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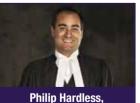
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# Marina and David hit the road again



David Hobson and Marina Prior look forward to coming to WA

#### by Josephine Allison

LIKE the troopers they are, soprano and tenor powerhouse musical theatre legends Marina Prior and David Hobson are taking the vagaries of Covid-19 in their stride. Ahead of an all-State concert tour, which will take them to the end of the year, the pair say they are excited at the prospect of working together again.

"Our industry was basically decimated last year," Marina said. "It's all been very positive and exciting for us planning and rehearsing to get back on the road. We love working live so much and we always love coming over to WA.'

The pair, who have been friends their whole professional lives (more than 35 years), are set to bring their new two-hour encore show, The 2 of Us, Up Close and Personal, to Perth on 3 October after several country gigs. They will sing songs from The Phantom of the Opera, Cats, Les Miserables, West Side Story, Guys and Dolls, Chitty Chitty Bang Bang and the classics as well as new material and Celtic songs from Scotland and Ireland.

"We've been rehearsing this morning at Hobo's house in Glen Iris ahead of our NSW regional tour," Marina said. "The theatres in WA are fantastic and we will be playing at theatres in Albany, Bunbury and Mandurah as well as

Said David: "We have lots of new material and new songs. People have really responded

to Marina and I, especially singing in harmony

and we are doing more Celtic and folky things. "The joy of this collaboration is that Marina and I have known each other since the 1980s, but for us even now what is great is that we keep exploring new material, not because we have to, but because we love doing it.

"We still love our old material as well, but there is nothing like doing new material which keeps the audience on their toes. We are very excited, it's a new injection. So we are getting vaccinated and we are injecting this new material into our show."

Marina: "Way back when everything shut down last year we were lucky to get in a few shows. Then our wonderful producer Karen-Lee Goody booked us in. As soon as we got the all clear, things were opening up again.

"We don't kick off our tour for another few weeks so, hopefully, we will be in the clear. Some things depend on what happens day to day but we will keep our fingers crossed."

David: "Stay safe and stay open. I'm hoping that people in WA have a desire to go out and get the arts rolling again. There is something visceral and life affirming about being with a group of people and creating music. I think people will be longing for this.

Marina says that she and David are extremely comfortable performing together.

"Sometimes it's too comfortable, which means we laugh a lot which is not good. We were laughing a bit too much at rehearsal this morning and had to close it at a certain point. We got a bit silly.

"But it's wonderful on stage when there is genuine friendship and chemistry and a genuine musical simpatico, you can't manufacture that. Touring this concert over the past few years has been a really great joy."

David: "Marina is one of my close friends, along with our accompanist David Cameron, so the three of us have a secret language on stage; we don't really have to prepare and we know what is happening. There is such generosity of spirit and from Marina I get that in bucket loads

After a show, Marina says she likes a rosé and David insists he likes a cup of tea.

"We laugh and have a meal with the touring team. There are six of us so it's a tight knit group.

Marina says she has lots of costume changes and plans what dress she will wear.

"If you do something wrong and you're wearing a nice frock, you can get away with it," she laughed.

Marina Prior and David Hobson encore tour The 2 of Us Up Close and Personal performs at Bunbury Entertainment Centre 30 September, Albany Entertainment Centre October, Mandurah Performing Arts Centre 2 October and Astor Theatre Perth 3 October.











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# From the editor's desk



L-R; Jennifer Merigan, Monika Kos and Tahlia Merigan - Millsy and Jennifer Merigan

THANKS to Steve Mills from Radio 6PR's Millsy at Midday who featured me and the story of Have a Go News on his Everyone has a Story to Tell segment. It was an interesting chat talking about how this independent newspaper has survived in this very corporate dominated and digitally skewed media world. I also extend my thanks to the many readers who contacted me and offered their congratulations for our 30th anniversary. It makes me and the team very happy hearing from readers about how this newspaper offers them helpful, positive and uplift-

ing content. We celebrated the anniversary for the staff and contributors with a small party at the South of Perth Yacht Club and we were honoured to have long time friend of the newspaper Monika Kos emcee the event. It was a wonderful evening looking back on our 30 years particularly paying special tribute to our founders

the late Judith Treby and Quentin Smythe.

I always enjoy delving into current affairs which I had the opportunity when I joined a news panel on Radio 6PR with Karalee Katsambanis last month. One of the topics I drew attention to is a contentious issue concerning the NDIS. If someone is aged 65 or older they are not entitled to funding (unless you have been receiving funding prior to turning 65). The theory apparently is that people will be covered by aged care services instead.

Kerri Ann Kennerley has now taken up the cause from her life changing experience with her late husband who became disabled following an accident. She is lobbying for the government to change this very ageist policy because from her experience what is offered by aged care is often not appropriate. When I think about ageism in the community, I always feel it starts from the top. Governments need to ensure their policies do not discriminate.

