrate our pearl anniversary. See the wrap for details.

I was chuffed to have been asked to be the patron of the Western Australian Carpet Bowls Association (WACBA), taking over the position which our founder Quentin held for many years. The other patron is president of Seniors Recreation Council of WA, Phil Paddon who took over from the late Hugh Rogers.

We have an oops! last month in our Great West Aussies piece on this page. The squash player is Dean Williams, not Dean Wilson as published. Apologies to Dean and thanks to the many readers who alerted us to this error.

Last month I rolled up for WA and had my first Astra Zeneca vaccine. I believe that until we have at least 80 per cent of the population vaccinated we will continue to have to put up with lockdowns. I did suffer some side effects following the jab, but they went after a few days. After this recent lockdown I felt relieved that I had some protection against the virus.

Every Friday night I join Tod Johnston on his NightShift program on Radio 6PR to give listeners a run down on activities for the weekend.

I love promoting local events and look forward to supporting our local arts and entertainment industry as much as possible. We all know that arts, entertainment and travel operators have been the most affected by the pandemic, so please do support local business as much as you can.

I really enjoy the interaction that Facebook allows us with people, and we are pleased that we have more than 17,000 followers across our social platforms. If you participate in social media, please join us as we post positive and inspiring memes along with competitions, jokes and events. Like or follow our page at www.facebook.com/HaveagoneWS/

If you prefer to read the newspaper digitally, we offer a service to receive an electronic copy of each edition via email on the day of publication. Email readers@haveagoneWS.com.au to sign up.

I had some great feedback about the new addition of Noongar words on this page and I personally look forward to expanding my list of words too.

I hope you enjoy reading this celebratory issue and stay healthy and happy.

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

Ageing research snippet

The Medwalk diet: a step closer to walking away from dementia

THE Mediterranean diet is high in fruit, vegetables, legumes, whole grains, and fish, while being low in saturated fats, red meat, and alcohol.

It's been named the world's best diet for weight loss, but now researchers at the University of South Australia are confident that the Mediterranean diet – combined with a daily bout of exercise – can also stave off dementia, slowing the decline in brain function that is commonly associated with older age.

Researchers at the University of South Australia and Swinburne Univer-

sity, along with a consortium of partners will explore the health benefits of older people adhering to a Mediterranean diet, while also undertaking daily walking.

Termed the MedWalk Trial, the two-year study recruits 364 older Australians – aged 60–90 years, living independently in a residential village, and without cognitive impairment – across 28 residential sites in South Australia and Victoria.

We will keep you posted about the results but in the meantime we know that eating well and exercising daily are the secrets to a healthy and happier life.

Have a Go News Quick Quiz

What year was Britain's Great Train Robbery?
Name Channel 7's gardening show.
Lucky Bay near Esperance is famous for what geographic feature?
Where in Perth is HBF Stadium?
What animal sculpture greets visitors to Wagin?
Islands off Onslow are known as....
Where is the Shinju Matsuri Festival?
Leeman is on which coast?
Kalgan River is at which port city?
Which WA MP was a Navy lawyer?
See answers on page 48

Quote of the month

IT'S not the failures in our life that define us, it's the moments when we decide that getting back up is all that matters.

Joel Brown

Word of the month

Calumny

Noun
Pronounced KAL um nee
Meaning - A misrepresentation intended to harm another's reputation. The act of uttering false charges or misrepresentations maliciously calculated to harm an-

other's reputation.
Calomnie derives from the Latin word calumnia meaning false accusation, false claim or trickery which traces to the Latin verb calvi meaning to deceive. It first entered the English language in the 15th

century. Calumny featured in Shakespeare's *Hamlet*... "If thou dost marry, I'll give thee this plague for thy dowry: be thou chaste as ice, as pure as snow, thou shalt not escape calumny. Get thee to a nunnery, go"

Great West Aussies - Did you know?

ANDREW Vlahov, four-time Olympic basketballer, won three NBL premierships and captained Perth Wildcats for 300 games. Born in 1969, he retired after the 2001-2 season to become co-owner of Perth Wildcats.

Noongar words

KOOLANGKA is 'children'
KAARTDIJIN is 'knowledge'

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WA's cricket advocate promotes an inclusive game for the community



WACA CEO Christina Matthews

by Allen Newton

WACA CEO Christina Matthews has been taking a bat to sexism in cricket since she was a teenager.

An advocate for inclusiveness, Christina is Australia's most capped female test cricket player and has been running the WACA since 2012.

She has been actively helping to transform the previously male-dominant

ed sport since she first joined her cricket club committee as a 14-year-old.

As well as encouraging the inclusion of women in the game, Christina says the WACA has paid attention to maintaining cricket's appeal to older people, spending time over the past couple of years working with the veterans cricket community which caters for everyone from over 40s to over 70s.

"I think we might even have an over 80s team," Christina says.

"It's about involving anyone who wants to be part of the game and to ensure that you have an opportunity for them to play the game or use the facilities so anybody of any age can feel they can come down and use the facilities at the soon to be redeveloped WACA ground, whether that's the café, the playground, or the sports medicine centre.

"A lot of people say 'you've been a great advocate for women' which I'm very proud of, but equally I've been a very big advocate for men in our game because you can't just assume that everything's rosy for them either."

Considerable work has been done to make sure both men and women have the greatest opportunity and the best facilities the WACA can provide them.

"One of the great innovations in cricket has been Twenty 20 and the Big Bash League (BBL) and WBBL. What we've found when BBL started

10 years ago, was our older members were saying 'this is not real cricket, blah, blah, blah', but what they eventually found was that it was a unique way for them to connect with their grandchildren, because for the kids T20 is the way to go.

"All of a sudden you have this game that the older people had always loved and enjoyed, and they could use T20 to introduce their kids to it."

Christina's own love for the sport started as a youngster playing street cricket.

"I was fortunate that the area I was living in Melbourne had a women's team that played in the local area and my mum signed me up for it."

Even then, as a 12-year-old, Christina recognised there was a gender imbalance in the game.

"I don't think I was completely aware of that, but you knew there was a difference because at school, girls weren't allowed near the nets and our club team was a secondary user of the ground. We weren't first priority."

Her desire to do something about that imbalance started when she joined her club committee at the age of 14.

Christina believes the public want more parity between men and women, but parity in terms of pay will be a natural evolution and will depend on how hard people fight for it.

The game itself though has come on in leaps and bounds.

"If I look at the 10 years I've been in Perth I can see the changes in attitude. It's been really noticeable in the last three years, so you just have to make sure it doesn't go backwards."

Women's Big Bash League being shown on television shows how far the game has come.

"Women have been playing the game since 1880 and have been playing interstate and international competition since the 1930s.

"What the WBBL brought was consistent coverage of women playing the game on television which creates a normality for people, so it's been absolutely integral

to success."

Eliminating male-centric cricketing terms such as batsman and 12th man are still in Christina's sights, but she says it will be a long haul to completely eradicate them.

"There'll always be very strong traditionalists who boo-hoo the fact that using man or men in language is gender based and as a consequence of that you get people who are in a position to make those decisions who are worried about the feedback that they might get.

"I see it happening more organically than it once was, but the big thing will be changing the gender-oriented terms embedded in the laws of cricket. Getting change at that level will make a difference."

The redevelopment of the WACA Ground, the construction of Optus Stadium and the increasing appeal of all forms of the game, promise a healthy future for cricket in WA says Christina.

"As an organisation we have responsibility for cricket from little takers through to veterans, as well as elite versus rec-

reational players, but we also have an important role to play in terms of social impact.

"I think the WACA is well placed to deliver what it should be delivering from a cricket point of view, but also to reflect and lead society in terms of values, behaviours and be a great example of diversity and inclusion."

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OFFWA is not only about walking together it is also a very social group with members having lunch together after walks.

They also have periodic sausage sizzles, hamburger and potato bake lunches and midyear and end of year lunches. These

are either free to each member or at a subsidised rate.

Each year they also organise a five-day get away in October.

On a recent walk at Point Walter some members were able to take advantage of a free trishaw ride from Cycling Without Age.

Another event held was a delicious potato bake lunch supplied by Mary Laity who owns The Spud Wagon. She provides large potatoes with the choice of four of the most succulent fillings. More than 120 of our members participated

in this popular lunch.

If you would like to join a happy and friendly group then come along when they meet each Tuesday at 10am at various locations. Bring along a folding chair and a sandwich; you will

be made very welcome. Annual membership is only \$10 and you can try OFFWA out for free.

Details of the next four walks are as follows:
10 July Whiteman Park, off Lord Street, car park no. 6.

(west of the Village).

20 July Bibra Lake, Progress Drive, Bibra Lake.

27 July Burswood, Resort Drive, Causeway end Burswood.

3 August Carine Open Space, Beach Road (near

Okley Road), Carine.

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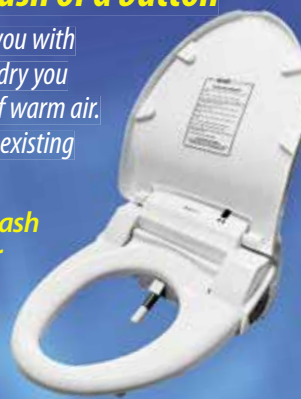
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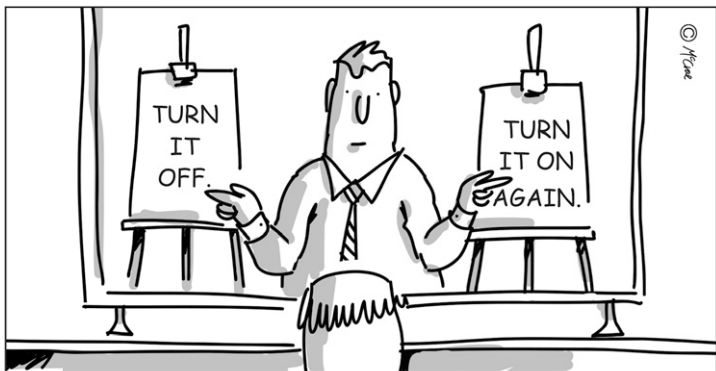
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CLOTHES FOR EMPERORS

IT'S TRUE. THE NBN IS BESET BY SLOW SPEEDS, CONNECTION ISSUES AND FREQUENT OUTAGES. BUT THIS GOVERNMENT HAS A SOLUTION



Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor,
I CAN empathise with Yvonne Hodge (June Issue).

My husband and I moved over from Queensland and put our furniture including personal documents in store until we found somewhere to live.

When we went to change over our licence and vehicle registration the Department of Transport told us we did not have enough identification although we had changed our address with Medicare and Centrelink and had our current passports and Queensland photo

driving licences.

We were told I needed my citizenship certificate and my husband needed his full birth certificate. When we queried this, we were told it was for security.

My question is how can a current passport which is accepted almost worldwide, not be enough identification in this state? Why do we need birth certificate and citizenship papers in addition?

They say they are concerned about security, but they send the licence out in the mail which can easily be stolen. They told us to

apply for new documents, but my citizenship paper cost over \$200 and a birth certificate is not much cheaper.

No other state wants this amount of identification, so we waited until our stuff arrived and hoped we did not get pulled up after three months. I did ask if that would be OK only to be told it would be up to the police who pulled us up.

Do we all live in one country?

Margaret Ayrton
Mandurah

Dear Editor,
I AGREE with Rose Hope of North Beach (May Have a Go News), when she says we should "leave them be" regarding our public holidays. She and I may have different reasons, but may-

be we're not so far apart in our thinking.

As for those national public holidays which are being questioned in the name of political correctness, I can pose one idea, which I first heard an Aboriginal elder rais-

ing in a public meeting.

Why not have a public holiday on the first Monday of Naidoc Week? That way, we can retain Australia Day as is, with an opportunity to properly recognise Australia's First People with a spe-

cial day every year.

Is it too much to ask to try to keep everybody happy instead of alienating some groups?

With thanks for an enjoyable newspaper.

Amy Harry
Stirling

Dear Editor,
IT was a very emotional time when the founders of this newspaper Judith and Quentin finally gave us a voice. Seniors were officially put on the map when *Have a Go News* was launched in WA.

I remember well the many, many events they both attended to get the newspaper off the ground. Also the many hours Quentin pushed great trolley loads of newspapers around town into areas visited by seniors.

He always had a cheeky word and smile whatever

the occasion.

Since 1992 I have totally enjoyed the many and wonderful contributions, the enduring dedication and commitment of those two great people.

I was only one of many thrilled when Judith was admitted to the WA Women's Hall of Fame.

Happy 30th, it's in good hands, many thanks Jen and team.

Elsie Danson
South Perth

Dear Editor,
THANK you for the opportunity to see the movie *Dream Horse*, the lollies and the water. It was a great movie and I laughed, cried, clapped and cheered – what all movies should be.

Blessings,

Cherry Dell Riupassa
Innaloo

Dear Editor,
THANK you for featuring an appeal for crocheting yarn whether unused or needing to be unravelled in the last issue of *Have a Go News*. Thank you to the readers who phoned me and now have tidier cupboards. This is an ongoing project and the people who have lost

everything in a disaster will appreciate your generosity.

Joy
Brentwood
Ed's note – anyone who would like to donate yarn to Joy can call her on 9364 1162, leave a message if no one is home – message clicks in after 59 seconds.

Dear Editor,
WE were among the lucky winners chosen for the preview of *Dream Horse*. What a great movie, we thoroughly enjoyed it. Many thanks to *Have a Go News* and the sponsors. We look forward to entering your next movie preview competition.

Cameron Bell
South Perth

Dear Editor,
I AM responding to the letter from David Rudman of Port Kennedy in June *Have a Go News* regarding the sport of recreational fishing.

I am not a vegan but I loathe 'red necking', boastful, greedy and vandalistic rape of the oceans.

Many times I have read the chortling glee of those who have bagged endless numbers of fish. Even worse those who have hunted sailfish and other prized trophy species.

Your ed's note was naïve to put it mildly. What right do humans have to do this?

Elizabeth Smythe
Subiaco

Dear Editor,
PLEASE tell David Rudman that he is not the only one to compare tiger-hunters with gamefish-hunters. I abhor both, despite having fished early in life.

I don't much mind people catching salmon provided they eat them, but swordfish, marlin etc should be left alone.

The "catch and release" argument cuts no ice with me. Unless the fisher catches the fish with his bare hands.

Dr Lindsay Stewart
Floreat WA

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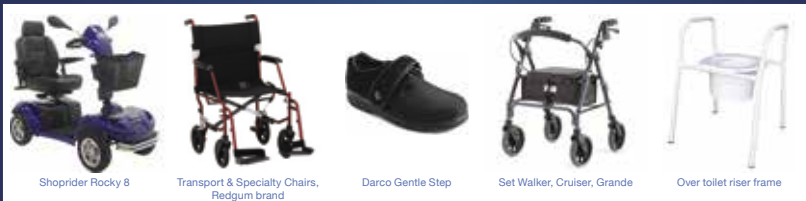
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John Osborn looks back on seafaring days with Prince Philip



Left to right; John Osborn with a book on Britannia - the Duke of Edinburgh greets sailors at Christmas

by Josephine Allison

WHEN Rockingham man John Osborn heard the news that Prince Philip the Duke of Edinburgh had died, it brought back a flood of happy memories from his days when he served as an able seaman on the royal yacht *Britannia*.

"I was absolutely devastated when I learnt the Duke of Edinburgh had passed away, I had bought him a 100th card for his birthday in a few months' time," John said. Surrounded by memorabilia, John recalls the times he sailed the world with the Duke and, sometimes the Queen, on

board, along with their two eldest children Prince Charles and Princess Anne. There were also tours with the Queen's sister Princess Margaret and the Queen Mother.

"The Duke was a really nice guy, there was no put-on, he was very competitive, inquisitive and knowledgeable," John said.

Born in Lincolnshire on 31 May 1935 John grew up with his four sisters on a small farm but his parents didn't want him to have a tough farming life so when he was 14 he applied to join the Royal Navy and was accepted, joining HMAS *Ganges* at 15.

"I did nine months' training there and then went to the training ship HMS *Indefatigable* for 12 weeks before being posted to HMS *Suberb* which went to the West Indies. I then volunteered for the royal yacht *Britannia* and was interviewed in London with the first trip to Tobruk with a young Prince Charles and Princess Anne on board. There we met the SS *Gothic* which the Queen and Prince Philip had used for their Commonwealth tour. On the way back to the UK we called at Gibraltar."

In 1955 John was on board *Britannia* when Princess Margaret visited

the West Indies to a joyous reception. Several photos of the princess show her greeting navy personnel, a dainty figure in fashions of the time.

John's first real taste of mixing with royalty was the State visit to Norway in 1955 with the Queen and Prince Philip. "The Prince played deck hockey and was very competitive and took part in all sports on board," John recalled.

John joined Prince Philip on a trip to Denmark and, in 1956-57, embarked on the four-month South Atlantic world tour. "There was a beard-growing competition on board and the Duke told

me he didn't want to see me taking part as I had a head start with a very bushy beard," John said.

The trip to the Antarctic culminated in Prince Philip opening the Olympic Games in Melbourne in 1956 with John meeting Australian runners Shirley Strickland and Betty Cuthbert who showed him around the Olympic village.

During the Antarctica trip crew members on board the *Britannia* met with Norwegian sailors for a football game. There was also an art poster drawn by Prince Philip commemorating crossing the Antarctic circle on 1 January 1957. John has a framed copy bearing his name in his study. Among his onboard hobbies John enjoyed putting ships in bottles while other sailors did painting and making wool rugs.

On a trip with Prince Philip to the South Sea Islands in 1959 the prince shot a crocodile on the River Gambia. "We saw him almost every day on board," John said. "A hectic Canadian visit by the Queen in 1959 saw her give us an extra's fortnight's shore leave because we had worked so hard."

When John's sister, Mary, who worked schooling the royal polo ponies at Windsor Castle, was kicked in the face by a horse, the Duke was extremely concerned and followed her recovery.

Recalling his naval service, John says he spent 10 years in the navy with only one Christmas at home but he loved what he was doing. When he broke his right arm while taking a boat to shore, a young Princess Anne signed her name on the cast along with crew members.

The *Britannia* generally had 240 naval personnel on board with two-thirds permanent and the remainder casual. During his naval years, John met Lord Louis Mountbatten and King Hussein of Jordan among many dignitaries including the Queen Mother who loved fishing. John was on board *Britannia* when she visited Northern Ireland in 1958.

In 1974 John, his late wife Betty and their two sons David and Andrew moved from Britain to Victoria, later settling in Perth where John took up a position for 15 years as a supervisor at Garden Island. He married Lillian in 2015.

"It has been a real privilege to know the people I have met," John said.

Discussions about politics and retirement

CELIA Hammond, the Federal Liberal Member for Curtin is very much a local. Raised and educated in WA, a career in law and academia culminated in a position as Vice-Chancellor of Notre Dame University. She was elected to Federal Parliament in 2019.

Come to hear her speak at the Association of Independent Retirees (AIR) meeting at 10am, Friday 16 July at the Cambridge Bowling Club, Chandler Avenue West, Floreat.

On Friday 20 August Steve Lofthouse from Friends of Bold Park will be guest speaker, just in time for spring.

AIR aims to protect and advance the in-

terests of retirees who wholly or partly fund their retirement. They meet on the third Friday of each month be-

tween 10am and noon. Visitors are very welcome. Cost is \$2 (members) and \$5 (visitors). Please bring your own

coffee mug. Further enquiries can be made to Graeme (gralin@inet.net.au) or Margaret (marghw@inet.net.au).

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Amanda Hampson speaks up for older women through her books



Amanda Hampson

by Josephine Allison

OLDER women seem to be considered somewhat redundant these days, says author Amanda Hampson whose latest novel, *Lovebirds*, tells the heart-warming story of Elizabeth, now in her sixties, and her quest with grandson Zach to find her husband Ray.

"I'm committed to writing about older women, I think it is important because we are constantly being sold the idea that youth is the only attribute worth having but, with the benefits of experience and maturity, later life can be extremely re-

warding," Sydney based Amanda tells *Have a Go News*. "In fact, research shows that women over 60 consider it the happiest time of their life.

"Society may be keen to write us off, but it's up to us whether we accept that or not. Being grumpy about it doesn't work. Trust me, I've tried it. More rewarding is to become curious and open to different ideas; to explore new ways of being in the world. This is the journey that my character Elizabeth undertakes.

"We meet her at a time when her world is quietly unravelling. Her best friend of half a century has died, her family has broken apart and she is desperately lonely. When she takes responsibility for her 15-year-old grandson Zach, she's forced to open her mind and heart in an effort to bring her family together.

"Elizabeth soon learns that unless she finds some common ground with her grandson, she will be sidelined. As it turns out, it takes a budget to bring them together – but that's another story."

Amanda sees it as ironic that her fellow boomers, once the youth-quake of the 1960s, are sometimes as intolerant towards young people as the older generation were towards them.

We didn't care but wrote them off as oldies and sidelined them and that will happen to us as well."

Lovebirds touches on the Vietnam war and its after effects. Amanda says that from her teenage years, she had a good sense of the mood towards it at the time and feels a sense of injustice about that happened to those conscripts.

"My deeper under-

standing of the experience and issues came from reading a number of books as well as newspaper articles from those years and talking to several Vietnam veterans and their wives."

When asked about her writing style, Amanda says she empathises with her characters, without trying to make them perfect or heroic. She tries to get a sense of how they see the world and then allows them to speak and act for themselves.

Lovebirds is Amanda's sixth novel. Her first novel *The Olive Sisters* was published when she was 50 and became a best-seller. Since then she has written *Two for the Road*, *The French Perfumer*, *The Yellow Villa* and *Sixty Summers* (all published by Penguin).

Amanda says: "It was fortunate with Covid that I didn't have a book ready to be released in

2020, so I was able to hunker down and work on *Lovebirds* with renewed determination to add elements of humour and lightness that made Elizabeth's struggles an uplifting experience for the reader.

"The upside of lockdowns has been so many online platforms for authors to discuss their books and connect with readers wherever they are, not just in major centres.

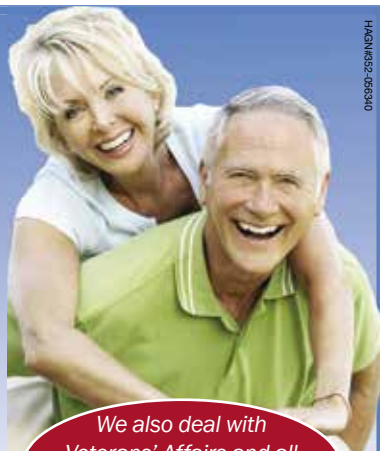
"Now I'm working on a novel set in 1965, about four tea ladies who get together to solve a crime, which is a lot of fun. As always, the main character is an older woman (we need more starring roles). It's a mystery with twists and turns and humour – and who doesn't love a tea lady!"

Lovebirds (Penguin Random House, \$32.99), is available from all good book stores.

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The classes are planned to be held at the Leslie Street Seniors Community Centre, 7a Leslie Street, Mandurah each Wednesday from 11am to 12 noon and will commence if they get the numbers required.

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Wendy and Anne forge a special Anglo-French entente cordiale



Wendy Cox and Anne Bramouille © MJ Rowan

by Josephine Allison

IT'S a case of Britain meets France when Wendy Cox and Anne Bramouille exchange greetings from their stalls at the monthly Kalamunda Artisan Market. The pair have been firm friends for more than 20 years and catch up regularly in between manning their stalls; British-born Wen-

dy selling her paintings and French-born Anne her homemade seasonal produce.

"I started my business Oohlala Preserves 20 years ago at Kalamunda markets," Anne said. "It was the first time I had sold my preserves and I remember packing little gifts for Mother's Day the night before and basically being excited and terri-

fied at the same time.

"I was next to Wendy who, at the time, was making Indian-American stuff such as leather moccasins and bags. I still have the small one she made me that I use at the market.

"We were located opposite to where we are now, so in 20 years we have only moved twice. I think we hit it off straight away. Wendy has a great sense of repartee, she is funny, witty and an amazing artist.

"There is this standing joke between us, people come to her and ask if she is an artist. So I always tease her about it and sometimes say to people she paints by numbers!

"I always look forward to the market, it's great to catch up with Wendy. We talk about what we have done during the month, travels, movies and television series to watch.

We chat with customers, some have become good friends and usually have a good laugh and carry on like two clowns.

"Wendy always makes a point of correcting my pronunciation, another standing joke. I can't pronounce certain words such as sequins, Emirates, Polaroid, Mediterranean and more. When Brexit finally happened I told Wendy I couldn't talk to her anymore and that she would need a passport to be in my space."

Anne, who was a judge at the Perth Royal Show for many years, makes all kinds of preserves jams, marmalades, curds, chutneys, sauces and pickles, all homemade. She also sells her preserves wholesale in shops and cafes.

Anne came to Australia from Alsace in 1989, worked in Sydney for a few months and then backpacked around the

country. She moved to Perth via a six-month stint working in a Nullarbor roadhouse, loving the change.

"When I arrived in Perth I worked in restaurants and cafes before deciding that I wanted to work for myself again and give it a go making jams and chutneys. My mum sent cookbooks from the French jam queen and the rest is history. I read books, practiced and launched Oohlala in 2001."

Wendy has spent her entire life working as an artist. She settled in WA with her husband, now a retired chef, and son in 1991 after living in Northamptonshire and Oxfordshire. She was born in north London and, as a small child, preferred painting to playing with dolls.

"In the UK I was a pictorial pub sign artist, painted coats of arms and also worked as a graphic de-

signer in several studios designing and producing finished artwork for book jackets. I also worked for tee shirt companies.

"I love being part of the Kalamunda market. Sharing and selling my paintings through Wendy Cox Art is so fulfilling and such a joy. We make new friends each time and many return often.

"Anne and I often meet outside the market for dinner and general silliness. I constantly imitate her French accent, her English is impeccable and she imitates my ludicrous attempt at pigeon French.

"We are joined at the

hip and refuse to be separated after 20 years at the market. I buy her jams and she buys my artwork, a sort of Anglo-French trade agreement without the gunships."

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COCOA club members storm the Mundaring pub...

by Rose Hope

ALL weekend the weather had been brutal. The rain came down in buckets, the wind howled and lightning struck the heavens. I feared for the fate of our planned outing on the following Wednesday if the weather remained inclement. In my imagination I see myself as the only person arriving at the pub.

The day of the event dawned bright and sunny as bus 320 slid from stand 8 at Midland Bus Station. As we left the industrial area the bus commenced the ascent to the hills district of Mundaring and we entered a different world. Here the road cut a ribbon through a tall forest of eucalyptus trees beneath which snuggled cottages and gardens grateful for the recent rain.

Lighting at the terminus it was a short walk to the hotel and as I entered the COCOA (Come Out Camping Older Adults) mob came from all directions and within minutes two rooms were full to capacity.

That noisy fun-loving group, from Nannup to Northam and all surrounding districts filled the place with chatter and laughter that could rival any school bus.

Our room was a recent addition since my last visit and through the windows one could view the park, a natural forest in which tall gumtrees reigned supreme with a gaily coloured playground down at the bottom end. Log fires kept the rooms cosy and snug.

We were offered a varied seniors menu. I opted for steak, chips and salad and it was superb. Others had dessert and tea or coffee and, of course, wine or whatever with their meal.

We welcomed several visitors who had read about the COCOA Club in *Have a Go News* and

we hope that they will join us in future events. It was another great day to remember.

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COCOA club members enjoy a meal

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Where opinions matter - Should there be greater generosity from our richest



by Lee Tate

A LOUD round of applause for our wealthiest citizens, led by Gina, Andrew and Kerry, for pouring money back into the national economy and donating.

Australia's richest-ever citizen Gina Rinehart, worth more than \$30 billion, has diversified

massively into pastoral businesses, snaring 10 million hectares with capacity to run more than 340,000 cattle.

Iron ore magnate and pastoral queen, she supports breast cancer, Australia's Olympians and dirt-poor Cambodian children. Gina donates \$10 million-a-year, ranking 12th among Australia's philanthropists.

Twiggy Forrest, worth nearly \$30 billion, (doubling his fortune in a year) committed \$88 million to charity, becoming Australia's number one philanthropist. He's also part of Philanthropy Australia's Arts Funders

Networks supporting hard-hit artists.

Twiggy has diversified, with fingers in many pies including combatting slavery, plastics in the ocean, seafoods, cattle, cancer cures and wide use of hydrogen and green energy.

Gina and Twiggy are Australia's two biggest taxpayers, paying more than \$1.1 billion between them in 2018-2019 and now passing \$2 billion in corporate taxes. They also pay State royalties and hefty personal taxes, nearly half of their incomes.

Kerry Stokes, best known as a media tycoon, has most of his

family's \$7.2 billion fortune exposed to mining; he has the Westrac caterpillar dealership, Beach Energy and Coates Hire, as well as a sprinkling of other interests.

Kerry has been a big supporter of WA's biggest charity fundraiser, Telethon, a sponsor of fire-fighting as well as art, returned soldiers and service medals. He is listed seventh on Australia's list of givers.

Little-known Alexandra Burt, daughter of the late Peter Wright, and wealthy Jack Bendat are major philanthropists. Ms Burt and husband Julian support the arts including ballet (\$3 million), WA Symphony Orchestra and Australian String Quartet.

Our tycoons revel in the biggest fortunes of all time. They are making the greatest community and business contributions of all time and are paying the biggest tax bills of all time.

But where do we draw the line? Just in Western Australia we have three billionaires worth more than a total \$70 billion.

During the pandemic and economic downturn, billionaires boomed and Australia emerged with 122 billionaires.

Ralph Sarich edged-in with \$1.05 billion.

These ground-breaking individuals are richer than many nations, controlling more money than they could ever need in 10 lifetimes.

Our tall poppies cop plenty of flak but their super-riches can't be ignored.

The issue is worthy of debate. Perhaps we could include the billions of dollars profit made by our big four banks annually, plus the super-salaries and golden handshakes our business leaders command.

Business leaders in capitalist societies naturally take fatter pay packets than the rest of us but the cream at the top of the corporate world is excessively thick by any standard.

There is so much personal wealth in the world, it's hard to shake-off the feeling that "something's gotta give". Individuals each worth thousands of



millions of dollars!

A super tax? Canberra talk of a mining super-tax failed miserably. And the late Kerry Packer isn't the only critic of what governments do with our taxes.

Resentment, restrictions, revolution clearly aren't the answer. A more generous sharing of wealth to genuinely worthy causes, with charity starting at home, would be appealing.

A number of tycoons, starting with Americans Bill Gates and Warren Buffet, distribute massive wealth while they are still alive and have encouraged fellow billionaires to follow suit.

Some of WA's tech-millionaires have sworn to distribute their fortunes. WA billionaires have stepped up to the plate, as shown above but is it enough? Public perception would suggest not. Should there be greater generosity from millionaires and billionaires to fellow citizens?

An independently-administered, transparent foundation would help counter community resentment. Perhaps it would divert governments from any new thoughts of super-taxes.

