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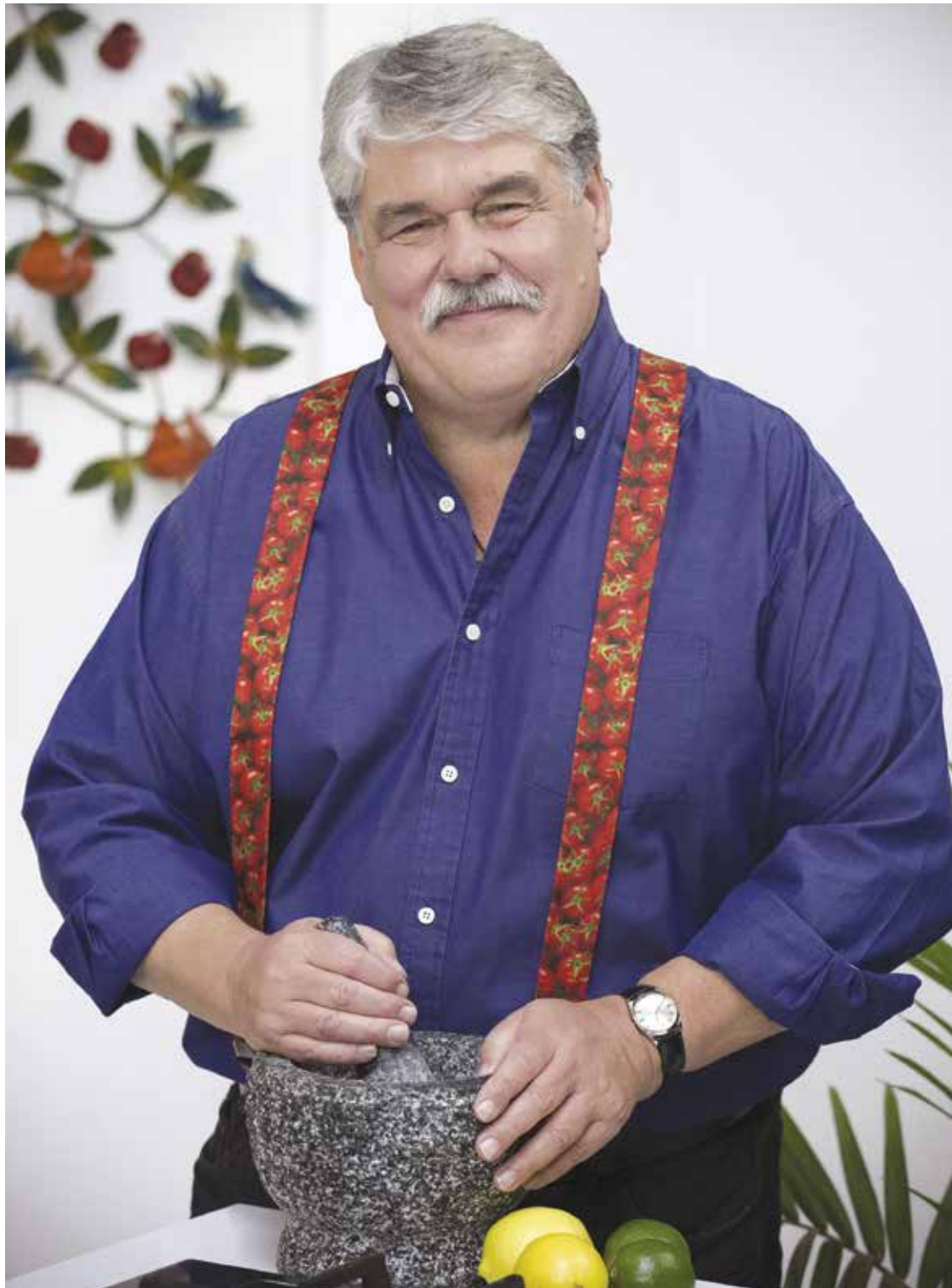
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For the love of food...



Iain Hewitson was one of Australia's first celebrity chefs

by Lee Tate

WITH Huey, the proof's in the cooking.

"I like simple stuff," says the busy man who has no mobile phone, no driver's licence and no need to use a computer.

The pioneering celebrity chef, top-selling author and gonged guitarist rarely cooks at home and

prefers simple meals.

"I've never been a fancy-pants," says four-times married, father-of-one Iain Hewitson.

Turning 72 this year, Huey doesn't bust a gut with physical activities and is somewhat grounded with arthritis which crippled a knee that has been unsolved by an operation.

"My specialist gives me non-invasive treatment for my knees and hands and that's fantastic but one day he asked me how my neck was, which was fine. But I started to get pain in my neck the next bloody day, so I told him not to ask again," he laughs.

Before he left New Zealand as a young man,

Huey was a promising guitarist with his band Sebastian's Floral Array which made front-page news, winning *Battle of the Bands*.

"A second headline said: 'Band Throws Flowers to Audience' and down the bottom of the front page was another story. The heading was: 'Police Baffled by Raids

on Botanical Gardens,'" laughed Huey.

"Nooo! It wasn't us. Definitely not," roared Huey unconvincingly down the phone from his Melbourne home.

Life seems a breeze for Huey. All his challenges - television, radio and print deadlines - are mere Huey hurdles that can be cleared. And he doesn't need gadgets.

"There's always someone with a phone or a car and I have always used taxis and now Uber. I like trains, especially country trains or I fly somewhere," he said.

Huey's latest hurdles are his memoirs (waiting to be typed) and his popular YouTube show *Huey's Fabulous Fast Food for One (or Two)* which he constantly updates with recipes. "My daughter, Charlotte, helps with the computer," he says.

Wife Ruth, also an accomplished musician, does most of their home-cooking and Charlotte is a champion at pastry cooking.

Comparing life to cooking, Huey says: "You start with simple things because that's what you can manage. Then you progress to fancy pants. Then you prefer the simple things."

Huey, who's criss-crossed the globe during his 25 continuous years on television, points to a San Francisco eatery which is a hit serving simple food.

"People looking at the food just saw something with tomato and olive oil with a bit of salt. But they tasted the best olive oil, the tastiest tomato and the best sea salt. They realised how good simple food is," said the chef.

Huey laughs-off most things including his see-sawing weight.

"I have to watch it. I always have. I've always loved food," said the former owner of eateries at the cutting edge. The list includes Clichy, Fleurie, Champagne Charlie's, The Last Aussie Fish-caf and Memories of the Mediterranean.

continued on page 23

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Philip Hardless,
Principal of Hardless Legal

From the editor's desk



Premier Hon. Mark McGowan MLA
and Have a Go News editor, Jennifer Merigan

WE have always stayed away from party politics in this newspaper, working with whichever political party happens to be in power. Late last month I went to hear Premier Mark McGowan speak and had the opportunity to meet him. I'd like to acknowledge his strong leadership for Western Australians through this pandemic.

Whichever way your political sway leans, I think it's safe to say most of us are grateful for the stance he has taken for WA. Hopefully WA will remain relatively COVID free allowing us to return to an almost normal life.

Saying that, I do believe the state government could do more for WA's older adults; over the last 10 years we have seen radical cuts to the Seniors sector by both parties. I will be writing to the premier in coming

weeks to highlight the importance of encouraging the government to support more incentives for the benefit of WA's older adults, who currently make up nearly 21 per cent of our population.

★★★★

This month we include our biennial reader survey, which helps us to plan content in the newspaper. It's an easy survey to take and we don't ask questions about your financial position. I would be more than grateful if you could take the time to complete one. We have two options available, fill the form out in the newspaper on page 20 or go to the link <https://www.surveymonkey.com/r/ZCDDSQ7> and complete online. Everyone who completes a survey goes into the draw to win some prizes. I thank you in advance for support-

ing us by completing the survey.

★★★★

The Art Gallery of WA's rooftop will be transformed over the next six months and will include a sky bridge from the Perth Cultural Centre precinct, a new 500-person venue and an open-air rooftop sculpture park featuring works from the State Collection. Supporting our arts is necessary for the well-being of our community. As Winston Churchill said in 1938, "The arts are essential to any complete national life. The State owes it to itself to sustain and encourage them."

★★★★

WA will receive a further boost in that sector when the refurbished museum opens on 21 November, offering people an opportunity to see much of our history in a world class facility.

★★★★

WA Seniors Week will be running from 8 – 15 of November with the premier event of the week *Have a Go Day* taking place on Wednesday 11 November. *Have a Go News* will be hosting the hospitality tents on the day and we will also be running our Seniors Week Film Festival. If you are a club or group, now is the time to plan to host an event, free listings are available in our special Seniors Week Liftout which is published in October. Email info@haveagone.ws.com.au to receive a form.

★★★★

Next month we will be starting a question and answer section about finances, orchestrated by Sage Retirement Specialists. If you have a question you would like answered please email info@haveagonews.com.au with sage in the subject line.

★★★★

Stay in touch with us on a daily basis at the *Have a Go News* Facebook page. We have a lot of fun there, with extra giveaways and items of interest, we would love you to join our happy community at www.facebook.com/Haveagonews/ by liking or following the page.

★★★★

Our website offers a variety of content and we include club listings for people wanting to find a new activity, back issues of the newspaper and video content. Take a moment to check it out.

★★★★

To receive the digital version of this newspaper via email on the day of publication email readers@haveagonews.com.au for a free sign up.

★★★★

I hope you enjoy this month's issue of your WA family owned newspaper and stay warm and healthy during the final month of winter.

Jennifer Merigan
Editor
jen@haveagonews.com.au
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Ageing research snippet

A few easy diet tips to help with healthy ageing...

TO HELP manage weight making small adjustments to your diet means you can still enjoy your favourite recipes. Swap beef mince for chicken or turkey, swap white rice for pearl barley, sour cream to natural yoghurt, breadcrumbs to rolled oats and for snacks swap sweet biscuits for a tub of yoghurt or a handful of nuts.

Vitamin D is crucial for strong bones, good food sources to add to your diet during winter include eggs, mushrooms and oily fish.

Research links zinc deficiencies to poor brain cognition and a great way to improve your zinc uptake is to ensure you eat a range of high protein foods including fresh seafood, fish, lean meats and nuts.

To improve gut health which is linked to brain health, eat grainy carbohydrates including legumes, wholegrains and high fibre foods which help with all areas of health.

For people who struggle to get the right amount of vitamins and minerals a protein enriched shake specifically for older people can help ensure good health.

Urban slang

TMI: Too Much Information. When people give you too much information about their private life or something personal or a very descriptive account about a surgery.

Funny historical fact

DURING the Black Death plague a law was passed requiring people to say 'God Bless You' when they heard someone sneeze.

Quote of the month

THE most wasted of all days is one without laughter.

EE Cummings

Word of the month

Nudiustertian
Pronounced (noo-dee-uhs-TUR-shuhn, nyoo-)
Adjective
Meaning - Of the day before yesterday. From Latin nudius tertius, literally, today is the third day. Earliest documented use: 1647.

Great West Aussies - Did you know?

HORSE-TRAINER/reinsman in 1953 Frank Kersley was the first Aussie to drive 500 winners on tracks in major cities. His 40-year career included 42 wins, a 20-year national record.

Have a Go News Quick Quiz

1. Which popular soft drink in WA has a passionfruit flavor?
 2. A 2014 All-Australian AFL player was...Ballantyne?
 3. Name the latest James Bond movie
 4. Colombo is the capital of?
 5. WA's only Forbes 5-star rated hotel is?
 6. Name the movie theatre in Nedlands.
 7. WA's Daniel Ricciardo competes in what car racing division?
 8. WA's famous strike by Indigenous stockman lasted 1, 2 or 3 years?
 9. Fremantle Arts Centre was formerly used as what?
 10. Coral Bay is 1,130 kms, 1,150 kms or 1,800 kms north of Perth?
- See page 47 for answers.

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Diplomacy is in Richard's court as he navigates relations in Japan



Left to right; Former Western Australian Premier and Australian Ambassador to Japan, Richard Court with Mrs Court - Ambassador Court skippering the Australian entry in the International Regatta in May 2019

by Lee Tate

IN TOKYO, Richard Court feels the call of the Swan River, North Cottesloe beach and a long breakfast among the five Court brothers and their families. Western Australia's former Premier is living with his other 'family' – 40 Australian families inside the Australian Embassy compound in Japan where he is completing a four-year term as Australia's Ambassador.

Richard, flanked by wife, Jo, has distinguished himself juggling trade and diplomatic duties while overseeing embassy staff, fitting-in with Japanese culture and confronting the pandemic crisis.

"The Covid-19 crisis affected us very directly in early February when the *Diamond Princess* cruise ship was put into quarantine in Yokohama," Richard tells me online.

"There were 230 Australians on board, 49 ended-up in more than 20 hospitals across Japan and more than 160 were evacuated from the ship and returned to Australia."

A crisis centre was established at the embassy to oversee the evacuation and communicate with the Australians on-board.

"We supported those remaining in hospitals and it was wonderful that they were so well cared for. All recovered and returned safely to Australia. Sadly, one person who was on the assisted departure flight, later passed away in Perth."

Richard praised Japan's handling of Covid-19.

"Japan has a population of 126 million with greater Tokyo itself having a population of 38 million and yet across the country they had only 1,000 deaths which, relative to other countries, is low. Although they declared a State of Emergency for six weeks, they kept the economy working and life as 'normal' as possible."

Richard said the Japanese, being very disciplined people, stayed at home, tele-worked, wore masks and socially-distanced. When the State of Emergency was lifted, they largely continued with these practices.

"The main difficulty for our embassy families has been around schooling; for a period it was all online. We are also missing visits from family and friends from Australia."

Richard and Jo, who have been visiting Japan for more than three de-

acades, quickly settled into their posting.

A decade before Richard's appointment, the Emperor of Japan conferred high honours on him, bestowing the Order of the Rising Sun, Gold and Silver Star for exceptional contributions to the expansion of Australia-Japan relations. The Ambassador's role was a natural fit and the embassy was accommodating.

"It is a comfortable environment and, with over 50 children, a beautiful family atmosphere. The embassy is blessed to have a large Japanese garden and excellent sporting facilities. The politeness, cleanliness, discipline and orderly structure of Japanese culture makes it a very safe, pleasant and enjoyable place to live."

After being Premier – from 1993 to 2001 – Richard, awarded a Companion of the Order of Australia for services to WA, went on to work in oil and gas. His early life as a businessman involved food retailing and marine and boating equipment.

Coming up to 73, he keeps physically active in Japan with twice-weekly workouts in the gym plus bike riding and walking.

"It is a city that is best enjoyed by walking with a new surprise to discover around most corners," he said.

The couple are competent enough in the Japanese language to get-by.

Having had no thought of retirement post-politics, the ex-Hale School and UWA commerce graduate says his age hasn't been an issue, especially in Japan.

"I'm seen as a youngster here. They respect and value age and experience. Many Japanese 'retire' and go straight back to work as they enjoy socialising and remaining part of the team."

"In the broader world, Ringo is still touring at 80 and Mahathir was Malaysian Prime Minister in his 90s – I attended conferences with him in Japan and he was very impressive. Warren Buffet (US investor) is also in fine form, about to turn 90."

Richard has been far from a mere figure-

relationship is very positive.

"In this role, I have enjoyed working with a team of very competent people from a younger generation who I have hopefully mentored a little, shared relevant experiences and educated them that there is more to Australia than the Melbourne, Canberra, and Sydney triangle!"

Jo and Richard are eager to catch-up with their two children and three grandchildren in Melbourne and their middle daughter, a music teacher at Bunbury Senior High School. Then there are the Court dynasty brothers.

"The five Court boys and their families have always been close. I meet with my brothers about four times a year but in recent years I have joined by phone on most occasions. I am looking forward to our next face-to-face gathering to solve all the world's problems in a few hours over breakfast," he said.

Richard's term finishes at the end of October:

"when we return to living in WA – a State that we love so much."

Richard is now "looking forward to rowing again on the Canning and walking and swimming at North Cottesloe in the early morning."

"I have been blessed to have had many different and exciting careers and I hope there are a few more 'jobs' to come," Richard says.

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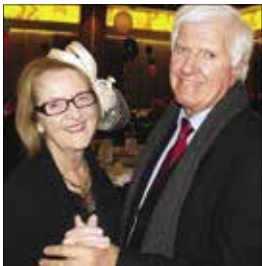
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The Have a Go News SEPTEMBER edition will be published on Monday 7/9/20



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

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Dear Editor,
I DISAGREE with Roger Ginger. The editor of any newspaper would be a fool to deny any reader the right to reply on any issue. That is how the letter section flourishes. We all want to express our point of view.

Write in again Roger, I know for sure the editor will have pleasure in pub-

lishing any comment, if it fits the paper's criteria.

Lee is at it again, Why say sorry for something you had no part of? John Howard, myself and many other Australians expressed regret. In 1996 the High Court suggested an apology regarding the stolen children. Decision makers of the day were shocked at the

numbers of youngsters, some as young as five-years-old, being raped by family members. It had been going on for centuries and was time to take action. The leaders at the time did what they thought was the best for the children. No apology is required for trying to protect youngsters.

Joe Lunn, via email

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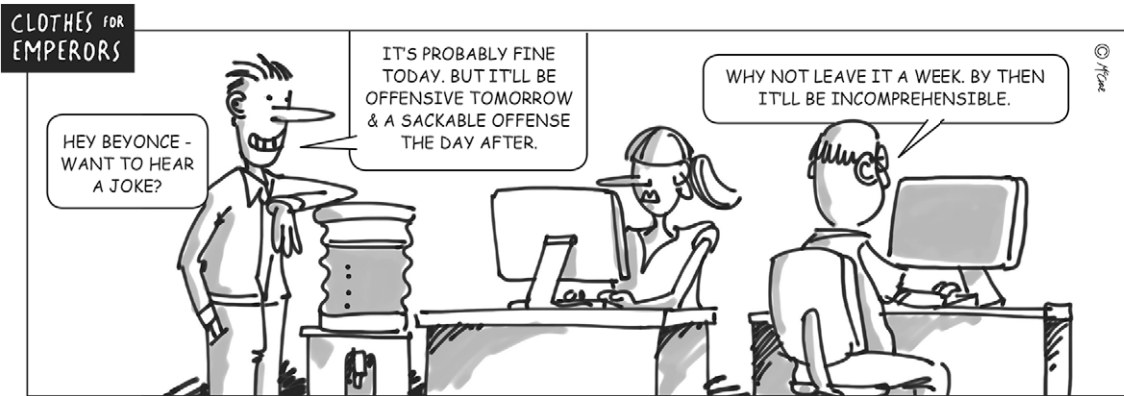
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Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor
I AGREE with Margaret Ryan from Ballajura, re the concession stamps. Most seniors I know run out of the stamps by September. It would be great for Australia Post to give us more booklets. I am over 70 and love to enter competitions and send cards to my grandchildren.

Thanks for your great reading paper, it's so helpful for many of us.

J Dwyer

Ed's note: If enough readers keep sending through letters about this we will approach Australia Post.

Dear Editor,
I PICKED up your paper the first time in a couple of years. Your article on Meet Lily the Dutch Windmill in WA Wheatbelt was misleading. I have been there several times, most recently early this year. The restaurant has been closed for some time so you cannot go for a meal. Also they advertise that you can tour the windmill, well in all the times I have been there it has never been open. There is always some excuse for it not being available for a tour.

I do wonder if it is actually a working windmill.

Just thought I should let you know so that people reading your article don't drive out there expecting to get anything to eat.

Rose-Marie McNamara, via email

Dear Editor,
Re Lee Tate's article on Aboriginals, I would not say sorry because the guilt has got to end. MY grandfather was killed by the Germans, my uncle was injured by the Japanese. Sad as it is, it is in the past and I don't expect the Germans or Japs to say sorry.

Women didn't get to vote and had the last choices of subjects at school. The sons got the inheritance. We can keep looking to the past and always find some failing.

I hope Do Gooders will stop pandering and encourage employment and training to give the people self-respect and pride. Jacinta Price is a voice trying to direct the funds to the right areas. This is the common sense approach.

The museum is a drawcard and will be well received.

Christine Donovan, via email

Dear Editor
I PICKED up the July issue of your paper at a local shopping centre. This was the first time I have ever seen this paper, but what a delight I have been missing out on. It was so full of informative articles.

I only get the Saturday and Sunday papers and usually have read them within an hour or so. Your newspaper has taken me several nights to read, as there was so much content. I have read it from front to back and not missed reading anything.

Keep up the good work – I have subscribed to the E-Edition so I don't miss it ever again.

Well done
Regards

Mrs Sandra Morgan
Safety Bay

Dear Editor,
I WAS very interested to read Lee Tate's article "An incredible Australian mystery artist who had the magic touch" as I have a 1991 copy of the book *The Flower Hunter* – Ellis Rowan, which I believe was first published in 1898 by Angus and Robertson. I hope one day to travel to see some of her original works held by the National Gallery and National Library of Australia.

Another interesting female artist known for her eccentric and colourful life was Hannah Gluckstein (Gluck), who was a member of the wealthy J Lyon Co. family and lived from 1895 to 1978. She was known for the exquisite detail of her floral paintings, as well as her society portraiture. She also developed a unique three stepped wooden frame for her art.

Yours faithfully

Sylvia Clarke, via email

Dear Editor,
I ENJOYED reading Lee Tate's comments and suggestions about Aboriginals. I also am a baby boomer, and I remember my school days in the '50s. Part of school work was learning about Aboriginal walkabouts. They would never use all the food available, but always left enough for regrowth to ensure there was always food and shelter for future generations.

I agree that a museum should be built to remember how they lived and survived. We can also learn a lot from the past, and this would help us to remember how Australia started, before Europeans came.

I get annoyed when I read articles of white heroes and what they did during the world wars. Many Aboriginals gave their lives for our freedom as well.

Keep up the good work with the newspaper, keeping us informed of a variety of things to remember and to do these days.

Ken Bradshaw, via email

Dear Editor,
A TOUCH of levity.

Where was the sarcastic editorial footnote to Roger Ginger's letter?

Yours sincerely,

David Rudman
Port Kennedy

Dear Editor,
LEE Tate's exposé on Aboriginal culture and history makes interesting reading. But the article seems to try and apply today's social standards to what happened over the last two centuries.

Rudd's apology has now turned out to be lip service and nothing seems to have changed.

History is what it is and should never be changed to suit the opinions or circumstances of any government or group of people.

I think people should listen a bit more closely to people like Jacinta Price of the Northern Territory, Dr Anthony Nolan of the Australian Catholic University and Noel Pearson of the Northern Land Council in Queensland. These are the future leaders but they are being ridiculed because they have a way out that no one likes.

We are one nation and we ALL should observe the laws of the land and discard any ideas that would divide us. Every citizen has the privilege of voicing their opinions and views through the ballot box.

There are many opportunities out in this wide world but alas not enough people take advantage of them.

Tom Polich,
via email

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Meet the man with the reliable voice from the 6PR news' desk



John Nicholls

by Lee Tate

IN the media world, with its smattering of healthy egos, you will never hear John Nicholls blow his own trumpet.

In his nearly three decades presenting 6PR news, John has been the steady, reliable hand flying high but always under the gossip radar.

As an accomplished musician, John does blow a mean trombone and the Perth Mod-

ern music scholarship graduate has become handy on the drums. But all away from the spotlight.

John, 60, explains his fateful and fortunate decision to opt for journalism over his course of physics, chemistry and high maths at UWA.

John switched from UWA to WA Institute of Technology, now Curtin University, because only they offered a Bachelor of Arts, English degree with a major in journalism.

Having cruised through Gosnells Primary School, Perth Modern, UWA and WAIT and armed with his degree, John followed media tradition to get started in the media world and headed into the country for a job.

He signed-on as a radio announcer in Narrogin, then was promoted to Bunbury in the early eighties before a fateful day when he saw a piece of paper on the radio station's photocopier.

"I don't know whether someone had left it there deliberately for me to find but it was an advertisement for an ABC announcer. That was a cream job and I applied," said John from his northern suburbs home.

"In those days you had to have a degree to get into the ABC so I'm glad I had done that."

For three years until 1986, John worked happily as ABC Perth general announcer.

Woored to 6PM, he became a familiar news voice from 1986 to 1992 before being offered his role at 6PR 27 years ago.

Along the way John married Steph, a teacher, and they have two musically-gifted daughters, Julia, 24, and Lucinda, 21. Roll out the family band?

Yes, the family grouped as a band but only for the neighbours on a Sunday afternoon, the Nicholls quartet playing on their front lawn – with neighbours keeping their social distance, of course.

To back their daughters, Steph, with experience as school musical director, played keyboard with John on drums. Julia, is a violinist (studying musicology) and Lucinda, who plays various instruments, is focussing on singing. They performed well-known favourites to rounds of applause along the street.

Life was sweet for Perth-born John, until he received a diagnosis of prostate cancer.

"It was a worrying for a day or two but then I thought that since they got it early and if they take the prostate and the cancer out, it would be alright," he said.

After a month off work, John bounced back. Steph planned a celebration, booking an overseas jaunt, to London and Liverpool where John, a long-time Beatles fan, revelled

in their guided tour of Beatles' home territory. "In England they never knock anything down and we were able to see the places and the plaques commemorating *The Beatles*. I looked up at the building where *The Beatles* performed *Let it Be*."

And in England, we also saw snow for the first time," he said.

John says they like getaways to the south west and lately to Binningup but haven't been big travellers.

John follows the world's news closely "to understand what the story is and to pick-up names and pronunciations."

He has never wavered from his lifelong radio interest.

"I love radio. I love the talk on radio and getting a story across," the veteran said.

John paces his life, including his regular running a few times a week.

"I did a marathon two years ago but that'll probably be my last," he says.

But he's continuing his marathon stint at the microphone, reassuringly breaking the news in his regular noon to 6pm slot.

Getting set for work, John pulls up his Beatles-logo socks and reveals that another endurance task is under way – reading the hefty, three-volume biography of *The Beatles*.

A Fortunate Life returns to stage and screen this month



L-R; Benj D'Addario, Rebecca Davis and Michael Abercromby

WESTERN Australian theatre company Theatre 180 and new entertainment platform CinemaStage are thrilled to resume their West Australian tour of the beloved West Australian true story *A Fortunate Life* by AB Facey. Due to popular demand, the tour begins with an additional Perth season at ACE Cinemas Rockingham, 28 August to 13 September.

This is one of the first theatre productions to re-

turn with a live audience.

Using theatre performed live in cinemas, the tour was abruptly cut short in March when restrictions around COVID-19 forced the production to cease immediately. It had already toured to Midland, Albany and Busselton with many sold out shows, and was due to reach Geraldton cinemas. The Geraldton season will now play 17 - 19 October.

Stuart Halusz, artistic

director Theatre 180, says, that in a world that is undergoing such universal challenges, where people are questioning what really matters in their lives, now is a perfect time to remount this story.

"We can learn so much from Bert Facey's resilience, hope, courage and humility; qualities which epitomise the fortitude and ingenuity of our early pioneers and those generations who lived through two world wars.

"Theatres have endured shutdowns many times throughout history, but storytelling and live

performance has always survived and will continue to thrive as a basic and fundamental human need. We are proud to be one of the first theatre companies to bring back live theatre to audiences in WA," he said.

Adapted and written for the stage by Jenny Davis and Stuart Halusz and using the large screens in cinemas as the backdrop to re-create significant landscape scenes filmed by Green Man Media, the live performance from Theatre 180 takes place within the cinema as a cast of three bring to life the story of AB Facey's much-loved

and award-winning *A Fortunate Life*.