Every month we receive an abundance of letters covering all sorts of issues. We are now looking at extending our letters to the editor page in coming editions. I am also pleased to see many people utilise the question and answer service we provide with Services Australia's Hank Jongen.

Last month one of our advertisers, Comfort Keepers ran a competition for people to win a high tea. Thanks to the many people who entered and congratulations to Gary Perkins from Dianella who was the lucky winner.

I took an enjoyable drive out to the Swan Valley during the month. We popped into the Swan Settlers Market for a look around. The 100-year-old building offers a variety of historical displays and in this wild winter weather it's great to visit a market

under cover. They have a selection of delicious food (as reviewed last month in our Brunch with T column), entertainment and goodies to buy. We are committed to encouraging you to buy local and Swan Settlers is the perfect place to support local business. They are open every weekend from 9am to 5pm. Inside this issue we also have some listings of senior specials available in the Swan Valley, see page 24 for details.

Last month our Facebook page reached an astonishing 1,061,337 people. Facebook allows us to interact with people on a regular basis and we have a lot of fun there with extra competitions, jokes and interesting events. We like to keep it fun and positive as do our followers. So, if vou want a happy place to be on social media then join us there. Like or follow our page at www.face book.com/Haveagonews/

We know most people prefer a hard copy of this newspaper although we also offer a service to email an electronic copy of each edition on the day of publication. Email readers@ haveagonews.com.au for a sign up.

As we enter the final month of winter, stay warm and well and I hope you enjoy this month's read.

> Jennifer Merigan **Editor**

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

# Ageing research snippet

# Keeping your mind active is important...



RUSH University Medical Centre in Chicago conducted a study investigating the relationship between levels of cognitive activity and the onset of Alzheimer's disease. The study results suggest that participating in activities, such as reading, writing, and playing games, may make the brain more resilient to the condition. The researchers said that older adults who participate in these activities could delay the onset of Alzheimer's by five years.

### Have a Go News Quick Quiz

Vince Garreffa is in what profession? A Perth suburban venue is the Quarry A...? Bartlett is what fruit?

Cape Grand National Park is nearest to which town?

Name Australia's WA-born cricket coach. Sailing ace John Longley is 75, 82 or 85? Famous UK comedy actor is Joanna...? How many Australians are in nursing homes, 180,000, 220,000 or 400,000?

Cook's replica Fremantle-built vessel is the ...? What does Mike Roennfeldt regularly catch? See answers on page 49

### Noongar words

KAYA - Hello MOORT - family MERENJ - Food BOODJA - Country

# **Noongar**

DJILBA - August and September - the

# Season

second rains

# **Quote of** the month

IT has always been easy to hate and destroy. To build and to cherish is much more difficult.

**HRH Queen Elizabeth II** 

## Word of the month

Mulct

Pronounced Mulkt

Verb

wealth medals.

To punish by a fine or defraud especially of money. Mulct is a unique word which means both to 'fine' and 'defraud'. It is from the Latin word for fine which is mulcta and its use is mostly in legal contexts. It is also used for an illegal act.

**Great West Aussies - Did you know?** ALLANA Slater was the first Australian to qualify for a World Cup gymnastics final, Born in 1984, she was national champion in 2000, 03, 04 with multiple Common-

# Warwick. No Worries.

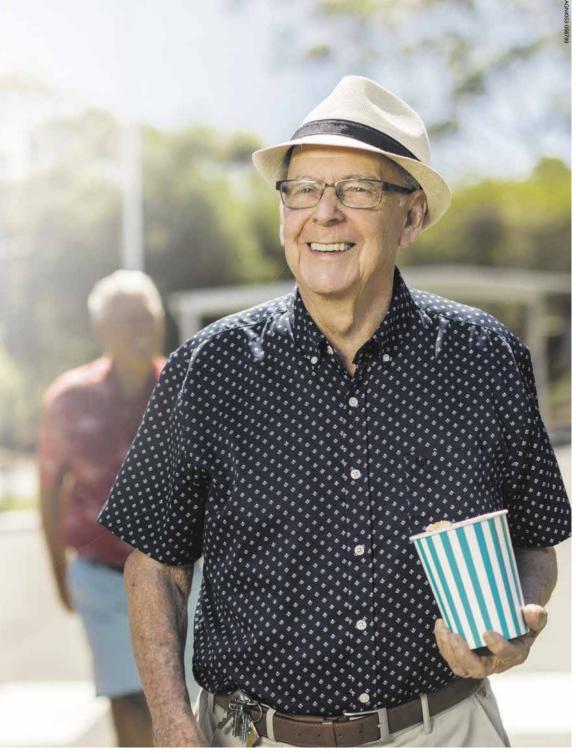
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# Meet Erica Smyth AC - a remarkable Western Australian woman



Erica Smyth

into a new ice age due

to cyclic changes in the

moves at glacial speed.