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

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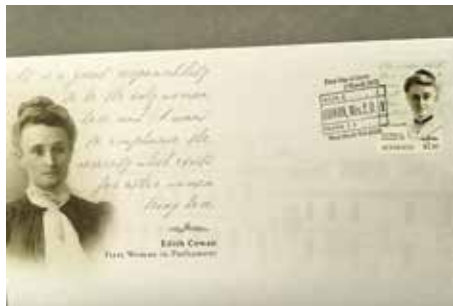
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Celebrating the centenary of Edith Cowan's historic achievement



Left to right; Founder of Edith Dircksey Cowan Commemoration, Hilary Silbert, interviewed for Parliament House story on Edith Cowan for the centenary of her Maiden Speech. Edith Cowan House, ECU, Joondalup - Edith Cowan Clock Tower, Kings Park, West Perth. Honouring Edith by organisations that were influenced by her and Cowan Cousins. The Clock Tower was covered by a shroud for weeks, and only recently unveiled - The former Women's Service Guild Building on Stirling Highway, now Jardan. Photo by Bohdan Warchomij Inset; The commemorative stamp issued by Australia Post.



by Lee Tate

THE centenary of Edith Cowan's historic achievement, when she became Australia's first female member of WA's parliament, is being celebrated this year.

Edith Dircksey Cowan went where no other woman had been, winning the seat of West Perth. She was also one of the first female parliamentarians in the world.

"At the time of her election on 12 March 1921, she was 59, married with five children, and already founder and member of a diverse range of organisations," said Hilary Silbert, founder of Edith Dircksey Cowan Commemoration.

"Edith was awarded an OBE for her work

during and after World War I. She also happened to be one of our first women JPs and helped establish a much-needed Children's Court.

"This is all from someone who was born on a farm near Geraldton and was an orphan, aged 15 in Perth."

Hilary says we know how many women followed Edith into politics in Australia.

"After the last State election, we have achieved 100 women in WA Parliament. The number has now reached 1,000 in all Australian parliaments: State, Territory and Federal."

This centenary year has been marked by honouring Edith at her clock tower in King's Park. Representatives from many of the organisations she belonged to, plus Cowan cousins, left floral tributes at the site.

"The Edith Cowan Clock Tower is the most significant memorial to a woman in Australia, unveiled on the 9 June, 1934, exactly two years after Edith died.

"Significantly, a restoration program has been undertaken on the clock tower and recently it was restored to working order. A fitting tribute in a centenary year," Hilary said.

July 28 marks 100 years since Edith's maiden speech in Parliament. A three-week exhibition at the Grove Library in Cottesloe

will tell her story.

Edith lived in the Cottesloe area from 1896 to 1912. She founded the Women's Service Guild to raise funds for WA's first maternity hospital while attending meetings on Stirling Highway. The building, a former dry-cleaning business, has been restored.

Australia Post issued a stamp to mark Edith's milestone.

St George's Cathedral pews were filled at an Evensong honouring one of the first women on the Anglican Synod. Parliament House has a foyer display and WAAPA has been commissioned to make a film to acknowledge Edith's contribution.

Hilary points out that Edith also features at the Old Law Museum in Perth.

"Her birthday on 2 August will see another ceremony at the Edith Cowan Clock Tower," said Hilary.

"The naming of a university after Edith in 1991 meant she is the only woman in Australia to have such an honour (there are half a dozen men honoured), but on the world scene, this is incredibly significant.

“Within the 10,000 universities in the world, there are very few named after a woman. Those that are, are usually saints or donors.

"This centenary year helps raise our awareness of Edith's remarkable life," Hilary said.



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Who can we really trust for reliable information on climate change?



*Climate change is protection for one's future,
young and old*

by Karen Maier

ACCORDING to the *Australia Talks* National Survey conducted by the ABC (australiatalks.abc.net.au),

abc.net.au/), Australians have enormous trust in our doctors, nurses and scientists. They say this insight may explain why, when chief medical offi-

cers told Australians they needed to socially distance, most people paid attention.

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Now is the winter of our discontent - never mind, let's celebrate!



by Rick Steele

MARK Twain once quoted, "Everybody complains about the weather, but nobody does anything about it."

These days with Internet, and cable TV etc, everyone has twenty-four hours access to the weather. Us baby boomers did as well. It was called a window.

It was zero degrees this morning and they reckon it's gonna be twice as cold tomorrow. How cold is that going to be? It was so cold last week the local flasher was spotted describing himself to a group of women.

Seems like it's par for the course, that as soon

as a cold snap blows in, everybody forgets the long hot summer and the aches, pains, arthritis, snivelling colds and 'flu become the hot topic of conversation.

My neighbour went to the doctor last week. He said "Doc, every time I look in the mirror, I feel like throwing up. What's wrong?"

Doctor replied, "I dunno, but there's nothing wrong with yer eyesight!"

Birds have been flying north in winter since well before Moses played full forward for Israel. These days, what with Covid restrictions on overseas travel, every baby boomer, grey nomad, retiree and holiday maker are following the warmth of the sun.

My advice and from those who know, is check your arrangements, and your vehicle before you leave. It's a long way between drinks north of Capricorn. Make sure you've got your medication.

Lady friend with asthma problems went to the local outback doctor. Hearing her croaky replies and throaty coughing he enquired "What about the wheeze?" "Oh fine," she replied. "I went three times last night!"

If you are lucky enough, being adopted by an extended family can brighten and enrich your life. Also, it may well provide a source of pride when it's time to celebrate that family's wonderful legacy and achievements. This July, the *Have a Go News* family operation rejoices in 30 years of publication on the Perth scene.

I read somewhere that a good paper should be like a mini skirt. Short enough to arouse interest, but long enough to cover the essentials. Obviously, this family-founded enterprise has a strong foundation and game. Hard work, the foresight and vision of the creators to see the niche market ahead of their time, and the skill of our current editor and

team, with family values, have helped the paper to survive and flourish through times, universally acknowledged, as the toughest for the newsprint business.

I'm only a new boy to the family, but I'm hoping I get to stay till I grow as old as my jokes. I feel blessed to have been adopted by the wonderful *Have a Go* family.

Meanwhile, back in the jungle, I'm ready for my second jab, and secretly hoping Australians all will roll up and keep this country we love safe. With the winter fire burning and keeping the house security chief (Winnie the dog) off the couch is priority.

Coming up on the box are the Tour de France, Wimbledon and Tokyo Olympics and all are likely to test my timesharing plans.

Have a Go News, now with a circulation of 80,000 copies, plus online and Facebook, invites all current readers and supporters to celebrate and

help the number of fans climb to the 100,000 copy goal for Christmas 2021.

The navy has recently been celebrating and the crew assembled on deck in their finest uniforms. The captain looked particularly splendid in his

royal blue with gold epaulettes. An obsequious young lieutenant was proving to be very annoying, and the captain was about to dismiss him, when a seagull dropped a major load right down the front of the captain's uni-

form. Quick as a flash the youngster piped up. "Sir, sir, I'll go get some toilet paper immediately."

To which the captain coldly replied, "Don't be stupid man, that seagull is miles away already."

Cheers dears!



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

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11. Bradford Exchange

Entrants can enter via email with Adwords in the subject line at win@haveagonews.com.au or write to Ad Words Competition C/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 31/7/21.

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Meet Gay, who loves her time with the Over 55 Canoe Club



Over 55 Canoe Club member, Gay

by Karen Finlayson

EACH month we have been meeting members of the Over 55 Canoe Club to give readers the opportunity to see how joining a club will benefit to their social and physical well being.

This month we meet Gay who from an early

age had two dreams – not that she ever told anyone, as she grew up a shy girl. She wanted to travel and make a difference to the lives of others. Since then, Gay has found one of these passions has had a great consequence in her life.

Ten years ago, Gay was introduced to the Over 55

Canoe Club where she felt immediately welcomed. Despite having kayaked, caved and camped in her 20s –she found there was more to learn when the club offered her instruction each week, making her the proficient paddler she is today.

Growing up, she and her friends made cubbies, rode bikes and fished for tadpoles. After swimming at the local beach, they'd call into the fish shop for any leftover 'crispies'. Life was simple and a lot of fun.

When Gay was nine, her family took their car on the train across the Nullarbor – which then was a dusty track. All six stayed with her uncle and visited the Blue Mountains, Sydney Harbour Bridge, Taronga Park Zoo, museums and exhibitions.

Gay remembers coming out of the Sydney Planetarium finding they were part of an exhibition – crowds of locals were hovering around their vehicle – to see who drove the swanky Vanguard with the 'WA' number plates. Gay has always thought it was the number plates bringing the attention – not realising their car was definitely not the norm for Sydney in 1960.

Her father wanted her to become a teacher – her strong will won out and she studied nursing. Then at 21, she shocked everyone, leaving home to travel Europe.

Culture shock first hit when she spent two months exploring India on less than 50 cents a day. The landscape, lifestyle and colossal population (which at the time, in-

creased each year by the total population of Australia) totally overwhelmed her.

Gay loved the animals of Africa; however, it was an orphanage in Kenya, built to save the lives of thousands of street kids that really piqued her interest. She was overawed visiting the Antarctic and mesmerised with the Northern Lights of the Arctic.

Closer to home, her mind boggled at the reefs of Ningaloo where she mingled with the whale sharks. She loved snorkelling through the coral gardens of the Great Barrier Reef. More recently on Christmas Island she swam to the edge of a shelf that fell straight down 4km to the ocean floor.

Gay has always loved

working with people, beginning her career as a children's nurse and retiring recently from aged care. Having a natural gift of relating with people, she loved seeing the kids light up with simple games and the faces of the elderly glow while reminiscing – memories of Perth before the Narrows Bridge was built, after the trams were replaced and holidaying in the far-flung north at Trigg.

Gay is most proud of her three adult children, all with good characters and careers. She loves her grandchildren and plays an active part caring for them. Recently it surprised and thrilled her when her son asked her to paddle-partner him in the Rottneest Swim. She is very close with her daughters and loves every moment spent

with them.

Gay has lived an interesting life, worked and studied hard, taken chances and made a positive impact on the lives of many people. North, south, east and west, for all the thrills of travel – what truly energises her is connecting with people she cares for, especially her kids.

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



A diet of interest in the world around us can be easy to manage



by Jon Lewis

JUST after midnight, on my 6PR radio show, Angus Stewart, an accredited dietitian, was chatting with me off air, as

we often do. He shared a most remarkable idea. It was so remarkable to me, I felt it should also be shared on air to my lovely listeners and now I will share it with you too.

My guest explained: "If you are interested in the subject then it is easier to remember."

At the time he was alluding to a better way to eat and to understand the reasons behind it. However, for me I took it quite another way and

my mind raced.

There are a great many dull and uninteresting facts and topics that I could well do with understanding and remembering. I have tried many ways to force the information in and many times it did not stay in. I tried games, tactics and even taunts, nothing.

But what if I found a way to make the subject or fact interesting? What if I looked carefully and found joy in it? After all someone must like

and find these things interesting, maybe I can too?

As I understand it, if you are struggling to comprehend a topic, it could be as simple as you just don't like it? If it was interesting that would be quite different, wouldn't it?

Now, I find ways to make everything interesting and perhaps you can too?

As the financial year has just kicked in, I need to find out how

my accountant friends love figures. Certainly at times I have admired figures. Now I want to get a better understanding of them.

You can only imagine how much easier learning something will be if you have found a way to be interested.

Of course if you just don't want to be interested, then employing someone to do it for you is a great option.

I'm very interested in being frugal and that is

a driving force in my interest of most things.

Tips to find interest...

1. Try a different approach
2. Question people why they like it
3. Focus on a detail
4. Look for tricks of the trade.
5. Discover famous people who also like it.
6. Watch a little video on it
7. If you can think of one more, let me know... jon@6pr.com.au

All the best!

Fundraising in Fremantle kicks goals again

ROTARY club of Fremantle have completed their annual 2021 Give A Damn Give A Can campaign in conjunction with St Pat's Centre in Fremantle.

They raised \$10,000 worth of canned and packaged food to support the homeless and those requiring assistance in the Fremantle district.

The supermarkets Coles, Foodworks, Woolworths along with seven local schools helped the Rotary Club of Fremantle achieve their goal.

Deb Greenwood and local Club members used their allocated roles through May to ensure the success of the campaign.

The rise in homelessness and those needing assistance has caused a greater need for support.

Join the Stay Sharp Program

for the over 55s 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 well-being.

Prof. Ken Nosaka from the ECU School of Medical and Health Sciences has extensively researched the greater benefits of eccentric exercises.

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

NEXT 8-WEEK PROGRAM COMMENCES:

Thursday 29 July to 16 September SESSIONS RUN: 9.30am - 12noon
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LiveLighter Winter Solstice Swim shows off the best of Masters spirit



Westcoast Masters Club came in third place

by Tarquin Bateman,
Communications and Events
Coordinator, Masters Swimming WA

OVER the weekend of 26 - 28 June, 12 Masters Swimming clubs made a splash in lakes, rivers, oceans and pools across Western Australia for the LiveLighter Winter Solstice Swim.

Even though the weather was a bit cold and windy, more than 120 swimmers were out in their wetsuits having a go and making the most of the morning sunshine.

The aim of the event was to promote fitness, friendship, and fun in a challenging team competition. Swimmers were able to gain points

by completing up to three individual swims across the weekend and submitting photographs and videos for bonus points. With three swim distances to choose from, and participation options for non-swimmers, the LiveLighter Solstice Swim had something for everyone.

The winning club was Mandurah Masters Swimming Club, which as a team accumulated 1950 points and completed 65 swims, respectively. In second place was Rockingham Masters, followed by Westcoast Masters in third, and Cockburn Masters in fourth place.

Masters Swimming WA received more than 300 photographs and

65 videos of Masters Swimmers laughing, having fun and enjoying the event. There were members who completed their swims from remote FIFO work sites, from holidays in hotel pools, and even one swimmer who completed her swim safely while pregnant and past her due date.

Overall, the event was a testament to the fantastic camaraderie of the clubs, and Masters Swimming WA wishes to thank each and every swimmer that took part.

Our clubs are always looking for new members. It is the perfect time to join with six-month memberships available now. For more information visit www.mswa.asn.au.

Australia should embrace ageing

by Lee Tate continued from front cover

"It's just joy," Maggie says, "a good food life brings everything else together. Being connected is all-encompassing, the pleasure and the environment."

With her fund-raising corporate talks and business interests, Maggie and Colin pour their

money into the foundation.

"That's my contribution. We are rich in property, it's our legacy for our family. What's important is what we all do for each other. We all have a responsibility.

"We must be aware of those who are lonely

and have lost their will to cook in their own homes. The question for our board is how can we help more? There's a need for a lot of society.

"My focus is on seniors. Getting old and ageing well is within all our grasps but only if we all embrace it," she said.

Maggie says there is only one gap in her life. She doesn't have a dog. It is seven years since they lost German shepherd, Muck.

"I'm a dog person. I've always had dogs but with all the travel, I can't. They need love and attention," she said.

Internet and computer basics course for people over 50

PEOPLE who are over 50 years old and are interested in learning some basic computer skills are invited to join this free course run by the Multicultural Association of WA.

The four-week course, one per week, will show participants how to use their computer, check emails, navigate the internet and learn some

basic computer skills to get them digitally capable.

The course begins on 21 July and will be held at the Multicultural Association, Tuart College, 105 Banksia Street, Tuart Hill.

Registration is now open by calling 9444 9423, 0407 160 287 or email secretary@wamainc.org.au



by Hank Jongen,
General manager,
Services Australia

IF you have taken on re-

What services and payments are available for grandparents who are full time carers?

sponsibility of caring for your grandchildren, we have a range of support available to help you.

It can be an overwhelming time moving from a traditional grandparent role to becoming a primary caregiver. For the first time, in a long time, you may have to make sense of childcare, schooling, immunisa-

tions, and the costs of raising a child. There can be a lot to organise, but you don't have to do it alone.

Services Australia's Grandparent Advisers kicked off in 2010, in recognition of the unique challenges faced by grandparent and non-parent carers.

They provide tailored

information to help you on your journey. They provide free support to grandparents, legal guardians and other non-parent carers who have taken on parental responsibilities for a child, even if you're not currently receiving a payment or service from us.

We have a range of payments grandparent

carers can apply for. You may get extra help with the cost of raising children, child care costs, health care and Medicare.

As well as help with payments and services, our Grandparent Advisers can connect you with our specialist staff and community support groups in your area.

I'd encourage you to pick up the phone and give our Grandparent Advisers a call. The sooner you get in touch, the sooner they can get the right support in place for you.

You can speak to a Grandparent Adviser by calling 1800 245 965. You'll also find more information about the

payments and services available at www.servicessaustralia.gov.au/grandparentcarers.

Until next time.

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

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A new chapter of service for Alzheimer’s WA opens in Subiaco



New directions: Alzheimer’s WA’s Warren Harding, and Deputy Premier and Health Minister Roger Cook

by Lee Tate
LEADERS in politics, health, business, local government and police gathered in Subiaco, recently to mark a new chapter for Alzheimer’s

WA – the opening of a new office for Alzheimer’s WA, above Subiaco railway station.
Deputy Premier and Health Minister, Roger Cook, said that with WA’s ageing population, early diagnosis and access to quality medical care and the public health system was crucial.
He said Alzheimer’s WA greatly supported the health system and hospitals.
“Dementia is a challenge to those who are diagnosed, their families, friends and loved ones,” he said. “Early diagnosis is vital for early intervention and provision of lifestyle packages.
“Older people are best supported at home with better access to services. Keeping people living independently in their own homes, they have happier lives.”
Mr Cook said it was not helpful if people had to navigate complex services and he acknowledged the benefits of memory cafés for people with dementia.
New chair of Alzheimer’s WA, adjunct Professor Harding referred to world-leading research in WA into early detection of Alzheimer’s, of which Perth’s Prof

Ralph Martins is a leader. Governor Kim Beazley is patron.
“People in WA who have been diagnosed deserve to live with joy, growth, meaning, autonomy and dignity in their lives,” he said.
Alzheimer’s WA CEO, Ella Dachs, said more than 42,000 West Australians were living with dementia and that number didn’t include those who had not been diagnosed.
Dementia remained the number one killer of Australian women and number two killer of men.
Contact Alzheimer’s WA 1300 66 77 88.

Retirees group has a raft of interesting speakers...

GUEST speaker at the next meeting for the Perth Northern Suburbs branch of Association of Independent Retirees (AIR) will be Lisa Richards, from the Seniors Housing Advisory Council (SHAC).
Lisa has been with the SHAC since 2014 and during that time she has helped many people searching for the perfect housing arrangement to enable them to live independently for as long as possible. She will also discuss issues that might be encountered and while there is often no perfect solution, her objective is to obtain the best solution for individual circumstances.
The meeting will be held at 9.30am on Thursday 17 June. All meetings are held at the Penistone Park Community Sporting Facility, 27, Penistone Street, Greenwood.
The following meeting will be held on 15 July with speaker Stuart Usher who is a Cruise enrichment adviser. With the prospect of Covid restrictions being lifted over the next year many people’s thoughts are turning back to cruising and besides considering the ‘Future of Cruising’ Stuart has a wealth of subjects to discuss.
The Association of Independent Retirees (AIR) represents the interests of both fully and partly part self-funded retirees to government at all levels – they are completely apolitical, solely seeking to improve and maintain the positions of Australian retirees. The membership consists of people who derive at least a portion of their income from independent means, however, at least half of the members rely on the Age pension for a substantial part of their income.
Under the current WA Covid -19 rules they are restricted to numbers in the meeting room. Therefore, if you wish to attend as a guest please reserve a seat by registering your interest.
All AIR members and any interested guests are most welcome.
Cost \$4 per person including raffle tea or coffee.
For further information contact Mike Goodall on 08 6364 0859 or email pnair@gmail.com for further details.

Book a FREE information session in Rockingham on planning a Will followed by a Will Writing Day

Date: 4 August 2021 from 10am
Cost: The information session is free. Option to write a legal Will afterwards, only \$70
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An update on the campaign to wind back British women's retiring age



by Mike Goodall

STATE Pension age for women in the UK was in-

creased to age 66 in 2018 and is eventually planned to increase to age 68.

Many women in their 50s are campaigning against this. Their claim is that the when the State Pension Age (SPA) was increased to age 65 in 1997 this was not sufficiently advertised. This resulted in many reaching the former pension age of 60 applying for their State Pension, only to be

informed of their revised pension date.

Moreover, pension rules were changed in 2016 requiring 35 years of contribution to receive a full State Pension rather than 30 years. This further disadvantaging those who couldn't work to make up the additional years.

Many of these women had been relying on a pension at age 60 and had given up employment to care for elderly relatives.

Moreover the Pensions Act 2011 resulted in some women born towards the end of the tax year would

reach SPA three and half years later than those who were born at the start of the tax year.

WASPI (Women Against State Pension Inequality) took their campaign to the ombudsman. However, their campaign had to be put on the back burner because another group called Back to 60 were taking the UK Government to court. This group lost their case and recently lost their appeal.

As a result the original complaints of maladministration by the Department of Works and Pensions are currently

under investigation by the Parliamentary and Health Service Ombudsman.

A leaked report of the Ombudsman's provisional findings reveals it believes the Department for Work and Pensions (DWP) failed to act promptly after research in 2004 showed its awareness campaign wasn't reaching the women affected. Despite this failure the DWP failed to write directly to women to inform them of the change to their pension age even after a survey revealed nearly half still thought they would receive their

state pension at 60.

No letters were sent until December 2007 and even then, mainly only to those who had enquired about their state pension.

A final ruling is expected this month, however, warnings have been issued that even if the DWP were found to be at fault it doesn't mean that large amounts of compensation would be paid.

Am I UK State Pension Age?

UK Expats and Australian citizens born between 6 October 1954 and 5 April 1960, who have worked for a minimum of

10 years in the UK, will be eligible to claim their UK State Pensions from their 66th birthday.

Those born after 6 April 1960 can claim one month later for every additional month of birth until 6 March 1961 when it will become their 67th birthday.

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

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Sophisticated scams are out there... don't get caught in the web



CONSUMER Protection warns people to be aware of tax scams, prompted by figures which show a large increase in losses suffered by WA victims.

So far this financial year Consumer Protection has received 217 reports of scams with 34 people losing nearly \$270,000. This is a massive increase when compared to the 2019 calendar year with 51 reports and 22 victims losing just over \$100,000.

Taxpayers targeted receive hostile phone calls or voicemail messages from scammers pretending to be from the Australian Taxation Office (ATO) threatening

arrest unless a fake tax debt is paid. Other variations include the supposed suspension of a Tax File Number or claims that the victim's bank account has been used for fraudulent activities that are being investigated by police.

The calls can also come from scammers pretending to represent Home Affairs, Services Australia or MyGov. They ask for a variety of payment methods including bank transfer, cash bank deposits, iTunes/Google Play/Steam cards, Neosurf vouchers, gift cards, prepaid credit cards or cryptocurrencies.

Commissioner for Consumer Protection Gary Newcombe said the scammers often hold their victims on the phone until payment is made.

"By doing this they maximise the pressure on their victims and prevent them from contacting other people who may warn of the possibility of a scam," Mr Newcombe said.

"If you get one of these calls, don't be intimidated. Hang up and contact the ATO directly to verify the call (1800 008 540). Don't use numbers given by the scammer. Do the same if it's a voicemail and impor-

tantly don't respond, otherwise you could risk becoming a victim."

Tips to avoid becoming a victim:

- Confirm the caller's name, title and why they are calling.
 - Call the ATO on 1800 008 540 to verify the ATO contact or log in to your MyGov account to check your tax affairs.
 - Never send money or give financial/personal details to someone you don't know or trust.
 - If you have provided your financial information, contact your financial provider immediately.
 - The ATO will never leave pre-recorded messages.
 - Government agencies never demand payment through unusual means like gift cards or cryptocurrency.
 - Government agencies will never threaten immediate arrest.
 - Do not call back numbers left in voicemails.
 - Search for the legitimate number of the agency and call them direct to verify the call.
- If in doubt or for further information or to report a scam, go to the WA ScamNet website www.scamnet.wa.gov.au or call 1300 30 40 54.

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– E. Harris



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As it happened - beyond the stories... when it comes to masterpieces who owns history?



by Lee Tate

THE years 1801-1803 is the standout period on the international cultural calendar.

That was the year Greece lost its Marbles.

In one of the world's great travesties – that continues today – classical architectural masterpieces from the 5th Century were hacked from the walls of the Parthenon and stolen.

A collection of classical Greek marble sculptures, the Elgin Marbles, better known (for good reason) as the Parthenon Marbles, are on display in the British Museum.

Despite the 2009 opening of the new Acropolis Museum in Athens to accommodate classic sculptures, especially the sacred Marbles, the British Museum won't hand them back.

A British Act of Parliament vested the marbles to the museum's trustees and 200 years of attempted negotiations by Greece has led to nothing.

The classical Greek marble sculptures was made under the super-

vision of the revered architect and sculptor Phidias.

They were part of the temple of the Parthenon and other buildings on the Acropolis, attached to walls during construction and not separate items.

During periods of war and damage, various outsiders paid bribes to pick up loose pieces of marble on the Parthenon floor.

But in 1801-03, it was dramatically different. British Ambassador, Scotland's Lord Elgin, bribed the Turk occupiers of Greece and his team of workers illegally sawed and hacked precious Marbles from the walls.

This wasn't sanctioned by the British Government but they sent ships to Greece, at Lord Elgin's request, to carry the Marbles back to England.

Some precious pieces had their backs sawn off to reduce their size and weight before being packed in crates.

Lord Elgin paid £70,000 for the overall mission. But, back

home, he went bankrupt and offered them to the British Government.

Government ministers, however, didn't want Lord Elgin to be seen making a profit from the cultural acquisition and valued the Marbles at just £35,000, half of what it had cost him.

Lord Elgin insisted they be called the Elgin Marbles and into the British Museum they went.

The museum trustees are still not sympathetic to calls for the Marbles to be reinstated in their rightful home, the purpose-built museum in the Parthenon, a World Heritage Site.

Trustees argue that all its exhibits display different cultures of the world. They exhibit the big picture. They also claim legislation forbids them from repatriating them.

But the British Government argues that it's up to museum trustees to run its affairs.

The issue bubbled-up again in recent times when repatriation supporters hoped the Brexit deal would include provision for the return to Greece of the marbles.

Nothing doing.

The eminent Aussie Human Rights lawyer, Brit-based Geoffrey Robertson, outlined the Marbles full story in his 2019 book, *Who Owns History?*

UNESCO has declared: "Cultural property increases the knowledge of the civilisation of man, enriches the cultural life of all peoples and inspires mutual respect and appreciation among nations."

Yet nations continue to be obstinate. The British Government has previously changed its laws to allow for the return of sacred items, including Aboriginal remains to Australia. But these have been rare.

Says Robertson: "Russia refuses to repatriate art treasures seized from German museums and citizens, Pakistan refuses requests for Bengali artefacts from the 1970 genocide and Turkey refuses to return sacred items to Armenians from the 1915 genocide."

The Nazi looters, of course, rank at the top of cultural criminals.

Vatican museums hold 70,000 items taken by missionaries on 'civilising' missions.

The British Museum claims the Marbles are "part of everyone's shared heritage and transcend cultural boundaries".

The museum isn't short of exhibits. But with eight million items, only 80,000 are exhibited, leaving 7.9 million in storage.

"A few museums are beginning to salve their

collective consciences by offering heritage items back on loan but with conditions," Robertson writes.

But to the nations they come from, this is seen as an insult by countries that: "can't bring themselves to confront demands for justice."

"It is that demand, beginning with the Marbles and extending to other victims of the crimes of colonialism, that now must be answered," writes Robertson.



The British Museum

New members wanted at Probus Club in southern suburbs

MURDOCH Probus Club would like to invite people who are retired or semi-retired to join their club, which will be celebrating its 25th anniversary in March 2022.

Probus is a not-for-profit organisation run by seniors for seniors, where retired

men and women meet new friends and enjoy the company of likeminded people.

The club meets on the second Wednesday of every month at 9.30am at RAAFA Bullcreek Drive, Bullcreek.

The meetings include morning tea and interesting guest speakers. Regular out-

ings, lunches and varied activities for members to enjoy are organised on a monthly basis.

We also have get-a-ways.

Come along to a meeting or contact Ray on 9367 3191 or murdochprobus@gmail.com

2021 State Winter Cymbidium Orchid Show at Ezi-Gro Orchids 76 Evandale Rd, Darch

Friday	23 July	9am-5pm
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Sunday	25 July	9am-3pm



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Don Manning congratulating Nigel Ridgway on his fascinating presentation

NORTH Coast U3A has a raft of interesting speakers and events throughout the year and always welcomes new members to join the group.

In June Nigel Ridgway spoke to the group and shared his adventure about living on a boat.

Nigel had ambitions to sail the deep ocean, so he and his wife Aileen bought a Western Australia-built wooden ketch named *Clare* which was capable of sailing the open seas. With her two masts and four sails, she was larger than any vessel they had sailed before.

They spent the next seven wonderful years living their dream and getting to know *Clare* when sailing on trips along the WA coast and over to Rottnest Island, gradually building up experience for their planned great adventure. *Clare* was well-fitted out and relatively spacious inside with beautiful woodwork.

Nigel researched *Clare*'s long history and discovered she had been hand-built from WA jarrah and named when launched in 1951.

The broker had misrepresented the age of *Clare* and who built her. Past owners had ranged from three bachelors who used her as a party-boat and then a more conventional period with two doctors sailing her round the to Queensland and back to Bunbury.

Later, *Clare* was sailed onto rocks and the salvaged wreck was sold for \$1 to a man who lovingly repaired and restored her – although she will always bear the stigma of being wrecked.

After two more owners, Nigel bought *Clare*, unaware of her checkered history. When he found out, the Magistrate's Court awarded him compensation which helped with the purchase of auto-pilot, VHS radio and weather-proofing the dog-house (wheel-house). Nigel also stripped down the hull to the

bare wood, repainted and enlarged the rudder.

When all the hard work was completed, there were lots of parties including the celebration of their daughter's wedding on board *Clare*. Then they sailed escort to the 'tall ships' *Endeavour* and *Duyfken*, which were also WA-built.

The planned route would be north to Geraldton, Cocos Islands, Maldives, Mauritius, Reunion Island and back to Perth across the middle of the Indian Ocean carrying sufficient rations for 90 days at sea between land-falls.

They set sail from Hillarys Harbour after an emotional parting, straight into a strong north-westerly. Aileen had to wear a harness to hold her steady in the galley. They also had radio link-ups with their grandchildren and classmates at school who kept charts of their progress. Nigel was captain, navigator, deck-hand and dolphin-charmer when

lazing on the bowsprit, whilst Aileen controlled the steering when not busy in the galley.

They arrived at Cocos after dark. While *Clare* was hove-to waiting for daylight another late arrival, *Spanish Eyes*, sailed in and was wrecked on rocks. Cocos was also the end of their journey with *Clare*, due to the engine being sabotaged. Reluctantly, she was sold.