Bookings can be made at www.afortunatelife.com.au

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Discovering the secrets of longevity - tips on how to live to one hundred



Making time for a cup of coffee with your partner keeps you healthy

by Frank Smith

FORTY years ago only one in 10,000 people in developed countries could expect to live to 100. Now half the children born this century are expected to live that long.

The onset of disability and age-related diseases are increasingly delayed until well into old age and centenarians appear to have fewer diseases than younger cohorts of old people.

Researchers studied diagnoses and health

care data collected by the German statutory health insurance company Knappschaft for the final six years of life of 1,400 of the oldest old. They found people who had died aged 100 or older had fewer comorbidities than those who died in their eighties or nineties.

While dementia and heart failure were more common among centenarians than among the younger people, high blood pressure, heart arrhythmia, kidney failure, and chronic diseases were less common in those who had died after reaching their century.

Associate Professor Yoram Barak, a consultant psychogeriatrician at the University of Otago in New Zealand and his team examined the health of nearly 300 Kiwi centenarians who were free of common chronic diseases such as diabetes, depression, dementia and hypertension and living in the community, to discover some of the secrets of their longevity.

They found being female, not smoking and remaining socially engaged are common traits of these centenarians.

"Women have a longer life expectancy and are therefore more likely to be represented in centenarian studies. However, after correcting for this advantage, men who do make it to 100 years of age are more likely to be free of common illnesses," Associate Professor Barak said.

"This shows that people can have some control over the ageing process. Electing not to smoke and maintaining social networks is the best investment one can make towards successful ageing."

Being socially active means physically going out of your home and being with people other than family. This includes visiting friends, volunteering or activities such as attending a concert or playing golf.

The Otago team found rates of depression and diabetes declined steadily with increasing age and rates of dementia declined after the age of 80, however rates of hypertension increased by nearly 30 per cent from age 60 to 100 years.

Exercise also improves health and length of life but most of the kiwi participants did a similar amount of physical activity, so this hypothesis could not be tested. However, the groups with the most physical activity were least likely to get dementia.

Science journalist Marta Zaraska summarised a raft of studies of ageing in her book *Growing Young: How Friendship, Optimism, and Kindness Can Help You Live to 100*.

She proposed five easy steps to prolong your life:

Help other people. This boosts your sense of wellbeing and thence your health. Helping is

most effective if it is local and involves direct personal contact. Even better combine it with a bit of exercise.

It is healthier to make time for a cup of coffee with your partner than to spend hours sourcing and concocting a perfect meal.

The 'obesity paradox' means that older people who are overweight often have a better chance of surviving common diseases than those who are thinner.

She says a happy social life will make you feel more optimistic and reduce the damage caused by loneliness.

It is also important to have what the Japanese call *ikigai* – a purpose in life. Older people should keep themselves busy either with work or hobbies.

Practise self-discipline in whatever way suits you, whether yoga, meditation or mindfulness, Ms Zaraska added. It will help you to be your best self and may even lead to you living until you are 100 – provided you don't get too stressed about it.

So there you have a prescription for longevity. You can't do anything about your gender, but don't smoke, be sociable, help others, stay active, take some exercise, maintain a healthy weight and have a purpose in life and with a little luck you might live to be 100.

Retired expat UK women should check if they are entitled to a further claim



by Mike Goodall

WOMEN used to reach State Pension Age (SPA) at age 60, so many of them were in receipt of a UK State Pension (UKSP) before their husbands. Those who were born before 6 April 1953 were allowed to claim a

pension increase based on their husband's pension once their husband reached SPA.

However, it now appears that tens of thousands of women were not reassessed and did not receive the increase when their husband claimed his pension.

There is now an official investigation under way in the UK.

Some very large payments have already been claimed and this month the UK Government announced that they are considering that the heirs of those affected who have died will get the money provided they have a legitimate claim.

It could be an administrative nightmare in tracking down families and heirs especially for those living in Australia. So we should all check that if we have a wife or mother who was in receipt of a UK State pension before her spouse, whether she received the increase in State Pension when her husband

reached SPA. If you think that you or an older relative has been affected by this issue you should ask the UK pension department for a review.

The UK Government is under pressure to track down retired women who have been underpaid because one 96-year-old widow in the UK received £117,000.

This also affects women who were widowed before their husband reached SPA. Because the husband never claimed his pension there was never a trigger in the system to pay their increased entitlement.

Back payments can raise issues with taxation. The UK Govern-

ment have stated that women will be shielded from unfair income tax bills on their back payments. In Australia no response has been received from the ATO.

If a husband was born before 17 March 1943, he had to make a claim to have payments increased but not if he was born after 17 March 1943 and before 6 April 1951.

Many older married women or widows living in Australia may not be aware that they had to actively make a claim when their husband reached age 65.

If anyone has recently received a notification about underpaid state pension and/or a back payment without con-

tacting the Department of Work and Pensions (DWP) would you please contact me as we are assessing the response from the DWP.

Am I UK State Pension Age?

UK Expats born before 6 October 1954 reach State Pension Age on or before 6 September 2020. UK Expats born between 6 October 1954 and 5 April 1960 will be eligible to claim their UK State Pensions from their 66th birthday.

Anyone who would like to discuss any 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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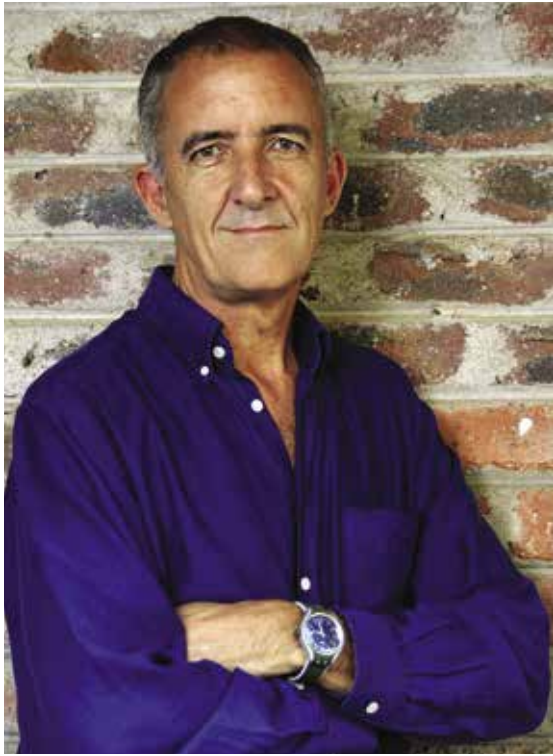
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Tracking down the dark world of cycad theft in new Tony Park thriller



Author Tony Park

by Josephine Allison

INTERNATIONAL author Tony Park and wife Nicola usually divide their time between Sydney and southern Africa where Tony finds inspiration for many of his books. His latest novel, *Last Survivor* (his 18th), is a fascinating story focused on the robust real-life illegal trade in cycads, an ancient plant family.

"I was travelling around southern Africa, visiting a friend who lives in Zimbabwe and is a mad keen gardener," Tony tells *Have a Go News* from Sydney. "She and her husband had to move house after

being kicked off their farm as part of the farm invasions over there. Along with all their bits and pieces, she managed to relocate all these plants, dozens of them.

"I asked my friend why she had moved so many and she said they were worth a fortune. An honest person, she explained that cycads are incredibly collectable and popular and some unscrupulous collectors who will pay anything for them.

"She explained that these plants being native to parts of southern Africa; are stolen from the bush and sold off as though they have been

cultivated. Collectors will pay up to \$100,000 (US) for an individual plant. The rarer the plant the fewer are left in the wild and the more they are worth.

"It is poaching not by poor African people or people from Asia but by someone who could be your neighbour. These plants are popular in Australia and grow well in temperate climates including America. I was told about an international undercover operation by the US Fish and Wildlife Service where an investigator went undercover for two years posing as a buyer and brought down an international cycad smuggling racket."

Tony managed to track down the investigator, Ken McCloud, who helped with some of the book research, along with plant experts in America, Zimbabwe and South Africa, who Tony describes as people passionate about plants.

"The common thread is stealing cycads. It is a very serious crime but it doesn't get much coverage like poaching rhinos or elephants. Plants are as important a part of the ecosystem as anything else.

"The idea for the book had been bubbling away in my mind for about eight years but I really started writing in earnest a few years ago. I do a book every year and am writing another at present."

Tony Park was born in 1964 and grew up in Sydney's western sub-

urbs. His extensive career has seen him work as a newspaper reporter, public relations consultant, freelance writer and a government press secretary. He served 34 years in the Australian Army reserve including six months in Afghanistan in 2002 as a public affairs officer.

Most of Tony Park's novels are based in Africa which he first visited in 1995. He is also the co-author of several non-fiction books including recently updated *War Dogs* with Shane Bryant and *The Grey Man* with John Curtis. Africa is the country to which Tony returns for writing inspiration, being there in January.

"Writing is my passion, it's all I ever wanted to do and I consider myself very fortunate," he says. "Events this year have made it difficult but I don't want to cry too much. We have a beautiful four-bedroom home in the bush in South Africa we won't see for some time.

"One thing I have realised is that I get inspiration and ideas for my books by being in the place and, as I'm not there now, it is difficult. I am talking to friends in South Africa, asking them how things are going and about issues because my current book will be set during the COVID period.

"COVID is presenting its own challenges in South Africa with an increase in poaching. Tourists and safari operators act as a deterrent to poachers just by their presence. Now

with nobody in the wild, poachers feel they can slip in and have free rein; people don't realise how important tourism is for the country."

Tony and Nicola's love of Africa is reflected in their luxury safari property, Nantwich Lodge in Hwange National Park in Zimbabwe which they bought with friends.

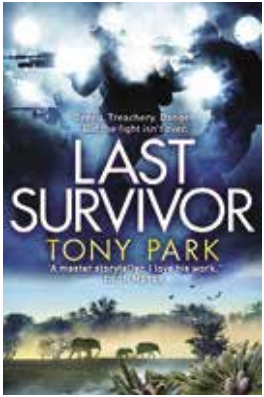
"One of the things we support is an anti-poaching patrol to protect wildlife, this is funded by a levy per night when tourists stay. Now there are no tourists there is no funding for food and equipment so we have raised money simply to buy boots for rangers."

Tony is also patron of Painted Dog Conservation Inc, a charity focused on the survival of the most endangered carnivore in Africa, the Painted Dog.

"I would normally be doing book talks but things have to be done differently today," he said. "I enjoy being in Australia but I am keen to return to South Africa. We have many friends in tourism there who are suffering so much."

Last Survivor (Pan MacMillan Australia), retails for \$35 and is available from good book shops. People wanting to purchase a personally signed copy of *Last*

Survivor or *War Dogs* can email lemonj@ozemail.com.au for payment options. \$10 from each book will be donated to Painted Dog Conservation Inc.



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Of peach blossom, wine and dairy cows...seasons are changing



Karen Majer's peach tree has sprung into blossom



by Karen Majer

MY garden is confused! Roses are still blooming in July and at the same time the peach tree has sprung into blossom.

Friends are reporting harvesting occasional

tomatoes and chillies. One has watched her spring daffodils flower and die down. While we home gardeners still find the observations of our changing climate worth remarking on, farmers who keep a keen eye on such things have been aware of the trends for a long time. As far back as 2014, farmers in the Lower Blackwood reported that water tanks were running out with less rainfall, dams drying out and cows no longer growing winter coats.

The optimum geographical area for production for some crops, dairy farming and grapes is changing.

If you are a wine lover like me, you may have pricked up your ears at news of the release in June of a report on Australia's wine future – A Cli-

mate Atlas. The climate atlas took University of Tasmania researchers three years to put together. They predict that a hotter, drier climate with more extreme weather events such as heat-waves, will alter growing conditions for many wine areas.

If greenhouse gases continue to enter our atmosphere at the rate we are tracking on now, referred to as the 'high emission scenario', temperature increases of 3° to 4° (relative to 1961-1990) are projected by the end of the century. The Barossa Valley will become more like the Riverland is now, while Tasmanian wine regions will resemble the current temperature of the Coonawarra. By 2100, Margaret River could be the Swan

Valley near Perth.

Before you panic about your favourite drop, there are a few factors to consider. The predictions assume that we continue on the current path of climate warming without radical measures to reduce carbon emissions – that's something that needs to change. Many wine regions have a degree of resilience because variability, especially in rainfall, is naturally high from year to year and grape growers are very good at adapting to change. The wine industry sees opportunities, for example introducing new grape varieties.

Right now, the industry is facing a more urgent challenge and that is something that we can help with. The COVID pandemic has had a dire effect on the wine

and hospitality industries, with forced closures and reduced numbers causing massive pain. Panic wine buying saw a surge in supermarket wine store sales, often leading to sales of their own brands rather than local wines.

Then state-based restrictions were put on buying liquor, with a blanket on all liquor licences rather than just retail. This meant that wineries, wholesalers and distilleries were only allowed to sell three bottles, which is impossible when considering freight costs. Online businesses were able to sell in bulk to local consumers, so sales were pushed to other states – another blow to the local industry. On the plus side, now that the dust has settled there has been a shift towards drinking

local wine.

The hospitality venues who have been brave and opened are reaping the benefits. Hospitality thrives on local customers and relies on consumer confidence in being safe in crowded places. So we can help our local businesses to stay afloat by 'supporting local' and taking extra care to be COVID-safe when we eat or drink out.

Now I plan to pour a glass of Margaret River wine and enjoy a sunny winter's lunch in the garden admiring the peach blossom.

Find out more: www.wineaustralia.com/research/projects/australia-wine-future
Ed: Flowering times in some plants, such as vines, depends on temperature, while others are controlled by day length.

Help save Albany's Seaside Flats

CWA Albany Seaside Flats Committee is reaching out to the West Australian community to help us restore the A, B and C units and save the additional five units from being divested.

The original flats A, B and C units were built by CWA members in 1938 at Middleton Beach to give country children and families an affordable place to stay in town and to holiday by the sea.

Rural families still use them for holidays, and when requiring medical treatment in Albany. Medical students use the units when in Albany for regional training. Aged Care homes have regular group bookings.

They were considered so valuable that five additional units were added in the 1960s, two of which have disability friendly accommodation. With the increased services that the Albany Health Campus intend to provide in the future CWA hope to restore the units so they continue to provide the service they were built for.

The Seaside Flats Committee is raising funds to renovate the original units and achieving this will also save the other units. A total of \$280,000 must be raised by May 2021.

CWA is asking for your support and donations. Donations can be made at GoFundMe. www.gofundme.com/f/save-the-cwa-albany-seaside-flats.

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Cleaning the cupboards inspired planning for the last will and testament



by Rick Steele

NOTHING like a pandemic to alter yer lifestyle just a little. Changed my thinking a wee bit as well. That overseas trip I was planning, is now a drive to sunny Bunbury.

The extra hours at home, gradually, with the help of a few small medicinal drams, challenged me to start clearing the filing cabinet, to open that box under the bed, to question the

number of garments in my wardrobe, and do I still need a copy of an X-ray of my hernia from 1992?

Lately, I've become more generous. I found a box of magazines in the garage. Old *Playboys*, I bought for the articles. I know, I'll give them to the doctor. He has such boring magazines in the waiting room. I gave my second suit to the Salvation Army. I even threw in three white shirts and four ties.

Last week I was looking for my favourite Y fronts. I searched everywhere. Finally, as you do, I asked the trouble and strife.

"Ah, ha," she said," Doctor called and wanted a stool sample. That's

a urine and faeces deposit. So... I just wrapped up yer Y fronts and took 'em in."

I wasn't that fussed 'cause last Christmas; the family pooled their money and gave me the Rolls Royce of modern underwear. It's the new 'Twelve Box Set'. January, February... November, December. Excellent.

It is uncanny that the more you search, the more you find. Even when you're not searching you find and find... I got to thinking that some of the special stuff should go to a chosen one. Perhaps I should make a will.

T'would be a shame indeed if my second-hand golf clubs became a ward of the state, instead

of going to a grateful child of mine. To whom shall I leave my hundred plus hat collection? Must be 80 VHS movies, with my 60s record collection, and the cardboard box just chocca full of stupendous cassettes. Surely someone in my family is going to be so excited to have them?

I mean, who could resist, John Denver, Kenny Rogers, Bob Dylan, Neil Young with Jimmy, Janis and the rest? I'm sure I've got a cassette player somewhere.

Crikey, what about my guitars? I already gave my very bestest to second son because he can really play. Struth, what about the banjo? Maybe one of my granddaughters? Every young girl's

dream, Huh!

I reckon they're gunna fight over my wood collection if I'm not specific in my will.

I've been collecting off cuts of jarrah, wandoo, pine, cedar and exotic timbers from faraway places like Nannup. The shed is full of my collection.

My woodworking skills are such that when people ask what it is that I make? My usual reply is 'firewood!'

Do they still have verge collections, or I guess they'll just order a skip bin? My second-hand screw and nail boxes, the ten half cans of paint, and the wheelbarrow with the flat tyre, are all beauty in the eye of the right beholder.

Oh, and then there's the money. I got that big tin of change. Must be a few bob in there.

It's full of foreign coins. Heaps of little copper buggers from Bali, Singapore, Dubai.

I got an insurance policy; I took out in 1971 which can be cashed in for ten grand. I reckon that'll pay for a cardboard box to carry me out in, supply a ute to get me to the crematorium. Pay for the preacher to say a few nice words, and we got a beaut old vase in the kitchen to hold a bit of ash before scattering round the lemon and mandarin trees.

If there's anything left of my pension in the bank, which I sincerely hope there's not, mamma

may buy a limited, (and I mean limited) amount of refreshments to quench your interminable thirst brought on by the day's tiring event.

"Thank you, and good-night. You've been a wonderful audience!" All I gotta do is send this off to my lawyer mate John Rando, and I reckon I got this will thing covered.

One of my girlfriends from the blues club approached me one night and said.

"Ricky baby, I want you to paint my portrait, in the nude."

"Well, I said. Maybe it could be arranged."

But, can I keep my socks on? I need somewhere to put my brushes!"

Cheers dears!



A message from the Hon Mick Murray MLA Minister for Seniors and Ageing

This has been a challenging year for many Western Australians, including older members of our community. The COVID-19 pandemic has forced us all to re-evaluate how we go about our daily lives to safely navigate this health crisis. The uncertainty and changing environment has understandably caused distress and anxiety for many.

Older Western Australians have sacrificed more than most in order to combat this pandemic. Be it through isolating at home and not attending social gatherings; giving up precious time with family; or postponing volunteering roles, Western Australian Seniors have played a vital role in getting the State to the positive position it is currently in.

As Minister for Seniors and Ageing, my focus has always been on helping build communities that support older Western Australians. This focus is vital now more than ever. In June I announced funding to COTA WA to establish Western Australia's first Seniors Peak Body. The 'no wrong door' approach of the peak will connect older Western Australians with service providers and government agencies as well as some useful resources about scams, technology, elder abuse and other important issues.

In response to COVID-19, the McGowan Government set up the Seniors COVID-19

Taskforce. This was established to ensure the needs of older Western Australians are included in the State Government's COVID-19 response planning. To find out more, including supports and services, visit www.communities.wa.gov.au/seniors-covid-19

The McGowan Government continues to support the WA Seniors Card. The card is the most generous of its kind in Australia and provides cardholders with access to some handy rebates and concessions on local government and water rates, including the Cost of Living Rebate, as well as some generous discounts from over 800 businesses across the State. If you haven't already got one, I encourage you to visit www.seniorcard.wa.gov.au to see if you are eligible.

Thank you again for all your hard work and sacrifices to help prevent the spread of COVID-19 in Western Australia. As the community begins to transition back to some degree of normalcy, I encourage you all to get out, get active, reconnect with your social groups and volunteering roles. Your contribution to this great State is invaluable and of great benefit to the community.

Thank you.

Mick

Benefits of the modern world



by Jon Lewis

LIFE is not so hard these days, I have been reliably informed.

Early one fine morning, around 3am to be more precise, I received a phone call.

There I was in my warm 6PR radio studio keenly awaiting my next caller shortly after our live 3am news.

Phyllis called and shared a story of her youth. It's important to note dear Phyllis is 91 years young and her youth was indeed some time ago.

How much different could life be then to now I wondered? Surely not that far removed.

Perhaps no television, certainly no fast information from the Internet, I wonder what else?

As it turned out, the difference was quite a lot.

I had proceeded to ask her whether she has a skill that is no longer required in this modern world. She told us she no longer uses her skill of milking a cow!

The process included waking at 4am, taking a bucket, holding it firmly between your legs and carefully working the udders until the warm milk flowed. It took about 20 minutes per cow and it was always a good idea to squirt some milk to the side of the metal bucket so as to warm it up on cold mornings. There were a few more cows to milk

before breakfast. She said the cows stood there calmly enough for the then four year old Phyllis to dutifully complete her morning chores.

This would all be done before walking the mile or so to the school bus stop.

"We thought nothing of it," was the reply when I suggested it must have been hard.

The good news is there was absolutely no trouble in going to sleep at night, she added.

I remarked 4am was only an hour from what for me felt like the middle of the night.

However, this was not the only call on the matter... another lady also delighted in her ability to milk cows and suggested 20 minutes was about right. Unlike Phyllis, this lady loved the taste of milk and she remembered how her mother would make it into cream and delicious butter.

It seems too easy to complain of the hardships we endure today, yet in comparison to waking early, leaving a warm bed and taking to a wooden stool and a cold bucket... I count my blessings.

Even now as I type this column, I recall my study days constantly sharpening pencils, rubbing pens to get a little more ink, even threading paper into my 'modern' typewriter and walking long distances to the bright red post box.

I reminisce these moments and do not miss them.

However I do miss the sound of the 'ping' at the end of sentence when typing. Could our modern world return that small delight?

All the best.

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Do a privacy and security health check to avoid scams and improve online security



by Hank Jongen,
General manager,
Services Australia

WE live in a digital world – we manage money, pay bills and connect with each other socially via the web and our smart-phones. Unfortunately

scammers also work and manage their money this way, using increasingly savvy tactics to access personal information of unsuspecting web users, which they use for identity theft and financial gain.

National Scams Awareness Week (17 – 21 August) is a great time to do a privacy and security health-check of your Centrelink, Child Support and Medicare online accounts. Here's our tips to protect yourself while doing business with us:

Emails, SMS and phone

We'll never ask you to reply to us by email or SMS, or send links or at-

tachments. Clicking on a link in an email or SMS may take you to a fake website. Always double check the address ends in '.gov.au'.

If you get an email or SMS reminder from us, go to myGov and sign into your account to make sure it's really from us. Don't open emails or text messages that look suspicious.

If you get an unexpected call from someone claiming to work for us, be cautious. Ask the caller for their name and contact information. If in doubt, hang up and call us back to check. Use

one of the numbers under 'Phone us' at serviceaustralia.gov.au.

Strong passwords

A weak password puts you at risk of being hacked. We recommend using a passphrase instead. Make it unique to you, at least 15 characters long, a combination of alpha-numeric characters, upper and lower case letters and punctuation.

Secure connections

Public wi-fi in shopping centres, airports or cafes can be unsafe. Check the privacy and security clauses before agreeing to any website

or connection's terms of use. Look for a secure connection by checking for 'https' and a padlock symbol in the address bar. If you use your device regularly on the move, consider installing a Virtual Private Network (VPN) which will create a secure connection.

BeConnected

I recommend using the tools on the Australian Government eSafety Commissioner's 'Be Connected' website - www.esafety.gov.au. It's a great resource for people to build digital confidence and learn how to use technology

safely. There are interactive courses on a range of topics including using online banking, buying and selling online and how to use social networking sites to stay in touch with loved ones.

And finally, remember the golden rule

If it looks or sounds too good to be true, it probably is. Be aware that scams exist, and do your research when communicating with individuals or organisations online.

If you think you may have been scammed by someone claiming to be from Centrelink, Medi-

care, Child Support or myGov, report it by calling our Scams and Identity Theft Helpdesk on 1800 941 126 between 8am and 5pm weekdays.

I recently sat down with one of our Financial Information Service officers to discuss scams. If you'd like to take a listen, visit www.mediahub.servicesaustralia.gov.au.

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.

Research shows most Australians want to live at home... here's some tips to achieve it



by Jason Burton,
Head of Dementia
Practice and Innovation,
Alzheimer's WA

NEW research from the Royal Commission into Aged Care has confirmed what many of us already knew. Most Australians want to live in their own homes for as long as possible, and receive care in their homes if that helps them to stay there.

The two reports were

published on the Royal Commission website last month. The first involved research conducted by Roy Morgan from October 2019 to January 2020. Roy Morgan surveyed 10,000 people on their views of ageing and aged care. The second involved 35 focus groups and 30 in-depth interviews conducted by Ipsos. Participants were also asked about their attitudes to ageing and aged care.

The results of these two reports are not surprising. A straw poll of the staff in our organisation would likely reveal similar results. I consider my home my castle, and my sanctuary. I'm sure many people feel the same way. We spend our working lives creating a

place we want to spend time in. It therefore makes sense to focus aged care on supporting older Australians to remain in their own homes for as long as they wish to.

What kind of support services are available in our homes these days? Probably more than you first think. My initial experiences of aged care in the home involved my grandmother, a cleaner who came once a week and the occasional meal delivery. And while cleaning services are still a very popular choice when it comes to help at home, the options really are limitless.

A person who loves to cook, may enjoy having someone help in the kitchen. Either preparing meals or working along-

side them helping to create their masterpieces. Gardening services are also popular – for those who can no longer look after their own garden as well as those who would like some company while pulling up weeds and planting veggie seedlings.

Help at home can also include shopping, transport services, home maintenance, personal care and medication support. Specialist support such as nursing, physiotherapy and occupational therapy is also available. Equally as popular as cleaning are respite services – either in-home or out of the home. Out of the home respite can be at a day centre or in the form of a social support group. It can be for a few hours

or a few days (including overnight).

Respite services have the dual benefit of providing companionship for the person, while giving the family carer time to do other things, or simply have a break. That companionship can range anywhere from sitting quietly, listening to music or playing cards

through to walking the dog, visiting a friend or going to the local shopping centre together. The key is understanding what the person would like to do and finding the right support to help them do it.

Government funding in the form of the Commonwealth Home Support Program or a home

care package can help you to access these services. If you are living with dementia, Alzheimer's WA can provide all these services and more. Receiving some help at home should not feel as if you are losing your independence, but rather you are receiving a little support to maintain your independence.

Nick Bruining offers some sound financial advice

LIKE many sections of society, retirees have seen their finances eroded during the COVID-19 pandemic.

It is very timely then, that financial guru Nick Bruining will address the Association of Independent Retirees on Friday 21 August.

The aim of the association is to protect and advance the in-

terests of retirees who wholly or partly fund their own retirement. They meet on the third Friday of each month from 10am to noon at the Cambridge Bowling Club, Chandler Avenue West, Floreat.

Besides the meeting and morning tea there is a guest speaker on subjects related to finance, travel, health, community and special interests of members.

The September meeting will take place on Friday 18 September with Eric Boon as the guest speaker. Eric has served on a number of assignments in war torn countries with Medecins sans Frontieres.

Visitors are most welcome. Enquiries can be addressed to Graeme gralin@iinet.net.au or Margaret marghw@iinet.net.au.

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Seniors Recreation Council Jottings

SRCWA Annual Seniors Ball is back...