The orbit-related chang-

es of how much heat

reaches the earth take

thousands of years. It has little effect on global

warming in the short

the atmosphere from

particulates, carbon di-

oxide and methane, all

of which contribute to

global warming, and we

"In geological terms

our current targets of net

zero by 2050 gives us

Erica Smyth began her

career in the mid 1970s

with BHP (now BHP

Billiton) at Newman in

need to act now.

little time.'

"We need to protect

earth's orbit.

"However,

#### by Frank Smith

EVERY now and again you meet someone who has done a remarkable number of things in their life and continues to participate in major ways when they are supposed to have retired.

Erica Smyth is one. She grew up in Geraldton, and her first job was cleaning crayfish tails during school holidays.

After leaving school she initially studied chemistry at the University of WA, but became interested in geology and completed her Bachelor of Science degree with majors in geology.

She takes issue with climate change deniers.

"They say, rightly that the earth is heading

While working at Newman she found she had undiagnosed Type diabetes, which was lifethreatening.

'The Royal Flying Doctor Service (RFDS) saved my life," she said.

"I now have an insulin pump and monitor my blood sugar with an iPhone. I have no eyesight problems or peripheral neuropathy.

"I've tried to give back to the RFDS. I was on the board for nine years and I've been involved with Diabetes Research WA for over 20 years.'

She is also a board member of the Lions Eye Institute.

"We have the funds for another chair but finding a suitable applicant, willing and able to relocate in WA during the Covid pandemic is proving difficult," she said.

After two years in Newman she studied at McGill University in Montreal, Canada for Applied Master of Science degree. She was the first and only woman on the course. This was followed by a spell as a geologist in the Canadian north-west territories

Her later positions included seven years as principal geologist for BHP Minerals, and BHP-Utah Minerals Interna-

tional's Beenup project manager for four years.

She then moved to BHP Petroleum as their manager gas market development WA and later ioined Woodside Petroleum as general manager corporate affairs.

She has been a professional company director since 2005. More than half her directorships have been in notfor-profit enterprises. Her roles have Included chair of uranium explorer Toro Energy, ScreenWest and Scitech.

She has interests in the outdoors, travel and remote parts of Australia. Unable to travel overseas last year she visited the Rowley Shoals and this year hopes to get to Christmas Island.

She was diagnosed with ovarian cancer in February 2020 and while that is now in remission she expects it to return one day. In the meantime she is participating in a trial at Edith Cowan University of the effect of exercise at home on this cancer type.

"First they measured my baseline strengths and I started with supervision by zoom. I did weight-bearing exercises three days a week, and my phone has an app that counted the number of steps I took every

day. It started gradually increasing over three months and the results were excellent. Now the regime is part of my normal life and I feel good for it."

She passionate about biodiversity and the pressure of the expanding human population is exerting on energy, water and food resources. The State has eight out of Australia's 15 declared biodiversity hotspots and one of the highest rates of new species discovery in the

Due to the vastness of the State, rich biodiversity and a finite research capacity, there is limited knowledge about many species and ecosystems.

"WA is a biodiversity hotspot. Data has been collected by researchers in mining, agriculture and medicine separately, but the different disciplines have not pooled their information.

"We need to improve

communication across the disciplines," she said. To do this she is involved with the Western Australian Biodiversity Science Institute (WABSI).

WABSÌ is a partnership between state government departments and leading research organisations and is developing new ways to gather and use digital biodiversity information from major companies, universities, other sources and revamped historical [ES1] data.

"They are trying to develop a standard analytical framework for environmental information collection, storage and analysis.'

The challenge is to develop the State's resources while minimising adverse impacts on the environment. Shared scientific knowledge will enable government, industry and community to make better decisions about conservation and economic development.

"This project hopefully, be expanded to cover all Australia. It will provide important information for the world towards safer, sustainable environmental management, monitor the state of the environment and provide help with common problems at regional level," she said.

These are only a few of the activities Erica is involved in. It makes one wonder how she ever found time to be BHP's senior geologist.



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# Indoor bowling action for state pairs at Swan Active







Left to right; 1st Scarborough 27 with Mark Studders and Barbara Deaney - 2nd Nollamara with Eric Heinsen and Anna Del Borrello and 3rd Altone 26 with Vaughn Nightingale and Joss Hampson

SWAN Active Centre was bustling with bowlers when the Have a Go News State pairs was held in late July as part of the regular competitions for the Western Australian Carpet Bowls Association.

As a regular sponsor of the event Have a Go News' editor Jen Merigan was on hand to present the trophies to the winners.

"It's great to see the skill in the competition and well done to the teams who took out the trophies."

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The winning teams were Scarborough 27, Nollamara and Altone 26.