Clare is now 71 years of age and is based in Victoria. Nigel and Aileen agree that whilst *Clare* cost them lots – she also gave them lots and lots of pleasure and fond memories.

The North Coast U3A group meets at the Stirling Leisure Centre, on the corner of Belvedere Road and Lampard Street, Hamersley (off Beach Road).

They have an exciting program of weekly group meetings and other activities and new members are most welcome. Call Don Manning on 0419 040 813 for details.

St Patrick's Anglican Church Mt Lawley

SAVE THE DATE:

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Christmas in July

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St Patrick's Anglican Church

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Friendship through flowers

COME along and enjoy friendship through flowers at WA Floral Art Society. Meetings are held on the second Saturday of the month.

It's \$10 entry to see members' designs, demonstrations, afternoon tea and raffle.

Meetings at 12.45pm for 1pm start and are held at Osborne Community Hub, 11 Royal Street, Tuart Hill.

Please note parking is available under the venue, behind BP Garage. Take lift to ground floor.

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

Design by Sue Pilatti

Fit & Flexi seniors class

THE winter/spring Fit & Flexi Program runs from July to the end of October for people aged from 50 years.

Registrations (\$25) for this program will be taken on Thursday 15 July from 8am to 9am, followed by the first session at Bortolo Park Pavilion Hall from 9am to 10am with instructor Robyn.

To attend the Fit & Flexi classes each week you need to register on this day.

The one hour sessions will be held each and every Thursday commencing 15 July at Bortolo Park Hall from 9am to 10am.

Enquiries to Peel branch SRC President Jan McGlinn OAM Mob 0427 088 615.

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What *Have a Go News* means to our readers...



HAVING helped celebrate 25 years with my contribution to your *Stories from the Swinging 60s* of my time in submarines and man's landing on the moon, I will celebrate 30 years of reading the most informative newspaper available to WA seniors, thank you *Have a Go News*.

Bruce Crane
Canning Vale

I LOVE and look forward to reading your newspaper every month, very informative articles, stories and competitions. *Have a Go News* makes me feel connected and is a great source of information and entertainment that is relevant to me. I would miss it if I could not read it every month.

Flora Radi
Noranda

WHAT an anniversary, 30 years is well worth celebrating!

I knew the founders back when they took over the paper which was in a very different form, and I enjoyed watching it transform into the well read paper it is today, catering to an older demographic. At that time, I was state manager for Save the Children, and I invited Judith and Quentin to produce our monthly magazine. They were pleased to do so, and they did a great job for many years. You may remember our irascible editor Eleanore Wells who worked with them on our behalf, creating a very respectable product, much enjoyed by our supporters and friends.

Quentin would deliver the finished product to our office himself and stop for a chat. He talked of the progress being made with *Have a Go News*, calling himself Perth's oldest cub reporter.

We had the occasional lunch at the Celtic Club with the good Tib-

by Struthers, and they were always fun. Not fun though was visiting Judith in hospital when she was so very ill. She fought hard. It was sad to learn that she lost that battle, and then sad later to learn of Quentin's death. Their legacy lives on through Jennifer and Tahlia, which is something they would be so proud of as your paper goes from strength to strength.

Keren McCullagh

I STARTED reading *Have a Go News* when I arrived in Perth on 1989, I find it great reading, I have learnt so much from it – the cruise deals plus all the competitions. Keep it up.

Diana Consentino

HAVE a Go News is very informative – everything from travel to recipes, insurance to accommodation, activities for people to join in on, a sense of community within the paper allows people to have a go at many of the advertised activities or destinations, restaurants or just find out about health products available to them.

Marilyn Krueger
Mullaloo

I LOOK forward to the *Have a Go News* each month and read it from front to back.

First I enjoy reading the letters to the editor, then the Quick Quiz and Quote of the Day.

I am always interested in anything dealing with health issue, seniors and travel, especially accommodation in rural areas. I also like the Adwords competition and any giveaway of books.

All in all, a very good paper all round. Thank you and keep up the good work.

Mitzi Neuzerling
South Yunderup

IT means heaps to me. I was a reader of the very first edition. I had my photo on the front page featured as a competitor at a Seniors Triathlon at Rottne Island.

Taking part in various activities I read about in *Have a Go News* gave me a new lease on life as I became involved. Quentin was a very interesting trusting person. He gave me a good laugh one day,

when, over morning tea at some event or cause, I don't remember which, he asked me if I would like to do film reviews for the paper, no I said, I'm not much good at anelising (sic) things and besides I often go to sleep in films.

Barbara Bruce
Bayswater

I'VE been a regular *Have a Go News* reader for over 15 years and to me this paper provides me with great info of what's happening in the world of people in my age bracket, like a monthly catch-up chat with friends. I like to read the paper over several days while having my morning cuppa. Thank you for all your efforts, much appreciated.

Tatiana Bol

THANK you for an excellent paper which keeps us seniors up-to-date on health, travel, social events and a multitude of other activities too numerous to mention. Congratulations on reaching 30 years of publishing.

Rita Bye

TRAVEL is my favourite part of the newspaper. We first discovered the paper when Jennifer used to run travel talks. I still miss those days. Also I love the competitions, cooking, puzzles, health articles and activities to learn and participate in and the info on active ageing and restaurants to visit.

Jean Jamieson
Madeley

THERE'S interesting info on activities, clubs, films or a show

It's all there for us to decide just where we want to go.

Where and how we will holiday, will it be ships, car or plane,

Recipes to keep us healthy, puzzles to exercise our brain.

So thanks very much! You keep us in touch.

Shirley Lloyd

THERE was this article you published sometime back titled *Strategies for Dealing with Daily Living*. These strategies helped me immensely in my daily life, and I am very thankful to *Have a Go News* for your helpful information. The paper means a wealth of information to

me and I look forward to reading its monthly publication.

Marlene McGrath

FROM the start, I've been there, watching for news and local affairs.

It's been a great pleasure to read what I've read, and now I have a clearer head, I've visited places I never knew, and even met Quentin at an interview.

For tickets I'd won to Leeuwin Estate with Michael Crawford, really top rate.

Thank you so much *Have a Go News* – you've made my day.

Mrs. M. Foley,
Doubleview

I HAD the pleasure of meeting Judith and Quentin some 27 years ago when promoting the hotel chain I worked for. Their passion, drive and wish to succeed was very apparent as was Quentin's love and caring nature when Judith wasn't well. Their success is wonderful to witness. Congratulations.

Lyn Bayens

H Historical WA community newspaper 30 years now
A Always informative for three decades
V Variety of subjects demographically covered
E Easy reading, coverage great, competitions for all.

a a

G Gold Star accomplishment
O On the ball for accuracy.

N News on downsizing amazing
E Entertainment news current
W What opportunities for Seniors
S Simply a golden Logie winner.

Ione Cooray
Applecross

HAVE a Go News means a lot to me and I look forward to the next issue. My best moment was being able to be in touch once again with Judy (as I called her) after all of those years. We both went to Perth Technical College when we were 14 years old, and it was good to get the chance once again.

Carleen van Nellestijn
Mandurah

OVER many years your paper has been read and enjoyed. So many stories of West Aussies their adventures, achievements and creativity have been enjoyed and shared.

Last month, for example, the story of Vivienne Hansen sharing her ancient bush medicine was fascinating and reminiscent of the experiences of friends who worked for a few years east of Alice with Aboriginal people and shared with me some of their stories.

Thanks for a great paper.

Patricia Cebis

I FIRST came across your excellent publication at my workplace, close by to your office catchment area. Despite not quite a half century then, I was still inspired by the articles and valuable information and now, in semi-retirement, eagerly look forward to each life-enriching edition.

Alice Williams
Swan View

I LOOK forward to the news monthly, participated in various volunteering positions in some health and physical experiments; enjoyed entering the competitions, even though I have not won anything. The Ad Words competition was an eye opener as it made me realise how many businesses I do not know.

Rosemarie Helmerand
Innaloo

I AM a wheelchair bound person and I will never forget the kind dealings I had with Quentin over many years. He was such a polite, selfless and humble man and so easy to get on with. He always put (in my view) people ahead of himself.

When I visited the *Have a Go* offices on some occasions he would greet me with a great smile and give me a movie pass and other goodies. He treated me like a real gentleman. I didn't know Judith but I'm sure she was truly wonderful as well. Not to forget that Jennifer and Tahlia are top notch too.

Stan Weberbauer
Cannington

I AM a busy lady working seven days a week and I don't have much time for myself or to read newspapers but I always try and make time to read *Have a Go News*.

Silvia Harvey

WHAT does *Have a Go News* mean to me...

Handy and informative
Always look forward to my copy
Very enjoyable
Excellent up to date with all local concerns

Advertising local also country and trades

Good travel information
Options for senior's lifestyles

Never dull – a page turner
Everything clearly informed

Wonderful competitions, puzzles and recipes
Sincere, caring – the best.

Irene Pelc
Melville

I ENJOY the items on travel, cooking and competitions. It covers a broad spectrum of interests. There is always something for everyone to read. I look forward to my *Have a Go News* each month, congratulations on a job well done.

Frances White
Broadwater

THE wife Chris and I think the *Have a Go News* means help...

History
Experiences
Living every day
People and places

Neil Williams
Girrawheen

HAVE a Go Newspaper is worth reading through and through. Don't change anything as there is something for everyone to read.

Joyce Wright
High Wycombe

continued on page 42



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Idiopathic Pulmonary Fibrosis (IPF) Clinical Trial

Have you been diagnosed with IPF?

Our leading Clinical Trials Unit at the Institute for Respiratory Health in Nedlands is dedicated to finding better treatments for the respiratory condition, IPF and we need your help. Enquire today:

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Institute for Respiratory Health
QEL Medical Centre, Level 2, 6 Verdun Street, Nedlands
(08) 6151 0888 • admin@resphealth.uwa.edu.au • www.resphealth.org.au

Volunteers wanted to trial new treatment for Idiopathic Pulmonary Fibrosis

THERE is no known cure for the lung condition Idiopathic Pulmonary Fibrosis (IPF), however a new potential treatment is being trialled by the Institute for Respiratory Health to see whether it can improve the health of those with the condition.

The words pulmonary fibrosis literally translates to lung scarring. It is a lung disease where the lace-like tissue around the air sacs of the lungs, known as alveoli, becomes damaged, thickened and scarred. As the lungs scar and stiffen, breathing becomes more difficult and not enough oxygen is able to enter the bloodstream.

Pulmonary fibrosis can be mild, severe or often life-threatening.

The Institute for Respiratory Health strives to give patients access to new and innovative treatments. People who take part in clinical trials are

often the first to access and benefit from new and emerging treatments.

Meagan Shorten, the Clinical Trials Manager, is calling for volunteers to participate in the trial aimed to achieve improvements in IPF treatment.

"We need to learn more about IPF and participating in a clinical trial can help us find better treatments for this condition," she said.

"We are seeking anyone who has been diagnosed with IPF to contact us."

The Institute for Respiratory Health is one of several sites internationally that are conducting a trial of efficacy and safety of a new medication that the manufacturer hopes will improve the health of people living with IPF.

Discover more about the trial by contacting our Recruitment Officer on 6151 0813 or email admin@resphealth.uwa.edu.au.



Seniors Recreation Council Jottings



Seniors Recreation Council of WA Annual Seniors Ball

THE SRCWA Annual Seniors Ball held on 2 June was a sell out with more than 245 people in attendance at the themed *Under the Sea Ball*. SRCWA state president Phil Paddon welcomed everyone and introduced the Minister for Seniors and Ageing The Hon Don Punch who addressed the audience and officially opened the event. The live music was performed by *Satin Doll Band*, who provided a perfect compilation of music which kept everyone on the dance floor all afternoon and also the line dancers who made good use of any available space to dance in the ballroom.

During Crown's delicious afternoon tea break a floor show was performed by *Klassworks Entertainment*, an entertaining duo who had the attendees dancing to their tunes including a Bollywood number, thank you so much to both acts.

SRCWA thanks the hard working volunteers and staff who made this successful event possible. Thank you to Sarah and Kate for manning the Studio Twenty Six Photo booth and Martin and Richard our photographers who provided their services.

Our appreciation goes to the Crown Perth event manager and staff who looked after everyone throughout the afternoon, nothing was too much trouble and everyone had a great time.

Thank you to Crown Perth for providing a \$500 and \$150 gift card as prizes and to *Have a Go News* for providing a lovely bottle of Taitinger Champagne and chocolates plus four spot prizes of Taitinger champagne. Everyone who won the prizes were very happy and excited to receive them.

Our special thanks go out to our sponsors Crown Perth, *Have a Go News*, Department of Local Government, Sport and Cultural Industries, Department of Communities and Studio Twenty Six Photography.



LiveLighter Seniors Activity/Information Day, Belmont

About 130 people attended the SRCWA LiveLighter Seniors Activity-Information day at Belmont Oasis on 23 June. This event was sponsored by LiveLighter Healthway and organised by SRCWA in partnership with the City of Belmont. The activity day showcases relevant agencies and gave participants the opportunity to try different recreational activities. Static displays with a variety of information were on hand from: Apia, Black Swan Health, City of Belmont, COTAWA, Dementia Australia, Diabetes WA, Hearing Australia, Masonic Care WA, Men's Shed, Mercycare, Oasis Leisure Centre, Retirees WA, Royal Life Saving Society WA, Silver Chain, SRCWA, Stroke Foundation, Umbrella and WA Police.

On hand were SRCWA executive officer Dawn Yates, City of Belmont seniors and disability engagement officer Helen O'Sullivan and SRCWA's state president Phil Paddon who steered the participants to take part in activities including exergaming, giant darts, beanbag toss, Bob (table billiards), heart sport activities, seated hockey, air soccer, carpet golf, carpet bowls, pole walking, and more. Prior to lunch everyone enjoyed a ballroom dancing demo and were then invited to join in on an interactive demonstration of Ballroom Fit.

After a morning of engaging activities everyone enjoyed a healthy lunch of wraps, hot food, fruit and pastries.

A huge vote of thanks goes to Helen and the City of Belmont, Belmont Oasis staff and SRCWA's hard working volunteers and staff for helping to make this event a great success.

SRCWA extends thanks to the trustees from Woorloo Prison for their outstanding assistance and support throughout the day. And of course a big thank you to our naming partner LiveLighter Healthway, the City of Belmont, the Department of Local Government, Sport and Cultural Industries and Department of Communities.

Remember to eat healthy meals and exercise daily to LiveLighter.

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

Mark your diary for Wednesday 10 November at Burswood Park from 9am to 3pm.

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

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

Let's go motoring - cruising through the "Festival of Tony"



Left to right; Genesis GV 80 - Hyundai i30 sedan N-line



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

JUNE is a fantastic time in Western Australia. The first month of winter; the air is unfriendly but a reprieve from many months of boiling heat. This year we had some rain, always welcome.

June also happens to be my birthday month; we, and by we, I mean me, many years ago, declared the entire month of June. the "Festival

of Tony".

The idea is yet to really gain traction as a gazetted WA event or, if the truth be known, any real credibility. However, I'll continue annoying every politician I know.

The feature Festival of Tony event this year, was a salubrious lunch at the cheeky little Shorehouse restaurant in Swanbourne.

Parking at Shorehouse is a piece of pelican; plenty of spaces overlooking our beautiful Indian Ocean. Yes it's ours.

I arrived early, allowing plenty of time to embrace the pleasures of Genesis; the latest and perhaps greatest from Hyundai. Some tradies enjoying an early lunch break in the car parking area rushed over in curiosity with plenty of questions

and comments.

They could be forgiven for not recognising the Genesis name; in time they will. As will Phil Collins.

Let's say, Genesis is to Hyundai what Lexus is to Toyota, only more striking and less expensive.



There is just the one option - the luxury package - for an extra \$10,000. However the interior is breathtaking without it. The leather and wonderful screen/entertainment technology is fabulous and easy to use. And oh so quiet and silky on our

less than great roads.

The Genesis GV 80 is a top of the range luxurious SUV. It arrives in Perth from \$90,000 as a 2.5-litre turbocharged four cylinder, then leaps to \$108,600 for a 3.5T AWD flagship - as tested.

The diesel is the one to own; I will look forward to bringing that to you soon.

This year's Festival of Tony also provided an unexpected highlight. A drive in the latest Hyundai i30 sedan N-line. Who would have believed I'd be testing and writing about a little Hyundai that demands such attention?

Little things, like heated and cooled seats, are no longer luxury; they add to the ownership experience. Infotainment system is excellent, intuit-

tive, easy to use.

From \$30,290 for manual and \$32,290 for automatic, moving up to an eye watering \$37,290 for Premium automatic, plus on-road.

Acceleration is fine; 0-100 around 7.6 seconds. The 130 sedan N-Line wants you to have fun; you should and you will. It's a fab drive, with wonderful technology.

People were surprisingly curious about it; like they were seeing a small sedan for the first time, or at least a long while.

Bring on next year's Festival of Tony.

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

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

Community bands together to replace stolen E-bike



Mary, Derek and Anaconda staff member present Albert with his new e-bike

REGULAR attendees to the *Holly Wood Tuesday Morning Show*, Derek James and Mary Redfern spotted an article in a local newspaper about Albert Manassen who had his electric bike stolen from a recreation centre in March.

They decided to raise money to buy him a new one, going on a collection drive from friends, neighbours, local businesses and of course attendees at the *Holly Wood Tuesday Morning Show* which is held

weekly at the Perth Town Hall.

Compere Bernard Carney placed a collection tin and people happily donated to the cause.

It wasn't long before they had raised enough money to purchase a new bike from Anaconda in Cannington.

Last month Derek and Mary went along to Anaconda to see Albert receive his new bike thanks to a great community effort.

He was chuffed!

Seniors Recreation Council of WA Inc.

PATRON:
The Honourable Kim Beazley AC,
Governor of Western Australia

Have a Go Day

A LiveLighter Event

Wednesday 10th November 2021

Burswood Park 9.00am to 3.00pm, Great Eastern Highway

Free Activities and Information day for over 50's

"Time to Have a GO"

Featuring Activities, Clubs/Groups, Seniors & Commercial Agencies

08 9492 9773 www.srcwa.asn.au

Free tea, coffee & bottled water available all day.
Food Vendors in attendance.

➔ FREE Shuttle Bus Service Burswood Train Station ➔ FREE Parking at Crown and Surrounding Carparks

Supported by

Competition strong as carpet bowlers strike at Swan Active Centre



Clockwise from left; 1st Rockingham No 8 with Anton, Geraldine and John - 2nd Herald Avenue with Dawn, Rex and Rebecca and 3rd Scarborough 28 with Bill, Angela and Karyn

SWAN Active Centre was bustling with bowlers when the *Have a Go News* State Triples were held in June. *Have a Go News* editor Jen Merigan was on hand to present the trophies to the winners.

"It's great to see so many people getting out and having a go playing in team competitions.

"We're always proud to be sponsors of the Western Australian Carpet Bowlers competitions and this year I was honoured to become a patron of the organisation," said Jen.

The winning teams were Scarborough 28, Herald Avenue and Rockingham No 8.

Brickwrecks: Sunken ships in LEGO bricks

BRICKWRECKS: Sunken ships in LEGO bricks is a compelling new exhibition using LEGO bricks that plunges enthusiasts into stories behind some of the world's most fascinating shipwrecks.

Ryan "The Brickman" McNaught and his team worked with maritime archaeologists, spent over 1,600 hours, used over 153,000 LEGO bricks, and had a tonne of fun bringing these models to life. There is even a model that can be tipped upside-down – something the Brickman team has never created before.

These incredible large-scale models (between one and three metres long), multi-media exhibits, interactive displays, and real ob-

jects from the wrecks will both delight and inspire visitors of all ages. And, of course, the LEGO brick build stations in the exhibition will ignite every child's creativity.

Research by maritime archaeologists provides a unique record of human endeavour, engineering, and a spirit of adventure inspired by trade, exploration, global politics, and pursuit of maritime superiority. *Brickwrecks* is an extraordinary experience where maritime archaeology, technology, and creativity – not to mention meticulous planning and patience – merge to interpret the ships, their stories, and the wreck sites – their final resting places.

The models featured include the

Titanic, Batavia, Pandora, Terror and Erebus, Rena, Vasa, and the ships that sank off Uluburun (Turkey) and the Shinan islands (South Korea).

Don't miss this bricktastic exhibition at the WA Maritime Museum. Tickets are on sale now at museum.wa.gov.au/brickwrecks.

Brickwrecks: Sunken ships in Lego bricks is a partnership between Ryan "The Brickman" McNaught, the Western Australian Museum, and the Australian National Maritime Museum.

Ryan "The Brickman" McNaught is a Lego certified professional, one of only 14 in the world and the only one in the Southern Hemisphere.

ECHO

Community Services

Why not visit us at Stand #187 at the Care and Ageing Well Expo

ECHO has been delivering in-home support services to the Perth community since 1982. Our purpose is to enrich the lives of people living independently in their own homes through connection to services and community.

Our services include personal care, domestic assistance, social support, medication prompts and administration, home and garden maintenance and transport. We also run social events and day trips for clients.

For further information about ECHO and ways you may be able to access support, visit our website www.echocommunity.org.au or call our office on 9271 7011 during business hours.

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Start the conversation on ageing well at the CARE & AGEING WELL EXPO
PERTH CONVENTION & EXHIBITION CENTRE 14-15 August



Quality information and seminars to help people age well at Expo



CROWDS are expected to flock to this year's Care & Ageing Well Expo in the wake of findings of the royal commission into the aged care industry. The royal commission and the impact of this year's Federal Budget will make for a dramatic shake-up in the industry. Richard Campbell, organiser of the Care & Ageing Well Expo, says there is considerable interest in what the impact of change will have on

care and ageing services. Leading Aged Services, the organisation behind the expo, which started in 2017, is keen for visitors this year to go away with a better understanding of the support available at different stages of ageing. Richard says the Expo will be held this year in Perth and next year in Melbourne. Both the Perth and Melbourne expos will focus on products and services that help older people to get the most out of life.

"It's also about empowering older people and highlighting that aged care is a collaboration with family." Both the 2020 expos in Perth and Melbourne were cancelled because of Covid restrictions, but with vaccinations well under way Richard said the signs were positive for good attendances at this year's expos.

These will be held at the Perth Convention and Exhibition Centre over the weekend of August 14 and 15 and February 12 and 13 in 2022 at the Melbourne Convention Exhibition Centre.

Speakers at the Perth expo will include CEO of Council on the Ageing in WA, Christine Allen, at 10.30am on Saturday, who will focus on the voice of older West Australians.

Following Christine on the Bethanie Lifestyle Stage at 11.30am will be Christopher How CEO of The Bethanie Group discussing retirement and aged care choices, then at 12.30pm, Dr David Cook Fellow of the Australian Computer Society, lecturer and researcher at the ECU School of Science, speaking on cybercrime and safety for seniors.

At 1.30pm will be a

presentation on caring and dementia and at 2.30pm Craig Billing, a certified financial planner from Destination Financial Planning will talk about aged care finances – what you need to know.

MC for both days on the Bethanie Lifestyle Stage will be former ABC television and radio presenter, Verity James.

On the Sunday, from 10.30am, she will introduce Duncan Guy, general manager customer at Baptistcare who will talk about demystifying aged care, then at 11.30am, Jordan Bishop an audiologist with Lions Hearing Clinic will discuss healthy hearing.

At 12.30pm, Sabena Lund, community education and projects officer with Palliative Care WA, will discuss palliative care.

Evelyn Abadines, trust equity and probate principal at ABS Succession Lawyers, will discuss wills and advanced health directives at 1.30pm, then at 2.30pm will be a presentation on financial planning directions.

More casual, interactive conversations will take place at the Ageing Well Lounge.

These will kick off on the Saturday at 11am with a presentation on ageing well and diet, followed by Brody Ma-

cLeod, community engagement officer at Carers WA with an introduction to carer support at noon.

Paige Gordon, Director with Lifespan Dance will lead a dance presentation at 1pm, and at 2pm will be a presentation on assistive technology and home design.

Sergeant Gary Hughes, project officer for the Safe and Found WA Initiative of the WA Police will discuss that project at 3pm.

On the Sunday at 11am, will be a presentation on pet therapy, at noon will be a Bethanie presentation and at 1pm Sharon Birch, business development officer at Audika will discuss hearing health.

At 2pm Natalie Brown, marketing manager for Amana Living will introduce music and choir, followed by a presentation on nutrition.

As well as speakers across the two days, there will be more than 90 exhibitors at the WA expo showcasing products and services to help older West Australians get the most out of life.

Entry is free and pre-registration is encouraged to assist the management of crowd flow.

More information is available at www.careandageingexpo.com.au

Join us if you are concerned about issues related to self-funded/partly self-funded retirees!

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- Health
- Aged Care
- Discounts & benefits for seniors

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For more information on AIR contact: www.independentretirees.com
President - Janice Ricks - 0408 959 990 - janice43kg@gmail.com
Secretary - Margaret Walsh - 0487 290 097 - marghw@inet.net.au



Healing Insights

Some of our values...

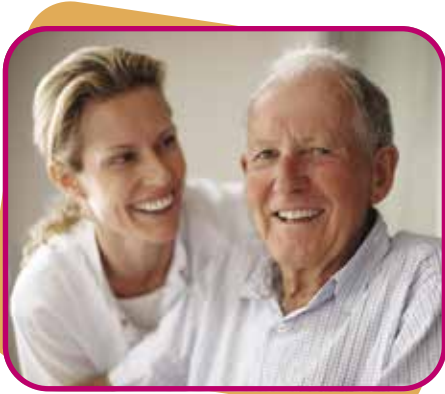
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Respite Care



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Come say hello to Simply Helping at the Care & Ageing Well Expo, 14-15 August
Perth Convention & Exhibition Centre



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- ◆ Equipment / Products
- ◆ Support Groups
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- ◆ Insurance

GREAT DAY OUT

- ◆ Entertainment
- ◆ Prize Giveaway
- ◆ Pop ups
- ◆ Cafe
- ◆ Lounge Retreat

Perth Convention and Exhibition Centre

14 - 15 August 2021

9.30am - 4.00pm

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

HEAR ABOUT

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- ◆ Scams & Cyber Crime
- ◆ Hearing Solutions
- ◆ Aged Care Finances
- ◆ Ageing Well
- ◆ Aged Care Planning
- ◆ Retirement Living
- ◆ Home Modifications
- ◆ Living with Dementia
- ◆ Navigating Aged Care

For information and to pre-register go to
www.careandageingexpo.com.au

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FREE TO ATTEND!

Start the conversation on ageing well at the CARE & AGEING WELL EXPO
PERTH CONVENTION & EXHIBITION CENTRE 14-15 August



L-R; Devi Ihanga, Jan Ryan and Peta Nottle

The special healing power of human touch

THERE'S something special in the power of human touch according to holistic registered nurse, Peta Nottle.

Reflexology, therapeutic touch, healing touch, reiki, prayer and meditation are all part of the arsenal of tools used by Healing Insights WA, a group of nurses and therapists who got together in 2017 to bring the healing power of touch back into the health care industry.

Peta says the techniques are particularly relevant to older people. The group will be demonstrating their skills at the Care and Ageing Well Expo.

"These therapies can assist and support in the management of pain, acute injuries and illnesses, chronic diseases, cancer, mental health, general wellbeing and

post-traumatic stress," she says. Peta says these healing hands are often seen as part of the Aboriginal community's traditional healing approach.

She has worked with many traditional healers, working as a nurse in remote communities, towns, and regional centres throughout her career.

While the traditional healers she worked with didn't have any academic qualifications she was able to combine their techniques with her training and experience as a hands-on nurse and midwife since the 1960s.

"The elders, traditional healers with whom I worked; I think recognised the gift I had within, something that is hard to explain in a few short words," Peta says.

"I have been studying the aca-

demic pathways of the complementary therapies that in 1995 the Nurses Boards around Australia recognised allowing nurses to use in practice.

"These were reflexology, therapeutic touch, healing touch massage, prayer, meditation, aromatherapy and stress management, since 2000."

Peta says the Aboriginal teachers she learned from were humble beautiful people, who were so happy to find the touch therapies, were similar to their practices.

She started to learn about Aboriginal healing methods during her first appointment as a public health nurse based in Yirrkala on the Gove Peninsular in 1972 as, what she says was, a naïve 23-year-old registered nurse and midwife.

An old Aboriginal health worker and healer taught her many lessons about culture and healing.

Peta says she would liaise with her and a male traditional healer.

These days Healing Insights WA incorporates these approaches into their treatments which therapists tailor to individual needs and are based around the values of care, compassion kindness, love, service, honesty, respect and gentleness.

Healing Insights is one of a host of medical service providers who will be at the expo.

Others include Aged Care Dentistry, Audika, Australian Alzheimer's Research Foundation, Direction Psychology, Life Ready Mobile, Lions Hearing Clinic, Mercy Health, Roshana Care Group, Super Rehab and SK Dental.

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Comfort Keepers out and about in the new cars

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To keep up with growing demand, Comfort Keepers was excited to recently unveil four new community vehicles, about to hit the streets of Perth.

Proudly sporting the logo, the four 'little care cars' – will be used for in-home care visits, client transport and consultations.

"The cars will allow us to have a greater reach in the community and provide faster, personalised care for more West Australians," said general manager, Janice Early.

"With the increasing requests for our services – we need to be ready to go, and on the road, in no time.

"We look forward to helping seniors with transport needs for shopping, hospital appointments, family events, or social outings with friends.

"Staying connected to the community is vital. We're available 24/7 and hope to 'share the care' across Perth, in the months ahead."

Book a free in-home consultation – call 9492 8920, email: info@comfortkeepers.com.au. – or visit: www.comfortkeepers.com.au

Win a Winter High Tea at the Hyatt!

TO celebrate the arrival of its new 'care cars', Comfort Keepers is giving one lucky person, the chance to win a 'High Tea at the Hyatt Hotel', and door-to-door transport. Even better, you can invite two friends. Valued at over \$150.

To enter, simply send an email to info@comfortkeepers.com.au, or call 9492 8920 with your contact details. First name – drawn on 20 July – will win and be notified by phone. Good luck!



Start the conversation on ageing well at the CARE & AGEING WELL EXPO
PERTH CONVENTION & EXHIBITION CENTRE 14-15 August



Getting a good night's sleep is an essential part of good health



JONI Mitchell sang: 'You don't know what you've got till it's gone' in *Big Yellow Taxi*.