Book now for Wednesday 16 September

THE *High Society* 2020 Annual Seniors Ball will be held in the Astral Ballroom, Crown Perth on Wednesday 16 September, 1pm to 4.30pm. A three-course afternoon tea is provided with the entertainment featuring the live band *Satin Doll* and afternoon floorshow, tickets cost \$38pp. There will be a door prize and other prizes donated by Crown Perth and Have a Go News. To book your tickets or for further information call 9492 9773.

This event is organised by Seniors Recreation Council of WA (SRCWA) and proudly sponsored by Crown Perth and Have a Go News.

Registrations now open to be part of Have a Go Day a LiveLighter Event

- 11 November 2020, Remembrance Day

Registration forms are now available to all clubs, groups, not-for-profit organisations and businesses who wish to register as a site holder or to present an activity or entertainment. This is the ideal event to promote your organisation, recruit volunteers and encourage the over 50s to enjoy a fuller lifestyle. We look forward to seeing everyone out and about at the event. This year the event will focus on Remembrance Day and we are planning to have all the appropriate observances on the day. Please contact the SRCWA office on 9492 9773 or email dawn.yates@srcwa.asn.au for further information or a registration form.

Clubs and groups resume



SRCWA is pleased that many of the seniors' clubs and groups which were closed due to COVID-19 restrictions are re-activating and returning to regular activity.

Last month SRCWA joined the Over 55 Walking Association (OFFWA) at Whiteman Park for one of their weekly walks. These regular walks provide an opportunity for over 55s to come together to socialise and walk as far and as fast as they can. Following the walk, the group sit down and enjoy lunch together. Martin Yates, SRCWA's photographer was on hand to produce a short video promoting the group's activities. Martin interviewed, OFFWA's president Shirley Lizza and SRCWA vice president and OFFWA member Phil Paddon, who both spoke about the benefits of walking as a group and the immense satisfaction they get from being part of a well organised and attended group. Congratulations to the Over 55s Walking Association for helping seniors to come together and enjoy the wonderful West Australian outdoors. If you wish to contact the Over 55 Walking Association, please call 0400 577 738.

One of the most important aspects of a healthy life is to be able to socialise and exercise regularly, along with eating a healthy diet that contains a rainbow of colours which will help people LiveLighter. If you want further information on living well and eating healthy please visit <https://livelighter.com.au>.

LiveLighter Aged Care Games program

SRCWA is pleased to announce that registrations for the LiveLighter Aged Care Games are now open and will be conducted as per the list below providing the COVID-19 restrictions allow.

• METRO GAMES

13 August, Belmont Oasis Recreation Centre

• ROCKINGHAM GAMES

27 August, Baldvins Recreation Centre

• JOONDALUP GAMES

7 September, Bouncer Sports Centre

• PEEL GAMES

13 October, Murray Leisure & Aquatic Centre

• ALBANY GAMES

26 November, Albany Leisure & Aquatic Centre

If your organisation wishes to register to attend any of the above games please contact 9492 9773 or email: dawn.yates@srcwa.asn.au.

SRCWA Photo Walk back with a snap!

Earlier this year we had to postpone a planned Photo Walk to a later date due to COVID-19.

In early July, a small group of enthusiastic and active seniors took part in a Photo Walk at Tomato Lake facilitated by SRCWA photographer Martin Yates, supported by the Perth Pentax User Group. Due to current restrictions, running the day outdoors at Tomato Lake provided an appropriate location to observe social distancing and enjoy a beautiful winter's day. Tomato Lake was the perfect venue to conduct the walk, and it gave participants the opportunity to socialise and share experiences while answering their photographic questions. On our walk there was an abundance of bird life, interesting patterns in the bark of trees and reflections on water captured. A leisurely one km stroll around the lake taking photographs provided the chance to learn new techniques and take in the raw beauty of the surrounds.

Thank you to all those who attended for observing physical distancing and helping make it a most enjoyable activity.

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

SRC President, Hugh Rogers



Meandering around proves a popular day out for paddlers...



Over 55 Canoe Club paddlers enjoying the river

by Ken Westover

PADDLING on the rivers has resumed for Over 55 Canoe Club. Members have been keen to get back on the water attending winter meets to gain valuable skills.

In early July 37 paddlers arrived at Garratt Road Bridge, some intent on picking up some fast water paddling skills under the skilled guidance of the club's vice president, oth-

ers simply looking for a relaxed paddle on another of our delightful waterways.

After a welcome from club president, paddlers divided into 'fast water' and 'leisurelies' groups, with Old Ken once again (having said he wouldn't) electing himself as leader of the leisurelies group and conscripting a 'tail end Charlie'.

With newbies assigned to buddies, the leisurely

paddlers were subsequently cajoled into following their leader into a fantasy world of gunk-holing through a maze of creeks and channels where no one had ventured before.

The first channel selected for exploration was a mistake, as it rapidly narrowed and shallowed, rendering further progress impossible and creating difficulties in the retreat.

However, things im-

proved with the second diversion up a meandering side alley leading off to the right. And further on another channel beckoned and provided further interest as it circled around and back to the main thoroughfare.

Then, into the Ascot Waters marina where the leader insisted on taking the fleet around and under every available gang plank linking the various floating pontoon-like moorings, thus testing the flexibility and ingenuity of paddlers in the art of squeezing through.

From there they paddled downstream along the left bank to seek out Adachi Park, with tables and benches and a musical toilet for morning tea. Refreshed, the leisurely fleet returned to the river, crossed to the right bank, paddling upstream past the many dreams and some nightmares involved in watercraft restorations at Tranby shipyard. Then, on to the northern end of Kuljak Island where a channel was found to lead back into the main Ascot Waters thoroughfare.

It was yet another narrow, meandering channel which begged exploration with no guarantee of taking you anywhere, but at least allowing a three point turn and easy return.

Finally back to the Swan, across to the right bank, under the Garratt Road Bridge and lunch clocking up a 7.3km paddle.

Thanks to our two instructors, Daryl and Colin, who did a great job in looking after our newbies and providing an education in the intricacies of kayaking.

The Over 55 Canoe Club have a lot of fun exploring local waterways and welcome interested people to visit the club. Anyone interested in paddling please call president Iris Mickiewicz 0438 926 578 or secretary Dale Winn 0420 733 024.



Restrictions lead to innovation for Masters Swimming WA



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

COVID-19 has been tough on all Australians, but especially tough on community sport. Despite pool closures and competition cancellations, Masters Swimming Western Australia community is staying strong and sticking with

their sport.

Clubs kept social and active using online platforms such as Whatsapp and Zoom, swapping the face-to-face training sessions for video lessons and group chats.

Members trained on dry land, in their backyard pools or in the open water. They got creative with swim-inspired challenges, and shared activities online. No global pandemic could dampen their passion for swimming. This goes to show how strong the community spirit really is.

The government restrictions also gave Masters Swimming WA the opportunity to get creative with virtual events, better engage with members online, and

re-evaluate how coach training programs were delivered.

In July, Masters Swimming WA began the process of converting previously in-person club coach workshops to an online format. This project is an ongoing collaboration between the branch, the Masters Swimming WA coaching committee and swimmers that involves an incredible amount of administrative and video production work.

Online delivery is no mean feat, but when complete the Club Coach workshop will be accessible to all aspiring coaches from the comfort of a time and place that suits them. This project is especially important as regional Masters Swimming WA clubs will now have the same ease of access as metropolitan clubs.

Masters Swimming WA would like to thank the following people for their help so far with this groundbreaking project: Kim Tyler (project leader), Elena Nesci, Siobhan Tyndall, Marion Durham, Jon Haines, Trish Burton and Lachlan Tassel.

Masters Swimming WA took the opportunity

to create virtual events.

The first event, The LiveLighter Fitness, Friendship and Fun Virtual Meet, ran in April and encouraged swimmers to participate in activities that were safe to do at home during phase 1 restrictions. These activities included swimming in a backyard pool or open water, checking up on a friend, going for a walk or bike ride, doing a puzzle, or cooking a healthy recipe. Members were also encouraged to send through photos of themselves participating, which were then shared on social media. This event created some buzz in our Masters community, and helped people connect with their team during isolation.

The second virtual meet was the LiveLighter Winter Solstice Swim, where clubs were encouraged to swim together in teams in the open water for fitness, friendship and fun. This event was an overwhelming success, with hundreds of photos sent through of swimmers participating across the weekend. There were three swim distances to choose from, so all swimmers could partici-

pate no matter their fitness level.

These virtual events really bolstered community spirit and gave members something to look forward to during hard times.

In the background, the Masters Swimming WA branch also used the lockdown period to do vital administrative work – updating forms and templates, ensuring records were accurate at a state and national level, meeting virtually with other state branches, improving the Sandgropers Club, following up with coaching reverifications and more.

Masters Swimming WA want to say a sincere thank you to all swimmers, clubs, coaches, staff, the board, volunteers, and committee members for the incredible effort shown over the last few months. Keep up the great work, keep innovating and adapting, stick with your sport and continue to support one another.

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

Join our recycling of plastic lids movement



THANK you to the many people who have contributed to the Lids for Kids initiative. The volunteers are most grateful when the lids are clean and colour sorted. The lids suitable

for donation are from milk, juice, water and cool drink and plastic bottles. Please ensure they are clean, and the inserts removed. No lids bigger than 5cm; please do not include other

lids. Check the photo for the correct lids to include.

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

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

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

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As it Happened - Beyond the stories... Big Philou of the Melbourne Cup in '69



by Lee Tate

THE Melbourne Cup, the race that stops a nation, stunned a nation in 1969. Just minutes before the start of Australia's premier horse race, came a dramatic announcement over Flemington's loud-speakers: hot favourite Big Philou was scratched. Walking away from Flemington, a recent arrival in Melbourne from Perth and joining *The Australian* newspaper – age 20 and with nil

knowledge of horses – I was about to be assigned to cover the story. Revelations rolled-out in Melbourne Magistrate's Court, day-after-day: Police allegations, witness lies and wild allegations behind the doping of one of Australia's greatest racehorses. Big Philou, being walked just before the 4 November race, had dropped his head and "looked very distressed" said trainer Bart Cummings' veterinary surgeon, John Brydan. The horse was led back to his stall. Veterinary surgeon of the Victoria Racing Club, Dr J. Bourke, declared Big Philou unfit to race. "The whole of Australia was agog with what had happened," leading defence lawyer Mr K. Murray told the trial of horse

strapper Leslie Lewis. He told the court: "It is not a criminal offence to dope a racehorse". But conspiring to commit an offence is. And Lewis, 28, was charged with unlawfully conspiring with another to administer a substance to the racehorse. He was also charged with inciting another person to conspire in the drugging of another horse, King Pedro. Lewis pleaded innocent. Mr Murray said: "There is no direct proof of conspiracy; the only evidence of conspiracy is circumstantial. "Anyone could have got over the fence and thrown Danthron (a powerful laxative) into the food. It's odorless and tasteless." Magistrate Mr R. Kelly agreed with Mr Murray

that key witness against Lewis, strapper Barry Becker, was "a liar, a cheat and a thief." This, however, didn't mean Becker was giving false evidence, said the magistrate. Then a bombshell. The name of Australia's famous horse racing family – Waterhouse – was introduced. Prosecutor Mr R. Perry said: "It is clear Lewis phoned Sydney and it is clear he made the calls to Stanlight Investments of which William Waterhouse and John Waterhouse are directors. "Why, if Lewis wanted to start afresh in New Zealand with another name, did he leave an outstanding account with the State Savings Bank?" Becker, 25, told the court that Lewis admitted

to him in Pentridge Gaol to doping Big Philou. Lewis also passed a note to Becker offering "10 big ones to nod your head." When Lewis said it was \$10,000, Becker asked him: "Where will you get the money?" "Lewis said: Mr Waterhouse." Lewis had mentioned a frizzy ball wrapped in tissue paper and Becker said he would "carry on with it." In a 40-page statement to police, Becker claimed he had doped Big Philou. A policeman told him he was "telling a pack of lies." Questioned on his criminal record, Becker said that up to three months before the Cup, he: "got in more trouble. I got shot in the back by police."

Mr Murray: "Why were you shot in the back by police?" Becker: "I smashed a window." He said that in Pentridge he asked Lewis for an outline of the stables. "I got a verbal outline but I'm not real bright. I couldn't follow it. I told him it wasn't good enough. I wanted a plan." Big Philou, trained by Bart Cummings, was often ridden by champion jockey Roy Higgins. Both men thought Big Philou was a shoo-in for the Cup. It was massively-backed despite the entry of previous Cup winner, Rain Lover. I wagered 50c. It could be collected after the scratching but the queue wasn't worth the wait. Higgins was disgusted at the doping: "If it was another 20 minutes

dawn the line, that horse could have collapsed and brought half the field down. Killed me, killed others, killed horses, you know." Lewis was sacked by Mr Cummings four months before the Cup. Despite the best attempts by the courts, lawyers, police and racing investigators, the truth didn't emerge until years later. Suffering cancer, Lewis confessed on his death-bed to poisoning Big Philou and another runner. He mentioned \$10,000 but declined to name who paid it. Big Philou eventually recovered, winning the 1970 Queen Elizabeth Stakes and Underwood Stakes. Before retiring, he beat Rain Lover, who had won the 1969 Melbourne Cup.

Find the secret word to win a \$200 voucher



FIND the code letters in the advertisements in this edition to make up this month's word and go into the draw to win a \$200 Coles gift voucher. There are 11 advertisements in this issue which contain a blue circled letter for the Ad Words promotion. Find the 11 letters to make up the word and then send your entry in to be in the draw to win. Look out for these advertisements in sequential order to discover the blue circled letter to make up the Ad Word.

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 5. Aussie Redback Tours
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 7. Shire of Leonora
 8. Pan Pacific
 9. Umbrella Multicultural Community Care Services
 10. City of South Perth Historical Society
 11. Innogreen Technologies
- Entrants can enter via email win@haveagonews.com.au or write to Ad Words Competition C/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 31/8/20.
- Congratulations to Robert Tana, of Noranda, our June 2020 winner.*

The Open Door Friendship Group starts again in Maylands

OPEN Door Friendship Group opens its doors again and looks forward to welcoming people to the group. They meet on the first and third Thursday of the month for carpet bowls, board games, byo craft, colouring in (supplied) and much more.

There is no charge, and tea and coffee is provided when they have a sing-a-long and short seed thought talk. The group meet at the Maylands Baptist Church, 102, 7th Avenue, corner of Coode Street in Maylands.

Northern suburbs retirees group welcomes new members

THE speaker at this month's meeting of the Association of Independent Retirees northern suburbs branch (AIR) will be Sandra Finnerty. Sandra has been the senior therapy consultant for Niagara Therapy for more than five years. Niagara Therapy specialises in seniors' health and Sandra is passionate about helping people improve the quality of their lives, keep their independence and remain in their own home if they wish.

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

northern suburbs branch of AIR will be at 9.30am on Thursday 20 August. All meetings are now held at the Penistone Park Community Sporting Facility, 27 Penistone Street, Greenwood. AIR members and any interested guests are most welcome. Cost \$4 per person including raffle. For further information please contact Mike Goodall on 08 6364 0859 or e-mail psair@gmail.com for details.

MICHAEL THOMSON

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Redress available from UK government for British child migrants

FROM 1913 to 1970, thousands of child migrants from the United Kingdom were sent to Australia alone, without their families, including the editor of this newspaper's grandfather who arrived at Fairbridge Farm in Pinjarra at the age of 11 in the early 1920s.

"My grandfather was sent to Australia because his father had died in a work accident and his mother had no resources to look after him and his brothers and sisters," said *Have a Go News* editor Jennifer Merigan.

"He eventually was reunited with his mother and sister, saving enough to bring them to Australia once he started work, which would have been sometime in the

1930s."

While some were as young as three years old, most child migrants were between the ages of seven and twelve, and all were under sixteen. Many child migrants were wrongly told they were orphans and more often than not, their parents did not give consent for their children to be sent thousands of miles away from home. Rather than being adopted or placed with families, children were placed into large, cold and brutal institutions where many suffered from serious abuse and were forced into hard labour.

Many children were sent to Fairbridge farm schools in WA, NSW and Tasmania, but child migrants

were also sent across the country to institutions managed by the Christian Brothers and other Catholic orders, the Church of England, Methodist and Presbyterian churches and Dr Barnardos.

After many years of campaigning by the Child Migrants Trust (CMT), both the Australian and UK governments apologised to former child migrants and their families around ten years ago, for the 'shameful policy' of child migration.

In 2018 a British inquiry into child migration programs was published and the following year, the UK government established a Redress Payment Scheme for former British child migrants. A one-

off redress payment of £20,000 pounds is available to eligible child migrants sent to Australia, Canada, New Zealand or Southern Rhodesia under the Commonwealth Child Migration Schemes. Applicants must have been under the age of 16 and arrived without a parent or family member. This program does not cover youth migration schemes, such as the Big Brother Movement.

Applications for the UK government child migrant payment scheme are being managed by the Child Migrants Trust. The scheme officially runs until 28 February 2021.

Since 1987, the Trust has been finding lost relatives, reuniting

families and helping former child migrants with various redress schemes in Australia and the UK.

Margaret Humphreys, international director of CMT, encouraged former child migrants to contact the Trust to discuss services available.

"We can speak with you in confidence about your options for help to reclaim your family and identity, or redress services to address painful childhood experiences."

If you would like to find out more about this scheme or other independent services for child migrants, contact the CMT Perth office on 9472 7582 or visit their website at www.childmigrantstrust.org

Blow, blow thou wintry wine, thou art not so unkind... (apologies to William Shakespeare)



by Frank Smith

WHETHER we like it or not the climate is getting warmer and grape varieties need to be chosen to fit the new reality. Hastwell and Lightfoot are pro-active in explor-

ing lesser-known varieties better adapted to our likely future climate.

One of these is Pinot Grigio (Grigio is Italian for grey). It is made from the same wine variety as Pinot Gris (Gris is the French for grey). Italian

Pinot Grigio is a light, crisp wine ideal for early drinking and is most famously known in the regions of Veneto and Friuli, while French Pinot Gris is a rich, full-bodied white with a lovely silky texture and is mainly grown in Alsace.

Hastwell and Lightfoot Fat 'n Skinny Pinot Grigio is made from fruit grown in the Fleurieu peninsular of South Australia. It displays varietal aromas of ripe pear, honeysuckle, spice and stone fruits. The palate is flavoured with pear and honey flavours complemented by subtle ginger

and spice and a crisp acidity. An easy drinking partner to a range of dishes. RRP \$22.

Hastwell and Lightfoot Fat 'n Skinny Tempranillo Garnach. The combination of two famous Spanish varieties, Tempranillo and Garnacha creates wines with aromatic lift, fresh juicy red fruit flavours, a spicy structure and soft tannins in Rioja (Spain). This blend made in South Australia's McLaren Vale has vivid fruit aromas including plum, cherry and raspberry. The palate is awash with fresh raspberry and cherry fla-

vours complemented by a touch of liquorice and meaty savouriness. The maturation in oak has added complexity. This easy drinking wine complements a broad range of dishes including pasta or pizza. RRP \$22.

Hastwell and Lightfoot Fat 'n Skinny Shiraz Tempranillo Barbera. This red blend from the McLaren Vale has aromas of plum and dark berry with spice, tobacco and subtle vanilla bean. The palate offers dark cherry, smoked meat and chocolate flavours balanced within a lovely structure. The result is an

easy drinking, food wine. RRP \$22.

Angullong 2019 Sauvignon Blanc is pale straw coloured with an intense aroma of passionfruit, citrus, snow pea and lemongrass with a touch of spice and musk nuances. The palate is crisp with lemony citrus flavours as well as passionfruit and some tropical fruits. The finish is long and dry with gentle acidity. RRP \$22.

Angullong Cabernet Sauvignon 2016 is a cool climate (Orange NSW) Cabernet Sauvignon with deep red colour and purple tints. It shows aro-

mas of blackberry, olive and blackcurrant and fine tannins. The palate has savoury flavours with a core of sweet fruit surrounded by masses of drying, powdery tannins. RRP \$22.

Hastwell and Lightfoot Tempranillo 2017 is a medium bodied red wine from McLaren Vale with aromas of milk chocolate and raspberry and a palate of plums, dark ripe cherries and a dash of spiciness lending to a fine, fruit tannin finish. It is the perfect partner for Spanish food including paella, fabada and of course, tapas. RRP \$25.

Recipe from Iain Hewitson - Mum's rissoles with mustard gravy

Serves six

Ingredients

oil

2 onions, finely chopped

4 garlic cloves, crushed

750g to 1kg lean minced beef

80g Greek yoghurt

½ tablespoon chilli paste (optional)

½ tablespoon smoked paprika

3 tablespoon chopped parsley

sea salt and freshly ground pepper

8 button mushrooms, sliced

1 tablespoon plain flour

3 cups chicken stock (packet is fine)

½ can (200g) diced tomatoes

1 heaped tablespoon Dijon mustard

a splash of Worcestershire sauce

mashed potato to serve

extra chopped parsley

Method

HEAT a little oil in a large heavy-bottomed pan and gently sauté onion and garlic until tender. Put half into a bowl

and wipe out the pan.

Add mince, yoghurt, chilli paste, paprika, parsley and seasonings to the bowl, and mix well. Form into six rissoles. Then, in one or two lots, fry in fresh oil over moderate heat until well coloured on both sides. Remove rissoles and set aside.

Return leftover onion and garlic to the heat and add the mushrooms. Cook gently until mushies are tender. Then add flour, mix very well and cook, stirring for a few minutes.

Add stock, tomatoes, mustard, Worcestershire and seasonings to taste. Cook for 10 mins or so and then return the rissoles and cook, turning once or twice until they are cooked through and the sauce has thickened.

Serve on mash with sauce spooned over the top and a sprinkling of parsley.

© Iain 'Huey' Hewitson 2020

Reader recipe - a foolproof sponge cake



LYN Pryce shares her easy sponge cake recipe with readers.

She said she never wrote down her mother's recipe and this one came from an older friend of hers in Binningup which she says is foolproof. Her tips are that you must sift the dry ingredients three times and preferably use two tins. If you don't have two tins, you can cook all the mixture into a larger tin and slice in half.

Anyone who would like to share a recipe is welcome to email editor@haveagonews.com.au

Easy sponge cake

4 eggs (at room temperature)

¾ cup caster sugar

½ cup corn flour

½ cup custard powder

½ teaspoon bicarb soda

½ teaspoon cream of tartar

Method

Preheat oven to 180°C (moderate). Grease two 21cm cake tins. Put baking paper on base of tins and sprinkle flour around sides.

Separate eggs and beat whites until thick, gradually add sugar until it is dissolved. Then add yolks and continue to mix.

Sift dry ingredients three times, add to mixture and mix together.

Pour mixture evenly into two tins and cook in moderate oven for about 20 minutes.

It is cooked when the centre of mixture springs up when touched.

Decorate as liked.

COMMUNITY NOTEBOOK

TOY AND HOBBY FAIR
23 August, 9.30am-1pm
Craigie Leisure Centre,
751 Whitfords Avenue
Vintage, modern and retro collectables, comics, loads of lego and much much more.
A great day out for all the family
fair@collectorzone.com.au

EASTERN DISTRICTS MACHINE KNITTING GROUP
Meet every second and fourth Friday of the month from 9am to midday.
New members and visitors welcome
Valley Church of Christ Hall
10 Brockman Road Midland.
Liz 9572 7074 or Pat 9309 3260

WOOF-WHITEMAN MARKETS
Sunday 30 August 10am-4pm
Featuring all things pet related including treats and outfits plus lots of free family entertainment. These markets are run in conjunction with

WA Made-it markets offering craft, arts, gifts and more.
Whiteman Park.
Lot 99 Lord Street Whiteman.

AHOY MALLOY
SUP and kayak/canoe enthusiasts come and join a fun, fund raising weekend away on the beautiful Blackwood River at Molloy Hideaway Holiday Park 19-20 September. All funds raised for the MACA Cancer 200 Ride go directly to Harry Perkins Institute of medical research. For more info contact Chris 0414 684 389 or chrisab1952@gmail.com

BALLROOM FIT
Ballroom dancing inspired exercise classes
Monday 1pm-2pm
- Connect Victoria Park
Thursday 11.30am-12.30pm
- Belmont Oasis
Friday 1pm-2pm

- Manning Senior Citizens Centre
Saturday 1.15pm-2.15pm
- Manning Citizens Centre
info@ballroomfit.com.au
www.ballroomfit.com.au

PERTH TOY AND DOLL GROUP ANNUAL SALES DAY
Sunday 16 August 10pm-3pm
Cannington Exhibition Centre
Cnr Station Street and Albany Highway.
Cannington.
Robyn 0435 327 462

BUNBURY GEOGRAPHE SENIOR CITIZENS and COMMUNITY OP SHOP
Mondays to Fridays 10am-2pm
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BOYANYUP ANTIQUE, COLLECTABLES AND CRAFT FAIR
Friday 6 September
12noon-5.30pm,
Saturday 7 September 9am-5.30pm
and Sunday 8 September 9am-3pm.
War memorabilia, antique jewellery, local craft and interesting items.
Hugh Kilpatrick Hall.
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Ann Mead 0429 866 030

COMMUNITY BOARD GAMES SOCIAL CLUB
Third Saturday of each month 1pm until late.
Want to meet and socialise with new people of all ages, connect through the fun of board games.
Bob Daniel Community Centre
Beaufort Street Inglewood
For information 9205 7940

SOUTH EASTERN ORCHID SOCIETY
Cannington Exhibition Centre
Corner Station Street and Albany Highway
Saturday 22 August 9am-6pm and
Sunday 23 August 9am-4pm
Enq Sue Pearson 0407 718 377

TRINITY THANKSGIVING 2020
Sunday 16 August, 12 midday
Joyous choral music by various composers
Trinity Uniting Church,
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ADVERTISING FEATURE



Preserving pleasure - it's the perfect time to make your favourite winter conserve...



Microwaved marmalade

by Noelene Swain

BREAKFAST is not complete without hot buttered toast and marmalade. Beautifully coloured and flavoured, most marmalades are soft, transparent jellies with small pieces of fruit or

fruit peel suspended in the jelly. Marmalades may be made from one, two, three or more fruits, one of which is nearly always citrus.

Very few people can go past a delicious homemade marmalade – and now is the time to get busy and cook up a batch whilst local citrus orchards are at their prime.

Orange marmalade is the favourite of marmalades and it can be made from the bitter, Seville orange or sweet navel oranges. Bitter sweet Seville marmalade was discovered by accident in the 1700s, when a Spanish ship took refuge in Dundee harbour and its entire load of oranges were purchased by an enterprising local. He later discovered them to be thick skinned and bitter, so his wife turned them into a chunky, bittersweet marmalade, which has become very popular over time.

Seville oranges have a very short season so if you can get your hands onto some of these gems, grab a few and craft a batch of this beautiful

tasty, bittersweet, marmalade. Navel oranges are peak of season right now, so use sweet navels for a delicious result. These will of course give a sweeter flavour to the marmalade, which some find preferable.

The navel orange is sweet and full of juice with a rich-coloured thin skin. It teams well with lemons, limes or grapefruits.

Try some of these creative combinations... three fruit marmalades – a traditional combination of grapefruit, orange and lemon; cumquat, lime or tangelo. Mandarins make a fabulous marmalade, either on their own or in tandem with other citrus fruits and lemon and navel orange.