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Aug

Sep

Sep

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Nov



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1-22

23-35

36-37

40-43

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#### CLOTHES FOR EMPERORS TO HELP POLITICIANS Francisco September 1987 WORK OUT WHICH ISSUES TO IGNORE. TELL ME AGAIN, WHY ARE WE HAVING A CENSUS? 0

# Letters to the editor Submissions may be edited for clarity and space.

Dear Editor,

SOON a federal election will be the constant talk.

The three-year term plus the uncertain date of the federal parliament poll needs to be reviewed.

Times have changed. People like to know when they are to go to the polls and vote. Lifestyles of the common man are equally as important as any candidate pursuing a position in parliament.

Three-year terms in government do not give the current government time to implement good policy. First year they establish themselves, second year put agendas in place and third year they wind down in preparation for the election.

It is not just the politicians and the political parties that need to be considered.

Manning booths, school holidays, proposed ventures either business or holidays for the many in the community should be taken into account.

People mostly like conforming to patterns and this uncertainty is annoying.

**Dorothea Morris Busselton** 

ONE handy seniors item which quietly disappeared without a whisper was the WA Seniors Card Discount Directory published by the WA Government.

The last issue being the 200 page 2019–20 edition.

Aptly described previously by the Minister for Seniors and Ageing, Hon. Mick Murray, MLA as: "offering such a wide range of benefits to assist with cost of living, extending the property representation." cost-of-living, entertainment, transport, recreation, travel, and everything in between."

He concluded by stating "I encourage you to take advantage of these discounts as a valued WA Seniors Card member."

A little investigation reveals Minister Murray announced he was retiring from Parliament at the last

I have been unable to find out why this useful, and most helpful directory has 'just disappeared'.

Possibly it is arrogance or just plain lethargy?

Vic Jeffery OAM

Ed's note - I contacted the Seniors Minister's office about this issue and have yet to receive a

Dear Editor,

Re: May issue piece on antibacterial soaps.

POST-Covid these antibacterial products are ubiquitous. In fact it seems rare to find anything that is not anti-bacterial.

personally, endeavour not to use them and strategically place bars of soap in wash areas at my place of work

Isn't everyone getting the wrong impression? It is surely not healthy to continually use a

man-made product that will kill off, not just the bad but also the good bacteria and as the article suggests, ordinary soap and water is just as effective at cleaning your hands.

Long term, we really don't know what the effects are going to be, won't we be so clinically clean and sterile that there will be no resistance to the superbugs?

Makes me think that ethically. legally and from a health point of view manufacturers should be placing a warning on these cleansers, as with cigarettes and alcohol, e.g. these products can seriously damage your health.

Or is hygiene such a marketable money-spinner at the moment that any such warnings would cause a dire and unwelcome dent in sales?

Yours sincerely,

**David Rudman** Port Kennedy

Dear Editor,

IF the government builds a cable car to Kings Park, they could extend it to the various hospitals around Hollywood.

The ambulances could put patients on the cable car and if the hospitals had no beds, the patients would stay on the cable car, going around and around until a hospital bed became available.

This would remove the need for all those unsightly ambulances to be parked in front of hospitals all day and the government won't have to fund extra beds and staff. Sir Humphrey Appleby would be proud of such a plan.

With tongue firmly in my cheek.

**Bob Simpkins Pinjarra** 

Dear Editor,

BELOW, I have used the example of my home to convey the growing climate emergency and the need for more urgent action:

"I have had a fire in my lounge room for many years. It has been lovely and warm so I have kept

it burning all year round by adding more and more fuel such as some petrol, some gas and some coal.

"Unfortunately, my fire got out of hand, burnt my house down and has spread to the nearby bush land, destroying my neighbours' homes,

the trees and the animals that live there. "I tried reducing the

fuel load by one third but it has still kept burning more and more and getting hotter and hotter. It has become an emer-

"I realise now that I actually need to completely stop adding any more fuel so will aim to do this over the next 20 to 30 years.

"By 2040 or 2050 it will be a NetZero fuel load and all will be well, or will it?

> Paula Samson **Applecross**

Dear Editor,

LET'S stop blaming the State and Federal governments for the slow rollout of the vaccine. We are producing and giving away to our pacific neighbours millions of doses of AstraZeneca because Australians are reluctant to use it.

Our vaccine snobbery is hurting our nation both economically

and mentally. We could all be vaccinated a lot faster than we are if we all stop fluffing around waiting for other harder-to-obtain vaccines to arrive.

Australians have traditionally been altruistic and doing our best for the benefit of our nation. What has happened to this spirit of working together? I recommend rolling up your sleeves

and get vaccinated and leave the Pfizer vaccine for those who really need it. Australia has led the world in

its handling of this viral disaster. Now we are likely to throw this advantage away because of our hesitation to do the right thing.