And those people who wistfully remember long dreamy nights of sleep, but now toss and turn,

watching the minutes tick by on the alarm clock, will identify with her sentiments.
But we don't have to accept that a decent night's sleep is gone for good.
Founder of sleep specialist Place of Dreams, Katherine Panizza says there are things we can do to enjoy a full night's rest.
The routine of getting ready for bed doesn't necessarily come easy, but Katherine says practice makes perfect and the key to success is doing the same relaxing things every night, signalling to your body that it's

time to prepare for sleep.
"Your evening ritual should be something you look forward to – it should be relaxing and rewarding – a sweet finish to your day. Creating your pre-bed ritual will allow you to prepare for simply better sleep – giving you the energy to live the life you dream."
Going to bed should be the reward for a day well lived, she says.
"Bedtime is the time you start to refill your energy cup, and whether you are nine or 90, our number one tip for getting a good night's sleep is to make sure you get your bedtime routine right – and then

stick to it," she says.
Katherine says there are some key ingredients to ensuring an evening's activities leads to a rewarding night's sleep.
Bedtime routines should be a nightly ritual that helps you relax. The purpose of the pre-sleep routine is to help to trigger your brain to know that it's time to start getting ready for sleep.
By keeping your bedtime consistent you help your body's internal clock to find its rhythm; its circadian rhythm.
To do that you need to start your routine at least one hour before you intend to go to sleep. It

may help to set a gentle alarm on your phone or fitness tracker to remind you when it's time to start winding down.
"Think about when you or your kids were little – what type of things did you include in the bedtime routine?
"We instinctively know what little ones need to drift off to sleep, but seldom apply those same lessons to ourselves: a warm bath, change into comfy pyjamas, dimming the lights, snuggling up to read a book or listening to some soft music.
"So, instead of racing to finish off everything, give yourself permission

to 'close the book' on your day.
"Dim your lights, light a candle or start your diffuser. Associate sleep with a relaxing scent. Enjoy a warm shower or bath. Swap your TV or phone time for a meditation track, some pleasure reading or a gentle yoga session.
"Trade your nightcap for a cup of sleepy time tea. Take time to breathe... and allow your tension to simply roll away," she says.
To find out more about getting a better night's sleep visit the Place of Dreams stand at the Care and Ageing Well Expo.



Home Care Providers at the Care & Ageing Well Expo

HOME Care Providers exhibit at the Care & Ageing Well Expo so this is an excellent opportunity to ask all the questions, pick up their brochures and get some idea of how comfortable you feel with them. They will also be at *Have a Go Day* at Burswood in November, so that is a great opportunity to do a sec-

ond round check on your shortlist candidates.
When you receive your letter saying that funding has been assigned to you, it's available immediately so that's the time to invite three or four of your preferred Providers to your home for the final selection.
After you have talked with them

and asked all your questions, it's OK to say you would like to think about what has been discussed and you will contact them. You should not feel pressured into signing anything. And above all, if you feel you aren't getting clear answers to your questions or feel a little uneasy, consider another pro-

vider. It's unlikely to get any better after you sign the contract.
Choosing the provider that's right for you is almost as important as getting the My Aged Care Home Care Package so it's well worth doing a little research. If you would like more information, please call Annie at CPE Group on 1300 665 082.

Have you ever heard of a Senior & Specialty Move manager?

WE found that after introducing ourselves, the usual reaction is: "where were you when I had to move my loved one?"
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When my 72-year-old mother decided to move, I was the child that flew to the UK, taking precious time away from my business to help mum declutter and downsize. She had been accumulating deceased relatives estates and paperwork, by stuffing it behind the closed doors of our old bedrooms, for the past 15 years.
After three weeks, three skip bins and many skeletons in the family closet being relinquished, I flew back home to WA asking myself: "surely I'm not the only busy child who has had to do this?" and "what about those people who don't have such a devoted daughter?"
With NE: Solutions you receive the physical and emotional assistance with your own Senior and Specialty Move Manager, as they help you move through life's journey.
To find out more or just to say Hello – Visit Stand 162
Ms Jay Shaw, Senior & Specialty Mover manager/director NE Solutions.



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Start the conversation on ageing well at the CARE & AGEING WELL EXPO PERTH CONVENTION & EXHIBITION CENTRE 14-15 August



New wills program supports WA's next generation of first responders



ST JOHN WA has more than 300 appointments available over the next year for people seeking a free will drafted by a solicitor, thanks to its Simple Wills Program, facilitated through its fundraising arm St John Giving.

to bring peace of mind to Western Australians as they age. Information evenings are held in St John WA stations across Perth, with upcoming dates and locations listed on the St John Giving website.

Through the information evenings, participants can register for a free appointment, which includes a planning session to enable an estate to be shared with beneficiaries in simple terms of fixed value gifts and percentage distribution. Appointments can be held face-to-face or over a

videoconferencing application like Zoom or Skype.

St John WA head of fundraising, Ferdi Fourie (pictured left), said the organisation launched its Simple Wills Program in November last year to provide Western Australians with an avenue to give back to their communities.

"As a charity, our vision is to deliver first aid training to every school child in WA every year, ensuring the next generation of first responders has the tools, time and knowledge to build resilient communities.

This work can only continue with community support."

St John Giving has also created a Wills Information Booklet available through its website to support people to make the right decision for them as they age.

"It is important to note it is not compulsory to leave a gift when participating in our wills program however every gift helps St John Giving to create a healthy, resilient and safe community for all Western Australians," Mr Fourie said.

Service and compassion go hand in hand at ECHO

IF you've started to shop around for support for yourself or a loved one, and are finding the whole process overwhelming, why not give ECHO Community Services a call?

Established almost 40 years ago, ECHO has built a strong reputation as a quality aged care service provider. ECHO was even named Aged Care Organisation of the year at the 2020 WA Excellence in Age Services awards.

ECHO works with clients to deliver specific services and support to enable them to live independently in their own homes, ranging from help with personal care and domestic assistance, to home and garden maintenance and transport to appointments. They even run a specialised day centre to connect people socially, as well as host regular outings and bus trips.

However, what sets ECHO apart from other aged care service providers is their 'My Mum' philosophy. Whether you are an NDIS client, have a Home Care Package or are part of the Commonwealth Home Support Programme, ECHO believes in treating everyone in the same way they would their own mothers and fathers. Service and compassion go hand in hand at ECHO.

To find out more visit www.echocommunity.org.au or call 9271 7011 during business hours.

Everyday tasks made easier

IF ordinary tasks are getting a little more complicated for either yourself or a loved one, consider equipment that enhances independence.

Rocky Bay Equipment has a large selection of specialised refurbished healthcare equipment available for hire and purchase at a fraction of the cost of new.

Whether people are looking for a commode toilet or shower chair, a wheelchair, walker, or assistive technology to help control surroundings such as heating or switching lights on and off with home automation. Finding the right solution is a labour of love for the team.

Rocky Bay can assist people with selecting and customising equipment for their needs. The best part is they can consult with the team of professional physiotherapists, occupational therapists and podiatrists to adapt the equipment.

All of the equipment is available from Rocky Bay's Cockburn Central location and transport options can be arranged to make accessing items as simple as possible.

If an item is needed for short term hire or people are in the market for equipment that they will need for years to come, call Rocky Bay Equipment (08) 6399 4191 or visit the website at www.rockybay.org.au/equipment for more information.

Superb retirement living



CURTIN Heritage Living has been providing the highest standard of aged care services in the western suburbs of Perth for more than 40 years.

They are currently undertaking a \$140M development to extend the service to the local community.

The new residential aged care facility, Marine Views, Cottesloe, will open in December this year, offering 128 places.

The first 20 of the Waterfront Cottesloe independent living apartments will also be completed for December.

Both facilities will boast enviable ocean views, expansive heritage gardens and views of the beautiful heritage-listed buildings.

Curtin Heritage Living celebrate the history and heritage of the local community, residents and their loved ones. They also embrace the future by enabling their residents to continue a life well lived.

Find out more from their advertisement on this page.



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Cottesloe

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Opening in December 2021, Marine Views Cottesloe sets a new benchmark in residential aged care and specialised care.

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If you would like to know more about Marine Views Cottesloe, we would love you to contact us on 08 6458 7555.



Start the conversation on ageing well at the CARE & AGEING WELL EXPO
PERTH CONVENTION & EXHIBITION CENTRE 14-15 August



Care Navigators to help terminally ill people



Noreen Fynn
by Frank Smith

VOLUNTARY assisted dying (VAD) became a legal option in Western Australia on 1 July this year. But people will not be left to deal with end of life choices and the complexities of the Act on their own. The State Government has set up a voluntary assisted dying care navigator service to provide support for people involved directly or indirectly, including health care workers, service providers, patients, family and other community members. Only West Australian adults who have an incurable, advanced and progressive medical condition and who have decision-making capacity can access voluntary assisted dying. Noreen Fynn has been central to the campaign for voluntary assisted dying since 2017 and

is deeply involved in the work of implementing it. At the time the legislation was passed in 2020 she said:
“My journey with being an advocate for voluntary assisted dying began when my husband, who was in a world of pain of every sort, took his own life.
“Almost three years later and voluntary assisted dying is now law in Western Australia.
“In that time, I have spoken with media, at rallies and forums, given evidence to the Joint Select Committee into End of Life Choices, been a member of the ministerial expert panel on voluntary assisted dying, met with parliamentarians and sat for many hours in the public galleries listening to the debates.”
She is now deputy chair of the Implementation Leadership Team. An important requirement was the establishment of a Care Navigators service.
For this the team consulted widely with existing services in Victoria and Canada as well as with people in WA.
Care Navigators support patients, family and medical professionals involved. They are a point of contact for the community, health practitioners and health services across WA who seek information about or assistance with voluntary assisted dying.
They will work closely with the person, their carers, family and friends, medical practitioners and healthcare teams to tailor support that meets the needs of the person, including identifying

appropriate referral pathways and connecting people to health practitioners and services that best meet their specific needs and goals of care.
“They may find themselves involved in family dynamics and this will require sensitivity, honesty and open discussion.
“There was concern about people being coerced into assisted dying, however in Victoria there has been no evidence of coercion, but rather the opposite,” Ms Fynn said.
“The Care Navigators we spoke with described their role as being demanding but very rewarding,” she said.
“If a terminally ill person is discussing voluntary assisted dying with a doctor, the onus is on the doctor to explain all treatment and palliative care options. For most people palliative care will be the preferred option and we have all welcomed the significant investment into palliative care in WA.
“Health practitioners and services may object to voluntary assisted dying on grounds of conscience but they must tell patients where they can get the information they need. That is the legal right of the terminally ill.”
In the first six months after the Victorian Voluntary Assisted Dying Act came into force, 136 people began the assessment process for voluntary assisted dying; of these 81 people were issued with permits and 52 people died from taking the prescribed medications.

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They believe this, in combination with their focus on empathy and individual client needs, makes them market leaders.

With modern, spacious showroom facilities, they also offer a unique mobile showroom service bringing mobility scooters and power chairs out to those who cannot make it into the showroom.

They also extend this service to include family, carers, support workers, occupational therapists, and other professional support teams.

They are also there to provide after sales service to all their customers.

General manager, Kate Smith said: "We understand that the onset of loss of mobility can be a difficult time for our customers. Our priority is you. We help you find the best solution for your needs, so that you can be confident you've selected the right scooter or power wheelchair to help you regain your independence."

See advertisement on page 18.

Seniors relive their disco days



Joan Cooper and Bill Schmitz

PROVING silent discos aren't just for the young, Baptistcare is bringing the party to seniors at Gracewood Residential Care in Salter Point.

As part of their music therapy program, residents living with dementia don their headphones, tune into a pre-set station, and boogie along to playlists of their favourite hits, from the 50s and 70s.

Claudia Becerra, lifestyle coordinator at Baptistcare Gracewood, said it's as if their memories become unlocked through the power of music.

"As soon as they hear their favourite songs, we can see the sparkle in their eyes and it becomes clear that old memories have come flooding back," said Claudia.

Music therapy yields promising outcomes for residents with dementia, contributing to a noticeable increase in their overall happiness and mental wellbeing.

Research shows it can be effective in reigniting memory as auditory memory is among the earliest neural pathways established during our first few months in the womb.

Silent discos are just one of the therapeutic activities happening at Gracewood. Residents also participate in beauty treatments with weekly manicure appointments. They indulge in the full relaxing aromatherapy salon experience, having their hands massaged and their nails cut, filed, cleaned and painted.

But Claudia said the beauty sessions were about more than just nail polish.

"The sessions allow us to connect through touch, which is a very powerful thing for people journeying with dementia. It is a really important factor in helping build trust and making them feel comfortable," she said.

"The salon sessions are also about boosting dignity and self-esteem. When we look good, we feel good about ourselves and tend to be more confident. The same goes for seniors, with or without dementia."

Residents at Gracewood not living with dementia are also signing up to be involved in the therapy programs.

"The programs not only provide mental and physical stimulation, but also an opportunity for residents to build lasting social connections at an incredibly important stage in their lives," Claudia said.

"We are so proud to have developed programs that show great results, and it gives us confidence to organise other creative forms of therapy in the future."



Expansion Plans

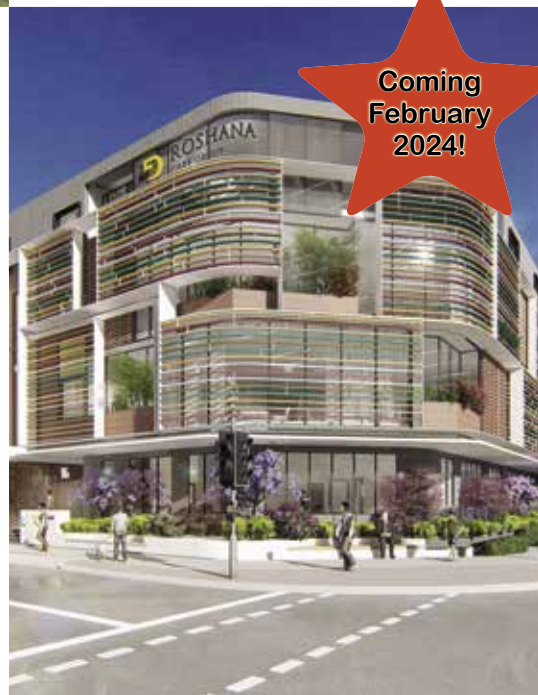


Valencia is nestled in the tranquil and beautiful Perth Hills. Roshana Care Group is delighted to announce a modern, luxurious extension to the existing site, providing 80 beautifully appointed single rooms with ensuite for residential aged care and 40 rooms reserved for dementia/mental health residents.

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DID you know more than five million Australians experience bladder and/or bowel health issues?

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The staff have more than 30 years' experience working with people with bladder and bowel health and continence challenges.

Come and visit the

continence health care team at the Care and Ageing Expo to find out how you or a loved one can regain bladder and/or bowel control, and restore confidence to go out and live life as they want to.

Therapy Focus can assist with bladder and bowel training programs, options for incontinence product management, and support to access continence subsidies.

They also provide a home visiting continence assessment and management service to people accessing the Commonwealth Home Support Program.

Contact them by calling 9386 9777 or visit the stand at the Care and Ageing Expo.

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Artificial intelligence harnessed to improve heart disease diagnosis and treatment



Professor Girish Dwivedi

by Frank Smith

A PROJECT at The University of Western Australia aims to develop artificial intelligence technology to improve the diagnosis

of heart disease. Coronary artery disease results from the build-up of plaque – fats, cholesterol and other substances – in and on the walls of arteries that supply the heart and results in narrowing and obstruction of blood flow. Plaques may rupture, causing a blood clot which can lead to a sudden blockage of the artery. Heart disease affects more than 1.2 million Australians and coronary artery disease is the leading cause of death in Australia. However, more than 50 per cent of patients who die of a heart attack may not have prior warning symptoms and the majority have less than 50 per cent artery narrowing. Left undiagnosed, patients remain at risk, without getting the correct treatment thus escalating health care costs. With ageing populations and the demand for medical services rising globally, delays in responding can leave patients at risk. Researchers at the University of Western Australia are developing a system for more accurate diagnosis and faster reporting of the heart computed tomography (CT) scan images and thus improving the quality and consistency of patient care. The UWA team of experts in cardiac imaging and artificial intelligence has been

awarded nearly \$900,000 through a Medical Research Future Fund Frontiers grant, to develop a tool to predict the risk of coronary heart disease from heart CT scans. Traditional methods using CT imaging of the heart are cumbersome and time-consuming and need highly trained experts to achieve high accuracy. Led by Professor Girish Dwivedi, the UWA Wesfarmers chair in cardiology, the team, including Professor Mohammed Bennamoun, Professor Farid Boussaid, Dr Frank Sanfilippo and Dr Abdul Ihdahid, will create an artificial intelligence-based risk assessment tool that will better detect plaque on heart CT scans. The tool is designed to determine if plaque build-up has narrowed the coronary arteries and identify those patients most at risk of adverse cardiovascular events, ultimately reducing the number of heart attacks and deaths. Artificial intelligence (AI) makes it possible for computers to learn from experience, adjust to new inputs and perform human-like tasks. AI works by combining large amounts of data with fast, repeated processing and intelligent algorithms, allowing the software to learn automatically from recognition of patterns in the data, without explicitly be-

ing programmed for where to look or what to conclude. Professor Dwivedi said bringing new and disruptive technologies to medical imaging and risk prevention will accelerate new technological advances in health care. “Our artificial intelligence-based risk prediction system will be able to define groups based on heart CT scans and will identify patients at risk of heart attack and also those who would most benefit from treatment,” he said. “Preventing, reducing or even delaying the onset of heart attack will drive massive savings in public health costs.” UWA has partnered with Artrya, a Perth based medical technology company. Artrya is an applied artificial intelligence healthcare company that works alongside clinicians to improve the diagnosis of coronary heart disease and develop a holistic overview of a patient at risk. They develop deep learning algorithms enabling the prediction and prevention of acute coronary event. “Partnering with Artrya shows that academics and industry can jointly innovate and create solutions using advanced technology such as artificial intelligence to improve the health of Australians,” said Professor Dwivedi.

World Hepatitis Day demonstrates caring in the community

WORLD Hepatitis Day is on the 28 July, and is an opportunity to raise awareness about hepatitis and its effect on the community. More than 41,000 West Australians have hepatitis. The common nature of hepatitis symptoms; fatigue and sleeping problems, means many people do not often realise when they have contracted the virus. Fortunately, there is a Medicare subsidised cure for hepatitis C. The treatment is just daily medication for eight to twelve weeks with a 98 per cent success rate. There is a vaccination for the prevention of hepatitis B and Medicare subsidised treatments to suppress the hepatitis B virus once contracted. This year, World Hepatitis Day has a unique focus. HepatitisWA will be celebrating pharmacists and acknowledging their role in supporting the community. For decades, pharmacists have provided essential care, advice and guidance as part of the community management of chronic diseases, including hepatitis. HepatitisWA has partnered with Ecobarista alongside cafes in the Perth metro and regional areas to release 30,000 biodegradable coffee cups into the community on World Hepatitis Day. These cups contain a message acknowledging HepatitisWA's support of pharmacists, highlighting their invaluable support in caring for the community. Without pharmacists, it would be more difficult to provide care to marginalised populations who don't have access to a GP. To find out if you have been exposed to hepatitis, or to locate a cafe stocking the cups, head to the website www.hepatitiswa.com.au. Enter the draw to win a \$100 gift card by taking a photo of the cup and tagging @hepatitiswa on social media.

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let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian



THIS month we are celebrating the 30th anniversary of this newspaper and I look back to some of the places I have visited and featured in this newspaper.

When I went through some of my photos I thought 'wow', we have covered so many destinations and I have been privileged to visit many places as part of my role.

My first overseas trip I reported on was to New Zealand to experience a Grand Pacific Tours trip. NZ is such a beautiful country with friendly people, stunning scenery and superb food. One of the highlights was a visit to Rotorua and I hope to be able to return there again one day.

The other thing which is evident when looking back is the changes in technology. From starting in film and prints to now being able to take photos on my phone, it really is

an amazing technology journey.

It was so lovely to reminisce, especially in these pandemic times where overseas travel is not on the radar for the foreseeable future.

Here's a little snapshot of my travels; I have made many trips to Indonesia particularly Bali, but I really enjoyed a trip to Java exploring the ancient ruins and the cities of this island.

With a long working relationship with Tourism Malaysia for many years I had the opportunity to visit every region in the country making 26 trips there.

I have visited Thailand, India, Mauritius, Qatar, Laos, Philippines, swam with humpback whales in Tonga and sailed the Malacca Straits.

One trip which sticks in my mind was to Singapore to mark the 65th anniversary of the end of WWII. I had the opportunity to interview an 87-year-old Singaporean veteran, visit Changi, the war cemetery and see the war room tunnels.

A visit to Hong Kong with my family at Christmas time, seeing in the New Year with the most amazing fireworks display

and my first trip to Disneyland was another memory I cherish.

Visiting China and walking along the Great Wall, making a visit to the Forbidden City and discovering the Hutongs (old laneways) of Beijing sticks in my mind. A special moment on that trip was dining at a 600-year old restaurant in Beijing which only served Peking Duck.

I love Christmas and being able to visit Switzerland at Christmas time was an amazing experience for me. After Switzerland I travelled on the fast trains to France and London. There were so many wonderful trips, which I am extremely grateful to have experienced.

In Australia I traversed the country aboard the Indian Pacific and went from Adelaide to Darwin on the Ghan for the 80th anniversary.

Since the pandemic I haven't left the state but have made visits to Broome and down south. To me I think there is something spiritual about Broome and it's the place I really feel connected to country.

So our world travels may be limited but I



Top row, L-R; The family in Disneyland Hong Kong - Philippines - David Campbell performed on the Indian Pacific - Jen at the Forbidden City. Second row, L-R; Johan the Christmas shop owner in Switzerland - children in Laos - Orangutans in Malaysia - the souk in Doha Qatar. Third row, L-R; Katherine Gorge - Jen at the Eiffel Tower, Paris.

hope this inspires you to take a moment and look back on your travels too. Thanks for being a part of our journeys for 30 years.

★★★

Last month I attended Writing WA's launch of *Love to Read Local*, which is an online interactive literary map of WA. It maps out 40 locations around the State where more than 100 books by 120 Western Australian authors have been set. The map features both fiction and non-fiction books that have clear connections to regions, towns, country and landscapes across

the State from the Golden Outback to the North West, Coral Coast, Perth and the South West (mirroring WA's five tourism regions). It also provides links to travel, accommodation, tours operators and other resources in each of those regions for those that want to physically explore the settings or hometowns of featured stories. Find out more at www.lovetoreadlocal.org

★★★

Cunard Line has announced that due to the complexities of international travel, their world cruises and those

to Australia will not go ahead this year and early next year. Anyone who has booked with automatically receive a future cruise credit of 125 per cent or a full refund if required.

★★★

This is the last chance to book for the day tour to Antarctica. There are a few seats left in superior and premium economy classes. The trip departs on 14 November 2021 onboard a Qantas Dreamliner aircraft, which will offer spectacular viewing of the continent with its large windows. See further information on page 32.

★★★

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Anyone who would like to share some information or a photograph of a recent trip, we would love to hear from you. Our website also has a selection of travel information which is updated regularly, visit www.haveagone.ws.com.au

Happy trails

Jennifer Merigan
Travel Editor



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

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ADVERTISING FEATURE



travel options for the mature west australian

Finding fishing spots during Western Australia's midwinter season

by Mike Roennfeldt

JULY is mid-winter in my book, often a time of strong winds and intermittent rain, sometimes with seemingly no end in sight. The ocean can be a mess, dirty water and masses of weed foul up the coastal shallows. Beach fishing can be all but impossible and many don't even think about heading out in a boat at this time of year. 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 the rocks near

Australian Shipbuilding Industries in Cockburn Sound 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. You might have to keep the line as high above the water as possible to avoid close-in floating weed and still have enough power to muscle a big fish in close to the rocks. Many regard monofilament as a better choice in main line than braid, due to its higher abrasion resistance.

A heavy sinker to keep the bait fairly stationary is a good idea and big, tough baits like a whole yellowtail 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, almost any jetty along the coast is worth a try but it can still be a

bit wet and cold out there.

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 close to structure 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.



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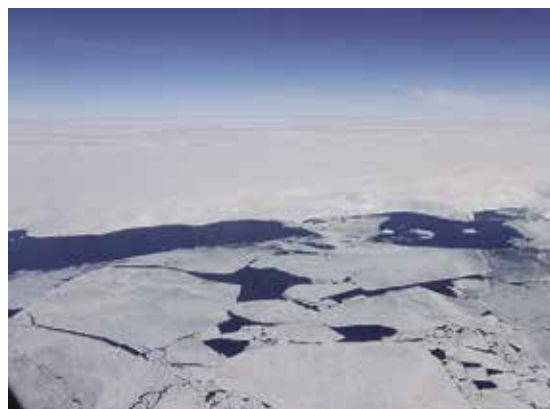
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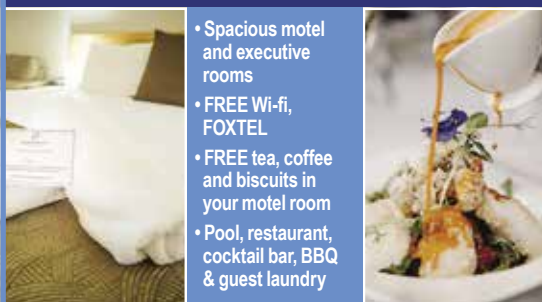
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3
DAYS

not far from home

MIDWEST WILDFLOWERS

DALWALLINU & GERALDTON

TOUR HIGHLIGHTS

- ★ Lunch & Tour at the Coomberdale Wildflower Farm
- ★ See Wildflowers in their natural environment
- ★ Be provided with expert knowledge of Wildflowers from the Botanist on board

TOUR INCLUSIONS

- ✓ Home pick-up and return by Hughes
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Luxury Coach with a professional driver
- ✓ Wildflower Enthusiast accompanying you on the tour
- ✓ 1 night accommodation The Old Convent Guest House in Dalwallinu
- ✓ 1 night at the Ocean Centre Hotel in Geraldton
- ✓ Breakfast daily, 3 lunches and 2 dinners
- ✓ Sightseeing and entry fees as per the itinerary**

TRAVEL DATES 5 TO 7 SEPTEMBER 2021

\$1190* Per Person Twin Share
Single Price **\$1390**



6
DAYS

the Kimberley KUNUNURRA & EL QUESTRO

TOUR HIGHLIGHTS

- ★ Embark on a sights tour of Kununurra
- ★ Watch a Kimberley sunset
- ★ Visit the historic Durack Homestead Museum
- ★ Cruise Lake Argyle and the Ord River
- ★ Drive across the Ord Top Dam wall and see the Ord Hydro-Power Station
- ★ Visit El Questro Wilderness Park
- ★ Relax in the hot springs at Zebedee Thermal Springs
- ★ Enjoy a Chamberlain River Cruise

TOUR INCLUSIONS

- ✓ Home pick-up and return by Hughes
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return economy airfares and taxes
- ✓ 3 nights' accommodation at the Country Club Kununurra
- ✓ 2 nights' accommodation at Emma Gorge (Tented Cabin)
- ✓ Breakfast daily, 2 lunches and 5 dinners
- ✓ Sightseeing, coaches, local guides, excursions and entry fees as per the itinerary**

TRAVEL DATES 4 TO 9 SEPTEMBER 2021

\$4190* Per Person Twin Share
Single Price **\$4950***



5
DAYS

gascoyne region EXMOUTH GETAWAY

TOUR HIGHLIGHTS

- ★ Visit the Ningaloo centre and enjoy morning tea
- ★ Explore the Jurabi Turtle Centre
- ★ Enjoy a boat cruise through Yardie Creek
- ★ Enjoy a visit to Turquoise Bay
- ★ Enjoy an afternoon cruise with drinks and nibbles
- ★ Visit Charles Knife Canyon and the Potshot Memorial
- ★ Enjoy a Coral Bay glass bottom boat cruise

TOUR INCLUSIONS

- ✓ Home pick-up and return by Hughes
- ✓ Fully Escorted by a Kings Tour Manager
- ✓ Return economy airfares and taxes
- ✓ 4 nights' accommodation at the Potshot Resort Hotel
- ✓ Breakfast daily, 1 morning tea, 3 lunches and 4 dinners
- ✓ Transfers throughout with professional driver
- ✓ Sightseeing and entry fees as per itinerary**

TRAVEL DATES 12 TO 16 SEPTEMBER 2021

\$2690* Per Person Twin Share
Single Price **\$3050***



9
DAYS

south australia

MURRAY PRINCESS

TOUR HIGHLIGHTS

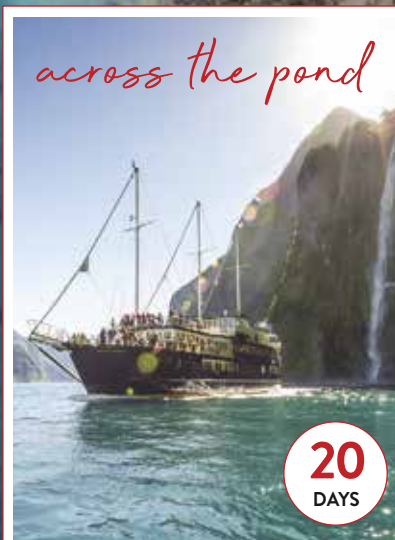
- ★ Adelaide City Sights Tour
- ★ Visit the quaint German village of Hahndorf & enjoy lunch at the German Arms Hotel
- ★ See the historic town of Mannum
- ★ Enjoy cellar door wine tastings at Banrock Station followed by a delicious lunch
- ★ Visit Caudo Vineyard
- ★ Guided walk of the Morgan township and the Morgan Living History Museum
- ★ Guided tour of Ngaut Ngaut... and more!