To make marvellous citrus marmalades, it is customary to use the peel of the fruit, which lends texture, colour and deeper flavour. Finely sliced peel adds elegance indeed.

Marmalades require slightly longer cooking and use less sugar than jams.

Cooking the fruit in water before

adding the sugar will soften the fruit. Prolonged boiling once the sugar has been added will not soften the peel; it will darken the marmalade and breakdown the pectin which will affect the setting properties. Pectin is contained in the pith and the seeds, which are cooked with the marmalade, usually in muslin to assist with the setting.

Citrus fruits are ideal for preserving. Fresh, locally grown navel oranges are a juicy, flavoursome variety along with local lemons and grapefruit. These are all available and at such economical prices.

Fruit butter or curd is another outstanding buttery spread for your morning toast – lemon curd is sure to be a traditional favourite. Made from fresh eggs, butter, sugar, fresh lemons, grapefruit or oranges, fruit curd has a delicate, buttery citrus flavour. It is easy to make in the microwave and saves all the continuous stirring.

The popularity of Middle Eastern cuisine and tagines has seen preserved lemons become a popular

item to use in these dishes. Preserved lemons are easy to prepare and even if you don't use them for cooking, they look fabulous with the light shining through the jar of lemons on the kitchen windowsill.

Preserving can be so much fun and creative, using various flavourings, spices, liqueurs and fruits.

When properly cooked and stored in clean, sterilised, airtight containers, preserves last for months and months and remain in superb condition. It's best to store them in a cool, dark spot such as the pantry or a cupboard. Just remember to refrigerate the container once opened, except for marmalade.

Grab a basket and purchase preserving fruit now whilst the local citrus orchards are loaded with stunning fruit. The recipes below will show you how to create delicious preserves to give as gifts from the heart, for family or friends and ensure you enjoy citrus fruit all year round.

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

Preserved lemons

Preparation: 15 mins

lemons
cinnamon quills
bay leaves
cloves
olive oil
salt, pure cooking

PRESERVED lemons keep for months and you can reuse the salty liquid to make more. Wash and dry some even-shaped lemons. Cut stem end off each lemon then slice lengthwise into quarters. Add about 1cm of salt to a large

clean jar with plastic lid. Pack lemons in, layering with more salt. Add cinnamon quills or cassia bark, bay leaves and/or cloves to the jar as you go. Fill the jar with fresh lemon juice. Leave at room temperature for at least a month, turning to dissolve the salt. Cover the surface with olive oil to seal.

To use, discard the pulp, rinse the rind, and then slice finely. One quarter is usually enough to give an intense lemony flavour.

Use in Moroccan cooking especially in chicken, lamb and vegetable tagines, with couscous and in salads.

Support local business - Buy West and Eat Best

BUY WEST EAT BEST proudly supports local food and beverage businesses across Western Australia. When people see the Buy West Eat Best distinctive bite mark logo, they can be assured that they are buying quality products that have been grown, farmed, fished and processed right here in WA.

Our state's food service and hospitality industry has been hard hit by the pandemic and continues to face challenging times as we navigate our way to the new normal.

When travelling or out and about, select delicious WA winter produce and make a decision to support local businesses.

Buy West Eat Best celebrates our foodservice community, including restaurants, cafés and ready-made meals. People can do the same by choosing venues committed to local ingredients.

Follow Buy West Eat Best on social media or head to the website to subscribe to the seasonal eNewsletter full of recipes, kitchen tips, tricks and ideas and get to know the people behind where your food comes from.

@buywesteatbest or visit www.buywesteatbest.org.au

LotteryWest scratchie packs to win



SCRATCHIE packs are lots of fun and we know readers really enjoy the opportunity to win one of these prize packs. We have five, \$20 Lotterywest Scratchie packs to give away to some lucky people.

WIN WIN WIN

To be in the draw, simply email win@haveagonews.com.au with Scratchie in the subject line or write to Scratchies c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 31/8/20.

Microwave marmalades

Orange marmalade

Preparation: 15 mins; cook: 20 mins; makes 3 - 4 cups

4 navel oranges (marmalade sets best if fruit is not too ripe).

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).

By this time it should have reached gel point. A teaspoon of marmalade on an icy cold saucer should set. Cool a little. Pour into sterilised jars. Cover and label when cool.

Get creative and try any other citrus fruit. Replace oranges with three pink grapefruit, six lemons or 1.5 litres of cumquats (quartered). For cumquat marmalade: remove the seeds from the cumquats and soak them overnight in the 200ml water to extract the pectin. Add the pectin water into the fruit before cooking.

Microwaved lemon curd

Preparation: 5 mins; cook: 5 mins; makes 2 cups



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 cornflour. Mix well. Add butter. Microwave on high for three minutes. Stir. Microwave on medium two minutes. Stir until smooth. Cool slightly. Spoon into sterilised jars. Store in the refrigerator.

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ADVERTISING FEATURE

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

Vince Garreffa's quicky and easy sticky beef sausage wraps



by Vincenzo Garreffa

HAVE a Go News readers can receive a great value Mondo's meat pack

which includes chicken drumsticks, sausages, chops and mince, diced beef and as a very special gift for you, a copy of my book *The Flesh in My Life*. This beautifully presented hard copy book contains many of my family recipes. This recipe is an easy and quick recipe utilising the ingredients from the *Have a Go* pack. We hope to see you in store and don't forget you can pick

up your copy of *Have a Go News* at Mondos too.

Ingredients

2 tablespoons
American mustard
2 tablespoons tomato
ketchup
8 tablespoons light
muscovado or light
brown sugar
12 beef sausages
packet of tortillas
4 baby gem lettuces
sweetcorn relish or your
own favourite chutney,
to serve

Method

Combine the mustard, ketchup and sugar. Pre-heat the barbecue. You can cook these in a pan if you don't feel like firing up the barbecue.

Toss the sausages on and sizzle for about 10 minutes, or until they are crispy, but not quite cooked through. Brush the sticky sauce all over the sausages and cook them for another five minutes, basting regularly.

Heat the tortillas on the barbecue for 30 seconds each side. Roll the sticky sausages in the wraps, along with some baby gem leaves. Finish with a dollop of corn relish or your favourite chutney.

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



Letters to... Vince Garreffa



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



What's fresh - this month's Western Australian fruit and vegetables in the market

Leeks: Braised leeks with grilled pancetta, oven-baked leeks stuffed with mushrooms and breadcrumbs; there are many lovely things to do with leeks, not least to whip up a silky batch of classic potato and leek soup for those wintry evenings spent curled up on the couch. When preparing, be mindful that the leek layers have a strong tendency to collect dirt; slice lengthwise, fan the layers out and give them a good rinse before using.

Jarrahdale pumpkins: A good buy right now is the Jarrahdale pumpkin with its blue-green skin and brown-

ish streaks. The rich orange tones of pumpkin add life and colour to salads, risotto and pasta dishes. Not to mention soup; on these cool evenings, what's nicer than a big batch of creamy pumpkin soup? Store whole pumpkins in a cool, dry place for up to a month.

Beurre Bosc Pears: A real winter classic of a pear; rich, fragrant and brilliant for fresh eating and cooking, and delightful to look at with their deeply tanned skin. The colour of good quality pears may not be uniform as some may feature russetting

– brown-speckled patches on the skin. This is a characteristic, not a flaw, and at times can reflect a more intense flavour. These rotund fruits are also very high in fibre; particularly when you leave the mentioned skin on.

Strawberries: arriving now from market gardens around Wanneroo are sweet, juicy strawberries to brighten the duller days. Ripe strawberries impart cheery colour and delicious flavour when used in winter desserts and combine well with other fruits in season including apples, pears and

oranges. Berries which are 3/4 ripe will ripen at room temperature but store ripe strawberries covered in the refrigerator. Use as soon as possible as they are very perishable.

Mandarins: Local mandarins are now in season, giving citrus lovers a fresh new variety to look out for. The Afourer is a relatively new variety with a deep orange red colour. Like most mandarins, they are easy to peel, contain few seeds and have lots of fresh, superbly sweet juice. Make sensational oil for drizzling over meats and veggies by leaving mandarin zest to

infuse for two to three days in some extra virgin olive oil. Add salt and pepper and some fresh, floral mandarin juice before serving. Divine!

Apples: Crunching on a fresh local apple every day is a joy when there is such a choice. WA's best-known apple, pink lady, along with the spicy sweet red fuji and granny smiths are great eating through winter. Also look out for sundowner – it's a very under-rated WA-bred cross of Lady Williams and golden delicious—the same parents as pink lady. Super red and super tasty.



Good choice, WA.

Choosing fresh, local produce is good for all of us. Look for the Buy West Eat Best logo next time you go shopping.



Find out more at www.buywesteatbest.org.au

 @buywesteatbest #buywesteatbest



Department of
**Primary Industries and
Regional Development**

Brunch with T - discovering the historic beauty of the State Buildings over brunch



Brunch at Post Osteria and Bar left to right; fontina and chive open omelette with sautéed mushrooms, rocket and salsa verde - smoked salmon and chipolatas - wellness juice, delectable home-made cinnamon scroll and croissant - hot beverages included a pot of English tea and flat white - Baldvis free range eggs on toasted sourdough and bacon



Guest writer Jen Merigan

I'VE taken over Tahlia's column this month to share my experience of brunching at Post Osteria

and Bar which is located at the State Buildings in the centre of Perth.

I had not heard the term Osteria before but it's an Italian word, which refers to a simple and inexpensive restaurant.

Post was originally the franking room of Perth's General Post Office and has been tastefully decorated to highlight its heritage.

The State Buildings have been beautifully restored now, featuring a

hotel and a variety of bars and restaurants. I have spoken to many people who have fond recollections of working there.

One of my friends shared a lovely story with me about her mum working in the Titles Office which used to be located in the building. Her dad walked past her window every day and eventually worked up the courage to ask her out which led to a long and happy marriage along with a brood of

children. When my friend turned 50, she took her mum and sisters to the Treasury for lunch, posing for a photograph with her 93-year-old mum in the

same window where it all began.

I find it romantic delving into the history of Perth's heritage and hearing stories from everyday people; it's so important that we have held on to these buildings and now a new generation can create their own memories within them.

Many people think that a visit to the State Buildings is unaffordable, but Post offers a lovely breakfast/brunch menu with comparable café prices.

We started our brunch journey with a wellness juice (\$10) and a delectable pastry from their bread and pastry selection (\$6). I chose the home-made cinnamon scroll which was absolutely delicious, and my partner went for the croissant. It seems cinnamon scrolls are making a comeback in cafés and I would highly recommend

just popping into Post for a scroll and a coffee.

For a hot beverage I ordered a pot of English breakfast tea (\$5.50) perfect with the cinnamon scroll and my partner enjoyed a flat white (\$4).

The menu is compact but there is something for everyone, including porridge or granola, toast with preserves, a healthy nut toast with avocado, crepes, omelette and eggs on toast. A generous serving of sides can be added for \$5.

My partner had his eating pants on and went for the fontina and chive open omelette (\$18) with sautéed mushrooms, rocket and salsa verde and then had a side of smoked salmon and chipolatas.

I had the Baldvis free range eggs on toasted sourdough (\$12) and added bacon (\$5).

Both dishes were hot and delicious, the bacon

was perfectly crispy, and the eggs cooked as I had ordered. The omelette was tasty and the salsa verde and mushrooms really lifted the flavour, making it a gourmet's delight.

Service was quick and friendly. The venue's décor offers a step back in time as much of the history of the franking room remains and it's fun working out what is original and what is a façade.

After our delicious brunch we wandered around the building finding many interesting spots to admire and photograph; enjoying the superb restoration of this piece of Perth heritage.

4 spoons
Post Osteria, State Buildings, Perth Point Zero
08 6168 7822
www.postperth.com
Open daily 6.30am to 10pm. Breakfast finishes at 11am.

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.



Knife and Fork Talk with the Dining Divas as they head to Hillarys



L-R; Seafood Nation's seating area - succulent grilled snapper and exquisite squid salad

by Pat Paleeya and Judith Cohen

SEAFOOD Nation at Hillarys Boat Harbour was our choice of restaurant this month. Being public transport devotees getting

there was not a problem as the 423 bus leaves Stirling Station and stops at the harbour.

We booked a table for 12 noon and arrived early because we were champing at the bit. The restaurant

became full very quickly so we would advise you to get there early too.

It's a massive area with seating inside, which was light and airy and has an interesting mixture of décor styles. Outside are more tables shaded by large umbrellas.

The restaurant offers a small varied lunch special for under \$15 which we decided was perfect for us.



We selected grilled squid with Japanese salad and grilled snapper on a bed of mixed greens.

The grilled snapper was succulent and cooked to perfection, and the steamed beans, broccolini and Asian greens were crunchy and delicious. Plenty on the plate and yummy.

The grilled squid and Japanese salad didn't disappoint. There is an art in cooking squid, and to be truthful it is always a bit of a gamble ordering it, even in the finest restaurant. If it is not cooked perfectly it can be rubbery and tough. This squid was so tender and tasty, and melted in the mouth that exquisite

is the only superlative that applies.

It was certainly one of the best that this Diva has tasted. The salad was tossed together in a very spicy mayonnaise, perhaps Japanese. Altogether a very ample and satisfying lunch.



Our buzzer had a low battery so we had to listen for the "shouty man" calling numbers and al-

though we had number eleven he didn't resort to bingo language and call legs eleven. There was also a young man coming around checking numbers so that everyone was well looked after.

It became very busy and the staff went into a very organised over-

drive and still had time to parlay with the patrons. They were friendly and efficient. Definitely recommended.

4 forks
Seafood Nation Bar and Grill, 28 Southside Drive, Hillarys
9203 6689
www.theseafoodnation.com.au

Knife and fork talk ratings

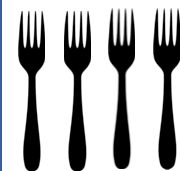
Five forks – excellent food and service

Four forks – overall good food and service

Three forks – reasonably good food and service but could make some improvements

Two forks – food and service needs improvement

One fork – would not recommend



WEEK DAY LUNCH SPECIALS

Information correct at going to press

BAYSWATER HOTEL
\$19.95 seniors lunch specials
Monday to Friday
12-2.30pm
Railway Parade
Bayswater
9271 7111

CATALANO'S
\$15 seniors lunch menu
Monday to Thursday
11am-4pm
266 Albany Highway
Victoria Park
9362 1121

CHINESE ORCHID BBQ AND NOODLE BAR
\$12.90 and \$13.90
Level 1
Lakeside Shopping Centre
Joondalup
0433 388 766

HIGH WYCOMBE TAVERN
\$15 seniors lunch menu
Monday and Tuesday
11.30am-3pm
530 Kalamunda Road
High Wycombe
9454 2236

THE HERDY
\$14.50 seniors lunch
Everyday from 11.30am.
33 Herdsman Parade
Wembley
9387 5655

SEAFOOD NATION BAR AND GRILL
\$14.95 lunch specials
Monday to Friday 11am-3pm
28 Southside Drive
Hillarys
9203 6689

STIRLING ARMS HOTEL
\$15 seniors menu
(present seniors card)
12pm until late 7 days
117 James Street. Guildford
6142 4352

IRON BARK BREWERY
\$15 seniors lunch and drink deal
Thursday and Friday
11am-2.30pm
The Valencia Complex
55 Benara Road. Caversham
9377 4400

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Have a Go News' Mondo Meat Pack;
1kg chicken drumsticks, 1kg beef mince
1kg diced beef, 1kg lamb shoulder chops
and 1kg bbq sausages.

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2020 Readers Survey



We want to know what you think about *Have a Go News*

We're asking that you take a moment to complete this reader survey. The information will help us to provide better quality content for readers. We will use your responses to improve areas of our newspaper and our digital channels. Plus, everyone who completes a survey goes into the draw to win. First prize - \$200 Visa Card Second prize - 5 x prizes of \$20 scratchies. Complete online at <https://www.surveymonkey.com/r/ZCDDSQ7> This survey will be available until Wednesday, 30 September 2020. Please, only enter once!

1. What is your gender?

☐ Female ☐ Male

☐ Gender neutral ☐ Other

2. What is your age?

☐ 34 or younger ☐ 35 – 44 ☐ 45 – 54

☐ 55 – 64 ☐ 65 – 74 ☐ 75 – 84

☐ 85+

3. What is your postcode?

4. Do you work?

☐ Full time ☐ Part time

☐ Self employed ☐ Casual

☐ Retired ☐ Volunteer

☐ Unemployed

5. How do you feel about retiring?

☐ Already there and not enjoying it

☐ Already there and loving it

☐ Counting down the days

☐ Happy to retire, when the days comes

☐ Nervous

☐ Do not want to retire

☐ No plan to retire

6. Have you created a retirement plan for budgeting, finances and income strategies?

☐ Yes ☐ No

7. How many people read your copy of *Have a Go News*? (circle)

1 2 3 4 5+

8. How long do you keep each issue of *Have a Go News* handy?

☐ Less than a week ☐ 1 week

☐ 2 weeks ☐ 3 weeks

☐ 4 weeks or more

9. How often do your refer back to the paper?

☐ Regularly ☐ Sometimes

☐ Rarely ☐ Never

10. How often do you use companies that advertise in *Have a Go News*?

☐ Regularly ☐ Every 2-3 month

☐ Every 4-5 months ☐ Every 6 or so month

☐ Rarely

☐ I have never used one of the paper's advertisers

11. What types of advertisements get your attention?

☐ Call to action

☐ Educational / informative

☐ Subtle delivery of messages in pretty advertisements

☐ Product and service descriptions

☐ Brand reminders

12. What types of products and services would spark your interest if they were advertised in *Have a Go News*?

EG cars, supermarkets, sporting good, medical devices

13. What types of competitions do you like to enter?

☐ None ☐ Shopping vouchers

☐ Travel ☐ Lifestyle products eg movie tickets

☐ Food & wine products

14. Generally, what do you think about the editorial content featured in *Have a Go News*?

☐ Love it, keep it up. I read it all

☐ I have my favourite sections that I read regularly and that's all

☐ I skim through it because there isn't much that interests me

15. What is your favourite section of the newspaper?

☐ Travel ☐ Food & Wine ☐ Health

☐ Arts and Entertainment ☐ All of the above

16. Do the stories in Let's go Travelling (our travel section) provide you with holiday inspiration?

☐ Yes ☐ No

17. Which ones?

☐ Western Australia ☐ Other parts of Australia

☐ International

18. Have you used any of the companies that advertise in Let's go Travelling?

☐ Yes ☐ No

19. Do you intend to travel in the next 12 months? (assuming restrictions are lifted) ☐ Yes ☐ No

20. Where to?

☐ Western Australia ☐ Interstate

☐ Overseas

21. How many times a year do you travel in Western Australia?

☐ Once ☐ Twice ☐ Three times

☐ Four times ☐ Five or more times per year

22. What is your favourite travel destination in WA?

23. Do you own a caravan or camper trailer?

☐ Yes ☐ No

24. Where is your dream holiday destination?

25. Would you recommend *Have a Go News* to a friend as a good source of information?

☐ Yes ☐ No

If no, why not? _____

26. Do you have any of the following:

☐ computer ☐ smartphone - Apple

☐ tablet ☐ smartphone – android

27. How often do you visit the *Have a Go News* website?

☐ Daily ☐ Weekly ☐ Monthly

☐ Less than once a month

☐ You have a website?

28. Did you know our website offers information and special competitions between editions of the paper?

☐ Yes ☐ No

29. How often do you read the digital version of *Have a Go News*?

☐ Daily ☐ Weekly

☐ Monthly ☐ Less than once a month

☐ There is a digital version available?

30. Do you use social media? ☐ Yes ☐ No

31. If yes, which platforms?

☐ Facebook ☐ Twitter ☐ Instagram

Other (please specify) _____

32. Have you liked the *Have a Go News* social media pages?

☐ Yes ☐ No

If no, why not? _____

33. Do you respond to digital advertising?

☐ Yes ☐ No ☐ Sometimes

34. If yes, what products or services spike your interest?

35. If no, why not? _____

36. To keep *Have a Go News* a free newspaper, we need to attract advertising. Are you more likely to respond to:

☐ Ads in print ☐ Ads on a digital platform

37. Do you have a current will? ☐ Yes ☐ No

38. How is your health? ☐ Poor ☐ Average

☐ Good ☐ Excellent

39. What health issues would you like to read about?

40. Which of the following are you interested in (pick as many as you like)?

☐ Books ☐ Craft ☐ Gardening

☐ Festivals and events ☐ Movies

☐ Dining out ☐ Exercise ☐ Wellbeing

☐ Local community clubs ☐ Charity

☐ Travel ☐ Theatre, the arts and music

☐ Shopping ☐ Home decorating

☐ Fashion ☐ Cooking ☐ Wine

Other (please specify) _____

41. How often do you buy lottery tickets or scratchies?

☐ More than once a week

☐ Once a week

☐ Monthly

☐ Once every few months

☐ Every 6 months

☐ Yearly

☐ Never

42. What free-to-air television channels do you watch most often?

☐ ABC ☐ Channel 9

☐ Channel 7 ☐ Channel 10 ☐ SBS

Other (please specify) _____

43. Do you intend to move house in the next 12 months?

☐ Yes ☐ No

44. Would you consider downsizing?

☐ Yes, it's going to happen soon

☐ Yep, once the kids are gone

☐ Maybe, I need to learn more

☐ No, I'll stay in my family home

45. Would you move to a retirement village?

☐ Yes ☐ No

46. If yes, why? _____

47. If no, why not? _____

48. Are you considering renovating your house in the next 12 months?

☐ Yes ☐ No

49. Do you own a car? ☐ Yes ☐ No

50. Will you purchase a new car in the next 12 months?

☐ Yes ☐ No

51. What will be your biggest purchase in the next 12 months?

52. How often do you exercise?

☐ Daily

☐ 2-3 times a week

☐ Once a week

☐ A few times a month

☐ When I can

☐ Rarely

53. Do you feel that the state government addresses the needs of the mature demographic well?

☐ Yes ☐ No

If no, what areas do you feel need attention?

54. Do you feel that the federal government addresses the needs of the mature demographic well?

☐ Yes ☐ No

If no, why not? _____

55. Do you feel your generation is generally respected by the mainstream media? ☐ Yes ☐ No

56. Do you feel your generation is generally respected by the public? ☐ Yes ☐ No

Name _____

Address _____

Suburb _____

State _____ Postcode _____

Email address _____

Phone number _____

POST Reader Survey c/- Have a Go News,
PO BOX 1042 West Leederville WA 6901

let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian



Left to right; One of The Como Treasury Hotel Perth's beautifully appointed bathrooms - view overlooking Cathedral Place from bedroom - congratulations to Seashells' competition winner Margaret May



Christmas Island and the Cocos and Keeling Islands are now open to visitors from Western Australia with a special travel zone in place. There is no self-isolation or quarantine required and the only condition is that people must have resided in WA for a minimum of 14 days prior to travel. (This may be subject to review due to government policy).

This provides another opportunity to discover a beautiful and untouched part of the world. We have some great holi-

day packages to these islands advertised in this section.

This month we present a fabulous feature on the Golden Outback, from the Goldfields down to Esperance, there is so much to see and do in this part of WA. The cooler months are a perfect time to get out and discover more of this unique part of our state.

The Como Treasury Hotel in Perth was voted the number one city hotel in Australia, New Zealand and the South Pacific by *Travel and Leisure* last month and I had the good fortune to experience an overnight stay there.

It has one of the largest and most beautiful rooms I have experienced, with everything one could want in a room; a superb bathroom, a large and lavish bedroom with a view overlooking Cathedral Place and superb touches such as towel warmers and bath mats, which felt like you were standing on a cloud. These

little things always give guests great joy; when I was travelling a lot, I always said I judged a hotel on its bathroom and this is one of the most beautiful I have seen.

All of the major hotels in Perth are doing their best to cope without interstate or international tourists and they are keen to welcome Perth people to experience their hospitality. There is a raft of packages available and if you are looking for somewhere to celebrate a milestone anniversary, birthday or just feel you need a treat, then book a staycation at one of Perth's five-star hotels.

As we head into spring, we look forward

to presenting you with further holiday options in WA including our annual focus on the wildflowers blooming around the state.

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

Happy trails

Jennifer Merigan
Travel Editor



CONGRATULATIONS to Margaret May who was the lucky winner of two nights' accommodation at any Seashells property in WA. Thank you to all the people who entered this competition and to the Seashells group

for supplying the prize. Seashells is a proud WA owned company.

Reports from across WA confirm that people have heeded the call to wander out yonder and are flocking to all parts of the state.

Mike's guide to fishing some of WA's popular destinations



Mark Halse enjoying some magnificent sight fishing for black bream in Nornalup Estuary.

by Mike Roennfeldt

WESTERN Australia's nearly 13,000km of wildly varying coastline must seem a daunting prospect to a newcomer keen to sample the fishing in this part of the world. Even a small taste of what each coastal town has to offer would take half a lifetime of annual holidays, so I've come up with some of the options on tap at a few of the more popular destinations.

Esperance

Endless stark white beaches and crystal turquoise water make the coast east of Esperance a mecca for 4WD anglers, ever on the lookout for deep holes that hold monster skippy or the telltale dark smudges that mark passing salmon schools. Duke of Orleans Bay is a wonderful launching spot for access to the area's great inshore pink snapper fishing.

Denmark/Walpole

Wilson Inlet at Denmark is famous for its pink snapper run before the Wilson Inlet bar breaks through, usually in early winter. There are plenty of King George whiting and some big blue-spot flathead in the inlet for those with a dinghy. The outrageously picturesque coast between Greens Pool and Madfish Bay holds King George in the sheltered sand holes between the reefs and weed beds. Nornalup Estuary at Walpole can turn on some of the best black bream sight fishing in the state, where you can cast lures and flies at good sized fish cruising over the sand flats in late summer.

Other species in there include yellowfin whiting, skippy and flathead, occasionally mixed in with giant herring.

Kalbarri

Kalbarri has everything for the visiting angler, with good quality fishing available from river, rock, beach and cliff, as well as offshore action for the bottom fisherman and troller. The entrance channel and spots such as The Chinaman and Blue Holes are famous for big tailor, while smaller tailor and mulloway are regularly taken at Wittecarra Creek, Red Bluff Beach and Frustration. Best trolling times for mackerel and yellowfin tuna are during summer and autumn. There are black bream around the jetties in town and

upstream for 10km or so. Yellowfin whiting are plentiful on sand banks, especially on the northern side of the river.

Exmouth

For sport and light game fishing enthusiasts, there's no place like Exmouth. From wading shallow flats with fly and spin gear, to trolling for huge marlin out wide, you never have to travel far to get into the action at what has become Western Australia's foremost fishing destination. It might be chasing spangled emperor or bluebone along pristine west side beaches, casting poppers for giant trevally at The Oysters, trolling for sailfish in the gulf, hurling metal lures at schools of exploding tuna just outside the ma-

rina, or simply taking it easy and pulling in a few delicious whiting along a sheltered gulf side beach.

Broome

There's nothing quite like fishing the Kimberley and Broome is the gateway to this 'must have' experience. A dinghy is a huge asset in far north waters, giving access to the creeks and rivers, where barramundi, threadfin salmon and mangrove jacks can provide unforgettable fishing. There are charter boats that will take you out for a simple bottom fishing excursion for bluebone, spangled emperor and mulloway, or climb aboard a sport fishing charter for an adrenaline-filled session on high flying sailfish.