> **Benedict Hodsdon Nedlands**

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# WA's forgotten national hero for women's, children's and Indigenous rights









Left to right; Dee Seddon, Judy Wall and Maxine Muir - The Tangney Girls (Dorothy Tangney is standing at the back on the left) - Dorothy Tangney swearing in 1943 - Cousins Dee Seddon, Gerry Tangney and Maxine Muir at mural carved into the wall of the Norfolk Hotel in Fremantle

#### by Lee Tate

RETIRED Perth teacher Maxine Muir, 72, is a torch-bearer for Dorothy Tangney, WA's largelyforgotten national hero for women's, children's and Indigenous rights.

"Dame Dorothy Tangney was a dedicated and talented woman," said Maxine. She should know. She is Dorothy's niece, daughter of Dorothy's brother, Max.

"Aunty Dot lived at the back of a Claremont house while her older sister, Phyllis, lived in the front of the house. Neither had any children.

"We kids could see Aunty Dot inside the house through the top of the back door, one of those with a barn-like split door.

"At Christmas, family came down from Geraldton and we would all get together at the house for lunch -10 or 12 of us.

"We were aware that she was doing fabulous community work but only came to realise how significant much later," Maxine said.

At age 36, Dorothy was elected to the Senate for Western Australia in 1943. She was the first woman to speak in Federal Parliament, five days before by Enid Lyons rose in the House of Representatives.

An MP for 25 years, Dorothy would set off from Perth to Canberra on the train until 'plane travel became mainstream.

"Her time in parliament demonstrated that she was passionate about many things," said Maxine.

"Dorothy, in the way of her great-grandfather, political convict Owen Shanahan, meant business."

Irishman Owen, 22, was sentenced to 14 vears transportation to Australia for throwing stones at a dwelling. He also assisted in the escape from a road gang of political convict, John Boyle O'Reilly.

"At one stage Aunty Dot was serving on 23 parliamentary committees - and chairing 13 of them. In many instances she was often the first and only woman on the committee," Maxine said.

"Her efforts during the war years were exceptional, raising nearly half a million pounds in war loan rallies (about \$35m in today's dollars). After the war, she was an official observer at the UN General Assembly in Paris.

"Experiencing poverty as a child, reforming social services and education were paramount. She knew what a difference they could make to a person's life.

"She successfully campaigned for Canberra to accept financial responsibility for the unemployed and the infirmed. This is still the law of the land.

"For more than 25 years Dame Tangney worked for social services, widows' pensions, child endowment, better housing, free education, Aboriginal rights and most importantly equal female pay and opportunity."

Dorothy taught at Claremont Central School and organised hikes and weekend camps at Glen Forrest and on Rottnest.

"Expenses were kept to a minimum and no child was excluded. As many as 60 children took part and all the cooking was done by Dorothy, mainly in kerosene tins preparing curry or corned beef.

"During her election campaign in 1943, when victory seemed remote, Dorothy rashly promised her pupils a school holiday if she won.

"When her win was confirmed, journalists in Perth with the Prime Minister, descended upon the Tangney home in Claremont to be met not only by members of her family, but also by a number of her pupils making sure the promise was honoured.

"After a discussion the Education Minister, a holiday was granted to the whole school in honour of the election of the first woman Senator," laughed Maxine.

A 1964 newspaper article described Dot as jolly, convivial, plump and talkative.

"She prepared the way for other women to enter the Senate and to end the prejudice against women in the Federal Parliament.

"Like Edith Cowan, she led the way for women. While the electorate of Tangney is named after her and there is a plaque on St George's Terrace, there's little else to recognise her," Maxine said.

While studying for her arts degree and education diploma, Dorothy, one of seven, was a trainee schoolteacher. She examined the effect of malnutrition on the health of the students at Fremantle's Plympton State School.

Dorothy, who held many Labor Party positions outside parliament, was elected in John Curtin's Labor landslide.

Notably she opposed the Australian Women's Charter movement headed by prominent feminist Jessie Street, claiming it to be 'Communist-inspired'.

She advocated for deserted Australian wives of US servicemen, Indigenous peoples, better pay and working conditions for nurses and benefits for war widows, civilian widows, unmarried women, wives of invalid pensioners, wives with unemployed or unemployable husbands, and as carers of parents.

Opposing Australian participation in Vietnam

conscription, she said she had: "two sisters who are war widows, a sister-in-law who is a war widow and a brother who is still on the 100 per

cent pension."

Prominent West Australian and future Governor-General, Paul Hasluck, described Dorothy as having a great capacity. That's almost an understatement.

Dame Dorothy Margaret Tangney (1907-1985). Senator for Western Australia, 1943-68.



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# World champion barefoot water skier plans to continue until he is 100

"I said 'that'll suit me."



Left; Barry Delaporte, Perth's gifted barefoot water skier Right; Barry is currently WA and national senior veterans barefoot water ski champion

#### by Lee Tate

BARRY Delaporte is winning world, national and State championships by the skin of his feet.