TOUR INCLUSIONS

- ✓ Home pick-up and return by Hughes
- ✓ Fully escorted by a Kings Tour Manager
- ✓ Return economy airfares and taxes
- ✓ Luxury coach transfers with a professional driver
- ✓ 1 night accommodation in Adelaide at The Stamford Plaza
- ✓ 7 nights' on-board the Murray Princess in an outside twin cabin
- ✓ Breakfast daily, 8 lunches and 8 dinners
- ✓ Sightseeing and entry fees as per the itinerary**

TRAVEL DATES 14 TO 22 OCTOBER 2021

\$4790* Per Person Twin Share
Single Price **\$5990***



20
DAYS

across the pond

NEW ZEALAND

RAIL, CRUISE & COACH

TOUR HIGHLIGHTS

- ★ City sights tour of Auckland, Wellington, Christchurch and Dunedin
- ★ Te Puia traditional Māori Hāngi and Concert
- ★ Travel aboard a luxury catamaran to Cape Brett
- ★ View the mud pools and geysers in Rotorua
- ★ Skyline Rotorua Gondola and Luge Ride
- ★ Explore Te Papa, NZ's National Museum
- ★ Ride on the Coastal Pacific, TransAlpine & Glenbrook Vintage Steam Train
- ★ Milford Sound overnight cruise
- ★ See the snowy peaks of the Southern Alps
- ★ Cruise Lake Wakatipu on the TSS Earnslaw
- ★ Cruise on the Interislander Ferry

TOUR INCLUSIONS

- ✓ Home pick-up and return by Hughes
- ✓ Return economy airfares and taxes
- ✓ Deluxe Coach with professional driver
- ✓ Local Tour Leader
- ✓ 18 nights' four star accommodation
- ✓ 1-night Milford Sound Cruise
- ✓ 18 cooked breakfasts
- ✓ 14 sumptuous dinners including 4 specialty dinners
- ✓ 2 delicious morning teas
- ✓ Sightseeing and entry fees as per the itinerary**

TRAVEL DATES 21 MARCH TO 9 APRIL 2022

\$7590* Per Person Twin Share
Single Price **\$9990***

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LAST CHANCE

WILDFLOWERS OF THE CORAL COAST 24 to 30 August 2021	4 SEATS LEFT	\$2890* pp Twin Share*
GHAN EXPEDITION 6 to 12 September 2021	5 SEATS LEFT	\$5190* pp Twin Share*
COCOS & CHRISTMAS ISLAND 28 September to 5 October 2021	2 SEATS LEFT	\$5295* pp Twin Share*
SILO ART & WHEATBELT TOUR 13 to 16 October 2021	6 SEATS LEFT	\$1890* pp Twin Share*



DAY TOURS STILL AVAILABLE

Depart/Return Elizabeth Quay

NONNA'S FAMILY TABLE LUNCH | 12 August | **\$115pp***

SWAN VALLEY WINERY CRUISE & LUNCHEON | 22 October | **\$170pp***

NEW NORCIA DAY TOUR & LUNCH | 16 November | **\$125pp***



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NEW TOURS RELEASED WEEKLY SIGN UP TO TOUR UPDATES ON OUR WEBSITE



On track for a stunning wildflower season in the Golden Outback

WILDFLOWER season is now underway and will run until November in the southern parts of WA's Golden Outback. Local experts say this season is set to be one of the best for years.

A road trip through WA's Golden Outback rewards visitors with rare and magnificent sights. There are more than 12,000 species of wildflowers in Western Australia, of which more than 60 per cent are found nowhere else in the world.

Frances Pollock at Wooleen Station says rain has continued to fall evenly and consistently over many parts of the Gascoyne-Murchison.

"Early indications are for a great wildflower season, and with the rain over the last couple of weeks, it will guarantee the best wildflower season we've seen in the Gascoyne-Murchison for a few years," she says.

Rod Clarke from the

Ballidu Bush Care at Wongan Hills also says that it's looking like the best season ever.

"There's been excellent rainfall from Wongan up to Wubin and then out to the Goodlands Road (which is where you can find wreath flowers), and on to Bonnie Rock and Balagie – it's hard to believe, but some paddocks are now lakes!" he says.

"The first orchids are out – winter spiders and banded greenhoods. The banksia and lots of wattles are also blooming – I think by mid-July, the region will be awash with colourful wildflowers."

Robyn McCarthy, manager of the Central Wheatbelt Visitors Centre says that she's seen extensive annual growth on the ground following good rains in March, April and May.

"With the upper stories of trees destroyed or severely damaged by Cyclone Seroja there is an increase of perennial regrowth like the Dianella or Flax plants, Flannel Bush and Mulla Mulla," she says.

"I've been sent a photo of some wattle in flower at Merredin Peak – August is usually wattle month – but it could be flowering opportunistically following good rains."

Linda Vernon, executive officer for The Wheatbelt Way in Mukinbudin says that the early rains are a positive sign for a fantastic wildflower season.

"We're confident that it'll be a great wildflower



Wreath Flower near Perenjori © Jarrad Seng

season in the Wheatbelt Way. We've had a report of a winter orchid sighting which is earlier than usual."

For more information on wildflowers visit www.australiasgoldenoutback.com

Come share your passion for WA wildflowers

Time to Wonder

Caladenia discoidea

Amazing small group wildflower adventures departing Perth August & September 2021

9490 2455 for details

GREAT WESTERN COACH TOURS

Don't miss the wonders of Western Australia's wildflowers



WITH the good rains that we're having this winter, it's a sure sign that the wildflower season in spring will be amazing.

It's Aussie Redback Tours' favourite time of

year and they are looking forward to spending time exploring two popular wildflower regions with their passengers in September and October.

In September, Aussie Redback Tours will head off again on their annual four-day Northern Wildflowers tour, departing Perth on Thursday 23 September. This tour takes in the beauty of the northern wildflower areas of WA, spotting the elusive wreath flower, carpets of everlasting, blue leschenaultia and more. One of the stops is at Coalseam Conservation Park which is known for its carpets of pink, yellow and white everlastings – a photographer's delight.

Following that, and a month later is the four-day Stirling Ranges tour, departing Perth on

Sunday 17 October. This tour travels through Western Australia's beautiful south-west ranges and along the rugged southern coastal shoreline, where you will see spider orchids, morning iris, swamp bottlebrush, painted ladies and more.

Aussie Redback Tours are excited to be joined on both tours by a wildflower guide who will further enhance your experience by helping you to spot and identify the lesser known flowers. Aussie Redback Tours will also be sure to make extra stops for taking photos.

For more information, see the tours at www.aussieredbacktours.com.au, or contact Aussie Redback Tours now on 1300 662 026 or email info@aussieredbacktours.com.au.

TAKE A Road Trip TO SEE THE COLOURFUL Wheatbelt WILDFLOWERS!

Visit Wave Rock and explore the changing landscapes and charming farming communities.

Day 1: Perth - Wave Rock (Hyden) 340km, 4hrs

Head east from Perth, travelling through picturesque farmland to Corrigin (famous for its Dog Cemetery!). Check out the Wildflower Drive which blooms from Aug-Sep. At Karlgarin visit Tressie's Museum & Caravan Park with its display of olden day memorabilia and gramophones. Enjoy lunch at Hyden's Bush Bakehouse before taking the short drive to Wave Rock, 15 metres high, 110 metres long. Visit other attractions in the area including Hippo's Yawn, the Salt Pool and Mulka's Cave - home to Aboriginal rock art

Accom options: Motels, cottages, cvan park, B&B, S/C cottage

Day 2: Hyden - Bruce Rock 305km, 3.5hrs

Head south to Lake Grace's spectacular salt lakes, visit the only remaining Australian Inland Mission Hospital in WA and sample a wine at Walkers Hill Vineyard. Continue to Kulin, popular for its Bush Races, have a chuckle along the Tin Horse Highway – with a series of colourful metal horse characters along 12km stretch of road. Heading north take in 360° views from Yeerakine Rock 10km south of Kondinin. Travel onto Narembea and visit the innovative displays at the Narembea Grain Discovery Centre on your way to Bruce Rock.

Accom options: Motel, B&B, cvan park, backpackers, S/C cottage, free RV sites

Day 3: Bruce Rock - Perth 250km, 3hrs

Take a 45 minute drive west to Shackleton for Steve's Art & Sculptures Park and Australia's smallest bank. Turn off at nearby Kwolyin to Kokerbin Rock with its spectacular views on the Granite Way. Cross the Pink Lake into Quairading with a walk around the town or explore Dangan Heritage Trail 10kms west, then onto York for lunch at one of the colonial-style hotels before heading back to Perth.

Wildflowers are now starting to bloom around the Eastern Wheatbelt! With a great start to the winter rains, spring is the perfect time to take a self-drive break you have been promising yourself to view the remarkable wildflowers of the Eastern Wheatbelt. Just phone the Visitor Centre shown below for maps & guides posted out FREE to plan your trip. For wildflower hotspots check out wheatbelttourism.com and australiasgoldenoutback.com

3 DAY SELF DRIVE PATHWAYS TO WAVE ROCK

www.pathwaystowaverock.com.au

ROE TOURISM

Visit Wave Rock and explore the changing landscapes and charming farming communities.

Day 1: Perth - Wave Rock (Hyden) 340km, 4hrs

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3 DAY SELF DRIVE GOLDEN PIPELINE HERITAGE TRAIL

www.wheatbelttourism.com | www.weroc.com.au

THE GOLDEN PIPELINE A NATIONAL ROUTE PERIOD

Take a road trip along the longest fresh water pipeline on Earth. This National Trust heritage trail runs from Mundaring to Kalgoorlie visiting sites of former steam driven pump stations along a water pipeline CY O'Connor built more than 100 years ago. Note: Pump Stations No 4, 5, 6, 7 & 8 currently closed for remediation works by Water Corp.

Before you leave, get a copy of the Central Wheatbelt Map & Guide – Along the Golden Pipeline and visit the sites and towns along the Wheatbelt section from Meckering to Southern Cross.

Day 1: Perth - Merredin 260km, 3.5hrs

Entering into open farmland of the Central Wheatbelt there will be abundant cereal crops growing as far as the eye can see! Cross the earthquake fault line before Meckering and in town visit the Earthquake Memorial & Rose Garden. The Cunderdin Museum No 3 Pump Station is a wealth of pipeline history. Charles Gardener Reserve south of Tammin and Kellerberrin Hill for wildflowers. Visit Merredin's history at the Military and Railway Museums and Merredin Peak. Merredin is one of 7 towns on FORM's PUBLIC Silo Art Trail and historic Cummins Theatre hosts LIVE shows.

Accom options: Motels, B&B, s/c apartments, cvan park, free RV sites, backpackers

Day 2: Merredin - Kalgoorlie 340km, 3.5hrs

Cross the original Rabbit Proof Fenceline at Burracoppin, visit Hood Penn Museum at Westonia and Yilgarn History Museum at Southern Cross where gold was discovered in late 1800s. See a rock catchment and an aqueduct at Karalee Rock and Dam made of timber and iron before travelling to Coolgardie and Kalgoorlie taking in gold mining history, magnificent architecture, local museums and attractions.

Accom options: Hotels, motels, outback pubs, s/c apartments, farm stays, cvan parks, free RV sites

Day 3: Kalgoorlie - Perth

From Merredin return via Bruce Rock, Quairading and York or Pioneers' Pathway via Nungarin to Toodyay.

Central Wheatbelt Wildflowers: For wildflower hotspots follow the weekly updates wheatbelttourism.com/wildflowers/current-wildflower-season

2 DAY SELF DRIVE PIONEERS' PATHWAY

www.pioneerspathway.com.au

PIONEERS' PATHWAY

Follow the dream of early farming, sandalwood and gold prospecting pioneers who journeyed east into the Wheatbelt in search of fortunes from life on the land.

Day 1: Perth - Dowerin 160km, 2hrs

Leave the city hustle behind and escape through the hills to Toodyay. Visit the Newcastle Gaol Museum before continuing on to the pretty farming town of Goomalling to visit historic Slaters Homestead and explore the school museum. At Dowerin 'Rusty' the Tin Dog sculpture welcomes you to take the walk trail for fauna & flora. For more information see Day 1 of the Wheatbelt Way Trail.

Accom options: Cvan park, motel, free RV sites, Dowerin Short Stay Accom

Day 2: Dowerin - Merredin 155km, 2hrs

The drive from Dowerin to Merredin winds through Wheatbelt farmland, bush reserves and delightful small towns. Enjoy the CBH museum or a drink at Wyalkatchem pub, visiting Bilyacatting Reserve near Trayning for a bush walk or picnic. Visit Mangowine Homestead, the Nungarin Heritage Machinery & Army Museum or a 1st Sunday of the month Nungarin Market Day. In Merredin hit the walk trails, museums, cafes or take in a show at Cummins Theatre or movie at Orana Cinema.

Accom options: Motels, B&B's, cvan park, s/c apartments, backpackers, free RV sites.

4 DAY SELF DRIVE WHEATBELT WAY

www.wheatbeltway.com.au

Wheatbelt Way

The Wheatbelt Way is a fascinating experience starting in Dowerin and spanning 800km with 24 interpretive sites.

Day 1: Perth - Wyalkatchem 214km, 3hrs

Depart Perth and head to Dowerin to join the Wheatbelt Way. Make sure you pat Rusty the Tin Dog, the first site on this route. Head to Minnivale and Naaning Well, then Wyalkatchem to see Korrellocking Reserve and Wyalkatchem Well.

Accom options: Hotel, s/c house, cvan park, free RV sites, free camp sites

Day 2: Wyalkatchem - Beringbooding 252km, 3.5hrs

Head north through the towns of Koorda, Bencubbin and Beacon stopping in at Wheatbelt Way sites along the way. When visiting Beacon make sure you are there on a Monday during Aug-Sep to go on a half day Beacon Wildflower tour with a local guide (from \$25 per person) and then head out to Beringbooding and Elachbutting Rock, sites 14 and 15.

Accom options: Cvan park, free camp sites

Day 3: Beringbooding - Mukinbudin 210km, 3hrs

Today head south to Westonia and visit Sandford Rocks and Boodalin Soak. Head to Mukinbudin visiting Weira Gnamma Hole and Wattoning Historical Site.

Accom options: Hotel, s/c house, cvan park, RV sites, free camp sites

Day 4: Mukinbudin - Perth 323km, 4 hrs

Final day on the Wheatbelt Way taking in sites 20 to 24 wander the walk trails at Bilyacatting Hill Nature Reserve as you travel via Trayning, back to the start in Dowerin and then on to Perth.

WA's GREAT Outdoors

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WESTERN AUSTRALIAN WILDFLOWERS

let's gotraveling

One of the world's biggest monoliths is in our own backyard



Mt Augustus is about 1,000 kms north of Perth © www.wildflowersafaris.com.au

by Lee Tate

MT AUGUSTUS, one of the great wonders of the natural world, has been hiding in plain sight in one of the world's greatest wildernesses in WA.

The world's biggest monolith is also one of the world's least-known, even on its home ground.

The world's biggest

rock is more than double that other great Aussie desert monolith, the mighty Uluru.

Mt Augustus is about 1,000kms north of Perth and that distance is a challenge for tourism operators. But it has also helped protect the rock from human interference.

Harry Shepherd, principal of WA family busi-

ness Wildflower Safari Tours, says: "Few people realise that we have this massive, 1,600 million-year-old asymmetrical anticline."

Harry has stepped up to face the challenge to guide tourists to this sacred place.

Harry's company will run land tours to Mt Augustus during next

month (August). It's a journey unlike any other, a unique overland expedition to a special place.

Driving, while sight-seeing over two days, the first day's travel reaches Murchison, about 680 kms north of Perth with 357kms to go of unique WA countryside and all it can throw up.

"On day two, we pass close by the Landor racecourse on Landor station," Harry says.

"This year the race club celebrates its centenary over a five-day race meeting and gymkhana."

The two-day sojourn at the rock involves danga-style accommodation with en suite.

Sightings can include emus, kangaroos, bustards, bungarras and small reptiles.

"At Cattle Pool on the Lyons River, a tributary of the Gascoyne River, permanent pools attract

black cormorants, ibis, heron and ducks of differing types," explains nature-loving Harry.

"In the surrounding trees are kookaburras, sacred kingfishers and corellas."

Mt Augustus, or Burrin-gurrah to Indigenous Warri people, is in its own National Park, created in 2000 when the State resumed Cobra and Wald-burg pastoral leases and other surrounding areas.

The reserve covers 607,603ha with a 49km gravel road loop around the rock. Exploring on foot demands common sense – hats, stout footwear, collared shirts with sleeves and, crucially, several litres of water per person.

"Always travel in groups, never solo and leave a dated 'home-by-time' with a direction-of-travel memo, with a person at base or easily seen

in a vehicle," says Harry.

Harry points out that most of Mt Augustus is vegetated. Run-off water supports endemic wattles, cassias, gidgee and mulga which are liberally interspersed with native flowers in bloom.

"Groves of white barked river gums signify water seepage from the rock. Flora grow best in these patches, as will pigeons, crimson chafes, mulga parrots and babblers," he says.

Day five of the journey sees the tour groups turning south. Nothing is set in stone on Harry's trips and, with detours often thrown in along the track, this adds to the variety and excitement.

"The up-front plan is back to Murchison followed by Mullewa and then a conference with our travellers to determine our route for the last leg back to Perth.

One possibility is south via Coalseam Conservation Area to check out the stage of development of the year's everlastings and likely sightings of spider orchids," he said.

Consultation with guests and built-in flexibility are key points of Harry's journey.

"We Know Because We Go" is his motto. And guests eat well with Harry who's a deft camp cook.

"At the end of trips we want to feel that our guests are well satisfied and leave us as new friends rather than just passengers. We don't have a big budget for advertising, so word of mouth recommendations have value beyond measure," he said.

Wildflower Safari is at www.wildflowersafaris.com.au or phone for a friendly chat with Harry on 0407 085 097.

Flower and garden festival will be a blooming delight



Charlie Mgee and Brenna Quinlan

THE Live Lighter Nannup Flower and Garden Festival continues to face the challenges of Covid-19, but is forever evolving to ensure the festival goes ahead. The 2021 festival is packed with festival favourites including Costa, Millie Ross, Guy Jeffreys, Deryn Thorpe, Steve Wood, and local celebrity Dr Bob Longmore.

They will be joined by

Neville Passmore, Carla from Gaia's Organic Gardens, Charlie Mgee,

Brenna Quinlan, and lots more creative and inspiring presenters. Charlie Mgee will front the Formidable Vegetable Sound System one evening for a free family concert, and the popular Breakfast with Costa will happen at Loose Goose.

The festival will open on Saturday 15 August and run over three weeks and four weekends, finishing with a finale party around a large botanical lotus sculpture created by local artist Lewis Horne on Saturday 5 September.

Due to the incredible popularity of the Floral Mandala last year, there will be two large scale artworks including Lewis's lotus. The second will be The Decay

of Decadence by Lara Rose Bos and Rizzy. Lara Rose and Rizzy will take over the front room of Winnies Cottage with a fully set dining room, over taken by growth and plants.

Market stalls will line the main street during the weekends and numerous displays will frame the town. Open gardens, garden tours and cooking demonstrations are back. And most importantly the town will be in full bloom. This year a record 20,000 tulip bulbs were planted.

Full program announced Friday 2 August on www.nannupgardens.org.au – Visit the festival website or visit Facebook for all the events and links to tickets.

Soak up WA's birds and flowers



PHOTOGRAPHING our brilliant West Australian Birds & Wildflowers is a 90-page book offer-

ing tips for enthusiastic photographers to capture photos on their camera, phone or other device.

Chris Tate has been photographing birds and flowers throughout his life and was inspired to publish his own book sharing his tips and tricks with a broader audience.

"Photography is a creative and artistic activity that gets me outdoors, bush-walking, travelling and enjoying nature. I

have met some really interesting people, been on some incredible ventures and seen so many amazing natural sights," he said.

The book costs \$25 and contains a collection of superb photographs taken by Chris along with a wealth of tips and tricks.

See page 41 to order or buy direct from the Have a Go News office at 137 Edward Street, Perth during business hours. Call 9227 8283.

WILDFLOWER & BESPOKE TOURS

"BIGGEST ROCK in WORLD" - HERE in WA!

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Purnululu Range | Mitchell Falls | Kimberley Coast

K1B Bungles Day Trek ex KNX Flight/4WD/Trek from \$750

Tour duration: 9 hours (approx.)

Highlights: Scenic flight to Purnululu National Park over Kununurra, Lake Argyle and Osmond Ranges, land, jump into 4WD onto walking trail to bush tucker and bush medicine tour to Cathedral Gorge - Kingfisher guide sings - lunch in the gorge then to the lookout to learn about cultural and geological history of the area. Optional 18 minute helicopter ride before return flight to Kununurra.

BC+ Bungles Walk + Echidna Chasm (4WD/Trek) from \$370

Tour duration: 10 hours (approx.)

Highlights: Walking trail in Northern Massif, Echidna lookout then on into spectacular chasm - coffee/tea/warm damper and local jams - 4WD around southern end of Bungles - bush tucker and bush medicine tour to Cathedral Gorge - Kingfisher guide sings - lunch in the gorge then to the lookout to learn about cultural and geological history of the area. Optional 18 minute helicopter ride before return flight to Kununurra.

BC Bungles Day Trek (4WD/Trek) from \$250

Tour duration: 5 hours (approx.)

Highlights: Walking trail to bush tucker and bush medicine tour to Cathedral Gorge - Kingfisher guide sings - lunch in the gorge then to the lookout to learn about cultural and geological history of the area. Optional 18 minute helicopter ride before return flight to Kununurra.

K1B+ Bungles Day Trek Extended (with Echidna Chasm) from \$1150

Tour duration: 9 hours (approx.)

Highlights: Scenic flight to Purnululu National Park over Kununurra, Lake Argyle and Osmond Ranges, land, jump into 4WD onto walking trail in Northern Massif, walking up to the Echidna lookout then on into the spectacular chasm - coffee/tea/warm damper and local jams - 4WD around southern end of Bungles - bush tucker and bush medicine tour to Cathedral Gorge - Kingfisher guide sings - lunch in the gorge then to the lookout to learn about cultural and geological history of the area.

PH 9168 2718 | fly@kingfishertours.com.au | www.kingfishertours.com.au

Have-a-Go NEWS

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Mellenby Station Stay, Yalgoo
E: stationstaymellenby@gmail.com
Web: www.mellenby.com.au
Ph: 9972 3072

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WINTER IN THE WEST

let's go travelling

Wander out yonder and discover the best of the beautiful Kimberley



Gail Williams in holiday mode - beautiful scenery in the Kimberley

by Gail Williams

"LET'S go see the Kimberley," he said. "Let's marvel at the sunsets," he said. "Let's swim under pristine waterfalls," he said. "Let's do the GRR," he said.

What he didn't say was that GRR is code — amongst real adventurers — for Gibb River Road.

And when I say real adventurers think a bumpy ride down a 660km former cattle route which is mostly heavily corrugated gravel road.

Think five or six days with no phone or internet coverage, traversing several river crossings, risking tyre blowouts and trying to dodge wayward cattle.

Most importantly for an urban bar hopper like myself — think no opportunities to top up on Chardonnay.

Another small thing he forgot to mention was that we would be doing it in a 4WD camper van sleeping in a tent on the top.

What I don't need to tell grey nomads is what

a tent on top means for us over 65s who enjoy the odd glass of wine (or two or three) over dinner.

For the youngsters, I'll spell it out. It means a cautious 1am climb down a ladder to visit the ablution blocks. In pitch black darkness, into frog infested quarters, or worse — snakes. Not to mention wandering through vast camping grounds trying to find the right tent and scaring a stranger when you ascend the wrong ladder.

Oh, the joys of wandering out yonder.

But, here's the rub. Those idiosyncrasies actually added to the joyful experience for us novices — two well-travelled couples who have numbered among our top ten trips the Grand Canyon, Niagara Falls, Lake Louise, Amalfi Coast, the Cotswolds, Yorkshire and France's Champagne region.

The verdict? Our Kimberley sojourn, right here in our own back yard, was our best holiday. Ever!

From Kununurra to Broome and every crocodile, boab tree, rock pool, gorgeous gorge and early morning bird-song in between, we were spellbound.

In Kununurra we picked up two Red Sands Toyota Hilux camper vans, to drive in tandem with our good friends, another like-minded couple of wine-guzzling fun lovers.

The timing was perfect. We flew in to begin the 11-day journey with the Kimberley Moon Experience, Kununurra's biggest annual party where Jessica Mauboy performed as the headline act for over 4,000 guests.

This gave us four days to enjoy Kununurra and its mind-boggling surrounds — a flight over the spectacular Bungle

Bungles, a cruise down the Ord River, a peek at the Argyle Homestead — while getting acquainted with our van, called Claire.

Claire was a compact little unit which could actually accommodate four people and came with all the camping essentials anyone would need. A pull of a lever or twist of a dial and out pops a kitchen, complete with tables, chairs, fridge, water storage and all utensils. There were spare tyres (two), repair and first aid kits, bedding, towels, awnings and luggage storage. Oh, and a shovel — for you know what.

Once we mastered the delicate art of backing gingerly up and down the ladder like monkeys, the dream team spent the next six days ticking off the bucket list of spectacular sights that we had heard about for decades but never got around to visiting.

El Questro. Emma Gorge, Zebedee Springs, Mt Elizabeth, Manning Gorge, Windjana Gorge, Bells Gorge, Tunnel Creek and, of course, beautiful Broome.

Every one of them provided an aha moment where the much-lauded landscape is an overwhelming colour-by-numbers cliché if

you try to describe it,

Our pics best tell the story — a collage of majestic canyons, red ochre, towering limestone cliffs, beautiful boab trees, ancient rock art, cascading waterfalls, herds of cattle, helicopters mustering, freshwater crocodiles basking — just think of the film *Australia* and you've got the general idea — without Nicole Kidman and Hugh Jackman of course.

But there was some drama worthy of a feature film.

A lockdown in Manning Gorge campground came about just days after the Kimberley Moon Experience.

Our group was enjoying a post camp dinner wine when two masked officials came to ask if we had been in Kununurra.

We said we had and were told that we were in immediate lockdown and wouldn't be able to use the ablution blocks or leave the campground until we were tested and the results had come back negative. The entrance gate was immediately locked and no one could come in or leave.

As we were on the middle of the Gibb River Road we wondered how the testing would be carried out and we spent an uneasy night wondering if we would be stuck there for a week.

With no internet or radio we could only surmise what had happened that some Victorians who had been in Kununurra were also in the campground.

Next day rumours were circulating wildly among other campers, but the gate was still locked to vehicles going out or coming in. We sat and looked longingly at the last slug of Chardonnay in the bottle.

We surmised that be-

cause the campground is run by the Kupungari Aboriginal Community the lockdown was to protect their people. We began to resign ourselves to our situation. After all, our spot by the tranquil pools of the Manning River was not such a bad place to be and to contemplate life.

But, just as the rumour mill was really going crazy, 18 hours after we had been told we were in lockdown the ranger came to tell us we were free to go. In fact, we must go. All campers were ordered to leave.

So on we went winding our way up to Broome via Silent Grove, Bells Gorge, Windjana Gorge and Broome, where our first stop was Matso's for a welcome cleansing Bishop's Best.

And, as the sun set over Cable Beach that night we raised a toast to Mark McGowan for urging us to wander out yonder and we declared ourselves to be very, very lucky indeed.

FAST FACTS

\$4083 per person twin share, land based only. Includes hire of a standard RedSands 4WD Camper from Kununurra to Broome, four nights on a waterfront site at Kimberleyland Holiday Park, general admission tickets to Kimberley Moon Experience, scenic flights across Bungle Bungles with Aviair, guided walking tour to Cathedral Gorge, Domes and Piccaninny Creek with Bungle Guided Tours, cruise on Ord River with Triple J tours, exclusive access to RedSands Camper Village, two nights' accommodation in Broome at Mantra Frangipani. Booked through Kimberley Experiences.

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Stirling Ranges at Wildflower Time	17 October	4 days from \$1120 pp
WA's Southern Getaway	24 October	3 days from \$890 pp

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WA's first colonial settlement is spectacular at any time of year



Middleton Beach, Albany - Josh Shuttleworth - picture perfect paradise

by Lee Tate

JOSH Shuttleworth is in the vanguard, bringing new blood to holiday parks. He couldn't be on more pioneering turf, Middleton Beach. Albany, after all, is Western Australia's first colonial settlement after Aborigines roamed their lands here for tens of thousands of years.

Whales have been wallowing, resting and birthing in King George Sound for countless centuries, and are still sighted in season from Middleton Beach.

Early-era sailing ships and whalers from the other side of the world anchored here, protected by coastal headlands and large islands swarming with seals and nesting birds.

Off Middleton Beach are Michaelmas and Breaksea islands, both nature reserves. In the cold, dark depths off Michaelmas Island is the wreck of whaler *Cheyne's 111*, one of many local signposts to this region's colourful past.

Middleton Beach has a life all its own.

Tourists staying at Big 4 Middleton Beach Holiday Park, flicking through their historical brochures, discover myriad nuggets to explore in this Southern Ocean region.

Old faithful camping grounds have mostly been moved out, taken over by upmarket villas and the like.

A patch of sand or even a strip of rough grass for a tent site would satisfy the camper and caravaner of our parents' era. Not anymore. Camp sites and holiday parks all over Australia have moved decidedly upmarket. Others, as in Dunsborough, have been developed but local councils have moved the camp spaces away from the expensive coastline.

Middleton Beach Holiday Park is a proud survivor, tucked against sandhills, occupying a generous 500 metre site, modern and comfortable for seniors to juniors. Ideal for a couple of days away with the grandkids.

"We believe in the park and we are reinvesting everything back into it," proprietor Josh told me.

Beach houses and villas that sleep up to eight have

everything at the touch of a button. Caravans have brick en suites. There are general van and tent sites and swish camp kitchens, barbecues and outdoor seating.

Even if the weather turns, the kids have access to a solar-heated pool, indoor hydro spa and surround-sound mini theatre plus a games room. The play equipment is enormous.

Olde world prices will, of course, never come back but we get what we pay for. A comfortable bed, a full-size fridge for the freshly-bought produce – local veggies, fruit, honey, meat, seafood and chocolate.

Can we stay a few more days?

On this spectacular coastline, the holiday park is only 3.2 kms from town centre. It's really a city but looks and feel like a premier, coastal town. History buffs can view the Albany History Collection at 44

Frederick Street.

As we look out, we see those majestic, rounded islands. A ship is anchored in the calm.

These great ocean bays are alive with great whites and other sharks, dolphins, deep sea fish, muscles and oysters. Whales are sighted, both when heading north for birthing and when going south, followed by calves and tailed by predator orcas and sharks.

Sometimes a dominant whale will loudly whack the waters far out, the sign for younger whales nearer shore to cease wallowing and join the north-bound pods.

From the park is a long stroll or energetic jog along the beach to Emu Point.

Further inland, Lake Seppings has amazing bird life and long neck turtles, viewed from a birdhide.

A boardwalk wraps

around Mt Adelaide to provide walkers with some of Western Australia's best ocean views.

Islands, whales, birdlife

and ships are all sighted in the vista across Atatürk Entrance (Mustafa Kamal Atatürk being the former, respected Turkish leader

and hero of Gallipoli).

For the disabled or walking wounded tourist, this steadily-rising 6km walk can be tackled from the other end by driving around Mt Adelaide and parking in one of the bays before walking back, down the incline. Highly-recommended, but of course, someone will have to collect the car.

Still awaiting in Albany: The mighty harbour, Gap, Blow Hole, Natural Bridge, wind farm, granite hills, Dog Rock, Porongorups, Castle Rock, Two Peoples Bay, Stirling Ranges, Whale World, Anzac Centre...

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Budget breakers - a great opportunity to discover WA with bargain accommodation



L-R; The view from API's Kalbarri units – The view from one of the Preston Beach units

by Allen Newton

WE'VE all heard the complaints from people travelling out yonder that accommodation prices in WA are too expensive

in comparison to a Bali break in pre-Covid days. Rottneet Island, Cable Beach, Karijini Eco-Retreat, El Questro, all very lovely, but punters complain they can't afford to

shell out hundreds per night for a room.

But those with an eye for a bargain should take a look at what was the equivalent of the old post office social club and is

now the revamped API My Reward Club.

It's been around for nearly 100 years and boasts ocean-side holiday apartments which it owns and operates at

Kalbarri, Preston Point, Busselton and Albany.