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Sun 18 October	Penguin Island
Sun 15 November	Chittering & Avon Valley
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\$105 Seniors \$115 Adults includes morning tea, picnic lunch or restaurant meal as stated.

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let's go travelling

ADVERTISING FEATURE

travel options for the mature west australian

Looking back on a life in the wild and wonderful Kimberley



by Lee Tate

WILD and wonderful West Australian true outback adventures are among the greatest stories never told except



Left to right; John and Janet Wells - John on the station in the Kimberley

at campfires. Thankfully, however, these unwritten historical accounts no longer include third-generation Kimberley cattleman John Wells.

Thanks to his wife Janet, John's raw reflections of the 1960s, 70s and 80s have been collated and published in a riveting book, *They Even Paid Me*.

This insightful, entertaining and colourful insight into Kimberley life brings out the uniqueness, excitement and terrifying lives endured

by our state's stockmen, station hands and their partners and wives.

Janet, who was brought up in a sheltered English environment and met John in Derby in 1973 while on a working holiday, encountered the north-west lifestyle head-on.

"John was drop-dead gorgeous. It was just a matter of this was the person I was going to spend the rest of my life with, whatever hardship we had to face," she told me.

Four decades on, after reading books written loosely around Kimberley themes, John and Janet committed to recording the truth, dictated by John in his drawl into a

tape machine operated by Janet.

"I said to John this has to be in your words, your way of speaking," said Janet, 69, a sometime writer and poet, who recorded the Kimberley adventures over two years including a rapid around-Australia road trip together.

The couple retired to Capel on 40 hectares, a long way from their north-west stamping grounds where cattle properties are closer to 400,000 hectares.

"I didn't think too much ahead when my life in the Kimberley began. As long as we were together, that was all that mattered," mother-of-two Janet said.

John says Aborigines played a vital, supportive role in all his work and adventures, guiding him in bush ways from a young boy, with approval from his parents. Often, John was the only white man in cattle mustering teams.

"All but one of them that I was close to have passed now, many were much younger than me. Aborigines always treated me very well. It was hard work, hard living. None would do that today," John, 77, told me.

John, his father and grandfather successively managed West Kimberley cattle stations for 70 years up till 1988.

"Station life was in my blood," says the twice-married father-of-four.

John's adventures, in 500 pages, include the role of horses in the days without vehicles, planes and helicopters: colts, mustering horses, broncos, camp horses, night horses and mules.

Huge cattle herds, numbering thousands, were mustered across some of the world's biggest cattle properties in blistering hot days and freezing nights and into saleyards at ports for shipment.

Injuries and sickness to men and animals – including their beloved dogs – plus tropical weather storms, cyclones, fires, snakes and wild animals, flooded rivers and creeks, dwindling food and unreliable water supplies were constant companions for the weathered stockmen.

On one trip during the dry season, it began to rain but the team continued branding cattle through the day. With everything wet, they decided to wait another day for everything to dry. And another day... and another. It rained for 10 days.

"The blacks camped under one tarpaulin and I camped under the other with all the food, gear, packs. I was the only white man. The blacks went out during the day catching goannas. It was pretty miserable," John said in the book.

But even when the rain finally stopped, rivers and creeks were too full to cross for six weeks.

Another time; "we were camped at Mundooma, we were out with packs. That is, eight or 10 mules packed-up with all our food, swags, horseshoes, salt and flour, everything.

"Quite often no-one would come with us to cook so I'd be head stockman and camp cook as well.

"I'd be up in the morning to get breakfast, go mustering all day or branding. Sometimes we wouldn't get back till 9pm, then I'd have to feed the blokes. After that I had to cook for the next day. Something for tomorrow's breakfast, lunch and tea.

continued on page 23

Take some time to explore KALBARRI

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WEDNESDAY 12 August 2020

COST \$105 per person

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TOUR DEPARTURES: Mandurah 8.45am, Rockingham 9.15am, and Kwinana 9.30am

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Looking back on a life in the wild and wonderful Kimberley



continued from page 22
“This is how it went all the time: Two men’s job for one man’s pay.” John names a good bunch of Aboriginal stockmen: Tommy May, Michael and Eddie Bear, Ringer Campton, Brian Djigar, Ben Bibingnulli, George Numburra, Windbag, Rastus, Harry Martin and Big John.
“They were all good men.” Supreme horseman Michael Bear was trying to divert a bull attempting to cross a creek.

“The bull shoved man and horse over the edge of an 8ft-high creek bank,” said John.
“As the pair were falling, Michael was off the horse and as they hit the creek bed he landed on both feet in front of the horse, still holding the reins. He was an extraordinarily capable and agile man.”
When a rodeo came to Broome, John headed there during a break from work and nominated for a bareback wild horse heat, his first rodeo ride.

“I lost timing, my legs came up and I ended up with my shoulders on the horse’s rump. He gave a kick up which sent me up higher. The last thing I remember seeing were my legs up in the air and his hind legs coming towards me. I didn’t know anything after that.”
John regained consciousness but collapsed and a doctor was called, insisting John rested. But within an hour John was registering for another rodeo ride.
After their decades in the Kim-

berley, with changes to station ownership and methods, the couple left in 1994 with Janet first securing a job at Bunbury Regional Hospital and John following.
“I left the Kimberley behind me and drove down to rejoin the family and start a new life in the south-west,” said John.
Copies of *They Even Paid Me* by Janet R. Wells (\$34.95 plus postage), www.janetwells.com.au/books.html or Email: janetwells3@gmail.com



For the love of food...
by Lee Tate continued from front cover

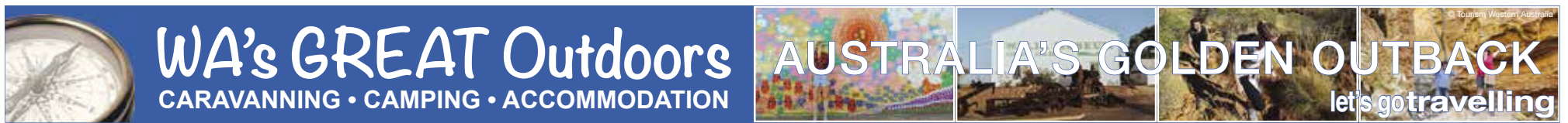
There was also critically-acclaimed Tolarno Bistro, Barney Allen’s Bar & Diner and Big Huey’s Diner in South Melbourne. Top critic Stephen Downes described Huey as the most important Melbourne restaurateur of the eighties.
Best remembered for his trade-mark adventurous suspender choices, Huey’s top-rating TV shows included *Healthy, Wealthy & Wise* and *A Cook’s Journey* followed by Huey’s TV Dinner, *Never Trust a Skinny Cook*, *Huey’s Kitchen* and *Huey’s Cooking Adventures* watched by 1.7 million viewers weekly.
Never Trust a Skinny Cook was shown in 100 countries.
“To tell the truth, I’m over television – especially the machinations behind the scenes. I watch television now and I think that’s okay when you are learning something.”
“In the early days I used to watch *Burke’s Backyard* and I’d feel I’d learnt something – that I could go away and do

that. Until next day and think, ‘sure I could do that. I’ve got 10 brown thumbs,’ he laughed.
Huey handwrites everything including his book manuscripts. He has sold more than 200,000 books. His memoirs are close to finish and he has a publisher in hand. He might be joking when he says it’ll be called *Who Called the Cook a Bastard?*
“I don’t feel my age. I think keeping active is the key. We can’t always keep physically active but we can do gardening or read. We should keep the mind active.”
“I remember how happy my father was in the garden and when he couldn’t continue he was always out having a wonderful time. He enjoyed the simple things. He was happy till the day he died.”
Huey is clearly carrying-on with tradition.
PS. Huey, who has never driven, keeps a vintage Mustang in the garage, occasionally driven by a friend. Huey sits in the passenger seat.

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N



Take a holiday and explore Kalgoorlie and Hannans North tourist mine



Left to right; Tourists enjoying the mine - panning for gold - Hannans North tourist mine supervisor-manager, Melissa Chapman - tourists discovering about life in the goldfields

by Josephine Allison

WITH people looking to explore and appreciate Western Australia more

deeply, the state's Golden Outback is a must. What better way to take a fresh look at what WA has on offer than a visit to

magical Kalgoorlie and its many charms.

Melissa Chapman has been the supervisor-manager of Hannans North tourist mine in Kalgoorlie for seven years after settling in the city from Wollongong NSW.

"I was passing through Kalgoorlie on my way to Perth in 2011, fell in love with the town and decided this is where I wanted to live," she said.

"As manager of Hannans North, I am a jack-of-all-trades, handling management planning, maintenance works, exhibit enhancement, market and advertising and the general financial running of the business."

Melissa said the attraction saw the busiest July school holiday period in more than eight years.

"Groups consisted of people who came here years ago wanting to revisit, retracing Kalgoor-

lie family history, people visiting family and friends and FIFO workers stuck in WA using their days off to travel the state and see things they generally wouldn't get to see.

"There were families holidaying in places they hadn't visited before. It has been amazing talking to our visitors, everyone has been so happy to get out and about and making the best of the Covid situation happening around the world."

For people planning on visiting Kalgoorlie, Melissa says a trip to Hannans North involves a self-guided walking tour where people can get up close to giant mining machines, go inside a modern refuge chamber, listen to Paddy Hannan tell his tale of discovery and pan for gold and gems in the panning ponds.

"People can even picnic in our Chinese Garden

of Remembrance and, on specific days, watch a gold pour demonstration in our 1920 Paringa gold room," she said. "Hannans North was formerly the Australian Prospectors and Miners Hall of Fame from 1991 until 2011 with KCGM taking over operation of the site in 2013."

The Hannans North tourist mine site is historically important as it was one of the first mines in the Kalgoorlie area. DL Doolette first made the application for the lease at Hannans North in 1893, only five months after Paddy Hannan, Tom Flanagan and Dan Shea discovered gold at Kalgoorlie.

Gold was extracted from the site using the original shaft between 1934 and 1952 with the Great Boulder Proprietary Gold Mine holding the lease until 1934. In 1935

the Broken Hill Proprietary Company Ltd acquired the lease and worked the mine until 1952.

From 1952 to 1991 the mine was worked on an occasional basis by tributers; groups of independent miners granted permission to work company owned mines, with payment based on the value of the ore extracted. This site became a tourist mine in 1991 after the closure of the Hainault tourist mine due to the expansion of the Super Pit.

Melissa says she is extremely passionate about tourism in Kalgoorlie-Boulder. "I love nothing better than showcasing Hannans North," she says. "There have been many challenges along the way but seeing the smiles on our visitors' faces when they find some gold and tell us they have had a great day at Hannans North makes it all worth it."

"I have the most amazing team who are just as passionate and that's the key to making a great visitor experience."

"Living in the Goldfields means we are surrounded by the most amazing scenery and some fantastic outback trips where you can get away for a week or weekend. There is so much people can see and do and we have such a vibrant community spirit."

There are 21 epic road trips through WA's Golden Outback. People visiting Kalgoorlie might like the Golden Quest Discover-

ery Trail. The six-day trip on sealed and unsealed roads unearths the riches of the Goldfield's 120-year gold rush history – from open-cut mines to amazing ghost towns and the striking Antony Gormley statues on Lake Ballard.

The trail takes people from Kalgoorlie-Boulder on an amazing loop trail from Coolgardie to Laverton through incredible Goldfields towns rich in history, heritage and charm. This is a true outback adventure where people can explore the goldrush legends, landmarks, outback pubs and eerie ghost towns of what is still one of the world's biggest gold producing regions.

The 965km trail takes people from the mind-blowing buzz of one of the biggest open-cut mines on earth, the Super Pit, to the striking beauty of the 51 steel sculptures on Lake Ballard.

There are outback pubs oozing with character, beautiful nature reserves and campsites including man-made lake Niagara Dam. Visitors can tour the once prosperous town of Kookynie which has a pub well worth the stop as well as old camps in the town of Gwalia, near Leonora, where the 31st United States President, Herbert Hoover, lived and worked.

People can purchase the Golden Quest Discovery Trail guidebook online or in local visitor centres en route to help plan a trip.

Esperance Wildflower Festival



Flowers & Feathers: Friends or Foes?

Tuesday 22nd - Saturday 26th September 2020

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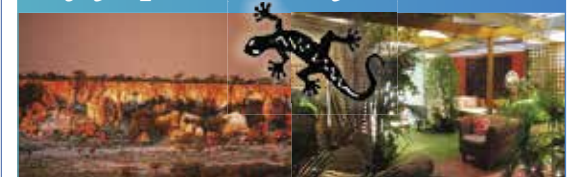
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Gwalia Ghost Town and Museum is located 230 kilometres north of Kalgoorlie. Follow the Goldfields Highway to Leonora and approximately a kilometre south of Leonora turn left down Tower Street. The turnoff is marked with two scaled down metal head frames and marked Gwalia Historic Precinct. Hoover House and Cafe are part of the Gwalia Historic Precinct so follow the directions towards this unique and valuable link to the Goldfields' goldmining history.



WA's GREAT Outdoors

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AUSTRALIA'S GOLDEN OUTBACK

let's go travelling

Start the car... and head wildflower hunting throughout the outback

PACK the car and get ready to discover the rare and magnificent sights of WA as Mother Nature blooms and wildflowers spring to life.

Wildflower season has started and recent rains are an encouraging sign that the season will be as spectacular as ever. 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.

The colourful show started last month in the northern part of WA and moves south as the weather warms up during spring.

Australia's Golden Outback CEO Marcus Falconer said that wildflowers are a natural phenomenon that usually attracts tourists from all over the world.

"The wildflowers across the region, from the rare and tiny orchids to the iconic carpets of

colour, are an incredible sight to behold, and it seems that Western Australians will have them all to themselves this season," he said. "There's never been a better time to jump in the car and explore WA's Golden Outback – the variety of trips is amazing."

There are six wildflower itineraries on www.roadtripcountry.com.au to guide travellers to wildflowers and a live wildflower tracker map, an excellent resource to see where the blooms are currently popping up.

In the mid-section of WA's Golden Outback around Morawa and Yalgoo, wreath flowers have started to develop, as spotted by Mellenbye Station manager Shelly Bogdan. Mellenbye Station, about 430km north of Perth, has homestead, cottages, cabins, don-ga-style and shearing-quarters accommodation as well as caravan and camp sites, and staff who actively assist visitors to spot wildflowers.

"Visitors get most excited about the fields of everlastings and the wide vistas of colour, which we're hoping to see in five or six weeks. It's a very special experience to see wildflowers in bloom," Ms Bogdan said. "Sometimes you look and think, there's not much out there, then a few days later, suddenly there's colour everywhere."

Morawa Visitors Centre chairman Paul Offszanka also reported sightings of wildflowers.

"Currently in flower are Blue Dampiera, Wattle, Common Popflower and Wild Tomato as well as some Hakeas. Around Canna, there are Blue Fairy, Donkey and Spider Orchids that have started.

Some Ant Orchid buds have been spotted and there are pink and white Everlastings starting at Morawa and Bilya Rock. It's an exciting time of year to go exploring," he said.

While Morawa pops with colour during the day, at night the sky dazzles with the brilliance of the Milky Way and is a growing astro-tourism destination for its dark sky.

The jewel in WA's wildflower crown is the Fitzgerald River National Park and the Ravensthorpe Range, about 500km south east of Perth, which contain 20 per cent of the state's wildflowers.

Fitzgerald River National Park is a UNESCO gazetted World Biosphere Reserve, recognised as one of the most diverse botanical regions on the planet with about 1,800 flowering plants that include Royal Hakea, Qualup Bell, Sepulcralis, Weeping Gum, Pincushion Hakea, Woolly Banksia and Bottlebrush.

In nearby Ravensthorpe, nature's flowers are celebrated at the Ravensthorpe Wildflower Show, one of the world's biggest wildflower shows, which is confirmed for 7 to 16 September. Visitors to the show will get an



Above; Wreathflower - White Everlastings are among the more than 12,000 species of wildflowers in Western Australia

in-depth experience with about 700 wildflowers on display, all picked within the local shire by licensed and trained volunteers.

About 200km further east along the coast, Esperance is also a wildflower hot spot and its celebration, the Esperance Wildflower Show, will be held soon after Ravensthorpe's, from 22 to 26 September, showcasing about 500 species.

Other known places to spot wildflowers include the Northern Wheatbelt around Koolanooka Springs which is on the Wildflower Way road trip, Wongan Hills, Wave Rock, Narrogin, Lake Grace and the charming towns along the Wheatbelt Way where travellers can see masses of white, pink and yellow everlastings, up to 20 varieties of orchids and many bigger trees and shrubs including Melaleuca, Hakea, Grevillea, and Climbing Clematis vines.

Acacias are a feature around the granite rocks as well as the upside-down pea bush with red flowers.

From 3 August to 7 September, travellers spotting wildflowers can upload their photos to www.roadtripcountry.com.au/wildflowers for a chance to win a weekly \$100 prize or the grand \$500 prize.

For more information on road trips to wildflower towns along the Wheatbelt Way where travellers

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DAY 4. KALGOORLIE TO PERTH
Transfer to the rail station (own expense) and depart at 7.05am, arriving back in Perth at 1.45pm.

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York was Western Australia's first inland town. The first part of the courthouse complex was built in 1852. As the town prospered and expanded, so did the complex. An influx of money from the goldfields saw part of it demolished and a new two-storey courthouse built in 1895. Used until 1981 its long history tells stories of the displacement of Aboriginal people, convict WA and how a system

supported some but disadvantaged most.

Check the website for opening hours, entry fees, Coronavirus safety information and further details about this thought-provoking part of history. See www.nationaltrust.org.au/york-courthouse-complex/

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One of the displays at Gwalia

LOCATED just a few kilometres south of Leonora and only 230 kilometres north of Kalgoorlie, the Gwalia Historic Precinct is a must-see attraction, that allow visitors to step back in time. The precinct is open to the public seven days a week, and entry is free. It is home to some incredible pieces of old machinery used in the efforts to haul gold out of the ground.

This includes the original winder chair, where the highest paid worker on the Gwalia mine sat controlling the steam winder. This role was of great importance as he lowered and raised the skip buckets which carried the working men, equipment, ore and even horses.

The historic Hoover House is part of the Gwalia Historic Precinct and was the old mine manager's house. It is currently open for accommodation, while the café serves great coffee.

The Gwalia experience also includes exploring historic buildings such as miners' cottages, the mine and assay offices. It is set adjacent to a working gold mine, St Barbara Ltd, which operates underground at what was the original Sons of Gwalia mine site.

For more information on Gwalia go online to www.gwalia.org.au.

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Chris Hadland

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Vanning to Broome - An enjoyable and unique odyssey worth bottling!



Left to right; Payne's Find: Touch of the past - an original fuel pump - Karalundi a real oasis in the north

by Numbat, our travelling scribe

TRAVEL up the Great Northern Highway is so unique, they should bottle it.

Where else in the world? A journey through the luscious Swan Valley, then a window into great stretches of baked landscape. Regions including the Gascoyne, Pilbara and Kimberley, the Wheatbelt, desert and dust.

This trip, we've ambled over five days to reach Broome, towing the van. It's a hat-trick of similar journeys these past years. But the trip up this great road never bores.

This year I adopted a new feature - driver's gloves. After decades of bleaching through the windscreen, these cracked driver's hands ducked for cover within gloves. White gloves, like a Japanese chauffeur.

I also wear long-sleeve shirts to preserve what little natural arm skin remains after eons of sun-scorching through the windshield and windows.

I also keep a peaked cap on the dashboard - perfect to block the sun's reflection off the roo bar into my eyes. Where else in the world do they have that prob-

lem? And a good size for moving back-and-forth across the dash' to block the changing reflection. The sun will ruin the cap, of course. (It cost me 50c at a Bus-selton recycling shop and looked new).

Payne's Find should also be bottled. Marked by an original fuel pump, this tiny stopover exudes true, blue Aussie outback flavour, complete with an old gold battery up the gravel road.

The tucker in the comfy café is alright, too, and whoever's running it at the time is always country-cheery to visitors. The long row of parked trucks across the road is testament to the food and hospitality

in this gem of a remote place. Souvenir minerals sell well from this historic spot.

Mt Magnet is well worth bottling. Worthy of a full story that we'll do later down the road. Great place for a motorists' respite off the road with greenery patches, cafés and generously-allocated parking for RVs.

Karalundi, 60kms north of Meekatharra, and just a short diversion off the highway, should be bottled and preserved. Built around a successful Aboriginal boarding school, this oasis welcomed campers in later years.

With grassed caravan and camping area, tall gums, quaint little

orchard with chooks and chickens in a heated shed out the back, Karalundi is a slice of peace and tranquillity in the wide open spaces. Facilities are operated by helpful Seventh Day Adventists who were invited several years ago to manage operations by the Indigenous owners.

Back on the road, there is nothing for quite a distance; no vehicles or vans in sight. On this trip, oversized vehicles weren't anywhere as frequent as in previous several years. Only once did one mightily-wide truck force us completely off the road.

Up the middle of the highway comes a solitary motor cyclist. His

full, black leathers look tailor-made. His motor bike is gleaming. Solo on the open road. Easy rider.

We cross the modestly-marked 26th parallel and the dead cow body-count increases. Beef cattle that have never known fences or boundaries, haphaz-

ardly crossing into the path of road-trains and cars. Plus plenty of wallaby hits, sadly, along the road.

We pull into Sandfire, our last caravan stop before Broome, 300km away. A great name and worth bottling if only for its menagerie: Camel, white peacocks, ducks

and overhead at dusk, hundreds of bats heading out to feed.

So, after burning \$800 worth of fuel in our 4WD, towing a two-tonne van and shelling out only \$150 for overnight stays, coffee and snacks, the road steers us into Broome Caravan Park. Another bottler of a trip.

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WINTER IN THE WEST

let's go travelling

Finding peace and tranquillity in the idyllic town of Bridgetown



Blazingly-colourful trees amid red fallen leaves

by Lee Tate

THREE days in beautiful Bridgetown barely does justice to the town and district.

"The relaxed country atmosphere comes with a good dose of serenity," says the town promo. True, and after a few days,

you will be promising yourself a somewhat longer return visit.

Many people have gone a step further, selecting Bridgetown for their 'tree change'.

This is the epicentre of hobby farms with the bonus of being within striking distance of big city services

and families in Perth, just 270kms north.

Starring features are lush, green, rolling hills, fabulous forests of jarrah and the Blackwood River. Bridgetown is truly a bridge-town, settled on the riverbank. Clambering under the bridge is irresistible. Bush walks extend into all directions and we get lost in our thoughts.

These idyllic surrounds release the stresses and strains; no-one is in a rush to get back to their cabins and hotel rooms, even with the arrival of light rain.

Indeed, the wet is a celebration. Winter is promoted in 'the winter capital of Western Australia'. For all of three months, visitors and locals are indulged with Bridgetown in the Winter Festival.

Winter comfort food has big appeal. The cream-on-the-cake is the Banquet on the Bridge

which generally sells-out quickly each winter.

The district puts in resounding efforts with its food, service, exhibitions and crafts. The town's Jigsaw Gallery is a novel touch, housing hundreds of jigsaw puzzles, gathered over a generation. Puzzle heaven.

When we rolled into the town that dates to 1868, the quaint period buildings including the two well-maintained pubs and post office grabbed our interest.

The district is breathtaking and complements its Heritage Town-status, as gonged by the National Trust in 2000. The oldest building in town is Bridgedale House which offers wonderful walks through its gardens and along the banks of the Blackwood River.

Gold and farming boosted the 1800s settle-

ment that was originally known as Geegelup, which, in the Noongar language was believed to mean 'place of gilgies' (freshwater crayfish). However, more recent research puts the probable meaning of Geegelup as 'place of spears'.

Convicts toiled here and built the road from Donnybrook. The Geegelup Post Office came in 1864 and also served as the first cop shop, until a purpose-built police station was built on the riverbank in 1867.

Surveyor Thomas Carey proposed the name Bridgetown "as it is at a bridge and the Bridgetown was the first ship to put in at Bunbury for wool from these districts."

Farmers produced cattle, sheep, timber, dairy products, nuts and fruit. John Allnutt introduces

apples around 1905 and they became one of the district's major industries.

Several timber mills were established to meet Western Australia's booming demand for timber following the 1890s gold boom.

We swing into a side street with restful seating places; benches beneath blazingly-colourful trees amid red fallen leaves, settling us in the right mood for the rest of our expedition.

Wandering the town's historic buildings, cafes and galleries brings out the colour, not only of the district's history but also its tourist-friendly people including many Perth country converts.

Festival lovers will revel at the district's annual choices: May - Festival of Country Gardens. June to August: Bridgetown in the Winter Festival

(shops are adorned with blue lights). October: Blackwood Marathon and Blackwood Valley Wine Show. November: Bridgetown Garden Festival. Blues at Bridgetown music festival. Agricultural show (tracing its roots to the 1920s). November: Festival of Country Gardens.

With a bit more time in this part of the south west, the traveller can venture out for day trips to nearby forests and towns: Greenbushes, Nannup, Boyup Brook, Balingup and Manjimup or west to Margaret River.

After another day of peaceful country trekking and with thoughts of a fresh, country-cooked, local produce dinner we turn for town.

Being back in Bridgetown is bliss www.wanowandthen.com/Bridgetown.html



Discover the beautiful flowers and gardens of Nannup during festival month

AFTER much anticipation the community of Nannup is thrilled to proceed with their annual festival, albeit in a re-structured format to comply with current social distancing rules.

One thing the pandemic did not stop was the love of gardening, in fact it has accelerated this passion in many people and introduced others to this nourishing and fulfilling activity.

This year's festival will extend from 13 August to 20 September, meaning people can choose their days to visit a town in full bloom with more than 10,000 tulips.

During this period there will be a number of open gardens scattered throughout the district. Market stalls will line the main street during the weekends and numerous displays will

dress up the town.

Botanical Stylist, Lara Rose Bos will work with a team to create a large floral mandala in the village green, a spectacle that people will be able to visit for the duration of the event.

There is also a challenge for garden visitors, a competition to name the many iconic trees planted within the town boundaries. The festival is staying

focused on the love of gardening, encouraging visitors to explore the town, its beauty and its people.

To keep up to date follow the festival social media posts and log onto the website

For program updates www.nannupgardens.org.au or follow Nannup Garden Festival on Facebook and Instagram.



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WINTER IN THE WEST

let's go travelling

The historic town of Pemberton holds much history in the south west



Pemberton, named after settler Pemberton Walcott

by Lee Tate

PEMBERTON is precious, best portrayed by the town's neat timber homes still standing as proud symbols of an eventful past.

When many of us baby boomers visited the region as schoolkids, with parents or on school excursions, towering timber was all the talk.

Timber, among the tallest trees in the world, enveloped us. Some of nature's toughest timber, too.

Before timber mills became controversial with conservation a looming issue, we families in our Holdens and Fords drove slowly past them, our parents pointing to the neat-stacked mountains of cut timber.

I can recall the smell of

cut timber if I think about it.

Pemberton, named after settler Pemberton Walcott, was home and hunting grounds to Aborigines who knew the area as Wandegarup, meaning 'plenty of water'. They got that right with nearby rivers, creeks and dams.

On this trip, after much water has passed under the bridge since we were kids, we check out the Pemberton timber workers' houses in neat streets running off the main drag and snap a photo – but not a selfie.