Perth's gifted barefoot water skier is, at age 70, shaping-up to tackle this year's world titles in Florida. And he won't be stopping there.

"My ultimate goal is to barefoot water ski down the river when I'm 100,"

quips Barry.

Currently WA and national senior veterans barefoot water ski champion, Barry recently beat world number one, Victoria's Brian O'Sullivan.

"I beat him after 22 years. World results are judged over 18 months so I'm still number two. But this year I'm out to become number one," he

With two recent knee

At a national titles in

The father-of-two has endured his full share of downfalls and drubbings.

Sydney, after Barry had won every event in his category, he tackled one more spectacular jump but crashed dramatically and broke five ribs.

"When we got home, my wife, Sharon, said: 'something's still wrong. You've got to see the doc-

"I was found to have lymphoma cancer. They cut me from my belly button up to my chest but said 'there's nothing we can do for you', which I refused to accept.

"I said 'I won't miss the titles'. It took years for me to get over it. That was 24 years ago," he said.

Barry has an unbeaten string of 29 State titles.

"My aim is to get to 30. I first made a goal of 15 successive titles because I thought that would be going pretty well. When I did that, I thought I might as well go for 20 and then 25 and now 30," he said.

A four-time national title

winner, Barry's son, Adam, has won three championships. And Barry loves to coach, having coached WA water skiers to 23 Australian titles.

Leaving school at 14 for a carpentry apprenticeship, he went on to become a self-employed builder.

"I started to barefoot ski at 23, but after four years, Sharon asked 'what's more important water skiing or family?"

'So, I stopped skiing and spent time with the family. Then, in 1993 when I was 42, the Masters Games came to Perth.

"I was playing water polo back then and a mate of mine rang and said: 'why don't you go in the Masters barefoot water skiing?

We talked it over at lunch and I decided I would.

"When I told Sharon she said: 'what about your previous broken neck?'

"I said don't worry, I'll order an electric wheelchair now," he laughed.

"I won the Masters." Barry has also been judged by WA water ski officials as athlete of the year, winning against all divisions including barefoot, slalom, show skiing



"That was another pinnacle. Normally you have to be 25 or 30 to win that."

About 150 West Australians compete in water skiing with 18 men and three women competing barefoot.

Competitors need only a wetsuit and ski handles; one handle for forwards, one for backwards and one for crossing boat wakes.

practice on a Thev Baldivis, manleased

made lake.

"The river is too dangerous. Plenty of people have ski boats but they don't know how to drive them."

insists Barry.
"On the lake, only one boat is allowed at a time.

We wait our turn." Barry showed he was serious at the sport when he bought a house in France so he could practice all-year-round.

"Two years ago, I went in the French nationals just to see how I was going in the world. I won my category and thought I've got just the Americans and Canadians to beat now,' he said.

Barry says his boat must be doing 68 km/hr for his best performances but 72 km/hr-hour for trick wake crossings.

"If there's a half a kilometre speed difference, I know," he said.

The North Yunderup champion puts his broken neck, 22 broken ribs, punctured lung and hospital visits in his wake with no thought of retirement.

"I'd prefer to bust than rust," he said.

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# should give me between five and 10 years water Celebrating the national ground-breaker Edith Cowan

replacements, Barry had

forced time out from his

regular four-times-a-week

should be getting full re-

constructions of my knees

but said that could mean

I couldn't continue water

"So, he said he'll do

half-replacements. That

"The doctor said I

watery workouts.

EDITH Cowan's incredible legend has proved popular in Perth's western suburbs.

And not surprisingly. The ground-breaking West Australian and her family were pioneers of

Cottesloe from 1896, before the streets were laid out by Surveyor-General, John Forrest.

Forrest became one of WA's and Australia's greatest leaders while Edith Cowan broke

through gender discrimination, opening the way for women to help plan and rule a nation's future.

Giving her maiden speech exactly 100 years ago, Cowan was not only WA's first parliamentarian, she was Australia's first female parliamentarian.

Standing against her own political party, Cowan defeated WA's Attorney-General.

In this year's centenary, Hilary Silbert created a just-finished, threeweek exhibition at the western suburbs' Grove

Hilary, founder of the Edith Dircksey Cow-Commemoration, told a gathering at the event that the legend of Edith Cowan was still not taught at schools



Left to right; Grove Library co-ordinator, Lance Hopkinson - former Mosman Park mayor, Ron Norris commemoration organiser, Hilary Silbert and history librarian, Sindy Dowden

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and universities.

The exhibition, with the support of Grove co-ordinator, Library Lance Hopkinson, and history librarian, Sindy Dowden, displayed photos, awards, life-story and a long list or

Scratchie packs up for grabs

organisations founded or co-founded by Edith Cowan.