These are clean and tidy, well-equipped, modern apartments – with prices starting at \$99 per night for members – and that's per apartment, not per person.

Anybody can join the club for \$99 plus GST each year. As well as holiday accommodation, it offers a host of discounts on everything from electrical goods to groceries.

Non-members are welcome to book apartments, although rates are slightly higher.

API CEO, Linda Ross, said long term investments made by the organisation meant its

operating costs were low and its not-for-profit status meant that all proceeds go straight back to benefit members.

"While its inexpensive to rent our units that doesn't mean they are run-down or second-rate," she says.

"The units are maintained meticulously by local caretakers and feature modern appliances and fittings.

"They make for great family accommodation."

All of API's holiday units have private bathrooms, modern toilets, laundry facilities including washing machine and dryer, digital televisions, reverse cycle air-conditioning, a fully equipped kitchen and a

gas barbecue. Porta cots and highchairs are available free if required for small children.

All units are self-contained with crockery, glasses, pots and pans, cutlery and bed linen and towels so guests need bring only themselves and their beach towel.

At Kalbarri, API has eight, self-contained, two-bedroom, beach front apartments; at Busselton, it has five fully self-contained three-bedroom units; at Preston Beach, two fully self-contained three-bedroom units and at Middleton Beach in Albany, six, two bed, one-bathroom units.

For more information visit www.apiwa.com.au/.

Winter tours a highlight at Busselton Underwater Observatory

MARINE Science team at the Busselton Jetty will entertain visitors with new winter tours in the Underwater Observatory, 8m under water.

Jetty CEO Lisa Shreeve said the

Tours will feature new augmented and virtual reality technology of whales, sharks and cyclones.

"We have looked around the world at the amazing technology available in oth-

er attractions. Local Bunbury based company INTR Studio is developing some really cool Jetty interactive installations that will scare some people and excite others, including new marine

mask social filters."

The Winter Tour will also feature an augmented reality experience of the new Australian Underwater Discovery Centre and whales breaching – appearing to jump out of the ocean in front of you.

"Our marine life is unique. Because of the shelter and protection of the marine sanctuary 1.8km out

to sea, the fish really do huddle up close to our windows during storms," said Lisa

The Underwater Observatory is one of only six natural aquariums in the world, where people are in the tank, and the marine life are in the wild watching you.

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New Norcia was established

in 1847 by Spanish Benedictine monks Rosendo Salvado and Jose Serra. 174 years later it is still home to Benedictine monks and its monastery is one of the 27 heritage buildings listed on the National Estate.

Two talented monk artists were

responsible for the stunning hand-painted frescoes, pressed metal ceilings and wooden furniture which adorn the chapels and other places of worship located within the buildings. People can enjoy these national treasures on a guided town tour, which departs

at 11am and 1.30pm daily.

No visit to New Norcia is complete without a visit to the museum, which provides a fascinating insight into the monastery's history and showcases a selection of Aboriginal artefacts. The art galleries are just as appealing with

works ranging from traditional European religious art to Australian contemporary pieces.

For information about accommodation, food options and events, please visit the website at www.newnorcia.wa.edu.au or call them on 08 9654 8018.

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Revealed - 1,001 awesome facts about Western Australia...



"A WONDERFUL book" – said Premier Mark McGowan about 1,001 awesome facts about Western Australia revealed by

journalist Lee Tate, and here's a sample...

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Platypus, koala and kookaburra didn't live in WA.

In a hollow tree, a scientist identified 283 jaws of six native mammal species.

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Dowerin Field Day is back...

DOWERIN GWN7 Machinery Field Day is shaping up to host an incredible event scheduled for Wednesday 25 August and Thursday 26 August. As with most people involved in the event industry the past 12 months have been a daunting experience, however uptake of exhibition sites has been overwhelming and Dowerin is shaping up to be an event not to be missed.

For the first time visitor tickets will be available online via the website – now. With hundreds of exhibitors showcasing the latest in agriculture along with lifestyle and leisure products there is something for everyone.

Head to the website www.dowerinfielddays.com.au to secure tickets.



Wongan Hills Visitor Centre

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Left to right; Views from balloon take off - Chris Parry - Up, Up and Away


by Chris Parry
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Zone are just a few of the classics inspired by the feeling of being up there, where the air is rarefied. Let's have an adventure that is discovered in the darkness but is soon revealed by the dawn of a new day. Let's go hot air ballooning. The Avon Valley isn't far from Perth. If it was north or south it would just about qualify as part of the Perth metropolitan area. Being just over an hour's drive away it's wonderful how easy we can leave the city behind, even if it's just for a few hours. Arriving at the Northam Airport I'm the first and there is nobody at the airport except for the resident cat. It's so cold that the cat jumps into my car. As other people start to arrive and huddle around

the coffee making facilities, I'm taken by news articles on the wall that describe the history of hot air ballooning. This sounds like the beginning of a joke but it's true, in 1783 a sheep, a duck and a rooster went riding in a hot air balloon in France. I had thought that the airport would be our take off point but Damien, our chief pilot, has been letting go of weather balloons and squinting at the night sky like an old sea captain. For this morning's flight with Windward Balloon Adventures we must head west of Northam. These guys have all the permissions required from the shire and farmers to access properties, as long as we remember to close the gates. Still in complete darkness, our pilots inflate the

balloons as they lie on the ground and the roar and brightness of the gas burners is a bit like those aerobatic displays of jet planes whooshing over your head. After a final briefing we climb into our basket and just like that, we're away. No seatbelts. No worries. I've done some wonderful air related activities in my life from the fastest and longest zipline in the world with my daughter Matilda down the side of a mountain in South Africa, to twice jumping out of aeroplanes, flying a beautiful Tiger Moth over Perth and the seaplane to Rottnest, and even trekking up mountains and being above clouds. When I jumped out of an aeroplane I thought about the words of John Magee, a World War II Spitfire pilot who wrote a


poem called *High Flight* with the first line, "Oh, I have slipped the surly bonds of earth" and the last line, "Put out my hand and touched the face of God". Astronaut Michael Collins, who died recently, once remarked that he wondered what John Magee would have been inspired to write if he could have been in orbit above the Earth. As we ascend from the paddock that becomes a mist shrouded valley beneath, I looked to the east and had author Douglas Adams' words in my head, "There is a moment in every dawn when light floats and there is the possibility of magic. Creation holds its breath." I held my breath and it was amazing. In so many of life's travels and adventures it's been the sites

and sights that are the most awesome but what was so immersively different about a hot air balloon experience is that sound becomes part of the canvas before you. It's mostly silent apart from the whoosh of the gas burners every so often to get some altitude. Looking down and around you're suddenly struck by the sounds of parrots having an early morning squabble in the tree, sheep all going baa as they move across a paddock far below and even a dog barking from somewhere. There are other balloons to help with the perspective of what we're all a part of this morning. They drift along as we drift along and we rise and fall and our hearts sing with the joy of witnessing to a new day in a beautiful part of the world.

New Norcia - only 1.5 hours from Perth

The monks of New Norcia invite you to discover their home - a historical and spiritual treasure in the West Australian bush. See behind closed doors on a guided tour, lose yourself in the Museum & Art Gallery, join the monks for prayers, explore local wildflowers between Aug-Sept, or just enjoy the peace and uniqueness of it all.

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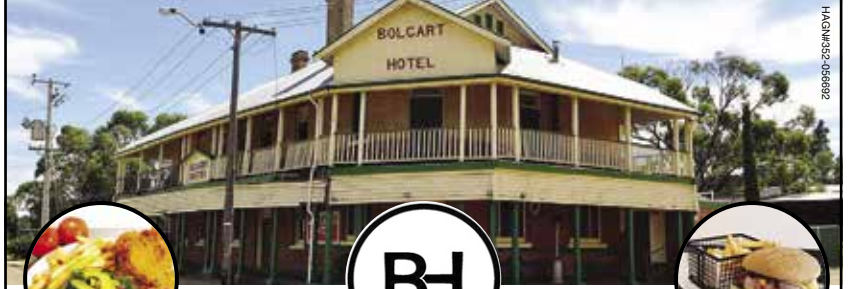
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Bolgart Hotel is located at 28 Poincarre Street, Bolgart

As we continue to drift, we travel over bushland with granite outcrops beginning to be warmed by the early rays of the sun and kangaroos jumping through the trees and we can see the shadow of our balloon and directly below us the reflection of the balloon is crystal clear in the river below. We land in a harvester scarred paddock with a gentle bump and everyone helps roll up the balloon into a bag that is much easier to manage than any sleeping bag. The Avon Valley stretches from New Norcia in the north to Beverley in the south, with the historic communities of Toodyay, York, and Northam all just a short Spotify playlist of flying tunes away. Northam has the Avon River running through it and the champagne breakfast after the ballooning is held in a café overlooking the river, complete with white swans and suspension bridge. During a champagne toast we are all welcomed to the club of Balloonatics. Hot air ballooning seems to be on the bucket lists of many people but keeps getting pushed down the list not from the fear of hanging from a basket but from getting up so early. Get over the time thing and get it done. It's just an hour away and you'll be up, up and away.

FAST FACTS

The National Ballooning Championships will be held in the Avon Valley between 30 August and 4 September, with lots of opportunities to be a spectator and a participant. To book www.ballooning.net.au email info@windwardballooning.com or call 9621 2000.



So much to celebrate... behold the many natural wonders of Western Australia



Left to right; A view from Como at the Treasury - State Buildings are in Perth's historic heart - Long Chim Perth - Kalbarri Skywalk © Department of Biodiversity Conservation and Attractions



by Numbat - the travelling scribe

WITH Western Australia's many natural wonders, we easily overlook the human hand in making these great features available or more appealing to us. The most stunning, recent human-made feature is the Kalbarri Skywalk. What the Skywalk does is allow outstanding views over stunning country

including the Kaju Yatka Gorge and Nanda country. So, the landscape – rightfully – steals the show with little thought to the effort, design, money and commitment behind the sympathetic structure. We almost need a statue to the landscape architect, Ben Liddelow, who saluted the Department of Biodiversity, Conservation and Attractions for giving him time to work on the significant project. Visitors stand 100m above the gorgeous gorge and then take the skywalk 25m out, before wandering the paths or checking-out artwork by the Nanda people. To pull all this together involved Indigenous direction by WA Museum

Boola Bardip. Have a Go News was among the first to visit this incredible, world-class facility when it opened. And it requires more than one visit. A combination of culture, art, creation and big dollars brought this world-class facility to WA. Just to stand beneath this modern, striking building and look up at it, is jaw-dropping. For those of us criss-crossing the State in search of natural wonders, we also now have places of great appeal on our doorstep. Have you strolled the region around the old Lands, Titles and Treasury buildings? The State Buildings are in Perth's historic heart, connect-

ing three iconic heritage buildings into one vibrant cultural destination. The precinct envelopes luxury accommodation, retail, cafes, bars and fine dining. Como The Treasury, designed by Kerry Hill, is a masterpiece and worth the trip into the city. There's a 48-room luxury hotel in the mid-19th Century building with two restaurants, bar and wellness therapy facilities. Immediately opposite is St George's Cathedral, unique in its architecture with considerable historical significance worthy of research. "Completed in 1888, its primary structures are hand-made clay bricks from the clay pits in what is

now the Queens Gardens, Victorian bluestone pillars combined with South Fremantle limestone footings, jarrah beams (bent by soaking in the Swan River) and Oregon pine ceilings and infills," proclaims the official website. The Cathedral's extensive overhaul in 2005-2008, restoring it to its original heritage condition, makes it a prime place to probe.

Among WA's flush of human-created wonders are Elizabeth Quay, Bina Parkland (converted into a skate and bike park from an asbestos dump), Fremantle's progressing civic HQ and restored town hall and Coogee Common with extensive vegetable gardens serving the eatery. Fremantle's walkway around Fishing Boat Harbour between the fish'n'chip outlets is a trib-

ute to government-private cooperation. Rottnest, for those who haven't ferried there in years, will be a pleasant eye-opener. For the visitor, spectacular WA attractions are growing and many are reachable by public transport. While we ponder progress for the city and the State, let's not overlook what we have created.

The extreme caravanner list for the enthusiast

THERE'S nothing better than packing up the van, waving goodbye to the house and heading off on an overland adventure. After all, with what other mode of travel could you enjoy the independence and spontaneity that caravanning offers? If you've been keen on caravanning for a while now, you'll know that there are a few things that unite those who love to tow. We've put together a list of the top qualities of an extreme caravanner. How many make you laugh out loud or nod in agreement? 1. It doesn't feel like a holiday unless you're taking on the road in a caravan. 2. You have an innate ability to remember boom gate codes at a single glance. 3. Run out of something from the kitchen at home? No worries, because you probably have some in the van. 4. You're in bed at 7pm and up at 5am to snag the next best camp spot. 5. You wonder how much everything weighs. 6. You feel the need to use your van as much as possible when on holiday. 7. You breathe a sigh of relief every time you park your caravan. 8. You worry about leaving your caravan behind when you venture out of the caravan park. 9. You're constantly checking out other caravans. 10. Your non-caravanning friends just don't get it, no matter how much you try to convince them how good caravanning is.

These are just a few of the reasons that make us love the caravanning life! Discovery Holiday Parks offer a range of deals available at their parks across WA. Find your dream destination and book your site today.

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Books can be purchased from the office
Monday to Friday 9am-5pm.

Stargazing in July in Western Australia



Venus, wrapped in a dense layer of toxic clouds.
NASA plans two new missions back to Venus by 2030
© NASA

DURING July stargazers are in for a cosmic treat when the two closest planets to Earth – Mars and Venus, meet up to make an impressive spectacle.

On the 12th, the evening star (Venus) will be just 1° from the red planet (Mars). Joining them

will be the thin slither of the crescent Moon, forming a very pretty, evening trio.

The Venus and Mars show doesn't end there. The following night they will be just 0.5° apart and will continue to hang-out together until the 15th.

It's easy to tell which planet is which because Venus glows very bright and Mars has a red glow. This is due to Mars being covered in a fine dust of iron oxide, the compound that gives rust its red colour. Mars is literally rusting.

After a busy day it is very calming to gaze upon the night sky and fun to pick out a few planets. Make the time to go out and look up at nature's astronomical wonders. It is a window out to the incredible and mysterious cosmos beyond.

When to look: 12 July, just after sunset and very low on the western horizon.

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

What Have a Go News means to our readers



continued from page 19

I HAVE read and enjoyed *Have a Go News* for several years since my husband passed away. I have found lots of encouragement and things to do from the paper. It is good for mind, body and soul. Keep up the good work everyone for years to come.

Jeanette Dunn
Beckenham

IT'S hard to believe your paper is about to hit 30 years. I have been a reader for 20 years. In this time I have had quite a few wins in various competitions including recently winning the Ad Words competition. I read your monthly newspaper thoroughly and keep it until the next edition is published.

I enjoy your crosswords puzzles and other fun games in every paper.

I compliment all the contributors over the past 12 months during covid-19 and the paper still being issued monthly under such adversity.

Robert Tana
Noranda

IN 1991 at 57-years of age, children had left home, contemplating sadly the end of a busy teaching life... what would I do?

Eureka! Along came *Have a Go*

News with two amazing and inspirational people who opened up a whole new world for me. I submitted an article which was accepted for publication and was encouraged to write more mainly about travelling. I came to realise I had a skill that was exciting and absorbing with their constant and positive encouragement.

I wrote for many years: a series on the Indian Pacific, Silk Road, John Forrest, South Africa, Vietnam and the Czech Republic exchange which *Have a Go News* also sponsored. Quentin also initiated a lunch group with comments and points awarded by members but I am sure you have all this is on record.

In all I have more than 160 credits to my name all thanks to Judith and Quentin.

Astra Warren
Albany

Choosing the home care provider that's right for you



IT'S a good feeling when you get that letter saying you are eligible for a My Aged Care (MAC) Home Care Package and now you just need to wait for the funding to come through.

This can take between three and 18 months so there is time to slowly begin to look around for the Home Care Provider that is right for you – and there are a lot to choose from. Home Care Providers vary greatly from

the services they provide, to how and when they provide them and how much they charge to do this.

So where to start?

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

Asking friends and family if they have experience of Home Care, is a good way to begin and will help you start your shortlist of providers of interest. Care providers advertise in *Have a Go News* and you can ask your GP or other health professionals if they can suggest anyone. Then don't be afraid to make the call and ask for information brochures.

Check out the My Aged Care (MAC) website www.myagedcare.gov.au or ask someone to do it with you. Under "Find a Provider" there is a list of care providers, their fees and what to look for when choosing.

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MUST WATCH PROGRAMS THIS JULY

9NEWS AT 5.00

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

LIVE & LOCAL 5.00PM

9NEWS AT 6.00

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

FULL STORY NIGHTLY 6.00PM

TODAY

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

WEEKDAYS FROM 5.30AM

STATE OF ORIGIN GAME 3

It's a clash of the NRL titans as Queensland and New South Wales collide for Game 3. Each team will showcase the top stars of the game, as they represent their respective states and hope to deliver their side another victory.

WEDNESDAY JUL 14, 5.30PM

DESTINATION WA LOCALLY MADE

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

SUNDAYS 5.30PM

DAVID ATTENBOROUGH LIFE IN COLOUR

The natural world is full of colours that we tend to take for granted. David Attenborough travels from the rainforests of Costa Rica to the snowclad Scottish Highlands to reveal the extraordinary ways that animals use colour.

SATURDAYS 7.30PM

60 MINUTES

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

SUNDAYS 8.30PM

WALLABIES V FRANCE

Vive la Renaissance! La Trophée des Bicentennaires is back up for grabs and your Rugby Wallabies are ready to defend it, when the French come back to Australian soil for the first time since 2014.

WED 7, TUE 13, SAT 17 JUL AT 8.00PM

BEAUTY AND THE GEEK

Discover if opposites really do attract when one of Australia's most heartfelt TV series returns. Hosted by beautiful and self-confessed dork Sophie Monk, you'll fall in love with the show all over again.

SUNDAYS 7.00PM, MON & TUE 7.30PM

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Downsizing

ADVERTISING FEATURE



This year's Federal Budget brings good news for self-funded retirees



Happy self-funded retirees

by Steve Blizard

ACCESS to the super home downsizer contribution scheme will be extended to younger people next year, as part of a range of retirement savings measures introduced in this year's federal budget.

First introduced in the 2018-19 financial year,

the downsizer measure has allowed individuals 65 years and older to add up to \$300,000 and couples up to \$600,000, into their super from the proceeds sale of their home.

Data from the Australian Tax Office shows that, as of 30 April 2021, just over 23,000 older Australians had collec-

tively made \$5.46 billion in downsizer contributions to their super fund.

From 1 July 2022 the minimum age limit for participation will be reduced to 60, which will open the superannuation door for more people wanting to build up their superannuation account balance.

People considering super home downsizing – especially those already receiving a partial or full government Age Pension – should seek specialist advice as there are specific criteria to qualify.

'Legacy' pensions

The budget also brings welcome news for those members trapped in an income stream started before 2007 to manage the old reasonable benefit lim-

its or improve Centrelink entitlements.

You may finally be able to get out of it. You will have two years – starting from the first financial year after it becomes law – to exit your market-linked income stream (commonly known as a term allocated pension), complying lifetime or life-expectancy pension.

However, this does not include lifetime income streams from APRA-regulated and public sector defined benefit schemes.

You can exit your income stream by fully commuting it and transferring the underlying capital – including any reserve supporting it – back to accumulation phase.

From there you can

start a new income stream, withdraw it as a lump sum benefit, or retain the funds in the accumulation account.

Pension drawdown rate to remain halved for next year

The minimum self-funded pension drawdown rate will remain halved for another 12 months to 30 June 2022, which was due to finish at the end of the month.

The 50 per cent reduction in the minimum pension drawdown rate, from 5 per cent to 2.5 per cent, was first announced by the government in March 2020 as part of a wider set of Covid-19 relief measures that also included early access to superannuation and a reduction in deeming rates.

Super work test repealed

If you want to contribute to super once you have reached 67, currently you must first meet a "work test" – 40 hours of gainful employment in 30 consecutive days.

A work test exemption (WTE) allows you to contribute where you met the work test in the previous financial year and ended that year with a low super balance.

From 1 July, 2022, you will no longer be required to meet the work test or WTE to make voluntary after-tax non-concessional contributions and/or salary-sacrifice contributions if you are under 75. In addition, the non-concessional con-

tribution bring-forward arrangement will be available provided you meet the eligibility criteria.

However, you will only need to meet the work test – if you wish to claim a tax deduction for a personal super contribution.

This new budget proposal will make getting money into the superannuation system easier. Anyone under 75 may be able to make, or receive, a super contribution.

Steve Blizard is an authorised representative from Roxburgh Securities

116 Terrace Rd, Guildford. Ph 9379 3555 Mob 0414 705 931 steve@blizard.com.au

www.roxburghsecurities.wordpress.com



Relax and enjoy

Quality service from locally owned business

BEDROOM Gallery is a locally owned and run family business, established in 2004. Having won numerous awards including retailer of the year twice, Bedroom Gallery prides itself on customer service.

The business offers free delivery and free pick up of people's old beds from Yanchep to Mandurah and can arrange delivery

throughout Western Australia. It will even assemble the new bed or bedroom suite at no charge.

Bedroom Gallery specialises in backcare mattresses and adjustable beds and also display a large range of bedroom suites, fabric beds and storage bases, as well as a great range of pillows and sheets.

The team at Bedroom Gallery:

Julie, Cynthia and Morten, all have a vast experience and can offer customers expert advice with the selection process. No one works on commission, so you can be assured of friendly non-pushy service.

The delivery team of Clive and James are often praised on their professionalism and friendliness in people's houses.

The store often receives phone calls complementing their staff and they have some great testimonials from happy customers.

So please come for a drive and discover the difference at Bedroom Gallery, located at the corner of South Street and Bannister Road in Canning Vale. They can be contacted on 9455 7773 and are open seven days a week.

Now is the perfect time to downsize!

Stage 8A is almost sold out, so we are releasing more sites in Stage 7A to keep up with demand. Sites in 7A are already being reserved, book your Village tour today!

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Downsizing

ADVERTISING FEATURE

Be true to your decorator within - embrace your favoured style for everyday life



by Zofia St James

I HOPE you are feeling cosy and enjoying all that winter tends to inspire – coats and scarves, hearty soups and roasts, cosy homes, and a warm comfortable bed.

Last month I shared with you about me embarking upon a very defining chapter in my life – a tree change.

A month in and I can report that to my surprise, being very much a

city girl, I am really enjoying the lifestyle and especially the benefits of it.

I come back to the city once a fortnight for a city fix, to consult with clients, shop a little and look and see what's new and available in the way of soft furnishings, furniture, and my other love, food.

My love for interiors and styling started at a ridiculously young age. In the 1990s that I began my serious interest and studies.

When I was a child, I loved what I saw, which was a lot of mid modern century architecture and furnishings. In the 90s, I was very taken with French and English country style and in particular a name you may recall – Laura Ashley.

I absolutely poured

over the rooms she styled in the many books published about her work.

Somehow in life, things like fashion come full circle.

The last three decades have been wonderful to watch. Interiors have morphed and evolved and I have probably created every style and now enjoy being able to interpret my experience in a myriad of different looks. This gives me the ability to cater to the different tastes and tastes that serve the individual clients' needs.

My client today is my mother, and her home is a stone cottage on acreage, and I feel like I am having a Renaissance moment harking back to the French and English rooms I did and still do adore.

Fashion is simply a guide and direction forward. Just a little or a lot

applied into your home is a way of making a refreshing point difference – one that really does uplift you.

I like to stay true to what the clients' tastes and needs are before my own – hence my mother's. This home from which I write today requires me to be sympathetic to its structure and style and work with what suits it, with just a touch of 'Zofia' of course!

Thank you to everyone who has been in touch with me. I look forward to continuing those conversations further.

My advice to you this month is be true to your decorator within. What is your true desire that you'd just love to express and live with? Be brave and have fun enjoying a more decorated and styled home, not to just the functional and practical.



Beautiful soft furnishings, furniture and homewares new in, for gorgeous French country looks available from Trilogy Furniture Claremont.

My mother is stretching herself and allowing the old to enjoy a new look and I am being gentle about it, but proud of how she is embracing changes. You can too.

Like the name of this wonderful paper, just Have a Go.

Have an amazing month ahead. Stay safe and warm.

Zofia offers an interior style consultation. For readers she offers a free phone or video call consult. She can assist with de-cluttering, restyling, choosing furniture and personal styling. If interested contact Zofia on 0406 336 607 or email intshg@gmail.com.

Available for RENT

Various 2 and 3 bedroom villas in a range of well maintained over 55s complexes in *Swan Valley and Rockingham*.

Prices vary according in the location.

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HAGN352-056001



Please... No more lids for now

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

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

Lids for Kids in the eastern states has joined forces with Re-think Recycling, but they are yet to set up centres in WA.

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

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

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

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Janine Thomas,
Sales Manager Piara Waters Lifestyle Resort

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Downsizing

ADVERTISING FEATURE

Have your say about proposed retirement village reforms

CONSUMER Protection has released the final consultation paper in stage two of the retirement villages' legislation reform process in Western Australia. All interested parties are encouraged to provide feedback.

The Consultation Regulatory Impact Statement 4 (CRIS 4) includes proposals for a new process to manage changes to a village, improving protections for consumers in 'off the plan' sales and leases as well as looking at options to improve dispute resolution processes.

Commissioner for Consumer Protection, Gary Newcombe said the consultation is also seeking feedback on emerging issues relating to strata title retirement villages, building defects, insurance and the provision of home care services in retirement villages.

"The most significant proposed legislative reforms in this paper aim to provide a better process to manage significant changes that might be required to a village," Mr Newcombe said.

"The intention is to ensure the proposed changes are suitable for new and emerging village models while maintaining the necessary protections for residents."

This final paper is an important part of a broader consultation process on implementing recommendations made in the statutory review of Retirement Villages Legislation Final Report (2010) and in considering other issues that have arisen since that time.

Previous papers have canvassed reforms in a wide range of areas such as improving consumer understanding of the retirement village product and what residents pay; village refurbishment and capital works; and the payment of resident exit entitlements.

"Retirement villages are an important part of the housing options available to older Western Australians and it is vital that people have their say about these proposed reforms," the Commissioner said.

"Consumer Protection also welcomes comment on any of the issues raised in previous papers in light of the information in this final paper, and any additional matters that respondents think should be considered."

To ensure the community is provided with the greatest opportunity to provide feedback on the proposed reforms before recommendations are made to State Government, Consumer Protection will also be receiving submissions by telephone to 1300 30 40 54.

Comments close on 21 July 2021. View the consultation paper and get further information on the Consumer Protection website. Enquiries can be made by email to consultations@dmirs.wa.gov.au.

Providence Piara Waters Lifestyle Resort sets a new benchmark



THE first sod has been turned marking the start of construction of Providence Piara Waters Lifestyle Resort – an exclusive boutique community for over 50s in Perth's southeast.

The development – which is being built by one of Australia's most experienced lifestyle resort developers – was officially launched by City of Armadale deputy mayor Cr Carole Frost, Member for Jandakot Yaz Mubarakai MLA and Providence Piara Waters Lifestyle Resort director John Wood, with a soil turning ceremony last month.

Mr Wood said he was thrilled construction of Stage 1 of Providence Piara Waters Lifestyle Resort was now underway.

"This development without doubt sets a new benchmark for lifestyle resorts in WA and we're already seeing a lot of interest in the project from 'rightsizers' and 'downsizers' keen to secure a home here," he said.

Stage 1 includes 31 new house and landscaping packages, featuring 13 architecturally-designed homes offering one, two or three bedrooms, with buyers set to move in by the end of the year.

The development boasts a host of resort-style facilities including a pool, day spa, pickleball, music room, sauna, a stunning clubhouse and the Lake House designed by Richard Hammond Architects, which will all be completed about the same time as residents move in to their homes.

"Providence Piara Waters Lifestyle Resort also boasts a stunning decades-old Moreton Bay Fig Tree which will be a centrepiece of the resort and provide a picturesque space for reflecting, catch up on reading or take part in a gentle yoga class," Mr Wood said.

Providence Piara Waters Lifestyle Resort, situated between Warton Road and Southampton Drive, will also harness solar power with battery storage to provide free renewable energy for each home owner.

"This is an incredible opportunity for over 50s to be part of a lifestyle-focused community less than 20 minutes drive from Perth CBD and with an array of shops and dining opportunities on their doorstep, on top of what the resort has to offer," said Mr Wood.

Potential buyers can register their interest now. No weekly fees are payable until the resort's main clubhouse is completed.

Stage 1 home and landscaping packages start from \$279,000 and there are no entry or exit fees.

Head to www.providencelifestyle.com.au/piara-waters/ for more details.

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Downsizing

ADVERTISING FEATURE



Don't worry, be happy... tips for living your best life



AS we get older, health problems, carer responsibilities and the loss of loved ones can increase our health risks. Community living with like-minded people can help provide a healthy lifestyle.

Residents at Ingenia Gardens have a wealth of opportunities available to them. Here's some of them..

Health comes first

As we get older, physical health can decline which can cause loss of independence and we don't need to be told twice that our physical health affects our mental health.

A balanced diet, daily exercise and a good night sleep are the foundations of a healthy lifestyle and benefit everyone regardless of their physical condition.

Ingenia Gardens offer residents a choice of meal plans and exercise groups that provides residents with assistance on a temporary or ongoing basis.

Stay involved

Ingenia Garden's Activate program gives residents opportunities to participate in regular activities and social events. It's a great way to find new hobbies, meet residents with similar interests or fill in the afternoon with some fun and laughter.

Stay connected

One of the best things about community living is that you are surrounded by like-minded

people. Striking up a conversation with a fellow resident is a great way to build new friendships.

Appreciate the world around you

You have had many years on this planet. It's your time to sit back and enjoy what's in front of you. Step outside and breathe the fresh air. This is your time.

Reach out

Ingenia Gardens offers residents support through the Ingenia Care service. The complimentary service available to all Gardens residents is designed to connect residents with local specialist services that can assist with health or lifestyle concerns.

If you would like to explore the health benefits of community living then book a tour with a community manager at one of Ingenia Gardens six locations across the state and see the community for yourself.

Call Ingenia Gardens on 1800 445 464 or go to ingeniagardens.com.au for more information.

Facilities for all lifestyles



JUDY and Bill Mackintosh spent many years witnessing how happy their loved ones were while visiting them at SwanCare Bentley Park; knowing they would one day follow suit.

The couple were in their 60s when they decided to move into SwanCare 14 years ago. They instantly became involved in village life, providing them with an opportunity to be part of more than 40 clubs and enjoy the freedom of the leisure precinct.

With the secure lock up and leave nature of their home within the village, Judy and Bill also took the time to continue to travel the world.

As time went on Judy and Bill reached out for more help from SwanCare at Home, which allows residents to choose essential services such as transport, cleaning, laundry, and food.