With a hop-step-jump to the tourist office, we seek some historical guidance.

We learn that Pemberton Walcott, his nephew Edward Reveley Brockman and Edward's brother-in-law, Gerald de Courcy Lefroy, came into the area on an expedition in 1861.

The following year, Brockman established Warren House homestead and station on the Warren River and Walcott established Karri Dale farm.

In 1913, the State Saw Mills, owned by the WA Government, began construction of twin sawmills at Big Brook, producing 500,000 railway sleepers for the Trans-Australian Railway.

They built the mills in valleys so logs could be rolled down the hills and the mills would be closer to water for their operations.

The budding mill town included workers' cottages, single men's huts, two boarding houses and staff accommodation plus a shop.

The name Pemberton was suggested by William Brockman, a farmer and settler's son and was gazetted in 1925.

A Group Settlement Scheme followed the Second World War, as well as the War Service Land Settlement Scheme with mixed results.

Old growth logging was restricted by government in 2003 although sawmilling was still the main industry in 2005, the mill adding blue gum and pine to its karri cutting.

Investors moved in and converted pastures to vineyards. Many top drops come out of these lush lands.

Tourism, of course, has flourished. Who hasn't climbed the famous the Gloucester Tree and perhaps photographed the Diamond Tree? The tallest of the three giants, at 71 metres, is the Dave Evans Bicentennial Tree.

Looking up, brings back childhood thrills clambering up the metal rungs to the lookout.

With five national parks within a short drive, it is easy to be humbled amongst the tall trees while looking out for wildflowers and animals along the streams and rivers. For keen walkers there's always sections of the Bibbulmun Track which grows in popularity.

In Pemberton State Forest is Big Brook Dam, just north on the Bibbulmun Track. There you can find bird hides to help get closer to wildlife.

The tourist office points us to 4WD drive tours of the national parks as well as hiking, canoeing, mountain biking and river cruises.

Someone recalls coming to the annual Pemberton Autumn Festival/Marron & Wine Festival which became the Southern Forests Festival over three days.

The Department of En-

vironment and Conservation introduced the Karri Forest Explorer Drive, connecting tourist attractions and taking-in the glorious landscape.

There's a suspension bridge at Beedelup Falls in the Beedelup National Park. Walk trails abound.

In the D'Entrecasteaux National Park comes a surprise for first-timers when they emerge into Yeagarup Dunes, the largest land-locked inland dunes in the southern hemisphere.

Lake Jasper, WA's largest natural freshwater lake, over 450 hectares, is also in the Park. Accessible only by 4WD, the 10 metre-deep lake is unique, having no in or out tributaries. Not far away is Black Point. Black basalt columns were formed about 135 million years ago.

Thank you, Pemberton. It's been a real pleasure.

Attention art lovers... Margaret River Region Open Studios returns...



Artist Britta Sorensen



Christian Fletcher.

Jim recommends people planning a stay in the region for Open Studios plan ahead and book accommodation to avoid disappointment.

Artist studios are located across almost 700km² from Busselton, to Dunsborough, Eagle Bay, Yallingup, Cowaramup, Margaret River and Witchcliffe – and everywhere in between.

More information is available from www.mrropenstudios.com.au or follow the event on Facebook (@mrropenstudios) and Instagram (@margaretriverregionopenstudios).

ORGANISERS of Margaret River Region Open Studios are thrilled to announce its rescheduled 2020 dates, confirming 101 artists from around the region will be opening their studio doors to welcome in art lovers.

Chairman Jim Davies confirmed the rescheduling for 12 to 27 September.

"We're thrilled to be able to run the event in September and our artists are looking forward to welcoming visitors to the region to share their passion for art in all its forms," he said.

"We believe we might be the first full-scale event returning to the Margaret River Region post COVID-19 restrictions – an exciting prospect for both our artists and the local tourism industry.

"Our artist studios will conform to the State Government's COVID-19 health and safety requirements in place at the time of the event and we will share this information on our social media channels and website."

Jim said the event would run in the same format – artists opening their private studios to the public to view their artwork, gain an insight into how they create their work, and share stories and information.

"We will repurpose the event guides already printed for the event, but recommend people planning their studio visit the website to find out the full list of artists participating and their

studio opening times," he said.

Now in its seventh year, MRROS features painters, sculptors, illustrators, jewellers, printmakers, glassblowers, ceramicists, pot-

ters, photographers, furniture makers, woodworkers, textile artists, metalworkers, mixed media artists and upcyclers who share a love of this beautiful part of the world.

Renown Margaret River Region artists participating in the rescheduled event include Leon Pericles, Rachel Coad, Lauren Wilhelm, Mary-Lynne Stratton, Patricia Negus, Ian Mutch and

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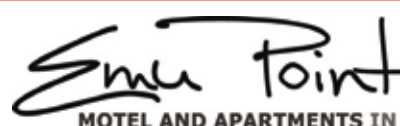
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About 26 years ago an article appeared in one of the Community Newspapers inviting those interested to form a four wheel driving club (4WD).

The turnout to the meeting exceeded all expectations and the Eastern Suburbs 4WD Club was formed. The club has become one of the most long standing and respected 4WD clubs in Perth.

With the help of members, nearly all of the outback tracks of West-

ern Australia and other states have been driven over the years and a number of other countries have been visited on social trips organised by the club.

Many original members are still with the club and have grown from camping in tents to camper trailers and now to caravans.

Many of the trips over the past few years included touring with caravans along with four-wheel driving. To accommodate this, the club changed its name to Eastern Suburbs Touring, Camping and 4WDing Club. They also welcome members from all over the metro area.

Recently the club has formed an association with a group of historians called Outback Grave Markers in an effort to preserve some of our fast disappearing history in the pastoral and agricultural areas

of Australia. A dedicated research team is helping with the collecting and matching of lonely grave information. Club members have joined Outback Grave Markers on numerous outback trips to locate and place plaques on the unmarked graves.

The club would love to share their knowledge of how to safely tour with your vehicle and navigate some very interesting terrain with people who have an interest in seeing sites that are off the beaten track.

A 4WD vehicle is necessary but soft 4wds can come along on many trips as good gravel roads are used. For those new to 4WD driving the club offers all guidance required to help people get started.

For more information please contact the club at: ES4WDCofWA@gmail.com.

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Ravensthorpe Wildflower Show celebrates its 38th year



Megan Hodgers at the display

SHIRE of Ravensthorpe is renowned for its abundance of flora and fauna. It is considered a biodiversity hotspot with a rich farming and mining history.

A key part of the shire is the world class Fitzgerald River National Park, which, hosts some 1800 different plant species, spread along a wild and

beautiful coastline. Recently refurbished, the National Park features surfaced coastal roads, interpretive displays, walk trails and spectacular lookouts. Visit fitzgerald-river-national-park/.

The Wildflower Show in Ravensthorpe continues to be a celebration of the natural and rugged

beauty of its region. It will be held from 7 to 16 September. It's a tribute to the floral diversity and abundance of the Shire of Ravensthorpe on the South East Coast of Western Australia. It never ceases to amaze and inspire amateurs and experts. There has never been a better time to take a road trip to Ravensthorpe and Hopton.

The Wildflower Show showcases the brilliance of native flowers, displayed for the enjoyment

and interest of tourists, botanists and locals. Up to 700 botanically identified plant species will be on display, picked (under licence) by dedicated volunteers, botanically identified with the help of experienced botanists, with the aid of the brand new adjoining herbarium.

The program will include Devonshire teas and soup lunches, market days, 4WD Tag Along Tours, guided bush walk, art exhibitions, photographic display and walk and talk in the Fitzgerald River National Park, to name a few. The show is internationally recognised as one of the best in the world.

The Ravensthorpe Town Hall, Dunn Street has a mineral display and Bush Bizzo with chandeliers and featuring a chuditch and echidna.

Ravensthorpe and Hopton offer an opportunity for visitors to become immersed in the local flora, and in a vibrant community. See www.wildflowersravensthorpe.org.au Facebook: Ravensthorpe Wildflower Show.

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POLE WALKING is a low impact activity which provides a complete body work out for people.

Introduced to WA by the Seniors Recreation Council in 2006, more than 7000 people have 'had a go' at this activity and many of them continue to walk individually or in groups.

The concept came about from skiers in Nordic countries who utilised their ski poles to assist in walking the mountains. Adding the poles were found to be a great benefit for walkers and specially made walking poles began to be made in 1988.

Pole walking is now considered to be one of the best all round low impact workouts and is especially effective for older adults. Pole walkers use more of their muscles and the activity has greater intensity, increasing fitness and muscle tone quicker and easier than normal walking.

Pole walking builds core muscles in the chest, arms, shoulders, abdominals, spine and other areas. It also increases oxygen uptake by up to 45 per cent and has been found to be very beneficial to heart health.

The activity burns 20 per cent

more calories than walking alone and assists balance, stability and mobility.

The technique is easy to learn and adopting pole walking as an exercise routine has been found to be very beneficial for people with hip, knee or back problems.

Pole walking can also reduce stress and improve mood and co-ordination.

Seniors Recreation Council sell the poles and offer demonstrations for clubs, groups or individuals.

To find out more about pole walking contact the SRC office on 9492 9773.

Safe and secure mall walking returns to shopping centres around Perth



Ocean Keys Shopping Centre mall walkers

COTA (WA)'s Mall Walking program offers people the opportunity to walk in comfort and safety prior to the opening of shopping centres.

Mall walking is free, safe and offers a friendly temperature controlled environment for walkers to exercise and meet new people, all year round. Most walkers are seniors, but people of all ages are very welcome.

Walks start with stretches as

a warm-up, and each walk is followed by a cool-down activity and the option to stay and share a coffee with fellow walkers.

There are regular events and social activities connected with each of the Mall Walking groups.

Walkers are encouraged to wear comfortable clothes for exercise, closed walking shoes and to bring a bottle of water.

Many of the walkers see

improvements in their overall physical and mental health, all the while making new social connections. New walkers are made most welcome and the following shopping centres offer the service.

Westfield Booragoon Shopping Centre - Every Tuesday and Friday 7.30 to 9am. Meet in front of Priceline in the Home-ware's Mall.

Midland Gate Shopping Centre - Every Monday and Thurs-

day 7.45 to 9am. Meet in front of Coffee Club

Karrinyup Shopping Centre - Every Tuesday and Friday 7.45 to 9am. Meet Coffee Club.

Ocean Keys Shopping Centre - Every Monday and Thursday 7.45 to 9am. Meet outside Coles near Baker's Delight.

If you would like to join a group, simply turn up on the scheduled day or if you need further information contact COTA WA on 9472 0104.

Free Zoom senior gym circuit workouts



People can use the link below to join the Zoom workout using a desktop computer, laptop, smart phone or tablet.

It is best to use a device with a camera so the instructors can see participants, however this is not compulsory. Use whatever participants are comfortable with.

Join Zoom Meeting
us02web.zoom.us/j/83247646475?pwd=M-IRXQXNrSStJbGRPc-jRqTM4STJLQT09

Meeting ID: 832 4764 6475 Password: Vicpark

DURING this difficult time the Town of Victoria Park is keen to support Western Australian seniors by providing access to their free workouts via Zoom.

Zoom is a free web and app-based program that allows live video conferencing. Each Monday

morning at 8.30am the town runs a free 30 minute workout session via Zoom.

Please come warmed up and ready for a live fun and friendly workout with one of Victoria Park's leisure facilities instructors.

Have fun and exercise to music with Prime Movers



PRIME Movers classes have recommenced albeit with a number of health protocols in place due to COVID-19 guidelines.

It will be necessary for people to give their name and personal contact phone number at each class they attend and correct money of \$3 will be required as the hostess will not be handling cash.

Classes will be smaller and conducted differently, but the organisers assure everyone that all efforts have been made for classes to be as normal as possible.

Their aim is focussed on providing exercise programs which promote health, fitness, and wellbeing in a social atmosphere with music an integral part.

Visitors are welcome to come to a class. Please wear comfortable clothing, laceup joggers and bring a bottle of water.

Annual membership is \$17 with a class fee of \$3, visitors \$4.

A full list of the classes is available on the website. For enquiries visit www.primemovers-exercise.com.au under the 'Events' tab, or email secretary@primemovers-exercise.com.au

Telephone enquiries - Monday to Friday during business hours on 0444 560 037.

New fitness class in Mandurah

FIT & FLEXI is an activity program which will commence Thursdays from 6 August from 9am to 10am, over a three-month period.

The program is presented by the Peel branch Seniors Recreation Council of WA Inc. and proudly supported by Alcoa Australia. The classes will be held at the Bortolo Pavilion Hall, Murdoch Drive, Greenfields with qualified instructor Meagan Cox.

The exercises will be fun filled and low impact combining the use of resister bands and balls and designed specifically for the senior demographic.

Registration cost is \$10 with class cost of \$5 per session covering Thursdays of August, September and October 2020.

Further enquiries from Jan on 0427 088 615 or email dmc56456@bigpond.net.au

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www.connectvictoriapark.org or (08) 9361 2904

WIN a \$200 shopping voucher with Have a Go News' Ad Words. See page 14 for details.



A detailed look at the residential aged care sector across Australia



One in five Australians over 85 live in residential care

by Frank Smith

SPEAKING at an industry-wide webinar, Sean Rooney, CEO of Leading Age Services, the aged care peak body, said this year had been a challenge

due to the pandemic, drought, bushfires, new residential care regulations and the Royal Commission into Aged Care. "One in three Australians have at least one relative receiving aged care

services; one third of Australians over 70 receive some aged care services and nearly 80 per cent of those over 85. "More than 80 per cent of seniors want to stay in their own home as long as possible and most want to stay at home even if circumstances change for the worse. "Residential care bed occupancy has dropped to just under 90 per cent. This has resulted in a shorter wait for clients from assessment to their access to care, but also in increased cost of providing that care. The aged care system is funded by about \$15 billion of government money and \$5 billion

from consumers. This represents about one per cent of Australian GDP which is less than many other comparable countries. One in five Australians over 85 live in residential care, which is higher than international standards. "Residential care costs \$279 per person per day and has increased \$14 per day during the past year. As a result, providers' net profits fell 39 per cent last year following a 56 per cent fall during the previous year. "The average profit last year was 1.4 per cent of turnover. The long term profit has been 5.4 per cent. "Sixty per cent of res-

idential care homes are losing money. That cannot continue for the long term and our figures do not include the full effect of the covid-19 pandemic," said Mr Rooney. He said if this is not changed it will lead to closures and decreased care hours. Fifteen per cent of providers are likely to cut services and 40 per cent to replace staff. "If we are to effectively address these issues we need to be even more accountable and more collaborative in supporting age services and in realising a better aged care system for older Australians." Mr Rooney said the critical royal commission was

now exploring solutions and this represented a once-in-a-lifetime chance to get the system right. The Commission's interim report included a discussion of the workforce needs of the industry. "While all of this is going on, we need to continue supporting workers and providers to deliver the best possible care they can, notwithstanding the current constraints and pressures, including protecting older Australians from COVID19," he said. "The aged care workforce older than the national average and nearly 90 per cent are female; many were born overseas. The industry needed

to develop and retain its workforce and reduce turnover. Staff turnover costs are high and morale has been affected by moving goalposts. "We owe our workers a lot; we need more staff, better trained and paid and to support them in time of stress. "There needs to be a re-set of the linkages between age services and the Federal Government in order to respond to the fundamental concerns around aged care policy and sustainability. "Without resolving these issues, we are going to see a repeat of the current set of problems the sector is facing," he said.

Family is the focus for aged care group

AGED care is evolving and Hall & Prior is leading the way, prioritising the wellbeing of residents, no matter what their background or beliefs may be, in their 27 homes in WA and NSW. For more than a quarter of a century, the Perth-based company has provided high quality, clinical care for the more than 1,600 residents in their homes as well as over 1,100 community care clients. One such home – McDougall Park in Como – is an excellent example of the group's ethos of creating experiences that meet the needs of each and every resident in their care. The home's director of nursing,

Natasha Meredith leads a team of experienced allied health professionals who work hard to ensure their residents' happiness and needs are at the centre of all they do. "Our home is small and feels very home-like; many of our staff are long-standing and are particularly dedicated to our residents," says Natasha. "We have the expertise to assist with complex care requirements, including dementia, and will always discuss your care with you and your family." There's always plenty to do at McDougall Park and all Hall & Prior homes. Thanks to its location right opposite beautiful Neil McDougall

Park in the vibrant City of South Perth, residents and their family and friends have the opportunity to enjoy this special open space. "Our home is friendly and family-orientated," says Natasha. "We've got a vibrant activity program which changes each month, and a wonderful community of volunteers who provide company, entertainment and education to our residents and staff alike." Anyone who would like to book a tour of McDougall Park, is welcome to contact Natasha on 9313 1700 or email info@hallprior.com.au. People can see the complete collection of Hall & Prior homes at www.hallprior.com.au

Therapy that may help reduce symptoms of arthritis

INFLAMMATION is part of the body's natural response to protect joints from damaged cells; to remove irritants and infection, but also to start the healing process. Arthritis causes painful inflammation and joint stiffness with the most common form being osteoarthritis. This is a degenerative disease and often makes joint replacement surgery necessary. Research now shows that the body heals itself via the migration of adult stem cells from the bone marrow. Providing they can get to the tissue adult stem cells can become new bone cells, cartilage cells and have been linked with an increase of

lubricin (a protein found in joint fluid that acts like a shock absorber). As people age, stem cell migration naturally declines. By age 50 it has reduced by 50 per cent and by age 65 there is about 10 per cent of the number of stem cells in the bloodstream there was at 25. Stem cell nutrition encourages your body to naturally release millions of new stem cells – which then replace damaged cells anywhere in the body. The more stem cells people have in their bloodstream the better. If you would like to find out more about how stem cell nutrition can transform your life, phone Sandra Bamsley on 0412 479 156.



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Learning how to eat healthy and ward off disease the WA Foodbank way



Enjoying the program at Foodbank

by Josephine Allison

WITH Covid-19 sweeping the world, the importance of proper eating has put WA charity Foodbank to the fore-

front with its Food Sensations for Adults program.

The cooking and nutrition program enables people to learn more about healthy eating and

develop skills to make positive changes for improved health and wellness, says food security and nutrition manager Dr Roslyn Giglia.

Following the recent easing of coronavirus restrictions in WA, Foodbank WA is again hosting its Food Sensations for Adults sessions with the first held in July and more sessions to follow.

"Despite the restrictions in the past few months, Food Sensations for Adults has continued to provide education to the community through online workshops," Dr Giglia said.

While the immediate health risk has eased in

WA, the economic and social impacts will be long lasting, she said.

The program, funded by the WA Department of Health, has been providing nutrition education programs to the community since 2007. The free program is designed to provide people over 18 with an understanding of healthy eating, as well as skills on how to buy and prepare healthy food.

All sessions are hands on, fun and create a safe environment to try new recipes and skills.

The programs are now operating face-to-face and online through Zoom so that people can

take part from the comfort of their own home.

The four-week program is run with groups of five to 12 people. Topics covered in the four 1½ hour sessions include healthy eating, reading food labels, budgeting, meal planning and food safety. Each session involves cooking and eating recipes from Foodbank WA's delicious, healthy recipe books.

Program delivery is tailored to each group. For example week four covers a topic of interest such as mindful eating, junk food, fad diets, healthy lunch boxes and snacks or a supermarket tour.

"No matter what your age or level of experience in the kitchen, there is something for everyone," Dr Giglia said. "We provide a fun and safe environment to learn new skills and recipes that are good for your health and your hip pocket."

"There is so much nutrition information available these days that it can leave people feeling overwhelmed and confused. When people come to our program, they are looking for clarity around what to eat and how to cook healthy and affordable meals."

"A poor diet is a significant modifiable risk fac-

tor for chronic disease. It can increase the risk of heart disease, type 2 diabetes, obesity and some cancers. Increasing the amount of fruit and vegetables in the diet is one way to reduce the risk of these diseases and people in the program have improved their consumption of both through taking part."

To register for an upcoming program, visit the website foodbank.org.au/healthy_eating or call to find a nearby location. Foodbank will continue to offer a free online version of the program. All people need is access to Zoom on a computer, phone or tablet.

Chance discovery - mice with Parkinson's recover after a single treatment

by Frank Smith

A CHANCE discovery of a single treatment which inhibits a gene in mice models of Parkinson's resulted in complete disappearance of the symptoms in experimental mice.

Whether that will eventually translate to a cure for Parkinson's in humans is uncertain, but researchers are excited about the possibility.

Parkinson's WA nurse specialist Janet McLoed said it is encouraging to see further research into the roles of proteins in the brain. This study is particularly of interest as it resulted in a rapid regrowth of dopamine producing neurons.

Xiang-Dong Fu and his team at University of California San Diego School of Medicine studied a protein called PTB, which influences which genes are turned on or off in a cell.

As part of the study one of his team established a cell line that is permanently lacking PTB and noticed something odd after a couple of weeks - almost the whole dish was filled with neurons and very few other cell types survived.

Thus by inhibiting or deleting just a single gene - the one that encodes PTB - the team were able to transform different types of mouse cells directly into neurons.

Later, Fu and his colleague Hao Qian, found that a single treatment to inhibit PTB in mice converted native astrocytes, star-shaped support cells of the brain, into neurons that produce the neurotransmitter dopamine. As a result, the mice's Parkinson's symptoms disappeared over a few days.

"Researchers around the world have tried many ways to generate neurons

in the lab, using stem cells and other means, so we can study them better, as well as to use them to replace lost neurons in neurodegenerative diseases," said Fu. "The fact that we could produce so many neurons in such a relatively easy way came as a big surprise."

There are several different ways to mimic Parkinson's in mice. In this case, the researchers poisoned neurons that produce dopamine with a molecule similar to a dopamine, but inactive. As a result, the

mice lose dopamine-producing neurons and develop symptoms similar to Parkinson's, such as movement deficiencies.

To inactivate the PTB in mouse brain the researchers administered a harmless virus containing an artificial piece of DNA designed to prevent the production of PTB.

The virus was positioned in the mouse's midbrain, which is responsible for regulating motor control and reward behaviours. It is the part of the brain that typically loses dopa-

mine-producing neurons in Parkinson's. A control group of mice received mock treatment.

In the treated mice, a number of astrocytes converted to become neurons, increasing the number of neurons by about 30 per cent. Dopamine levels were restored to a level comparable to that in normal mice. What's more, the neurons grew and sent their processes into other parts of the brain. There was no change in the control group of mice.

The treated mice devel-

oped normal limb movement within three months and remained completely free from symptoms of Parkinson's for the rest of their lives. In contrast, the control mice showed no improvement.

"I was stunned at what I saw," said study co-author neuroscientist William Mobley also of the University of California San Diego. "This whole new strategy for treating neurodegeneration gives hope that it may be possible to help even those with advanced disease."

Of course, mice aren't people, professor Fu warned. The model team used doesn't perfectly model all essential features of Parkinson's. But the study does provide a proof of concept.

"It's my dream to see this through to clinical trials, to test this approach as a treatment for Parkinson's disease, but also many other diseases where neurons are lost, such as Alzheimer's and Huntington's diseases and stroke," Fu said.

The study was published last month in *Nature*.

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A radical new approach to residential care dining and its delicious!



Baptistcare's five-star chef team from left to right: Shishir More, Wesley Chong, Todd Cheavins, Raj Thiruvathipuram, John Locke and Chinmay Dandekar.

AN elite team of five-star chefs are bringing fine dining to Baptistcare's residential care facilities across Perth and regional Western Australia as part of a radical new approach to cooking for older people.

From old favourites packed with flavour, to new taste sensations and breakfast buffets, their dishes are delighting residents while changing the

face of food in aged-care.

Baptistcare's innovative new approach to cooking for people in residential care is being driven by its Canadian-born executive chef Todd Cheavins, who has cooked for Pink, Oprah, Pippa Middleton and the King of Malaysia while working in luxury hotels around the world.

Mr Cheavins, former executive

chef at The Richardson Hotel Perth, says Baptistcare's new menus are a far cry from the over-cooked vegetables, tough meat and bland food so often associated with aged care.

"We're thinking about different flavours, textures, colours and presentation. That's where the focus is," he said. "It's about cooking food properly. The attitude to food in aged care has to change. I like to think we're the trendsetters, but I think the changes are just common sense."

Over the past 12 months Mr Cheavins has hand-picked a team of head chefs who bring experience from some of the world's top hotels and restaurants, including Crown Casino, The Ritz-Carlton Perth, C Restaurant, JW Marriott Mumbai and The Westin Singapore, as well as personal service with the Brunei Royal Family and the late Chinese entrepreneur Lim Goh Tong, once the wealthiest man in Malaysia.

"They don't have aged-care experience. They come from high-end hospitality, and it shows in the way the food at Baptistcare is being cooked," Mr Cheavins said.

Residents at Baptistcare enjoy a

wide variety of meals, including slow-cooked lamb shanks, lemon cheese-cake, pancakes with forest berries, herb-crusted salmon, garlic and thyme roast chicken, and slow-cooked beef cheeks.

Dishes not traditionally considered suitable for older people, such as beef ribs, corn on the cob and chicken wings, are also on the menu.

"We're emphasising choice and selection, and making meals an enjoyable time," Mr Cheavins said. "Yes, food needs to be nutritious and tailored to residents' needs, but it also plays a critical role in evoking lovely memories."

There isn't a bland, boring, stodgy, tasteless or over-cooked dish in sight.

Even texture-modified foods such as pureed vegetables have had a makeover. The vegetables are now roasted, seasoned, blended with cream and presented in appetizing swirls.

"Residents tell us the food is flavourful, bright, colourful and tasty. We're always looking for feedback and finding what's working," Mr Cheavins said.

The introduction of a hotel-style breakfast buffet has been a big hit, with residents enjoying the choice of freshly

prepared pastries, breads, homemade Bircher muesli and eggs cooked to order while they watch.

"One resident came up to me and said he'd like to make his own omelette. He had a huge grin on his face," Mr Cheavins said.

"Another resident was on a soft food diet and normally wouldn't eat his breakfast, but he ate three omelettes. You can't put a dollar value on that."

"I've had my time working for top hotels and cooking for celebrities. Now I want to bring the love and passion to aged care and allow other chefs to bring their love and passion into our kitchens too."

Not only are the former hospitality chefs finding their new roles rewarding, they're enjoying more sociable working hours, shorter commutes and more time with their families.

"We're no longer looking for the 'old skills' traditionally associated with cooking in aged care. Now it's 'Do you love to cook?'," Mr Cheavins said.

Known as Aurum, Baptistcare's new-look catering arm employs 130 staff across the not-for-profit's 11 residential care facilities in Perth and regional WA.

Women's service club seeks members

SOROPTIMIST International of Maylands Peninsula is a women's service club currently seeking new members.

The club is a team of women who help educate, empower and enable women to achieve their full potential. Soroptimist's also advocate for the rights of women

and girls.

They meet twice a month in Mount Lawley. The executive committee (non-compulsory) meeting is held every third Wednesday at 7am and the main business meeting is every first Tuesday at 6.30pm with socialising and nibbles included.

The next meeting will be Tuesday 1 September at 6.30pm.

Guests and interested people may attend a few meetings first to see if it suits them.

For anyone who may be interested please contact Elle Stubbs on 0411 222 522 or email si-maylands@siswp.org.au

Anglicare WA helps people plan futures

ANGLICARE WA's philanthropy and fundraising team has made a commitment to help the broader community plan for their future, through information sessions and estate and will planning days.