The Edith Cowan Cottesloe house on the corner of Avonmore Terrace and Rosendo Street has long gone but a plaque

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# Vince Garreffa lays down his cleaver after more than 50 years









Left to right; Vince Garreffa left school at aged 14 to become a butcher - Vince with wife Anne - Former Governor General Quentin Bryce and Vince - Antonio Carluccio with Vince

#### by Josephine Allison

VINCE Garreffa has never forgotten the words his schoolteacher uttered when he told her he was leaving school aged 14 to become a butcher. She said: "Oh, Vincent, I thought you could do so much better than that," he tells *Have a Go News*.

"I was shocked that someone had an opinion about me. If I was too good to become a butcher, then I was going to become the greatest butcher that ever was."

And so it happened... Vince Garreffa, now 70, has become a household name in WA as 'the Prince of Flesh' through 56 years of hard work, grit and determination, first working for others, then growing the family business Mondos Butchers. Wearing his distinctive hat, with wife Anne by his side, the couple have also raised

millions for charity, giving back to the community.

In 2018 Vince was recognised with the top honour at the WA Seniors Awards for his multimillion dollar fundraising efforts on behalf of Lifeline. Many highlights include in 2011 when he cooked for Prince Philip at a sausage sizzle during the Commonwealth Heads of Government Meeting and, earlier the same year, visiting Rome with his nephew chef Simone Romeo, to cook a meal using WA ingredients at a lunch for then Governor-General Quentin Bryce and Australian Ambassador to the Holy See Tim Fisch-

A mild heart attack in May saw Vince reconsider his working life, stepping into semi-retirement with son Robert running the entire Mondo company. "I thought I would die working," Vince chuckles.

But back to those long

ago school days. "My teacher, Irene Froyland, made those comments when I was 14. She would have been around 23. Years later I was attending a Rotary function when I mentioned her name and the president said Ms Froyland was his cousin and now a professor of criminology so we caught up and we are still good friends."

Vince knows the meaning of hard work. His father settled in WA from Calabria, his mother and two other brothers following him four years later when Vince was five. "It was a difficult and poor life in Italy after the war and I still wonder at the strength people had to leave everything behind and move to a new country."

Vince says he was a smart kid at school but somewhat lazy and talked too much. Then the opportunity came up to join a trade. At 16

he was named best apprentice butcher in WA which gave him confidence and, at 18, he ran a butcher's shop in Fremantle, earning accolades from the owner.

In 1974 Vince married Anne, a classy Australian-born hairdresser of Croatian parents. Vince then worked for Santo Cipriano in Northbridge – an amazing man – but decided to go it alone when children started arriving. He opened his first shop in Midland in 1979 with brother Charlie as a partner.

Vince is a good raconteur and gained a radio spot with Monica Martinovich where he became popular for his love of cooking and storytelling. He then hooked up with the ABC and Verity James, the pair becoming friends and working together for 21 years. He met Graham Maybury through radio 6PR and was impressed with his Lifeline program

and charity fundraising.

"I took part in sleep outs and then Anne suggested we use our backyard to stage fundraising events for Lifeline, something we have done each March for 25 years with Mondo Community Warriors, raising more than \$5 million in the process."

Vince's wholesale side of the business also did well, supplying Australian chef and restaurateur Neil Perry with quality veal for his restaurants in Sydney and Melbourne and Qantas Flight Catering which Perry co-ordinated through his firm Rockpool Consulting.

With four children and three grandchildren, Vince reckons his life has been somewhat of a fairytale.

"We have had our ups and downs and struggled through but now it's time to hand over to sons Robert and Giovanni. Three other families have a stake in

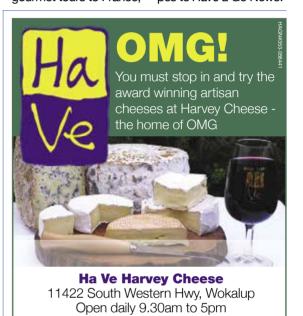
the company and love what Robert is doing so the future of Mondos is secure."

Vince is looking to doing 'a little gardening, a little fishing and some travel' with Anne in retirement. For many years he has led food and wine gourmet tours to France,

Spain, Italy and Morocco with Kings Tours and hopes to do more tours within WA and nationally.

"I will be at Mondos for Christmas but after that well, I'm only a phone call away."

Ed's note – Vince will continue supplying recipes to *Have a Go News*.