When Bill's health declined Judy was able to lean on SwanCare's respite services and eventually engaged their on-site option for full-time aged care.

"I get to visit Bill regularly, I like that all the care facilities are within walking distance," said Judy.

For Judy and Bill, SwanCare was the obvious choice and they have no regrets.

"We are happy, SwanCare works for us and our needs, everything you need is right here," said Judy.

SwanCare Bentley Park has been caring for seniors in Western Australia since the not-for-profit organisation was established in 1961, with the community continuing to evolve with the expectations of each new generation.

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GREAT HOME and GARDENING



The sights and sounds of a wonderful tour across the Top End



L-R; Wattle - Lake Argyle - Zebedee Springs El Questro - Bungle Bungle

by Colin Barlow

TRAVEL restrictions since Covid-19 have forced Aussies to look in their own backyard rather than venturing overseas for a holiday. Here in WA, we have been even more isolated, and many have decided to wander out yonder, just like I managed to do last month leading a Ross Garden Tours from Broome in Western Australia across the 'Top End' to Darwin in the Northern Territory.

The tour commenced at Cable Beach Resort, surrounded by lush tropical foliage and coconut palms.

We headed north-east to Derby, its streets lined with boabs, viewing the mudflats with the highest tides in the southern hemisphere. We then stopped at the 1,500-year-old prison boab tree and learnt some of its fascinating history on the way to our base at Fitzroy Crossing.

On our next day we stepped back 375 million years to view the enthralling Windjana Gorge and Tunnel Creek, two of the Kimberley's most stunning landforms that were once part of the ancient Devonian Reef system. We walked through Western Australia's oldest cave system at Tunnel Creek by torchlight in total darkness, wading through shallow to waist deep water. We even had to swim a short deep section, plus there had been a few freshwater crocodiles in there recently too.

The next day we cruised down the breathtaking Danggu Geike Gorge through another part of the ancient Devonian Reef system, where the remarkable steep and multi coloured walls carved out by the mighty Fitzroy River towered above us. Our adventures then took us eastward to the World Heritage-listed Purnululu National Park, home of the incredible 'beehive' Bungle Bungle range. A rocky track led us to the world's most outstanding example of cone karst sandstone, an almost other worldly landscape rising above the grassy savanna below. We trekked in to view the Dome and Cathedral Gorge on quite a hot 34°C day but were shaded by the mighty sheer sides of the amazing rocks all around us. The Wickham's Grevillea growing on the rocky slopes of the area made a magnificent display. Our dinner by the campfire under

the bright stars and clear skies won't be forgotten by many.

The food bowl of the Kimberley, Kununurra was our next destination, a relaxed town established in 1960 to support the Ord irrigation Scheme. This tropical oasis includes many resorts, art galleries, cafes and diamond boutiques within the town. Farms around it, grow mangoes, melons, rice, citrus, cotton, and sandalwood. From our base in Kununurra we travelled to the stunning rugged terrain of El Questro. First stop was the natural oasis of Zebedee Springs. A series of rocky thermal pools surrounded by towering Livistonia palms, the perfect place to take a refreshing dip and soak away those aches and pains.

A delicious Barramundi lunch was followed by a cruise along the Chamberlain Gorge. The gorge is only accessible by boat, with the towering escarpment on each side providing a stunning backdrop, even more so when lit by the glow of the setting sun.

Another short trip the next day to The Durack Homestead, the home of the inspiring Durack family, which was built in 1895 and relocated to its current position in the 1970s when the Argyle Dam was built. They incredibly drove cattle all the way from Queensland to the East Kimberley where they established the Argyle Downs Station.

This was followed by another boat trip on Lake Argyle where we viewed close-up freshwater crocodiles, archer fish, breathtaking scenery, and a stunning swim at sunset.

Our next stop was the Nitmiluk National Park in Katherine, Northern Territory. The idyllic setting was clothed in flowering

wattles, woollybutt trees and turkey bush. A cruise along the river explored the unique flora and fauna of the gorge, where silver leaved paperbark, river pandanus and ferns held on tightly to the rocks along the sides and hoped to still be there after the rampaging floods from the next wet season.

From Katherine we drove onwards to Kakadu National Park for our stay in amongst the towering palm trees and paperbarks. The world-famous Yellow Water Billabong was our next destination where we cruised along the freshwater mangrove,

pandanus and paperbark lined billabong and viewed the wonderful wildlife. These included a huge number of bird species including jabirus, sea eagles and magpie geese as well as buffalo and saltwater crocodiles. Not to mention the waterlilies and lotus in flower that made a spectacular sight. Later that after we viewed the breathtaking galleries of Aboriginal rock art at Nourlangie Rock.

The following day our destination was Litchfield National Park where we took a dip in the majestic Florence falls and visited the impressive magnetic

termite mounds on our way to Darwin. The last full day was spent exploring the Darwin Botanic Garden and other interesting and hidden parts of Darwin's history on an insiders tour of the city with a local guide. A perfect way to end this adventurers tour of the 'Top End'. I can't wait to go back and explore some more of this rugged landscape.

To look at some of the spectacular places I visited on my travels check out my Instagram: colinbarlow and Gardens from Eden Facebook page: GardensfromEden1969

continued on page 48

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GREAT HOME and GARDENING *Trades and Services*

The sights and sounds of a wonderful tour across the Top End

by Colin Barlow continued from page 47



Get your roses ready for spring

If you are growing roses in Perth or in the South-West of WA, mid-July to early August is time to take out those secateurs and tackle the

mass of thorny stems. If that is a little daunting, and you would like to learn more, why not learn from the experts at a rose pruning workshop?

I will be in Kojonup on Thursday 22 and Friday

23 July at the Australian rose maze in the Kodja Place undertaking a pruning workshop over two days. The workshop is designed for local rose pruning volunteers and people just wanting to learn more about pruning their roses.

Information sessions will include: the best tools to use for pruning your roses, sharpening your secateurs, hygiene, fertilisers, pests and diseases, soil improvement and mulching. These will be followed by practical pruning demonstrations for the different rose groups including climbers.

For more information

contact the Marina Murray from the Shire of Kojonup on 0428 566 527 or go sh@kojonup.wa.gov.au

Throughout July and early August many of the local rose societies will also be holding pruning workshops in Western Australia. Members will be happy to show you the best methods to use, just checkout their websites or give them a call to find out the latest information on their workshops.

Heritage Roses of Australia Inc. Tel: 0417 989 098

Rose Society of WA Inc. Tel: 9313 2109 www.wa.rose.org.au

South West Rose Society Inc. Tel: 9728 3247

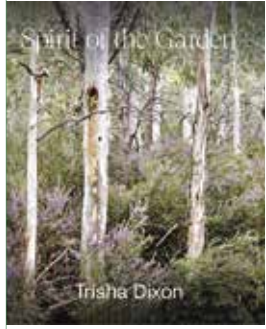
The breathtaking Cymbidium Orchid Show will show off their fascinating range of eye-catching blooms at Ezi-Gro Orchids, 76 Evandale Road, Darch, from the 23 to 25 July.

Learn all the basics about growing these wonderful orchids from the experts including potting and fertiliser requirements. There will also be raffles, plant, and fertiliser sales, so there is no excuse not to start or add to your collection of plants.

Entry is \$5 or \$3 for seniors and concession cardholders, all with complimentary tea or coffee. Children under 12 are free. For further information contact Ezi Gro Orchids on 9343 2761 or Ian Beeson on 0419 049 013.

Find your garden spirit

Reviewed by Pat Paleeya



STUNNING photography throughout this book, *Spirit of the Garden*, plus the contemplative and meditative thoughts of the author create not only a book about gardens but also a testament to Trisha Dixon's profound connection with nature.

She reaches out to share that passion, that love of land and how nature feeds our soul. Artists, poets, gardeners. Designers and many creative people have mused over the spirituality of nature and their numerous reflections from such people that enhance the absolute joy that these pages bring.

From Philip Cox: "The Australian landscape has a mysterious soul that reaches far back into antiquity."

From part of Bernard Trainor's reflections on page 141: "I'm mesmerised by how powerful nature is. It's not always easy to fit people in. When both are in harmony that's when a garden becomes beautiful."

From Alfred Austin on page 15: "Show me your garden and I will tell you what you are like."

One of the many photographic masterpieces that abound in this book are lemon-scented gums ethereal in the morning on page 73. They conjure peace and tranquility, a sense of belonging, a sense of spirit.

This absorbing and beautifully written book with its message of love and spirituality, photographic images that evoke wonder, gardens and landscapes that capture the essence of life itself is almost a showcase for the environment which is precious, and we must never destroy or pollute our heritage.

Trisha Dixon is a photographer, author, and landscape designer among many other roles.

Spirit of the Garden by Trisha Dixon, published by NLA Publishing. RRP \$65, available in all good bookstores.

WIN WIN WIN

We have one copy to give away of *Spirit of the Garden* for a lucky reader to win. To be in the draw simply email win@haveagoneews.com.au with *Spirit* in the subject line or write to *Spirit of the Garden* c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 1/8/21.

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Solution for BIG Crossword page 58

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PRISM solution page 59:

Polo, Cook, Flinders, Magellan, Amundsen, Columbus.

Solution for Suduko page 59

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Solution for Colour Blocks page 59

Solution for Crossword page 59

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Answers for Have a Go News Quiz page 2:

- 1963
- Better Homes & Garden
- World's whitest beach sand
- Mt Claremont
- Ram
- Mackerel
- Broome
- Turquoise
- Albany
- Mark McGowan

food & WINE

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



Splash into winter and use the best of the citrus from Western Australia

by Noeleen Swain

WINTER is definitely up there as a favourite – crisp days, the waft of wood-fire smoke and the most brilliant array of the freshest citrus imaginable. In Western Australia the citrus season kicks off in May and is now in full swing with the abundance of premium quality and delightfully scented mandarins, navel oranges, grapefruit, lemons and limes at their absolute best.

Research conducted by the WA citrus industry revealed that local shoppers want citrus fruit which is locally grown by WA orchards; great tasting; premium quality and fresh and healthy.

Citrus fruits are little golden storehouses of vitamin C. In fact one mandarin or orange will supply your daily requirement of this important antioxidant. Citrus fruits also contain vitamin B, potassium and calcium and are a good source of fibre. As a

bonus, these magical fruits are sweet and juicy, making them very appetising and refreshing. Look for WA citrus when next in your favourite supermarket or greengrocer. Most will carry an identifying sticker and retail signage will ensure you know you are buying local.

When choosing citrus, choose fruit heavy for their size, as this indicates they are full of juice. Remember that citrus is perfectly ripe when picked from the tree, so storing them will not

make them sweeter. Store citrus in a cool dry place or in the refrigerator.

To obtain the maximum goodness from your citrus fruits, eat them fresh but don't forget that citrus performs exceptionally well in sweet and savoury cooking. Oranges, mandarins and grapefruit work well in salads and all of these, along with lemon, make great accompaniments to fish, pork, poultry, ham and veal.

The sweetness of oranges and mandarins make them ideal for in-

cluding in recipes such as custard, muffins and cakes or for simply enjoying fresh out of the hand! A wee sliver of classic orange and almond cake is enough to get you wanting more.

Stock up on a selection of your favourite citrus fruits while they are in season and enjoy them in the recipes below:

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

Microwave lemon curd



Preparation: 5 mins;
cooking: 5 mins;
makes 2 cups

THIS is a quick and easy version of popular traditional Lemon Curd

2 eggs
250g or 1 cup sugar
grated rind and juice of 2 lemons
1 tablespoon cornflour
60g butter

Beat eggs in a large microwave-safe bowl or jug. Add sugar. Beat until very creamy. Add lemon rind, juice and corn flour. Mix well. Add butter and combine gently.

Microwave on high for three minutes. Stir. Microwave on medium two minutes. Stir until smooth. Cool slightly. Spoon into sterilised jars. Store in the fridge.



Orange and almond cake



Preparation: 1 hr;
cooking: 1 hr; serves 10

A CLASSIC moist cake
2 large navel oranges,
5 eggs
1¼ cups (250g) caster sugar
2½ cups (250g) ground almonds
1 teaspoon baking powder
Pure icing sugar or orange icing to decorate

Preheat oven to 170°C. Grease and line the base of a 20cm cake tin.

Place two whole oranges in a saucepan and cover with water. Bring to the boil and simmer, covered, for one hour, ensuring that the oranges remain covered with water. Drain and cool. Chop the or-

anges into quarters, discard any seeds. Place orange chunks into a blender and puree until smooth.

Beat eggs with sugar until thick, then add the orange puree, ground almonds and baking powder and mix well. Pour into prepared pan and bake for one hour. Leave the cake in the pan for 20 minutes to set firmly then turn out, remove the baking paper and turn over to finish cooling right way up. This cake definitely mellows with a little time and can be prepared up to 48 hours in advance. To serve, sift icing sugar on top or decorate with orange icing as preferred.

Orange marmalade



Preparation: 15 mins;
cooking: 20 mins;
makes 3-4 cups

MARMALADE sets best if fruit is not too ripe.

4 Navel oranges
1 lemon
200ml water
3 cups sugar

Thinly slice fruit. Place in two litre microwave safe jug or bowl. Add water. Microwave on high for 10 minutes to soften the fruit. Add sugar. Stir to dissolve. Microwave on high for 10 minutes then medium high for a further 10 minutes, watch carefully to ensure it doesn't boil over.

Test to check marmalade has reached gel point. A teaspoon of marmalade on an icy cold saucer should set. If not set, cook a minute or so more and retest until a firm gel is achieved. Cool slightly. Pour into sterilised jars. Cover and label when cool.

Variations: Get creative and try any other citrus fruit. Replace oranges with three pink grapefruit or six lemons or 1.5 litres of cumquats (quartered). For cumquat marmalade: Remove the seeds from the cumquats and soak them overnight in the 200mls water to extract the pectin. Add the pectin water into the fruit before cooking.

A hearty winter pork broth with chickpeas



by Vince Garreffa

WITH pork meatballs and stock in your freezer or cupboard, you can throw this together any night you want to surprise unannounced guests.

Ingredients for four
Pork meatball mix ingredients

300g minced free range pork
½ cup bread crumbs (if needed use gluten free)
2 cloves garlic crushed
1 egg

zest of one lemon
freshly cracked black pepper – to taste
Western Australian organic lake salt – to taste
Other ingredients
2 litres chicken stock
400g tin of pre-cooked chick peas, drained
2 cups of carrot diced small

1 cup celery diced small
pinch of saffron threads
75ml dry sherry
juice of half a lemon
½ cup of Italian parsley leaves
1 teaspoon thyme leaves
Western Australian organic lake salt – to taste

Method:
Make your meatball mix by thoroughly mixing the ingredients then rolling it into small meatballs. Place them into the fridge or freezer until needed.

Next bring two litres of

chicken stock to a boil, then add the carrot, celery, chickpeas, sherry, saffron, thyme and lemon zest. As soon as it comes back to the boil, lower the heat to a simmer and cook for 10 minutes. Next add your meatballs and cook at a strong simmer till cooked through (approximately 10 minutes). Then add half the parsley to the broth and serve in bowls with some of the fresh parsley on top.

Happy Winter!

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

What's fresh in the markets this month



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.

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 flavoursome) and peel before use.

Imperial mandarins: One of the most widely available varieties of mandarins. Locally grown Imperi-

als 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.

Lemons: Whilst 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 favourite 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.

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Letters to...Vince Garreffa

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

food & WINE

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Wine clubs sell wines at a discount direct from the producer



Good wine is important

by Frank Smith

BUY wine direct from a winery and you will almost certainly pay full price. But the extra cost may be worthwhile because you get to taste before you buy. But you can often buy the same wine considerably cheaper at the local liquor store, so if you

know and like a particular wine that could be your best option. But there is another way to buy wine at a discount direct from wineries. Wine marketing consultant, David Cumming, said most small to medium sized wineries sell wine to regular customers at a discount through

their wine clubs. "They believe increasing sales to existing customers is a better business option than chasing new ones. "Wine clubs are all fairly similar, but some are more prescriptive while others let members choose their wines. The better ones engage with members by offering events, special vintage and museum wines. "Wine clubs tend to be parochial; most members are state based. Although a few bigger ones hold events in interstate capital cities," he said. Sales manager Leah Clearwater, Flametree Family Tree Wine Club (www.flametreevines.com/Wine-Club) based in Dunsborough says members receive two cases of wine per year at up to nearly 30 per cent below cellar door prices.

They also receive 20 per cent off all other wine purchases and invitations to two free events where they get to try new releases and can buy wines at 30 per cent off on the night. Schild Estate in the Barossa Valley (www.schildestate.com.au) has three clubs, an Iconic Wine Club for limited release wines including a shiraz rated 99 points by James Halliday and two cheaper options including choose-your-own-adventure. Communications Manager, Ali Moylan says members can choose how many bottles and how often they receive them at varying discounts. MacLaren Vale's Fox Creek Wines Circle Club offers discounts of 16 per cent with free freight, first option on all

new releases, access to older vintage wines and additional rewards for larger customers and a discount if you choose Fox Creek as a wedding venue. Sales manager, Claire Robins, said: "We have also come up with a special offer for the Have a Go News readers. Receive 15 per cent discount on any purchase of six bottles of 2016 Jim's Script Cabernet Sauvignon-Merlot-Cabernet Franc-Petit Verdot or NV Arctic Fox Grand Cuvée. Head to our online store (www.foxcreekwines.com) and enter the code HAVEAGO21 at checkout to apply the discount. This code can be used until 31 December 2021. Preeti Nirgude, owner, Barton Jones Wines (www.bartonjoneswines.com.au) of Donnybrook

rewards club members with 20 per cent discount and free freight on cases of wine delivered twice a year. Damian Shaw of PhilShaw Wines, Orange NSW, runs Koomooloo Club. Members receive one dozen wines in May and November each year. They select their own wines and receive a complimentary glass of wine for themselves and up to three guests at all wine tastings, private winery tours and special offers. Nicole Reschke owner of Koonara Wines in South Australia (www.koonara.com) runs Angels Guild Wine Club. Members receive selected or own customised wine packs twice a year, a saving of 20 per cent off these and any further orders as well as free shipping throughout

Australia and invitations to Koonara events like Wine Dinners, Racing Events and Food and Wine Fiestas. Ali Wood, membership manager of Tyrrells of Pokolbin (www.tyrrells.com.au) says: "Our key wine club is Private Bin, Our members gain exclusive access to our new release iconic wines as soon as they are bottled and some 18 months before they are marketed to the trade. "We sell these new release wines to members at Private Bin release prices, which is significantly lower than the recommended retail price," she said. Wine clubs are a good way to save money and be involved with a favourite winery, but it does limit the range of wine experiences you can have.

Knife and fork talk in Bedford with the Dining Divas



by Judith Cohen and Pat Paleeya

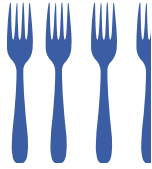
HIDDEN away in Bedford in an unimposing block of shops, is Our Table, a small but very inviting restaurant, nestled like a pearl in an oyster. Word of mouth had us hopping into our big green Mercedes, waving our Smart Riders ready for a lip-smackin' lunch. We were not disappointed. To be safe we pre-booked and were shown to our table and sank into our leather wingback armchairs. But not all patrons were so lucky.

We ordered our lunch from a menu headed A Little Lunch, all under \$20. We chose barramundi fillet and prawn and calamari linguine. The char-grilled barramundi was soft, moist, and well-cooked and the salad consisted of baby spinach, rocket, tomato, onion, and grated carrot in a balsamic dressing – tasty and fresh. The prawn and calamari linguine didn't lack seafood. The prawns were plentiful and plump, the calamari were perfectly cooked with just enough bite and again more than ample in number. The spinach and cherry to-

matoes along with the linguine were tossed in extra virgin olive oil. Altogether a very satisfactory meal. Modern chandelier lights added to the relaxing atmosphere and drew your attention to the interesting wall art. The staff were attentive, friendly, and polite. **Open Wednesday - Sunday. Lunch - 11.30am to 2pm, Dinner - 5pm to 9pm 3½ forks** **Our Table, 108A Grand Promenade, Bedford, 9371 3890** **www.ourtable.com.au**

Knife and fork talk ratings

- Five forks – excellent food and service
- Four forks – overall good food and service
- Three forks – reasonably good food and service but could make some improvements
- Two forks – food and service needs improvement
- One fork – would not recommend



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A recipe from Iain 'Huey' Hewitson - real deal carbonara

Ingredients
200g spaghetti
sea salt
olive oil
a good knob of butter
4 slices pancetta, diced
freshly ground pepper
1 egg
2 small egg yolks
2 tbsp grated pecorino (or parmesan)
extra pecorino
Method
COOK the pasta in plenty of well-salted boiling water until al dente (follow packet instructions). Put a splash of oil and a knob of butter in a large pan and fry the pancetta until crisp. Then drain well and put on a warm plate, retaining the juices. Return the juices to the pan with two tablespoons of pasta water and a generous grind of pepper. Beat the egg and yolks in a large warm bowl. Then add some pasta cooking water, beating until creamy. Drain the pasta, add to the pan with the pancetta and toss well. Then transfer to the egg bowl and toss very well. Add more cheese to taste. Serves two.

food & WINE

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Brunch with T - making the most of a market atmosphere in the Swan Valley



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.

Clockwise from left; Swan Settlers Market - Mr Cannolo, Carmelo Messina - cannoli and coffee - brunch plate with homemade pit beans, a poached egg, corn bread, potato hash and slices of delicious brisket - Umi's kitchen's beef rendang with a jala roti - some of Rasa-Rasa Manis' Malaysian sweets



by Tahlia Merigan

I LOVE visiting markets and this month I thought we would try something different for this column and meander around the Swan Settlers Market.

It's an easy drive, about half an hour from the city and the market is undercover, air-conditioned with plenty of parking.

The building was con-

structed in 1919, to utilise the convenience of the East-West railway line for fruit packing and was known as the Swan Settlers Co-op.

After 80 years of operation the co-op closed its doors, so this market breathes new life into the historic building.

There's lots of stores selling a variety of items and Annie's Lane collectibles was a great step back in time with rows of interesting items.

They also have a lot of old machinery on display so you get a little history lesson there too.

Our focus this time was on the food, and we were on a mission to try as many dishes from as

many vendors as possible.

Our mission was thrown off course as the first store we spotted was Mr Cannolo selling really crisp and creamy cannoli. Now I am a sucker for a good cannoli and it was hard to focus on anything else with the large display of delicious filled Italian morsels.

Owner Carmelo (pictured above) was friendly and fun, and we had a great chat and obviously were enticed into buying a box of his best. He also makes other delicious treats and his coffee was excellent too. So it wasn't the wisest start to this brunch chowing down on a cannoli or two; ok it

was three.

Before we got completely off course and ate the entire box we decided to try a brunch plate from Gryphon Smokehouse, which serves American style barbecue.

The brunch plate was huge, and seemed bigger after the cannoli. It was definitely one to share with homemade pit beans, a poached egg, corn bread, potato hash and slices of delicious brisket (\$19.90). It was smoky tasty dish and we enjoyed it as an alternative to the standard brunch fare.

Gryphon also offer other breakfast dishes including a muffin and there are loads of options

for lunch. I hadn't had the opportunity to try an American barbecue and Gryphon was a great entrée into this cuisine.

We were battling to eat much more but we couldn't go past the Malaysian and Cocos Island stall Umi's kitchen. We ordered a bowl of beef rendang with a jala roti. The curry was spicy and the beef was tender, dipping the light roti jala into it just added another element to enjoy. This serve was around \$10.

There were other food vendors, which we wanted to try but our eyes were bigger than our stomachs.

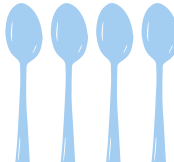
So we took home some Pho (noodle soup) from

the Vietnamese café Tea-MoreRolls. Also available was Turkish kebabs and gozleme, fried treats from Volcano Food, Malaysian drinks and sweets from Rasa-Rasa Manis and a variety of soups, burgers, platters and wines served at Holy Mary Cellars.

As we couldn't eat any more we supported local traders buying some pickled jalapenos from Koojedda Country which had a great range of jams, pickles and local flowers.

We also bought some homemade Scottish shortbread and tablets.

Other stores we marked for next time were the local distillery Sin Gin and the La Petite Fromagerie which had an excellent



Help ECU improve quality of life for irritable bowel syndrome sufferers



EDITH Cowan University is seeking participants for their latest study aimed at reducing the symptoms of Irritable Bowel Syndrome (IBS). This study, led by researchers within the School of Medical and Health Sciences, aims to evaluate the effects of a novel enzyme rich malt extract on gut health and quality of life, in the hope it may become a non-inva-

sive treatment capable of alleviating some of the burden associated with IBS.

The trial sponsor, Ateria Health Ltd believes an underlying cause of IBS in some patients is driven by the inefficient digestion of carbohydrates in the small intestine – categorised as “malfermentation” IBS. This new product is the first to try and address

the symptoms of IBS by optimising carbohydrate metabolism and gut microbiome.

The study is seeking people with IBS who are between 18 and 75 years old, who are not currently taking any medication. Participants will be provided with either the enzyme rich malt extract or a control malt extract supplement. Before and af-

ter the four-week intervention, participants will be asked to provide blood and stool samples, complete a three-day diet record, and questionnaires relating to quality of life. Participants will monitor their IBS related symptoms via a bowel symptom survey.

To find out more, please visit <https://bit.ly/3uv8nGD>



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Dr Nicola Bondonno
by Frank Smith

PEOPLE who eat at least two serves of fruit per day are more sensitive to insulin and therefore less susceptible to diabetes than those who eat less than half a serve.

That is the finding from a study of more than

Two fruits a day helps keeps diabetes away

7,500 Australians who took part in the Baker Heart and Diabetes Institute's AusDiab Study which assessed fruit and fruit juice intake and the prevalence of diabetes after five years.

Type 2 diabetes is a disorder in which the body does not produce enough insulin or becomes insensitive to the hormone. This causes abnormally high levels of glucose in the blood and inadequate amounts of glucose in the cells. Together these cause the symptoms and complications of diabetes which can lead to heart disease, stroke, kidney disease, susceptibility to infections and blindness.

The study's lead author, Dr Nicola Bondonno, Edith Cowan University (ECU) said the research provided fresh evidence for the health benefits of eating fruit.

"We found an association between fruit intake and markers of insulin sensitivity, suggesting that people who consumed more fruit had to produce less insulin to lower their blood glucose levels," she said.

"This is important because high levels of cir-

culating insulin (hyperinsulinemia) can damage blood vessels and are related not only to diabetes, but also to high blood pressure, obesity, and heart disease.

"A healthy diet and lifestyle, which includes the consumption of whole fruits, is a great strategy to lower your risk of developing type 2 diabetes."

"Higher insulin sensitivity and a lower risk of diabetes was only observed for people who consumed whole fruit, not fruit juice," she said.

"Although 100 per cent fruit juice may contain as much sugar as regular soft drink, it also contains nutrients and phytochemicals from the fruit. However, when you juice a fruit, you remove most of the pulp, and therefore a lot of the fruit fibre."

Dr Bondonno said that it is unclear exactly how fruit contributes to insulin sensitivity.

"I hypothesise that the benefits of fruit are multifaceted; a combination of fruit fibre, nutrients, phytochemicals (such as flavonoids), and substitution (if you're eating more fruit you're probably eating less 'bad' foods).

"As well as being high in vitamins and minerals, fruits are a great source of phytochemicals, which may increase insulin sensitivity, and fibre," she said.

"There are many benefits to consuming fruit fibre. Not only does it help you feel fuller for longer, but it also blunts the rapid rise in blood sugar that comes with consuming foods or beverages containing sugar and is important for gut health. This may explain why we did not observe the same health benefits for people consuming fruit juice in our study, as we did for people consuming whole fruits.

"Most fruits have a low glycaemic index, which means the fruit's sugar is digested and absorbed into the body more slowly."

More than 450 million people worldwide are living with type 2 diabetes and further 370 million people are at increased risk of developing type 2 diabetes.

The research was published in the *Journal of Clinical Endocrinology and Metabolism*, last month.

Being proactive helps keeps us on track

AGEING and feeling good about ourselves may contrast a little. As we age, we begin to weaken slowly, but we can introduce measures into our daily lives that help strengthen our bodies and give us a positive mindset.

In June we marked Men's Health Week, so let's talk about some ways men can be proactive with managing their health.

Exercise regularly

Keep yourself moving with regular exercise. Jogging, brisk walking, and even simple stretching can help you keep up. It will not only make you feel good, but it'll also make you look good, too.

Eat right

Nourish your body with healthy

food. Eat well-balanced meals, never starve yourself and always stay hydrated.

Surround yourself with good people

Keeping your family and friends around and having a good conversation with them is a great mood booster. Doesn't it feel good to know that you are being loved and listened to?

Travel when you can

Travelling keeps people active and moving, which is good for their overall well-being. It is an exciting and liberating experience.

Get enough sleep

Good sleep is one of the best ways to strengthen our immune

system, improve our memory and repair our bodies from within. A good amount of sleep is often overlooked as a health benefit.

Be more independent

One of the best ways to feel good about oneself is having a sense of independence. Ageing may keep us away from doing the simple things in life, but there are ways to turn things around.

Motobility can help you feel more independent with a wide range of mobility equipment like travel scooters, wheelchairs, lift and recline chairs, adjustable beds, stairlifts and more. Visit www.motobility.com.au now or call them at 9242 733.

Stem cell nutrition is helping many

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

This product, is safe, affordable, easy to take, effective, and it is now here in Australia.

Stem cells are the only cells in our body capable of repairing and renewing body parts. Cells are constantly breaking down and being replaced, but as we get older fewer and fewer stem cells are released into the blood stream.

The National Institute of Health has identified 74 treatable diseases using stem cells in therapy.

The more stem cells you have in your

blood stream the healthier you are. You always make stem cells, but their ability to move from the bone marrow decreases with age. The number of stem cells in our blood stream naturally decline as we age by 45 per cent by the age of 35, 50 per cent by the age of 50 and 90 per cent by the age of 65.

Every time you consume two capsules of stem cell nutrition, within an hour up to 34 per cent more stem cells will be released into the bloodstream. This has been proven. This is potentially an extra four to 10 million stem cells in circulation.

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

Irritable Bowel Syndrome clinical trial



"Irritable Bowel Syndrome affects 1 in 10 adults globally, with 40% of sufferers experiencing related mental health effects and an overall reduction in quality of life. There are also significant economic and social consequences incurred by IBS, costing the country in absenteeism, medication and treatment. ECU researchers are seeking 18 to 75 year olds who have been clinically diagnosed with IBS and not taking medication, to participate in their latest research."