Over the past four months the team at Anglicare WA have thought of ways to create events that will not only help those who are most vulnerable, but also help those that may need just a

little guidance.

Romm Niblett, from Anglicare WA, says: "Recently I have spoken to many people who are close to or about to retire, and they are anxious about what is going to happen over the next few years. And they ask what we can do for them to feel more secure."

Romm organises information sessions and he suggests that they seek help to make smart little

changes, take control and be safe.

"These small changes can make a big change in your outlook."

Anglicare WA, is organising information sessions from lawyers, financial advisors, funeral directors, and retirement homes to help people make safe empowering decisions on their future. Their next event is a Wills and Estate Planning Day on the 27 August. See page 11 for more details.

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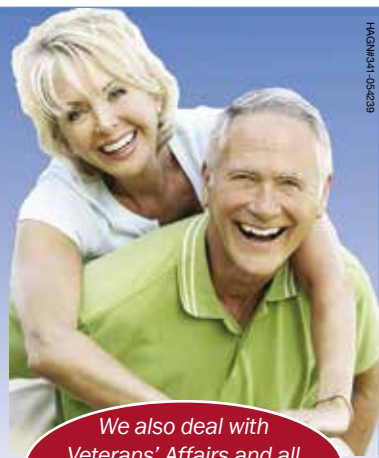
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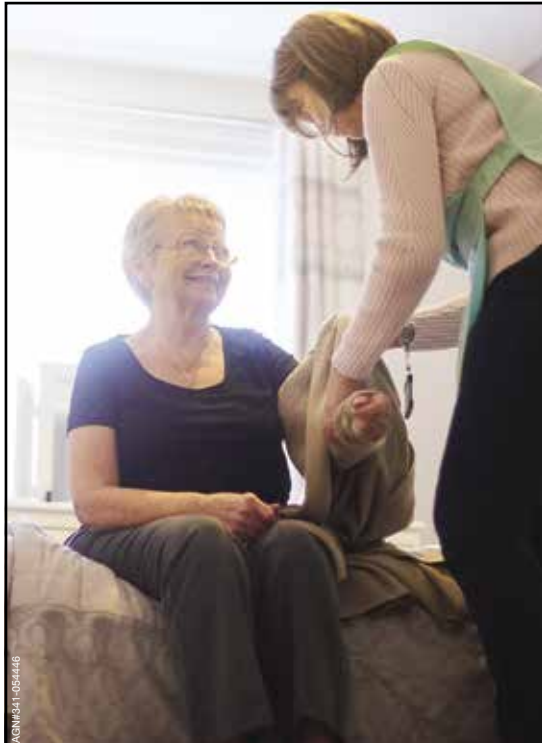
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Zofia's essential guide to styling a room - it's easier than you think



Above, from left to right; Sheridan offers a range of beautiful bedding - homewares from Table Culture Subiaco

by Zofia St James

THE onset of springtime is not far away and with it a new season to focus upon. I hope you have been enjoying what's been a lovely winter and making the most of more time spent indoors.

As you know I have always been an advocate for making homes beautiful but also for promoting joie de vivre – the joy of living – and making the most of the visual impact in your home to ensure you enjoy what you look at every day.

I believe this is essential for everyone's good health and helps us both physically and mentally.

Since the pandemic many people are focusing on and reviewing their homes, initiating renovating and decorating projects. Due to the pandemic some retailers are thriving, however there is definitely a supply issue with the bigger chains like Target and Kmart which import much of their stock.

I encourage you to sup-

port and buy local from Australian retailers such as Sheridan and Adairs. These companies are offering the most beautiful array of goods in colour palettes which are warm and rich.

A reader contacted me for a consultation to help her introduce more colour into her living areas. I would like to offer some suggestions.

Firstly my attitude is that I always work for my client, it's about what works for them, what their taste is, or helping them articulate what they feel is right for their home and their lifestyle.

It's not completely about fashion but it is about taking inspiration from what they already love in their homes like a painting or existing furnishings.

Fashion isn't just about the disposable, it's about modernity, it's about taking something new to complement something older and giving it a whole new life.

This is the most exciting aspect to my approach as an interior stylist and provides a far more sophisticated style than just creating a generic look as far as interior design goes and what's currently 'in fashion' is concerned.

I am all about creating an interior which has depth, character, warmth, one which is sophisticated and tells a story about who lives there.

It's also about the people, what colour sparks their eye, be it about

than anything – tailoring interiors for the individual. I have always appreciated the individual's needs and desires whether working as a fashion stylist or styling interiors for clients.

So with that said, it does require trust on my client's behalf to afford me the opportunity and utilise my ability to give a room a beautifully styled look and to work cohesively with their treasured pieces.

Out there in the retail world is a palette to choose from that would complement any interior. If there is anything that I have discovered particularly in Western Australia is that clients are more restrained about making

a statement in their home.

The whole point is the 'wow!' factor. We all love the wow! We admire it, we want it for ourselves. To achieve this takes bravery and often having your hand held while being guided in taking the ordinary to extraordinary for your home.

What I love the most is showing people it doesn't take a lot and it's not about going crazy with either colour or money. It's about having a clever eye and knowing what works.

So for those of you who are excited to do this for yourself, take inspiration from what you love and see what colours pop for you and find the accesso-

ries and homewares that pull the look together.

The key things to create a beautiful room is 1-order, 2-layout of furniture, 3-your special pieces, 4-layering with soft furnishings and creating mood and warmth and 5-a rug for defining areas and lamp lighting for the evenings.

I have to add that if you have enjoyed collecting treasures from travels or have something such as blue and white china or a Royal Doulton collection, these treasures can add a real statement to a room when displayed thoughtfully. Achieving this in an interior are my most favourite things. It's the visu-

al of a bowlful of beautiful fruit and fresh flowers that nourish not only our body but our eye and soul.

Happy decorating and remember I'm only a phone call away for advice. Have a great month.

Zofia offers an interior style consultation for readers and she would like to offer readers a free over the phone or video call consult. She can assist with de-cluttering, restyling, choosing furniture and personal styling. For those interested in a free styling opportunity please contact Zofia on 0406 336 607 or email zofia.james@hotmail.com



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Downsizing

ADVERTISING FEATURE



An indepth look at the ins and outs of downsizing for today's retirees...

by Frank Smith

WRITING in *The Conversation*, Caroline Osborne and Professor Claudia Baldwin at the University of the Sunshine Coast say that most people prefer to stay in their own homes and communities

as they move through life's stages.

Many individuals and families struggle to find the right fit between the supported living options of retirement villages, independent living lifestyle villages and staying in the (often unsuitable) fami-

ly home as their needs change.

Professor Baldwin said about 10 per cent of seniors live in retirement villages and many of them are very good. They meet some people's needs, offering a range of living options suitable for most

budgets and care needs and they offer security, activities and a sense of community.

The authors asked a focus group of seniors to state what was important to them in a home and in a neighbourhood.

"Most retirees prefer to live close to their families," said Professor Baldwin.

"We found that seniors living in cities such as Brisbane prefer to live in gated communities with just one entrance and exit, for improved security. Those living in smaller urban communities such as the Sunshine Coast were not bothered. It depends on population density.

"Half of the people preferred to live in mixed aged communities. Some were concerned about noise and such dangers as being hit by kids on skateboards, while the others enjoy the liveliness of their neighbourhood.

"It depends on personality. Seniors like knowing the kind of people living close by. Some offer to babysit, enjoy multi-culturalism and intellectual stimulation in their neighbourhood; others do not," she said.

Neighbourhood priorities were: well maintained, safe, even and

shaded walking paths, a clean green environment, close to affordable and efficient public transport, services and other facilities, roads safe for older motorists and a sense of community.

Priorities for homes were low density housing with street appeal, sustainable design, private and shared adaptable outdoor space to socialise, relax and enjoy pleasant outlooks, low maintenance, security and universal design features including single level, wide wheelchair-friendly doorways and accessible bathrooms.

Ideally, homes should have two bedrooms and a study that can easily be adapted to changing needs.

The authors wrote that housing choice for older Australians provides options on opposite ends of the housing continuum: residential aged care (ranging from low to high care) or ageing in place (remaining in one's home, even if care needs change).

A viable model of housing for older people would be within a community and include a range of housing types to allow ageing in the same familiar neighbourhood.

Attachment to a local-

ity or a community that is familiar is important to people as their age increases.

The authors proposed seniors' housing could be built as infilling in their local area with a mixed age population and access to existing in-home care and support services.

Infill development is by its nature, piecemeal, and unless managed carefully, will not deliver desirable outcomes for a neighbourhood such as improved connectivity, security, adequate outdoor space, and sense of community, they warned.

Elements of neighbourhood are relevant to all ages, not just older people. These include low to medium rise development and clustering of small numbers of units to facilitate relationship building and contribute to sense of community and security, supported by design that enables opportunities for interaction.

Embracing the natural environment in the neighbourhood contributes visual amenity, shade, privacy, noise reduction, and a comfortable lifestyle.

Active seniors may eventually need to transition to greater care, so dwelling design needs to be responsive, flex-

ible, and universal access to support staying in a neighbourhood. As it is not possible to predict the future, additional choice goes a long way towards future-proofing a neighbourhood, wrote Ms Osborne and Professor Baldwin.

In the USA, Rajan Bhardwaj and colleagues at Washington State University used mortality data to identify neighbourhoods which maximised the longevity of residents.

They found neighbourhood walkability, higher socioeconomic status, and a high level of age diversity were positively correlated with reaching centenarian status.

"These findings indicate that mixed-age communities are very beneficial for everyone involved," said Bhardwaj. "They also support making streets more walkable, which makes exercise more accessible to older adults and makes it easier for them to access medical care and grocery stores."

They said neighbourhoods that offer more age diversity tend to be in urban areas, where older adults are likely to experience less isolation and more community support.

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Emergency plane landing on Winnacott Reserve

JULY 2020 marked the 55th anniversary of a plane forced landing on the Winnacott Reserve oval in Willagee.

According to Geoff Goodall's Aviation History Site, a plane (Pawnee 235 VH-KSD) was leased by Air Culture from Dutons Aerial Sowing in NSW. On 16 July 1965 it suffered the humilia-

tion of a forced landing. What appeared to be a spacious green landing spot was in fact Winnacott Reserve in Willagee. It was a miracle that there was no damage to the plane or injury to the pilot or bystanders.

Jean, a long standing Willagee resident of more than 60 years, who was there on the day, re-

counts her story.

"I heard the sound of a plane that sounded very close, so I went outside to investigate. As I looked up I saw the plane start to glide down towards the oval - it looked like it had run out of fuel. It was lucky the plane landed when it did - half an hour later and the oval would have

been full of kids who would have just finished school," Jean said.

After 55 years the oval is still there, with a lot of the existing trees that surrounded the oval - they're just a bit bigger now.

Many of the existing homes still adjoin the northern side of Winnacott Reserve and Alchera Living's new over 55s apartment complex, The Reserve, is on the southern side. The parkside views from apartments would have provided a great view of the landing over half a century ago.

"This 55-year milestone marks a memorable event in Willagee's history. It is certainly out of the ordinary that a plane landed on the Winnacott Reserve oval, never mind it being just as the kids were about to finish school for the day.

"While the oval hasn't changed much, Willagee definitely has, with major revitalisation in recent years. Being a well-connected suburb, just 12km south of Perth and 10 minutes to Fremantle, it has proven to be a popular spot to live. Willagee offers something for everyone.

"The new housing, retirement villages, aged care accommodation, land development and shopping centre expansions in the past couple of years have transformed the suburb. For those who haven't seen the new face of Willagee now is the time to see it for yourself," said Alchera Living's CEO, Alan Marshall.

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It's time to discover the allure of azaleas for your home and garden



Left to right; Orange azaleas - azaleas have spectacular flowers - deciduous azaleas originate from cooler parts of the northern hemisphere - Evergreen azaleas prefer partial shade in Western Australia

by Colin Barlow

MY first memories of growing Azaleas were as a seasonal pot plant on the dining room table at Christmas in England. The alluring evergreen compact plants smothered in bright flowers caught my imagination and I have continued to grow them ever since.

Azaleas are types of Rhododendron and can be either deciduous or evergreen depending on

the species. They have spectacular flowers that usually cover the plants in late winter or spring in an array of colour combinations. There are 30cm tall miniatures that make the perfect centrepiece for the dining room table and up to three metre tall shrubs suitable for the back of the border, so you are sure to find room for at least one azalea in your home or garden. Many of the species grow much wider than their overall height.

Deciduous azaleas originate from cooler parts of the northern hemisphere including Europe, Japan, China and North America. They form multi-stemmed shrubs with trumpet shaped flowers in shades of yellow, orange, red, pink, lavender and white. Some also develop colourful autumn foliage. These are best grown in the temperate areas of Australia and New Zealand with cold winters. Position them in full sun or partial shade with protection from drying winds. Varieties include the mollis, Ghent, Exbury and Knap Hill hybrids.

Evergreen azaleas are mainly hybrids of low growing and compact species from China, Japan, Taiwan and Korea. They grow in climates with mild winters, where frosts are light. Some varieties can even be grown inside for a short period of time. Well known hybrids include the

Indica, Kurume, Kaempferi and Satsuki groups. They prefer partial shade, particularly in Western Australia, but some varieties will take full sun in warmer areas given adequate water during the hotter months. Many of these can be successfully grown in pots and containers for many years. Popular cultivars readily available at most nurseries and garden centres include Dr Koster, Elsa Karga, Hatsugiri, Kirin, Mrs Kint, Red Wings, Rose Queen, White Prince and Viola. Specialist growers in WA include Birnam Nurseries and John Coles Nursery.

Soil is most important for growing azaleas. Put some effort in at planting and you will be rewarded for many years to come. They have shallow fibrous roots, so they need a rich organic acidic soil that is both moisture retentive, but also well drained. Azaleas grow best in a soil pH

between 4.5 and 5.8 so test your soil first with a pH kit. Always mix in some sphagnum moss peat, compost and pine bark at planting to acidify the soil. Apply a pine bark mulch to keep the shallow roots cool during the summer months. Granulated or liquid sulphur can also be used to lower the pH of alkaline soils.

Always use a premium standard potting mix for azaleas, gardenias and camellias grown in pots and containers and keep them well watered throughout summer. Choose a fertiliser specifically for acid loving plants like azaleas, gardenias and camellias to avoid the possibility of burning from conventional fertilisers. Always apply after flowering in spring and again in late summer/early autumn to avoid surge vegetative growth that may cover the flowers.

Azaleas respond well to pruning straight after flow-

ering. Deciduous azaleas require little pruning apart from the removal of old wood. Evergreen azaleas are naturally compact so only need the removal of dead branches or trimming to the desired shape. They look amazing trimmed into balls, domes and organic shapes underneath tree canopies, plus they make amazing Bonsai. Any overgrown or straggly plants can also be cut back hard at this time.

The two major problems of azaleas are azalea lace bug and petal blight. Azalea lace bugs are found on the undersides of the leaves causing silvery mottling of the foliage and decreased vigour. Treat at the first signs with insecticidal soap sprays, horticultural or Neem oil. Petal Blight usually occurs when there is cool moist wet weather or overhead watering during flowering. This causes the flowers to first become spotted;

these brown spots spread and merge becoming limp and slimy. If this has caused you problems before, use a preventative spray like Zaleton or Mancozeb from just before the buds colour up until after flowering.

Evergreen azaleas can be easily propagated by cuttings taken during summer and early autumn. Use firm tip growth around 10cm long and place them in a pot with seed and potting mix or 50:50 peat and coarse propagating sand. Remove the bottom two thirds of leaves and dip the bottom in rooting hormone. Place in a propagator or pot covered with a clear two litre bottle top and position in partial shade. In around six to eight weeks the cuttings should have taken root. Deciduous azaleas are usually grown from seed sown on the surface of seed trays in late autumn or early spring.

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WA COUNCIL rates are not directly linked to overall movements in property prices. If they were, they would have risen 6.7 per cent every year for the past 25 years.

Instead, the amount of rates is shared between ratepayers based on comparative value of each property. For example, a four-bedroom home will pay a greater share of rates than a neighbour with a studio apartment.

The value, either gross rental value (GRV) or unimproved value, is set by the State Valuer General.

To set a GRV for a property that isn't rented out, the Valuer General will compare the property to a similar one that is currently rented in the area.

Many councils are freezing rates as they understand the community is doing it tough due to the COVID-19 pandemic. The well-meaning intent of the freeze is to provide certainty for ratepayers in these difficult times.

With revaluations undertaken by the State Valuer General being applied across the metropolitan area this year however, people may still pay more (or less) rates due to the new assessments.

Pensioner concession card holders are entitled to receive up to 50 per cent rebate on Local Government rates. However, the State Government has introduced a rebate cap of \$750 since 2016.

For more information, visit www.walga.asn.au/rates.

Let's GO MOTORING

ADVERTISING FEATURE

A Pajero Sport makes the perfect companion for a wander down south



Left to right; Mitsubishi Pajero Sport journeying to the south west



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

HOW much of our fantastic south west can you

re-experience in only four days? As it turns out, a lot.

It is so beautiful this time of year. The drizzle and the chill make it even more special.

After collecting the latest Mitsubishi Pajero Sport, we headed off for the drive "down south", hoping to arrive by lunchtime. But alas an old mate phoned, encouraging me to stop over at the Bunbury Farmers Markets. So glad he did; what

shopping delight. (Ed's note – it's obligatory to stop and stock up at this amazing market.)

Bunbury Farmers Markets is the "Ikea" of food and treats. The carpark, surprisingly busy for Monday; locals and visitors alike, snapping up fresh food and delights from around Western Australia. Two hours later and over \$100 lighter in the wallet, I restarted the drive, heading for the Bushy Lake Chalet at Marg's;

the suites and wood fire burners a welcome comfort and great joy.

The 2020 Mitsubishi Pajero Sport is well appointed with Apple CarPlay and Android Auto. Standard features include active cruise control, dusk-sensing headlights, rain-sensing wipers, six-speaker sound system, power tailgate, privacy glass, with leather/power-adjustable seats. (Marcus Craft).

A seven-seater, (from

around \$53,230) certainly feels premium, with comfortable seats and plenty of smooth-touch surfaces.

Its 2.4 litre, four-cylinder turbo-diesel engine produces 133kW at 3500rpm and 430Nm at 2500rpm with an eight-speed auto.

Boot space is plenty; around 131 litres with the third row seats in use. Fold the third row out of the way and cargo space moves up to over 502 litres and the seats fold

down almost entirely.

The steering wheel has paddle shifters for sporty shifting and is reach- and height-adjustable.

The dash and large touchscreen media unit is cool-looking and well integrated. All buttons and dials are easy to locate and operate.

On the road, it's an easy-driving vehicle and quite sprightly.

The engine and eight-speed auto are an effective combination.

Suspension is firm although the ride can be a jarring at times. (WA roads do not help.) On rough bitumen, deeper depressions and corrugations, it's noticeable and annoying. The Mitsubishi Outlander is a better drive.

Are four days long enough for a winter, south west, 'wander out yonder'?

With so many wineries still to rediscover, not really.

SwanCare Bentley picks up a raft of local and state awards for excellence



The Leisure Precinct at SwanCare Bentley

SWANCARE Bentley which has been a pro-

vider of retirement living and aged care ser-

vices in WA for almost 60 years received two

prestigious awards.

In July they were inducted into the Hall of Fame for the Vic Park Business Awards for their contributions to the community over many decades.

CEO Graham Francis said that this was a tremendous accolade from the Town of Victoria Park validating SwanCare's strong community leadership as the organisation continues to enrich the lives of residents.

"SwanCare has been a leader in aged care services and retirement living in Western

Australia for almost 60 years," Town of Victoria Park Mayor Karen Vernon said. "Over the years, SwanCare has collaborated on many projects with the Town, cementing its place as a key stakeholder and leader in our local community."

"We are very proud to have such a trusted and innovative organisation within our Town helping seniors to live and age well. Congratulations SwanCare!"

SwanCare Bentley Park's new \$20 million Leisure Precinct

was announced as the winner of the Urban Design Award at the 2020 WA Architecture Awards.

In addition to the main award, the Leisure Precinct also won a commendation award for public architecture and a commendation award for lighting.

The Leisure Precinct has transformed the heart of SwanCare Bentley Park – WA's largest fully integrated retirement and aged care site.

The precinct spans about 8,400 square

metres (across ground level) and offers new club rooms, function centre, landscaped gardens with sound and light features, exercise park, heated indoor swimming pool, wellness hub, and gymnasium.

These facilities are surrounded by improved walkways and gardens, and a new bowling green.

The project will now be eligible for the National Architecture Awards with a shortlist of national entries to be announced in the coming months.

An umbrella for Western Australia's multicultural and LGBTI community - 20 years in the making

SINCE July 2000, Umbrella Multicultural Community Care Services Inc. has been proudly serving seniors and people living with a disability throughout the Perth metropolitan area.

Twenty years on, the organisation has grown into a multi-award-winning, not-for-profit organisation which provides inclusive care and the same high-quality services as it did in the beginning.

Umbrella's programs have grown considerably, and now delivers the Commonwealth Home Support Program (CHSP), Home Care Packages (HCP) and Community Visitors Scheme (CVS) to more than 800 clients from 67 different countries, including to seniors who identify as LGBTI.

CEO of Umbrella, Anna Harrison said: "It is important to reflect on how far the organisation has come over the past two decades."

"I feel very fortunate to have led Umbrella for the past 20 years during which I have witnessed incredible growth and change."

"We are one of the most significant multicultural aged care providers in

Western Australia and our strong passion, to make a difference in the lives of our clients, has never changed," she said.

For many years, ethnic community leaders advocated for grassroots, 'bottom-up' solutions to the issues facing their communities. In WA, a group of visionary people from diverse cultural backgrounds recognised that mainstream services were often not responsive to the cultural needs of their seniors.

They decided to create an independent, community-based organisation, Umbrella Multicultural Community Care Services, for seniors from all cultural and language backgrounds.

Umbrella initially received a \$100,000 non-recurrent grant and the vision started to become a reality.

Umbrella has employed more than 600 people over the past 20 years, predominantly from migrant backgrounds and provided them with new career opportunities in Australia. Many of them went on to be managers and senior leaders within Umbrella or in other organisations, increasing the

diversity of the aged care workforce with qualified and well-trained bilingual

workers.

"We have come a long way," said Ms Harrison

"but our story has only just begun. Our organisation is growing at an incred-

ible speed, because our services are needed more than ever before."

More celebrations are planned for the rest of the year.



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Bloody brilliant ballet returns to delight Perth audiences at His Majesty's



L-R; Oliver Edwardson, Aurelien Scannella and Matthew Edwardson in *Dracula* © Jon Green

AURÉLIEN Scannella, a young dancer lusting for a breakthrough role was

challenged with *Dracula*, a character than many associate with fear, in the

early 1990s, but he knew that *Dracula* had many facets.

Fast forward to 2018 and Scannella's sixth year at the helm of West Australian Ballet, the premiere of the story that means so much to him, saw acclaim, awards and a sell-out season.

Scannella, who has substantially grown West Australian Ballet in repertoire, quality and dancer numbers, has now given WA a rare chance to see *Dracula* again.

"*Dracula* was a magical season, not only did we bring world-class creatives to Perth, we forged our own brand of ballet," said Scannella.

"Our ballet company is now one of the best in the world, we're diverse, ver-

satile and modern."

Choreographed by internationally-renown Polish dance maker Krzysztof Pastor, with sets and costumes designed by Phil R. Daniels and Charles Cusick Smith heralded as jaw-dropping and sumptuous, the ballet is complemented by Jon Buswell's atmospheric lighting design.

Follow *Dracula* as he brings a reign of terror after the suicide of his wife Elizabeth. Centuries later, a young lawyer Jonathan Harker travels to Transylvania to finalise a London real estate deal with the Count. After tangoing with the lawyer, *Dracula* finds out that Harker's betrothed

Mina, is the reincarnation of his wife Elizabeth, and his journey to reunite with his true love begins.

Throughout the acclaimed ballet, *Dracula* needs the nourishment of blood to remain in his younger form, and without this nourishment he turns into the monstrous, Old *Dracula*, as originally portrayed by Scannella. There is no word yet, if Scannella is set to return to his role.

In 2018, *Dracula* received continued applause, resulting in awards for Pastor's Choreography, Cusick Smith's Costume Design and West Australian Ballet's head of music, Michael Brett's arrangement which featured Wo-

jciech Kilar's score from the 1992 feature film starring Keanu Reeves, *Bram Stoker's Dracula*, which is played live at every show by the West Australian Symphony Orchestra.

"Aurélien Scannella has taken the company to new heights during his tenure and this production sealed his commitment to excellence," said Jennifer Merigan, of *Have a Go News* in 2018.

Dracula returns for a highly-anticipated 14 show run at His Majesty's Theatre from 11 to 26 September, with the doors of the Edwardian theatre safely thrown open for audiences to witness WA's own *Dracula*.



Locally published book follows a sweeping family saga from France to Australia

The Seed Keeper,
by Valerie Mather
Reviewed by Pat Paleeya

VALERIE Mather weaves a tale of fact and fiction stemming from the persecution of the Huguenots (French protestants) and the massacre of those people that took place in Paris in 1572. The author's forebears were Huguenots

which inspired her to imagine their lives at that time and the lives of their descendants who eventually settled in Australia.

The first part of the story concerns Raphael and his daughter Cecile who were survivors of the massacre and travelled through France for three months searching for a safe haven. They did not find this quickly, so fearing perse-

cution once more they and their family paid passage as immigrants to England. There they joined relatives who were among the first wave of refugees to flee France in 1598.

The second part of the story begins in Australia and follows the descendants of Raphael from 1890 as they travel from Victoria, South Australia and finally to Western Australia

where Fremantle and the Great Southern feature greatly in the story.

This is the author's first novel. It is an easy read and would likely fall under the genre of a sweeping family saga.

The book is available from the author for \$20 plus postage. Contact amypeirfox@hotmail.com or call 0439 980 394.

WIN WIN WIN

We have one copy of *The Seed Keeper* to give away to a lucky reader. To be in the draw simply email win@haveagonews.com.au with Keeper in the subject line or write to The Seed Keeper c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 31/8/20.

Morning Melodies to return to the Koorliny Arts Centre this month

KOORLINY Arts Centre is on track to resume its regular in-house Morning Melodies show on 21 August, with Brenton Fosdike and Kelly Green performing upbeat songs from the '50s and '60s.

The popular monthly line-up will continue with Reg Beale's love song tribute on 11 September, Jay Weston performing Buddy Holly and Ritchie Valens hits on 9 October, a morning of glamour with Bling! on 13 November, and a Dolly, Denver and Cline tribute from 7th

Heaven on 11 December.

All morning melodies events include morning tea and an hour-long show.

The centre is committed to helping reduce the spread of Covid-19 and provides sanitiser for patrons' use and ensures that appropriate physical distancing is maintained.

General manager Kate McIntosh said the centre was: "looking forward to continuing its commitment to arts and culture in Kwinana for the remainder of 2020 and into the future."

"We are very pleased to be welcoming our Morning Melodies audience back into the centre," she said.

Tickets cost \$15 and companion cards are accepted. Morning tea is at 10am and the show starts at 11am.

Koorliny Arts Centre is on Sulphur Road, Kwinana.

For more information about upcoming performances visit www.koorliny.com.au or call 9467 7118.

Retro Sundays at Luna

STEP back in time and enjoy a selection of classic films at the Windsor Theatre and Luna on SX in Fremantle every Sunday afternoon. Throughout August enjoy a screening of *Russian Ark*, *Titanic*, *North by Northwest* and *Moulin Rouge*.

Tickets cost \$15 and the session starts at 1.30pm on Sundays and includes tea, coffee and biscuits.

Support your local cinema and enjoy these cosy afternoon classics as a Sunday treat in the cinema.

WIN WIN WIN

Thanks to Luna Cinemas we have two double passes to give away to one of the Sunday sessions. To be in the draw simply email win@haveagonews.com.au with Luna in the subject line. Competition closes 15/8/20.

Line up of interesting speakers

WESTERN Australian Self-Funded Retirees Association meetings are back. The next guest speaker will offer insights into the new museum.

Perth Museum's senior projects officer Erika Jellis will speak about the new museum scheduled to open in November.

Erika will provide insight into what visitors can expect from the new world class building and exhibits, and will explain the intentions of the museum which include relaying stories of the people and places and to act as a gateway to explore all of Western Australia.

This meeting will be held at 10am on Friday 14 August at the usual venue, the Cambridge Bowling Club, Floreat Sporting Precinct, Chandler Avenue, Floreat.

The September meeting will be held on Friday 11 September at 10am with guest speaker Iris Thomas from Consumer Protection WA who will talk about scams currently operating in Perth and what to do about them.

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

The Murray Music and Drama Club

Nana's Naughty Knickers

Written by Katherine Di Savino
Director Levi Anders

Spm - 28, 29 Aug
4, 5 Sept 2020
2pm 29 Aug, 5 Sept

Early Bookings \$19 until 19 July - From 20 July \$22
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RETRO SUNDAYS ~ COSY AFTERNOON CLASSICS

SUNDAY AUGUST 9: 1.30pm at WINDSOR and SX

Filmed at the Hermitage Museum in St. Petersburg, Alexander Sokurov's spellbinding masterpiece - filmed in one continuous tracking shot

RUSSIAN ARK

SUNDAY AUGUST 16: 1.30pm at WINDSOR and SX

LEONARDO DI CAPRIO
KATE WINSLET

TITANIC

SUNDAY AUGUST 23: 1.30pm at WINDSOR and SX

Nearly getting killed never looked like so much fun.

CARY GRANT and EVE MARIA SAINT

NORTH BY NORTHWEST

SUNDAY AUGUST 30: 1.30pm at WINDSOR and SX

NICOLE KIDMAN and EWAN MCGREGOR shine in BAZ LUHRMANN'S

MOULIN ROUGE!

ALL TICKETS ONLY \$15.00

INCLUDES FREE TEA/COFFEE & BISCUITS!

Windor CINEMA LUNA & SX

Evoke the good old days with organist ALESSANDRO PITTORINO performing live before the film from 1pm at WINDSOR

LUNA PALACE CINEMAS

For OTHER SESSION TIMES and TO BOOK TICKETS visit our website: www.lunapalace.com.au

Garrick Theatre Club (Inc) with the Teens at Garrick proudly presents

The Hound of the Baskervilles

A comic thriller starring Shirley Holmes & Jennie Watson
Adapted and dramatised by Kent R Brown
Inspired by the novel by Sir Arthur Conan Doyle

Directed by Rodney Stickells-Palmer & Gail Lusted
by special arrangement with Dramatic Publishing Company

17 September to 3 October

Performances
Evening 7.30pm:
September 17, 18, 19, 24, 25, 26
October 1, 2, 3
Matinee 2pm:
September 20, 26, 27

Tickets: Adults \$25
Concession \$22 Members \$20
Children 12 & under \$15
Booking: Elaine 9378 1990 or
www.TryBooking.com
bookings@garricktheatre.asn.au

Please note performances employ the use of smoke machines and strobe lighting

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Quartet

by Ronald Harwood
Directed by Owen Browning

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Parisian dazzle comes to Crown Perth Theatre this October



PERTH audiences will be in for a treat at Crown Perth on Friday 16 October with the staging of

Cabaret De Paris. *Cabaret De Paris* which has previously played to sell-out crowds all over Australia and New Zealand is a stage spectacular celebrating showgirl glamour combined with the skill of adagio dancers, aerial pole artistry, comedy circus performers, quick change performers, illusionists and of course featuring the famous French cancan. This is the first live show to be performed

since COVID-19 and the only way to ensure *Cabaret de Paris* could be staged in Perth was for producer, Michael Boyd to relocate here from Melbourne. Michael says: "At this time audiences more than ever need a bit of escapism and this lush Parisian show is the closest to an international adventure we can take right now. "It is a wonderful way to get audiences back to experience sensation-

al live entertainment as Perth leads the way in opening up theatres." "The entertainment industry has been particularly hard-hit by Covid-19 restrictions so this is also an important opportunity to re-engage West Australian performers, technical crews and venue staff," says Michael. This Australian burlesque extravaganza stars Marissa Burgess, the longest-serving performer in the Moulin Rouge's 120-year history. The show features

Australian-born and trained Marissa is a legendary showgirl. With a string of accolades to her name, she became the toast of Paris and the subject of many French TV talk shows and a US documentary. Burgess says: "*Cabaret de Paris* brings to audiences all the magic of a lavish French cabaret show with breath-taking dancers, beguiling music and an array of fabulous talent." over a quarter of a million dollars' worth of lavish costumes crafted in traditional Parisian style, with feathers, sequins, rhinestones and jewels (some covering barely anything). Don't miss this sensational spectacle that promises to bring back the elegance and glamour of the most famous cabarets of Paris to Perth. Tickets available from www.ticketmaster.com.au or call 136 100.

Western Australian Symphony Orchestra returns to the stage at the Perth Concert Hall

WASO will step back into the spotlight with a remixed 2020 program featuring exceptional artists performing extraordinary music with the biggest band in town – WASO. WASO's new season opens with an epic performance of *Carmina Burana* on Friday 2 and Saturday 3 October. This thrilling work will feature a cavalcade of West Australian talent including conductor Jessica Gethin, soprano Amy Manford, tenor Perry Joyce, and baritone

James Clayton along with the 130 voices of the WASO Chorus and UWA Symphonic Chorus. Dvorák's *Symphony No.8* concerts on Friday 9 and Saturday 10 October, bringing joyful and bewitching music and introduce a white-hot rising star of the violin in Emmalena Huning to perform Mozart's heady and romantic fifth violin concerto with WASO. Principal conductor Asher Fisch returns to the podium for the final two ticketed events of

the year with Tchaikovsky, Brahms and Beethoven in November. WASO will finish 2020 in December on Langley Park with the return of Christmas Symphony. WASO will do everything in their power to present the remixed program but variations may have to be made to the repertoire or artists, should Government or travel restrictions change. Full program at waso.com.au.



City Of South Perth Historical Society Inc

 **ART MUSEUM & LOCAL HISTORY**

GALLERY & SHOP OPEN: Friday 10am-4pm
Saturday & Sunday 1pm-4pm

Heritage House, 111 Mill Point Rd, South Perth
9367 9243 southperthhistoricalsociety.org

City of South Perth's May & Herbert Gibbs Art Collection © The Northcott Society & Cerebral Palsy Alliance 2019



Mucky Duck Bush Band © @MBbushband
TUESDAY mornings are looking bright again as the *Holly Wood Tuesday Morning Show* returns to the Perth Town Hall

The Holly Wood Tuesday Morning Show is back...

from 11am. People are welcome to join the camaraderie of this free community service run every Tuesday morning by the City of Perth. *Have a Go News* editor Jen Merigan will be at the show on 11 August along with Hilary Everard who will perform her great repertoire of songs. The Mucky Duck Bush Band will get toes tapping on 18 August. People can find out more about the Country Women's Association from state president Elaine Johnson on 25 August followed by a great tribute to female entertainers from Moira Jo Scott. Don't miss joining in on a great morning of entertainment and then head to Citiplace Community Centre for a delicious well priced lunch. Citiplace Community Centre is located at the concourse level at the Perth Railway Station.

"It's a fantasy that ensnares the senses in every way conceivable"
★★★★★ - *The West Australian*


WEST AUSTRALIAN
BALLET

MULTI AWARD - WINNING BALLET

DRACULA

11 - 26 SEPTEMBER

Live at His Majesty's Theatre with WASO
Tickets from \$22* at waballet.com.au

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Friend to Friend



Instructions - Please read carefully
Write your advertisement in the grid below. Please print clearly in ink using only one square per word. Send the completed coupon to:
Friend to Friend
PO Box 1042
West Leederville WA 6901

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	

Each person may submit one entry every month.

Please nominate a category for your advertisement.

Tick one box only.

- ☐ Travel companion
- ☐ Wishing to contact
- ☐ Seeking a friend
- ☐ Seeking a partner

Name

Address

.....

Phone Email

I am over 45 years of age (Signature)

Obtaining replies to your Friend to Friend Reply Box entry:

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

Seeking a Friend

79 YO well groomed, widower, postcode 6066, encouraging, supportive, listener, missing female company. Would treasure time with petite, energetic widow in her 70s, two to three mornings a week. Fitness, walk then relax and build relationship over coffees.

Reply Box 8608

ACTIVE gent 62, no baggage, fit, fin sec, looking for a lady friend/partner.

Reply Box 8596

ACTIVE lady 75, wishes to meet lady or gentleman with view to friendship, outings, possible travel. I am fairly active and would love to hear from anyone who is genuine and seeks friendship and company. Preferably my own age group.

Reply Box 8591

AN easygoing, slim lady WLTM gent approx 78 with similar interests, long term if compatible, GSOH, fin sec. My likes; dance, family, travel, cooking, garden, life in general, TLC, metro.

Reply Box 8602

AUSSIE guy, 5'8", med build, fit, healthy, mid 80s, NS, SD, GSOH, DTE, WLTM Aussie lady, med build, fit, healthy, own car, only Bunbury ladies need reply. Meet for coffee. ALA.

Reply Box 8609

AUSSIE lady SOR, 68, widow, friendly, DTE, GSOH, SD, fin sec, loves travel, reading, movies, nature, history, walking dog, WLTM educated gent, similar interests, age, for social outings, conversation, maybe more. Coffee? Let's see.

Reply Box 8612

AUSSIE male, 72, easy-going, lonely, seeking lady companion. Enjoys watching sport, dining out, country drives, travel, meeting new people, GSOH, SD, NS, DTE, animal lover, ALA. Please include phone number with your reply.

Reply Box 8604

AUST gent, 68, soon having birthday, would like lady to come to my birthday, age 58-65, NOR, SD, GSOH, WLTM. Like dancing, movies, walks, dinners, ALA.

Reply Box 8606

BEING alone is not at all what it seems to be, hence, this little note! Lonely but not desperate, looking for someone but not just anyone. Asian lady WLTM a gentleman 65+. ALA.

Reply Box 8590

EURO lady postcode 6014 or nearby, seeking company of Euro gent. NS, NG, SD with GSOH, 65-70, slim to med build who enjoys outings, theatre, concerts as much as cosy evenings. ALA.

Reply Box 8597

HAPPY healthy lady requires the company and companionship of a gent, late 70s, SOR, GSOH, ALA, SD, NS, SOR, DTE.

Reply Box 8614

I'M here where are you? English lady 70s, NS, ND, NOR, gym, cooking, travel, dog lover, witty, GSOH, WLTM educated man for dating, NS, SD with GSOH, fit and healthy, share great times. ALA.

Reply Box 8603

LADY 61, NS, NOR seeks gent, 60-65 for coffee, outings, friendship, Aussie bloke, no usual baggage! Similar interests; reading, Pokemon GO, walking, travel. Living on a pension so not too expensive. NOR.

Reply Box 8595

LADY slim, tall, very fit, late 70s, enjoys life to the full, seeking similar person of interest for companionship. WLTM, SOR, NS, GSOH.

Reply Box 8593

LADY young 78, WLTM gent GSOH, NS, ND, for friendship, lives NOR, 6018. Likes music, gardening, movies, meet up for a cuppa.

Reply Box 8601

SINGLE lady celebrated 71 years in February, average height, philosophical, spiritual, adventurous, educated, social and motivated to share the rest of life's journey with a special man. Enjoy reading, writing, travel, gardening and cooking for guests.

Reply Box 8605

WLTM kind gent, 80s, spend time together, company in winter, dining in/out, NS, NG, SD, NOR, short trips, watch TV, walks.

Reply Box 8600

NEWS UPDATED DAILY
www.haveagonews.com.au

Seeking a Partner

ATTRACTIVE English Australian lady 71, post-code 6107, feminine, educated, med build, fin sec, own home, GSOH, WLTM well groomed single gentleman (not seperated), 67-72 for long term to permanent relationship, ND, NG. I enjoy reading, music, walking, gardening, country drives, good conversation, genuine replies only. ALA.

Reply Box 8610

GENT 60, well presented, easygoing, fit and active, sociable, funloving, young at heart, fin sec, NS, SD, GSOH, likes movies, dining, country drives. WLTM lady similar interests, looking forward to hearing from you.

Reply Box 8615

GENT 64, Australian, 170cm, 70kg, retired, wid-ow, fin sec, home owner, postcode 6083. Interests; caravanning, travel and keeping fit. I am a wildlife carer. WLTM lady with similar interests.

Reply Box 8592

GENT UK/Australian, 70, 180cm tall, 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 8594

LADY 70+ WLTM gent who is honest, caring, GSOH, DTE, NS, enjoys life, love, laughter, outdoors, music, reading, caravanning, travel, no baggage, not regimented, free, easy going, spontaneous, live in the moment. If that is you let's meet and see where it could lead to. We have nothing to lose. ALA.

Reply Box 8607

LADY 72, living in Albany, well presented, enjoys cooking, movies, walks, outings, positive. Looking for a boyfriend to share life. GSOH, NS, SD, coffee? ALA.

Reply Box 8599

MATURE widower, post-code 6210, sincere, caring, GSOH, NS, NG, SD, fin sec, wide range of interests. WLTM lady up to 80 with similar attributes to develop special relationship.

Reply Box 8613

MATURE woman WLTM compatible man, young at heart with positive outlook on life for companionship/relationship. I am NS, DTE, have GSOH, love music, non-fiction books, keeping active, nature, travel, ALA to genuine replies.

Reply Box 8598

WIDOWER early 80s, slim, active, fit, healthy, genuine, NS, SD, NG. WLTM lady similar age for companionship/permanent relationship. NOR ALA.

Reply Box 8611

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.

Advertorial

Future proofing to stay in the home you love

FUTURE-PROOFING your home is about being prepared no matter what happens in life, to you or your family members.

As we get older, the likelihood that we experience limitations in mobility increases. It may even be the result of an injury or a new diagnosis. For people living in two-storey or split-level homes, stairs may become challenging or even dangerous. Faced with this dilemma, some people feel their only choice is to move to a single-level home.

RESiLIFT inventor, Peter van Emmerik, conceived the first 'through-floor' residential lift as a safe and convenient alternative. His motivation was to create a product that empowered people to stay in their home at an affordable price with

minimal impact on the building.

Peter retired in his mid-sixties, 15 years ago. Like many people in retirement, he didn't slow down, he invented the RESiLIFT. Peter's award winning shaftless lift was ground-breaking. It has been patented and replicated across the globe.

"I designed this lift so people could stay safely in the home they love," says Peter. "It saves time, effort and money that could otherwise be wasted moving home."

WA RESiLIFT Distributor Leone agrees, "I've witnessed first-hand many lives transformed as their homes are future-proofed. Eliminating the danger of stairs with installing a lift is such a simple solution."

Advertorial

Preparing financially for retirement

IN the years leading up to retirement, people's focus often shifts away from day-to-day financial matters, such as paying off the mortgage, to long term finance as they start thinking about retirement.

It's important to understand that retirement may last a long time. Increases in life expectancy mean many will enjoy a retirement for 20 or even 30 years.

Close to retirement people can start working less and consider moving to part-time employment. They can also secure plans to provide financial assistance to children once they have left home.

Careful planning and long-term, diversified investment strategies can make a big difference to retirement income.

Modelling of financial position and life expectancy will give people a clearer picture of where they are at and determine what smart financial planning can achieve.

Some of the progressive strategies to help you achieve retirement goals can include:

Tax smart investing – why pay more tax if you don't have to?

Switching assets – to take advantage of lower costs.

Reviewing investment choices – to ensure long-term and consistent growth.

Sage is WA's leading retirement planning company. They have more

than three decades of experience in helping retirees achieve their goals. Working with specialist advisers can offer people

peace of mind and allow them to live well in retirement.

Contact Sage on 9445 2955.

SOLUTIONS MATCHMAKING

"The safest way to meet a genuine and suitable companion"

9371 0380

GREENFIELDS LADY 74 very attractive, feminine, gentle nature, fair hair, beautifully grmd, enj travel, keep fit, can dance, sk charming, well spoken gentleman 70-80.

NEDLANDS LADY 75 stylish, funloving blonde, ret. Professional, articulate, very d.t.earth, loves travel, cooking good food and playing golf. Sk gent 72-82.

WILLETON LADY 76 slim, attr, very well grmd, green eyed brunette, kind, caring, loves the garden, reading, cooking, keeping fit & local travel. Sk gent living nearby to share interests as a couple.

HAMILTON HILL LADY 70 tall, slim, blue eyed blonde, educated, humorous, honest, independent. Sk gent 67-77 to share thoughts, ideas and create some great memories together. Admires humility in a person.

MANDURAH GENT 80 an attractive man of 191cm tall, trim, very well presented, intelligent & well spoken, fit, healthy, musical, Christian values & good old fashioned manners. Sk attractive lady similar 70-80.

BALCATTA GENT 80 well groomed, polite, jovial man of Euro b'ground, loves dancing, likes to keep busy, sk genuine lady for friendship.

FORRESTFIELD GENT mid 70s widower, ret. Professional, 178cm, trim, active, well grmd, relaxed, e/going, well spoken w/ a great sense of fun. Very respectful & well mannered. Sk lady w/ similar o/look.

NORANDA GENT 80 widower, respectable, educated, well travelled, physically active, musical, loves o/doors, caring towards others & seeking meaningful r/shp w/ refined lady.



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We have your partner

*conditions apply

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Have a Go News PUZZLES PAGE



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- ACROSS
- DOWN

Crossword page 46

Sudoku page 46

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

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#341 AUGUST EDITION PUZZLE SOLUTIONS

Have a Go News Quiz Page 2: 1. Passiona 2. Hayden 3. No Time to Die 4. Sri Lanka 5. Crown Towers 6. Windsor 7. Formula One 8. 3 years 9. Asylum 10. 1,130 kms
Wheel Words: Filo, Flit, Foil, Frit, Lift, Loti, Oily, Rift, Riot, Roil, Toil, Trio, Viol, Fitty, Flirt, Ivory, Roily, Torii, Flirty, Frivol, Vilify, Vitrify, Vitriol. 9-letter word: FRIVOLITY



WIN WIN WIN - Win A Fitbit

THIS month we have a Fitbit Charge 4 for a lucky reader to win. This unit is an advanced health and fitness tracker. The Fitbit features a built-in GPS, 24/7 heart rate tracker, Fitbit pay, sleep score and tracker, a battery life up to seven days, pace and distance trackers, calorie trackers, smartphone notifications and it is swim proof. The unit is valued at \$245.
If you would like to be in the draw to win this fabulous prize, simply email win@haveagonews.com.au with your details or write to Fitbit 4 Competition c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 31/8/20.

I was surprised how easy my voice assistant is to use. It helps me to stay connected with my family and community.

- Henry, 91 years of age

Google Assistant Features:

- Use your voice to access the internet & watch TV.
- Listen to over 50 million songs for free on Spotify.
- Watch any of your favourite TV shows & movies.
- Stay connected with video & voice calls.
- Listen to the news, radio & sports. Plus much more!

\$59 Monthly Training & Support Package:

- Telstra 4G wireless internet with unlimited data.
- Regular ongoing training over the phone.
- Unlimited 24/7 phone support for any device issues.

Devices & training can be paid through Home Care Package



Call us 24/7 for a friendly chat! 1800 123 000

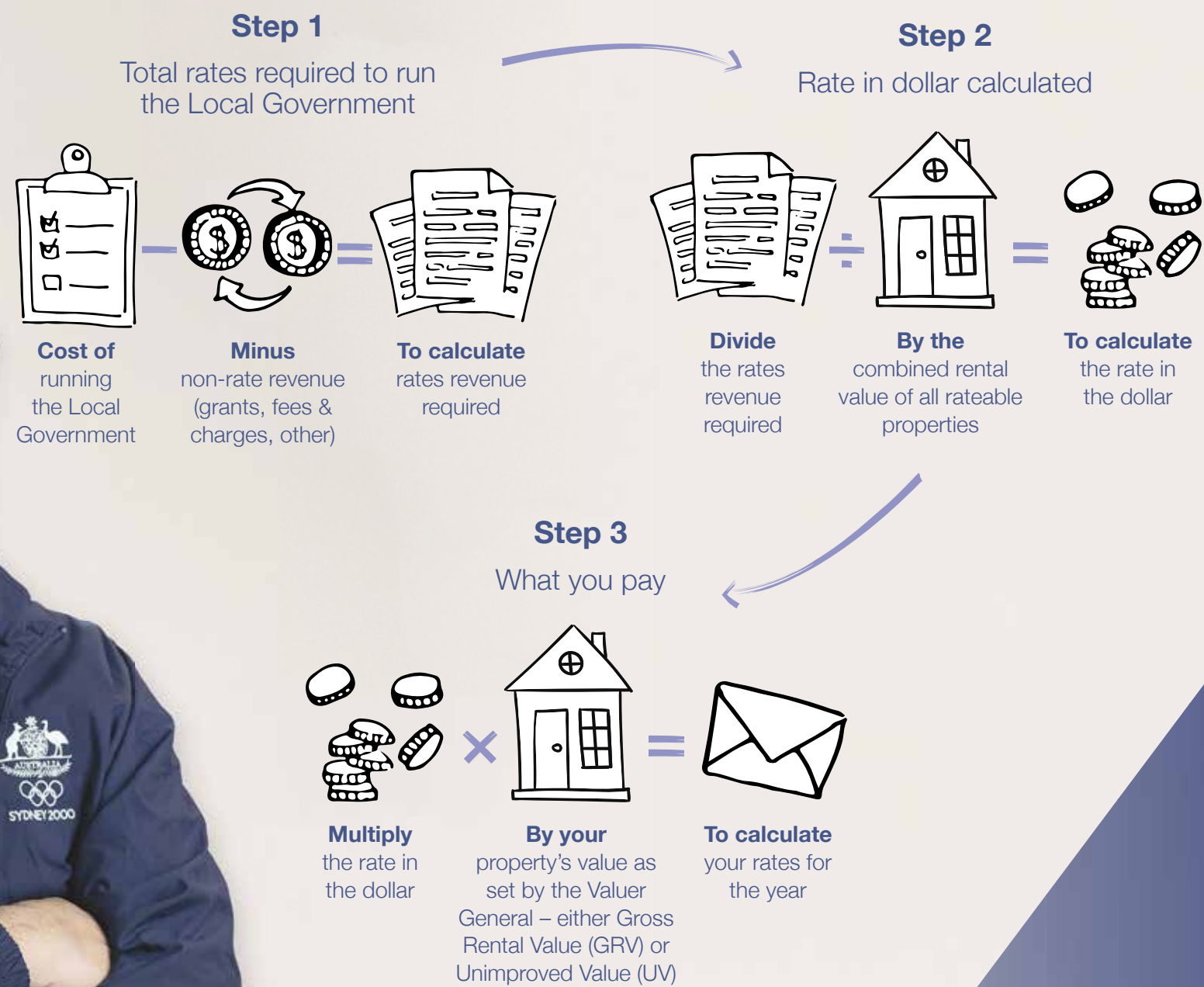
HOW COUNCILS CALCULATE RATES: LET US COACH YOU THROUGH IT



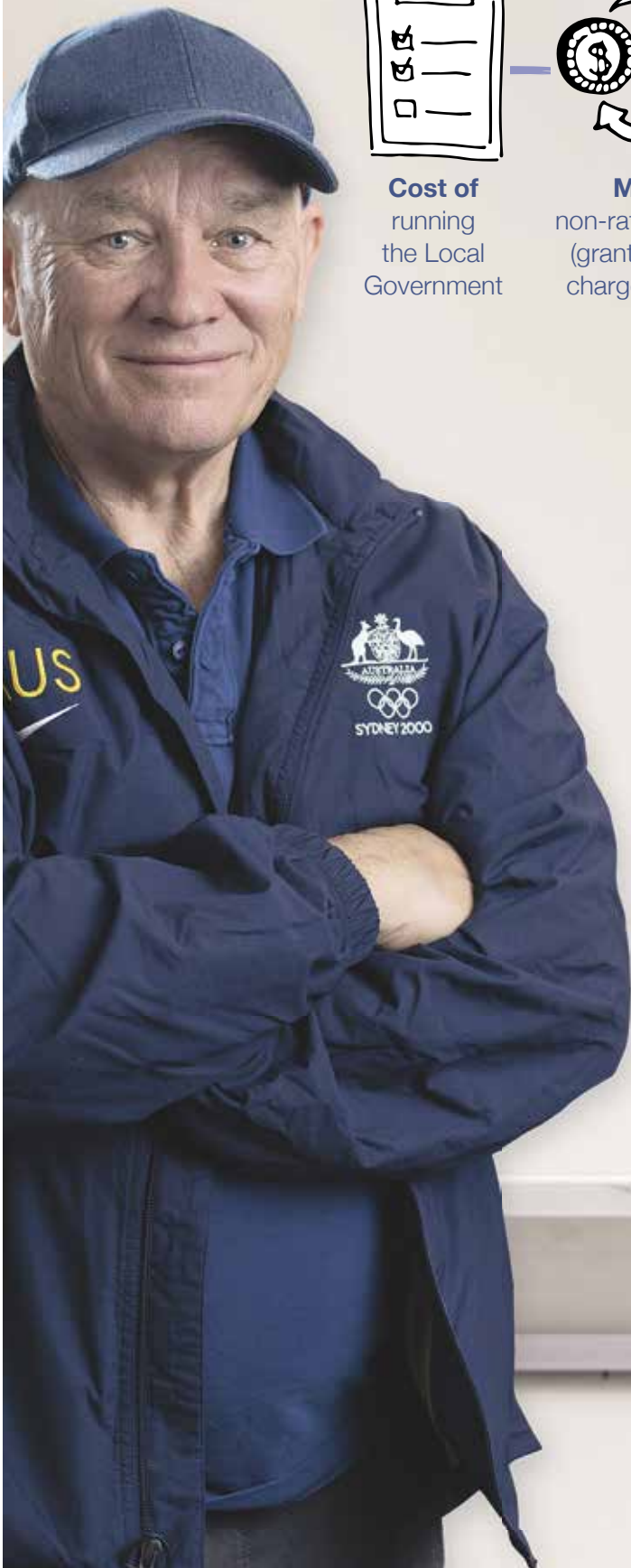
WA Council rates are not directly linked to overall movements in property prices. If they were, they would have skyrocketed over the past 20 years.

Many Councils are freezing rates this year, and will only collect the same amount of rates revenue as last year. However you could still pay more or less as a result of the process undertaken by the State Valuer General.

Your rates are calculated by:



To find out more, visit
www.walga.asn.au/rates



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