The QR code will direct people to the website (<https://bit.ly/3uv8nGD>) or contact rachel.mccormick@ecu.edu.au

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The lure of the paintbrush keeps this man active and alert in retirement

by Allen Newton

GIVE Roy Harris a dilapidated old building or a rusty boat and you have a happy man. Roy believes turning to painting when he retired more than 20 years ago has helped to keep his brain active and his 83-year-old mind alert. Now part of Mandurah's Plein Air Artists group he gets together with other painters, often seen with their easels out and brush-

es on the go around the area's landmarks. They will also be out and about as part of the big Plein Air Down Under festival to be held in Mandurah from 25 to 27 September. Roy, a former business executive, will find himself in company with leading artists Herman Pekel from Victoria, Lyn Diefenbach from Queensland, and WA's Leon Holmes, along with many other artists from around Australia and overseas.

It will also attract artists of all calibre to paint and for workshops, as well as visitors to see the artists at work and in exhibition. For Roy the lure of the paint brush was always lurking in the background, but it was only once he retired in 1999 that he found the time to pursue his desire to paint. He says the hobby has been ideal for retirement giving him an opportunity to get outdoors and mix with a group of like-minded people as well as challenging his brain. "I always used to play around and sketch a bit, nothing very serious, but when I retired, I found an artist up in the Hills, Trish Austin, who taught drawing," Roy says. "I went to her for a couple of years and learned to draw. I graduated from there into painting."

Roy says his artistic talent didn't come from his parents, but his grandmother in England had beautiful old water colours of the old English cart horses with the drays and various farm scenes, which he loved. "I used to go and have a look whenever I went to Gran's and it was only a relatively few years ago that one of my cousins came over from the UK and asked me if I remembered those paintings. "I said 'yes, I do, very



Left to right; A Roy Harris painting - Roy Harris at work at his easel

well,' and it turns out that one of my uncles had painted them. I never knew that." Roy says it took a long time for him to come to grips with drawing and then to make the move to water colours which he found challenging. "If you are painting in acrylics or oils, you can correct your mistakes on the spot, because they are opaque and you can paint over a bit that's not quite right, but with watercolours it's not quite so easy." Roy has been painting with water colour for around 18 years. "I love to paint old buildings, the old falling down cottages with rusty roofs and those sort of things that have a lot of character about them. "The same thing with old boats, although you

don't see that many these days, the rusty old tubs with the rust marks down the side." "I like plein air painting because we're out in the open and we paint what we see, and we try and interpret what we see in our own style. "It's quick, which I like, you have to work quickly because the light changes every few minutes, especially early in the morning." At Plein Air Down Under artists will be dotted around Mandurah with their easels propping up their works of the various landmarks around the district. Visitors often gather over an artist's shoulder to watch them at work, which Roy says he quite enjoys. "Down here in Mandurah, because the group has been around for a while and people have got-

ten used to us, particularly if we're somewhere like the foreshore or down at Doddies Beach, or somewhere where it's busy like Pinjarra, it's quite common to get people who want to come and chat to you. "It's nice. All of us quite like interacting with the public to try and get people interested." Mandurah Plein Air Artists has more than 50 members and Roy says that on any given Tuesday there'll be 15 or 20 artists out and about painting. Most of the members are retirees and Roy says it makes a great hobby for retired people. "I love it, I think it's fantastic. It's not just the painting, it's also the people in the group, they are really nice people." Roy says people wanting to get involved didn't need to be able to

demonstrate any artistic talent. "Just come along and have a crack. If they have talent it's obviously easier. "We don't actually run lessons, but we have a number of well-known professional artists in our group who will always give tips and gentle critiques. We always try and help if we can." Plein Air Down Under has opportunities for artists from beginners to experts and will include a month of activities ranging from art exhibitions to workshops. Artists and budding artists are encouraged to sign up for the more than \$8000 in awards and prizes on offer. Artists' works will be on sale and the festival is free for spectators to attend. For more information go to pleinairdownunder.com/.

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Secret Women's Business... a choir that brings joy to audiences



Secret Women's Business strut their stuff

by Josephine Allison

MANY older women turn to something different in their lives when overcoming adversity. Perth based *Secret Women's Business* is a choir of sassy, inspirational women who just love to sing together and have experienced life's pitfalls along the way.

"Our hope is to inspire other women, encourage them to try something new and make a difference to their lives," said spokesperson Benita Devins. "Many of us took up singing after a turning point in our lives – maybe a battle with cancer, mental

health issues or the loss of a partner.

"Singing with a supportive group is a great healer, both physically and mentally. We're definitely not a traditional choir, much more a crazy bunch of entertainers really. We first started four years ago, many of us having sung in one of Martin Meader's Born to Sing choirs.

"We were looking for something different, a smaller group, a chance to try new things, improve our singing, but most importantly have a great time doing it. At first, we met once a week to rehearse, and in the past we have performed at Perth Town Hall, Rigby's, The Moon Café, Voice Moves and the Dunsborough Songfest, but when we were asked to do three complete shows for Perth Fringefest this year it was time to up the ante.

"So, we now rehearse Thursday evenings and Saturday mornings, currently at St Hilda's Hall, North Perth. Although it's a big commitment we soon realised it made us a much more cohesive group, forging strong friendships and more confident singing."

Benita said the choir currently had 17 members, with two more in training. One of the new members described being accepted into the choir as: "now being on a journey to be a performer not just a singer.

"You have to be a team player in this group, everyone supports each other and shares the load of setting up the stage before and after a show, selling tickets and other chores."

So far this year, *Secret Women's Business* has sold out every show, the Fringe at North Perth and Bicton and Kalamunda Performing Arts Centre and audience feedback has been positive.

The choir is hoping for a full house at its next show at Subiaco

Arts Centre Saturday 7 August 7pm-9pm. After that it performs at Toodyay Memorial Hall on Saturday 11 September with a few other dates still to be finalised.

"Apart from singing some beautiful harmonies and performing songs the audience can get involved in a few parodies of well-known songs. We are lucky enough to have two women in the group, Helen Lowth and Sheila Tipper, with great talent for rewriting the lyrics.

"Helen created a Bunnings skit to the tune of *Big Spender* and Sheila has converted Tom Jones' *Dellah*, Dusty Springfield's *Wishin' and Hopin'* and Neil Sedaka's *Breaking Up Is Hard To Do* and many more with hilarious results."

Says Sheila: "I have been writing light hearted and humorous poems for family birthdays, weddings and other special occasions for many years. They have always been met with laughter and appreciation. It seemed a natural progression to turn to song parodies as I was in a singing group.

Once I have an idea for a parody it doesn't seem to take long to get it all together. Sometimes the song idea comes from someone like Martin Meader or I may look at songs from a particular era for inspiration.

"I love to hear audience feedback as I introduce a comedic take on popular songs and listen to their comments after the show. I feel proud to contribute to our show in a way that brings a smile to people's faces or a laugh out loud moment."

For further information about the group enquiries@secretwomens.biz, www.secretwomens.biz, facebook.com/SWBWA.

Remember the music of Cat Stevens?



THE NAME brings back a thousand memories – dark eyes, a winning voice and songs the whole world sang along to – *Moonshadow*, *Wild World*, *Peace Train*, *Where Do the Children Play*, *Father & Son*, *Morning Has Broken* – they have be-

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era House, Concert Hall and, most recently, playing to standing ovations in concert halls throughout the United Kingdom.

Get on board the Peace Train and remember The Days of Cat Stevens as Darren Cogan traces the path of a man who never stopped wondering about

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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	

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Please nominate a category for your advertisement.

Tick one box only.

- ☐ Travel companion
- ☐ Wishing to contact
- ☐ Seeking a friend
- ☐ Seeking a partner

Name

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Phone **Email**

I am over 45 years of age **(Signature)**

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

Seeking a Friend

A SLIM easy going lady, young thinking, WLTM gent, approx late 70s, similar interests, dance, cooking, sport, current affairs, fin secure, GSOH for company, long term if compatible, metro.
Reply Box 8875

CALLING all single ladies who WLTM single man for dancing, movies, dinners. Ladies 50+ to spend my birthday NOR, NS, SD, GSOH. Meet for coffee, take it from there.
Reply Box 8863

COUNTRY Aussie bloke, widower, 73, 120kms east of Perth, not a gentleman but gentle person. WLTM girl 65-70 to spend time with, live quiet life. If that's you then let's meet for coffee and chat.
Reply Box 8885

EX country widower, 81, NOR, NS, ND, NG, DTE, GSOH, like to share 1-2 mornings per week with shortish, fit, buxom Aussie widow in her 70s. Fin secure, mid morning coffee, nature walk, heart to heart talk.
Reply Box 8882

EUROPEAN lady seeking company of a gentleman, NS, SD, NG with GSOH and young at heart for socialising, dancing and all the good things that life has to offer. If you are 60-70, interested to meet petite, intelligent lady, well presented, then please answer my ad, postcode 6014. ALA.
Reply Box 8878

FREE spirited, educated lady, 67, just returned to WA from Ireland, GSOH, NOR, WLTM NS, free spirited, educated, male preferably, 60s-70s, interested in great conversation, social activities and making the most of life, ALA.
Reply Box 8866

WIN a \$200 shopping voucher... See page 11 for details.

GENT 63 with varied interests, likes social outings, dining in/out, looking for a slim to med built lady.
Reply Box 8873

GENT Euro/Australian, 75+, WLTM slim lady. I'm NS, ND, lives NOR. Let's meet for coffee and chat.
Reply Box 8862

GENT UK/Australian, 72, 180cm, presentable, educated, VGSOH, 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 8860

LADY 61, WLTM gent, 60-65 for friendship, NS, SD, NOR please. Into movies, barbecues, theatre, lunch, coffee, drives, dinner, all the usual stuff friends would do. Please be honest, caring and take time to get to know me.
Reply Box 8876

LADY 80 WLTM gent for friendship and company, NS, SD, GSOH, must live NOR, 6018 or nearby.
Reply Box 8861

LADY Aust born WLTM Aussie guy 68-70, note, seeking just friend, NOR, 6022, like outdoors, movies, theatre, dining, music, GSOH, reply if seeking friend, sharing outings, interests, lovely personality, appearance, NS, SD, genuine only.
Reply Box 8884

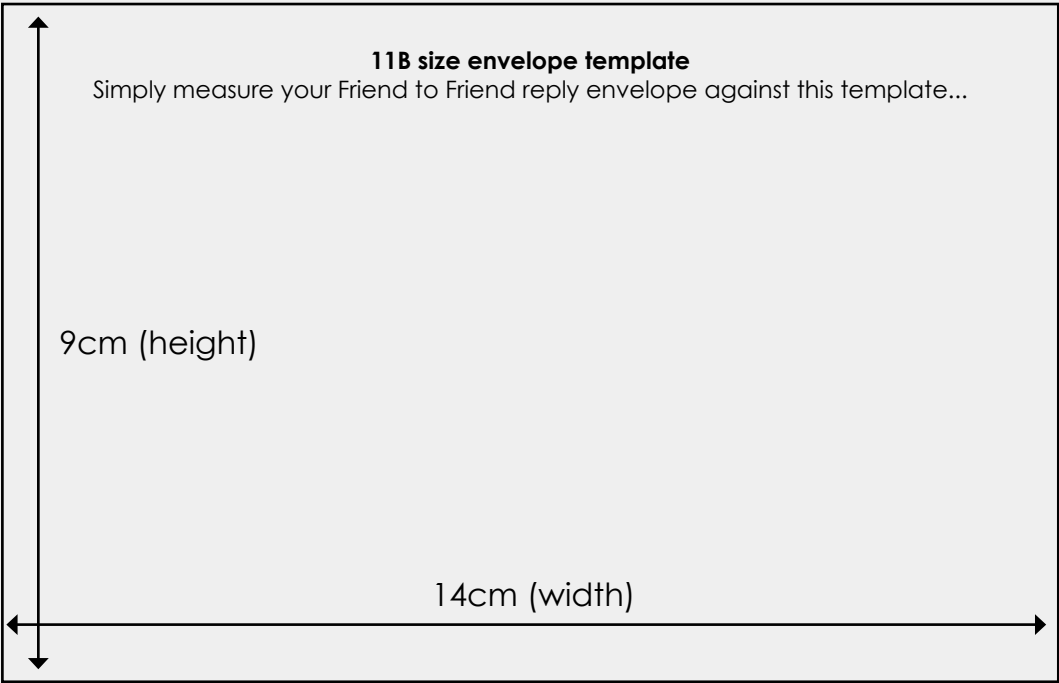
LADY early 70s, good appearance, fun loving, very social, music, dancing, GSOH, NS, ND, own home, comfortable, WLTM honest, caring, well presented single gent with all of the above. NOR, first step, let's meet. ALA.
Reply Box 8870

LADY early 70s, good appearances, many interests, also dancing, socialising, GSOH, NS, SD, NOR, looking for smartly dressed male with similar as the above for friendship first. So let's meet.
Reply Box 8868

LIVELY widow, GSOH, NS, NG, own home, financially secure, interested in music, TV, reading, gardening, travel, seeks interesting, active gent, good company, 85-95 years, preferable resident Mandurah area. Let's meet for a coffee.
Reply Box 8864

NEWS UPDATED DAILY

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.

LOOKING for lady out there who is lonely like myself for special friendship. Gent 79, GSOH, NS, NOR, like hugs, cuddles, hold hands, TLC, any nationality, meet for coffee, and chat. ALA.
Reply Box 8869

Seeking a Partner

ACTIVE affectionate, loving lady, 72, attractive, lives in 6018 area, NOR, seeking fun loving, fit and healthy gentleman, 65-75, for all the usual social activities, and life's little pleasures, for a long term partner. Contact me with your phone number. I would love to hear from you.
Reply Box 8867

ATTRACTIVE English Australian lady 70+, educated, med build, feminine, postcode 6107, GSOH, ND, 55. Seeking a well groomed, sincere gentleman, 67-72, fin sec, not separated, for permanent long term relationship. I like music, reading, walking, gardens, country drives, good conversation, genuine replies only, no time wasters. ALA.
Reply Box 8874

ATTRACTIVE English lady 55, slim build, 5'7", blue eyes, blonde hair, NS, SD, NOR, WLTM gent 55-70, enjoys movies, swimming, dancing, dining out, reading, antiques, loves cats and dogs, talking, let's meet for coffee.
Reply Box 8879

COUNTRY guy, postcode 6489, 67, retired, 188cm, GSOH, SD, DTE, own home, gardening, reading, animals, sport, lives small country town. WLTM country lady only 60-70, same interests, Northam to Merredin and surrounds, genuine only please, ALA.
Reply Box 8880

WIN a \$200 shopping voucher... See page 11 for details.

ENIGMATIC Australian Polish gentleman, slim, fit, 69, seeking European lady interested in family history visiting our roots finding that missing part of the soul, interested in philosophy life. Please write, you will be surprised.
Reply Box 8877

GENT 65, well groomed, sociable, active, GSOH, young outlook, SD, NS, enjoys movies, dining out, country drives, WLTM lady similar interests, age not an issue, let's meet up and see how it goes.
Reply Box 8871

GENT 69, not bad looking, slim, tall, GSOH, NS, SD, likes cooking, dining in/out, sportscar, country drives, 60s music, bbqs, relaxing by the pool, enjoying life. WLTM funloving lady, long-term partner. Let's meet for coffee.
Reply Box 8858

GENT 71, 180cms, slim build, active, likes surfing, cycling, swimming, walking, music, movies, looking for a lady with similar interests, enjoy all the good things in life like travel, coffees and walks along the beach. NOR, SD, NS.
Reply Box 8859

GENT 72, SOR, 6149, NS, SD, GSOH, enjoys dancing, walking, cafes, dining out, outdoors, travel. WLTM lady similar for friendship with view to honest long term relationship. ALA.
Reply Box 8872

I AM male, 71, seeking a partner. I have travelled around the world, healthy, ride bike, swim, walk, dance, cars, handyman, gardening, travelling around world, retired farmer, GSOH, NS, SOR, WLTM DTE, NG, TLC lady.
Reply Box 8881

NEWS UPDATED DAILY
www.haveagonews.com.au


Seeking a Travel Companion

SEEKING well groomed, fit, active lady, 68-75, travel companion, share cabin, Sydney, New York or world cruise, Sydney 2023, pay own way. Me; well groomed, decent man, meet, get to know each other, suitable, single supplement.
Reply Box 8865

SOR WLTM DTE NG, NS, male GSOH, with view to grey nomad travels around Australia. I am female SD, GSOH, NS, 70 years young, healthy, ALA, done 80,000kms already. It's addictive. 5'6", love travel, SOR.
Reply Box 8883

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QUINNS ROCK LADY 68 slim, attractive, intelligent, great pride in appearance, fashionable, enj outdoor activities, sk educated, sociable gent 65-75.

SWAN VALLEY LADY 72 well grmd, honest, gentle, kind, generous, supportive. Enj the arts, music, dancing, reading, homelife. SK gent similar w/ Christian o/look 70-80.

TWO ROCKS LADY 66 very pretty brunette, widow, beautiful heart, lovely smile, kind, intelligent, independent, sound values, home loving. Loves the ocean lifestyle. Sk honest, respectful man to share life and grow old together.

ALEXANDER HEIGHTS LADY 72 youthful, stylish, Asian heritage, slim, petite, loyal, honest, sociable. Sk educated, well presented man who loves travel.

CLAREMONT LADY 78 vibrant, tall, slim, attr, witty, intell, fun to be with, likes golf, walking her dog, yoga, reading, sk caring man w/ GSOH 75-83.

JOLIMONT LADY 73 refined blue eyed blonde, pretty, educated Brit, caring, sociable, generous, enj the arts, ballet, opera, cinema, the country. Sk well spoken/presented gent 70-78.

GUILDFORD LADY 74 slim, petite, very fit, well grmd, approachable, personable, feminine qualities, enj a variety of interests, would suit physically active gent 70-80.

BOORAGOON LADY 74 stylish, sophisticated, articulate, city girl with country roots, friendly, sociable, down to earth, generous, sk gent similar 70+.

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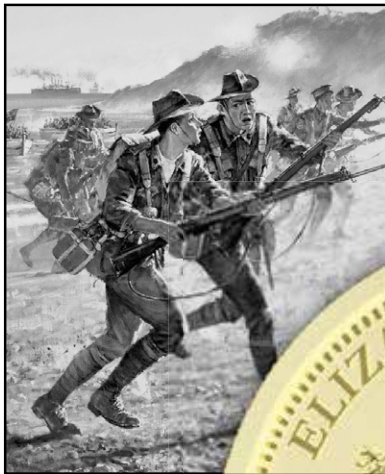
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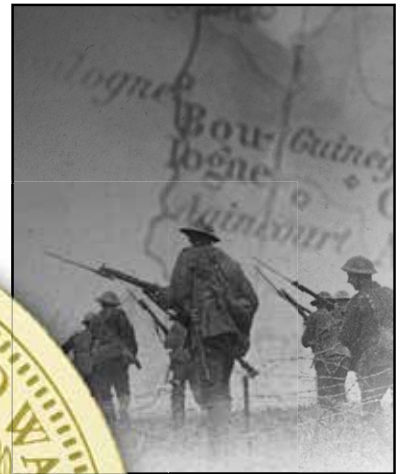
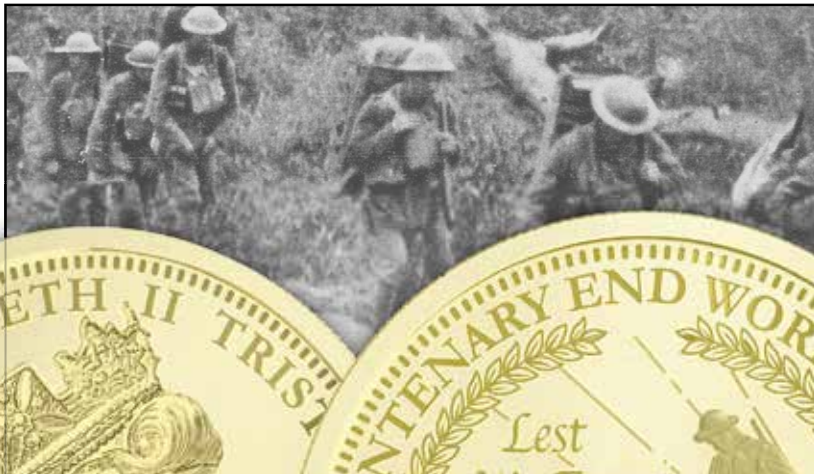
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Fully layered with pure 24-carat gold, this collector's edition coin will shine as an enduring symbol of the immense pride we feel for those who served our country and endured great hardship. The design honours the fallen with a moving, raised-

relief portrait of a digger remembering his mate, set against a backdrop of the rising sun. In the foreground, a field of poppies, the symbol of remembrance, are created in hand-applied red enamel, providing a vibrant contrast to the pure, 24-carat gold.

It creates a touching counterpoint to the hallowed words "Lest We Forget" from Laurence Binyon's poem *For the Fallen* which forms the *Ode of Remembrance*. Poppies, crafted in vibrant enamel, have been inspired by John McCrae's moving poem *In Flanders Fields*, symbolising our eternal respect and remembrance of our fallen heroes.

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numbered issues will ever be minted. It is available now for only \$29.99 – a saving of \$50.00 – plus \$9.99 postage and handling. Due to the extreme limitation, only the earliest responders will successfully secure this proof coin honouring our World War I heroes. A Certificate of Authenticity detailing important provenance information pertaining to the coin will be issued with the coin. Peak collector interest is all but assured for this commemoration to those who served and with it the potential of a swift, early sell out of the "Centenary of the End of World War Golden Crown."

The earliest applications will receive the lowest edition numbers. For this reason

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BIG CROSSWORD - SEE PAGE 48 FOR SOLUTIONS

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11 12 13 14

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79 80 81 82 83

84 85

86 87 88

- ACROSS**
- 1. Notebooks
 - 4. Flower-shaped award
 - 8. Mountain goat
 - 11. Pushes for
 - 13. Salivate
 - 15. Belonging to them
 - 17. Likely touchdown time (1,1,1)
 - 18. Tropical jelly-making fruit
 - 20. Even so
 - 21. First Greek letter
 - 24. Linger (on)
 - 27. Asian sauce
 - 28. Apart (from)
 - 30. Instruct
 - 31. Storey
 - 33. Taunts
 - 34. Ten years
 - 35. This place
 - 36. Garden seat timber
 - 39. Excavating
 - 42. Book of maps
 - 44. Tricks
 - 45. Distance around belly
 - 46. Bladders
 - 48. Baggy
 - 49. Explosion
 - 50. Perused
 - 52. Half-hearted (response)
 - 54. Scourge with whip
 - 55. Tibetan priests
 - 56. Vocation
 - 57. Top
 - 60. Fleur-de-lis
 - 62. Distribution centre
 - 65. Cruel person
 - 67. Cunning
 - 69. Move shoulders
 - 70. Eyelid inflammations
 - 72. Crib
 - 73. Wooden box
 - 75. Indian city, New ...
 - 77. Guys
 - 79. Disentangle
 - 81. Enraged
 - 82. Common-law spouse, de ...
 - 84. Register
 - 85. Coffee, ... latte
 - 86. Divide (of road)
 - 87. Flavour concentrate
 - 88. Period (of office)
- DOWN**
- 1. Compassion
 - 2. Musical pairs
 - 3. Ceylon, ... Lanka
 - 4. Invitation footnote (1,1,1,1)
 - 5. Cusses
 - 6. Swapped
 - 7. Blade's cutting side
 - 8. I owe you (1,1,1)
 - 9. Unconcerned
 - 10. Bone photo (1-3)
 - 12. Rank
 - 14. Gazed lecherously at
 - 16. Haul
 - 19. Europe's longest river
 - 22. Acquires (skill)
 - 23. Cultivating (ground)
 - 25. Floral tribute
 - 26. Alpaca relatives
 - 29. Check off one by one
 - 32. Pets' physician
 - 35. Summit of mound
 - 37. Written composition
 - 38. Water boilers
 - 40. Just right
 - 41. Mocking remarks
 - 42. Room within roof
 - 43. Paintbrush hair
 - 44. Seoul, South ...
 - 47. Clearness
 - 51. Sillier
 - 52. Mildest
 - 53. Injure
 - 54. Fixation
 - 58. Goad (3,2)
 - 59. Fishpond carp
 - 61. Fabric insert
 - 63. Stomach sore
 - 64. Topics
 - 65. Abrupt
 - 66. Inflexible
 - 68. Absolute (nonsense)
 - 71. Function host
 - 72. Wristband
 - 74. Wheel spindle
 - 76. Scalp parasites
 - 78. Standard
 - 80. Biro fluid
 - 83. Rear

Making a conscious effort to age well - Older Australians at a glance

A 2018 REPORT of the Australian Government's Institute of Health and Welfare, Older Australia at a glance, looked into several factors that impact the ageing process in older Australians, and how people can make a conscious effort to age in a healthy way.

The lifestyle of older Australians, including their physical activity and diet, can have a big impact on their health as they get older, particularly in helping protect them against serious health issues including cardiovascular disease, diabetes, and depres-

sion. Lifestyle choice, can also help by enhancing a sense of connection and social engagement.

HenderCare's senior occupational therapist, Nihalee Patel, strongly supports recommendations set out in the report that state older Australians should aim for 30 minutes of moderate exercise, on most, if not all days of the week.

"Where people are able to, it's so important that a level of physical activity is maintained as we age. We know that there may be physical limitations that might prevent

some people from participating in more common forms of exercise; that's where it becomes important to speak with your GP, or an occupational therapist to look at creative and safe ways to include physical activity in your regular life."

HenderCare is an approved provider of home care packages and explains that allied health support is something that can be accessed as a part of a care package.

"Depending on your individual goals and package level, allied health services may be something you can access under your

home care package. I would encourage all older Australians to speak with their home care provider to see what might be accessible to them."

For anyone not on a home care package, Nihalee's advice is to speak with your GP.

"It is so important for people as they get older, to maintain regular and healthy function that will allow them to continue to participate in the community. At HenderCare, we are there to support clients in both inside and outside of the home, to live as independently as possible."

BREAKFAST WITH

GARETH PARKER

5.30AM-9AM WEEKDAYS



6PR 882 NEWS TALK

MORNINGS WITH

LIAM BARTLETT

9AM-12PM WEEKDAYS



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A circular word search puzzle with three concentric rings. The center contains the word 'POOK'. The middle ring contains the words 'ROCK', 'FELLS', 'MEND', 'CAND', 'SAND', 'SAND', 'SAND', 'SAND'. The outer ring contains the words 'POOK', 'FELLS', 'MEND', 'CAND', 'SAND', 'SAND', 'SAND', 'SAND'.

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2			1					

A 10x10 grid with various letters placed in some cells. A red ladder is drawn vertically in the 7th column, spanning from row 1 to row 10. A red diagonal line crosses through the letters 'W' and 'H' in the 3rd row, 3rd and 4th columns respectively.



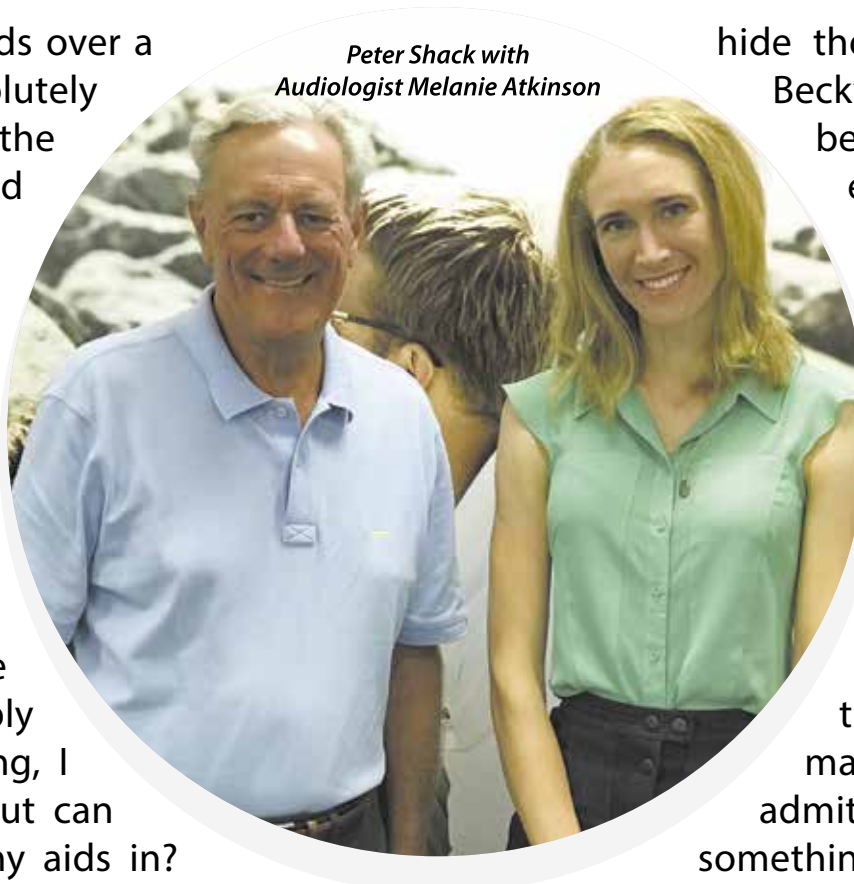
NOW OPEN
FOR ALL YOUR HEARING
CARE NEEDS

Now I'm really enjoying our dinner gatherings

I was fitted with hearing aids over a year ago and they have absolutely changed my life. Right after the fitting, I got into the car and drove off, and I remarked to my wife Becky, so that's how the 'flicker' sounds! Within that first hour of wearing them, the new sensation of hearing well was instantly amazing.

I revisit the miracle often at home when I'm in the ensuite, not yet wearing my aids, and Becky speaks to me from the bedroom. Invariably I have to respond with Darling, I know you're talking to me, but can you please wait until I put my aids in? They return to their box overnight and I am very happy for the good night's sleep this allows.

My hearing loss became pretty evident at the regular dinner gatherings that take place once a week at our place. Becky and I have 6 children between us, so these aren't quiet affairs, and it became very difficult to keep up with family chit-chat. I noticed I wasn't able to follow the conversation. In response, I guess I showed early signs of withdrawing, moving aside to pour another glass of wine or undertaking rudimentary tasks in the kitchen, trying to be inconspicuous and



Peter Shack with
Audiologist Melanie Atkinson

hide the fact I wasn't hearing well. Becky said I was really missing out, because everyone else was really enjoying themselves, talking and laughing together.

Watching TV was also somewhat contentious because I needed the amplification set at level 80, with the rest of the family comfortable on 16. I was turning into someone who wasn't hearing too well, yet failing to really recognise the signposts. I have golfing mates who are still in that place, admitting that they need to do something yet carrying on regardless.

What ultimately sparked my interest in hearing aids, though, was Becky pointing out the link between hearing loss and dementia. That was the catalyst for me to seek the help.

This was how I met Mel and Chris at Brad Hutchinson Hearing in Melville. They're both very professional at their jobs and I have since let the boss know. There was no sense at any time of being pressured to buy, which was really refreshing, and I have no hesitation in recommending this company to anyone with hearing problems. **Peter Shack**

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