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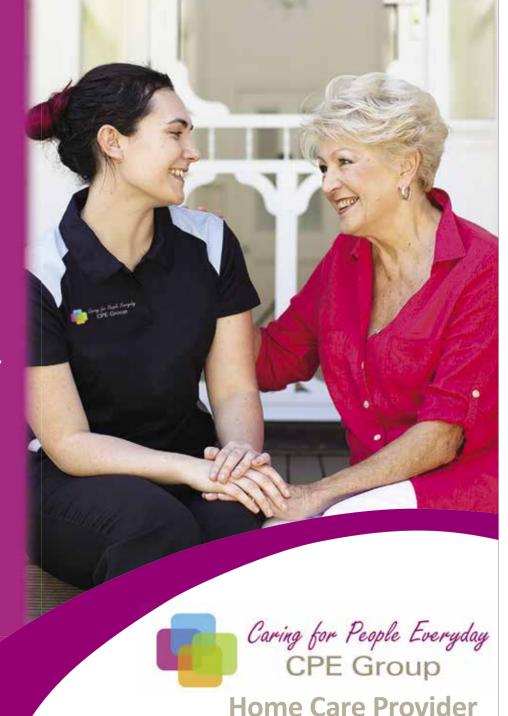
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# Where opinions matter - are our social standards slipping further?



by Lee Tate

TWO gorgeous-looking, white, long-hair dogs hit the headlines in a Perth suburban newspaper, recently. Designer dogs, they were missing with a generous, \$1,000 reward offered.

The story caught the eyes of readers, including a man who phoned the newspaper to say he had the animals.

He wanted a secret rendezvous address nominated where he could meet the frantic owners and exchange dogs for reward. All proceeded to plan and the unidentified man departed, counting the cash.

The newspaper reported the successful outcome: Teary dog owners reunited with their muchloved and pampered pets and man dutifully rewarded for his efforts.

What have we come to, when the return of people's property for a whopping reward is deemed a success?

There's nothing wrong with people wanting to be appreciative but the expectation of a reward is a bit rich. A token \$50 would be more appropriate but if it was me. I would be reluctant to accept a reward.

The old rule that was drummed into us was: "if it's not yours, it's not yours."

These dog owners got their dog back. So they should have. Their prop-

erty, their dogs.
"Man declines reward" would be a better story.

Community spirit, morality and honesty all get back to education, both at home and in schools, especially these days with often working and absent parents.

Social standards are slipping further.

Our walking/cycling path has had a thick, blue, divided line painted down its entire length to encourage walkers and cyclists to keep left. Few take any notice.

Many walkers, some in threes and some with

dogs on long leads, take up nearly the whole path or blatantly walk on the wrong side.

Councils also paint large signs to walkers and cyclists - reminders that they are on shared paths and cyclists should ring their bells. It doesn't work.

On weekends, there are so many walkers, scooters, dogs and children, why do cyclists even bother taking shared paths?

And yes, walkers are often on their phones without a thought to shar-

In busy areas, including shopping centres, little account is given to oldies and sometimes the disabled.

What about road sense?

As an exercise, monitor a crosswalk. Watch how many people step onto a crosswalk and then look to see what's coming.

And watch how many drivers keep going after pedestrians have stepped onto crosswalks.

Police would have a field day.

At push-button pedes-

trian crossings, watch how many people march up and press the button when no cars are coming and cross anyway. Long after they've gone, with not a pedestrian in sight, the lights turn red, needlessly stopping streams of cars, trucks and buses.

Keeping to the left, giving way, courtesy, respect and common sense are lacking today. Familiar complaints but what does it take to be heard?

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

# Enjoy researching ancestry and building the family tree

RESEARCHING ancestry and building a family tree can be both challenging and rewarding. It will take the individual on an interesting and

stimulating journey through time. Rediscovering and preserving forgotten names, memories and undiscovered information concerning ones' ancestry can gain the gratitude of generations to come

and bring pride and satisfaction in a task that is unique to a particular

There are many paths to be followed on the journey towards discovering family history.

Searching usually begins with what is currently known and may include photographs and family records such as birth, marriage and death certificates, extending then to other readily available sources and facilities such as libraries, newspapers, electoral rolls, census, military and convict records and passenger lists.

The task of researching, collating and analysing the information can be daunting, especially for those with little or no experience.

The Western Australian Self-Funded Retirees Association (WAS-FR) will host guest speaker Richard Goodwin, former Fairfax journalist and newspaper editor at their September meeting. His presentation will include ways of simplifying the assignment by keeping work under control and avoiding the fear that the task may be too difficult and beyond ones' capabilities.

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

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

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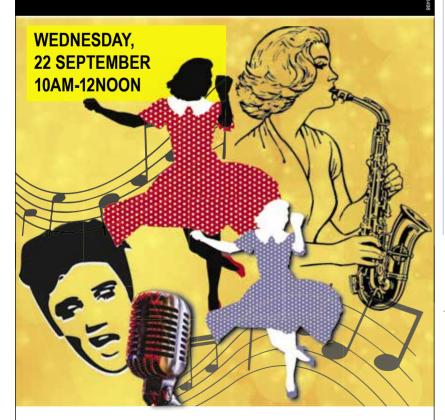
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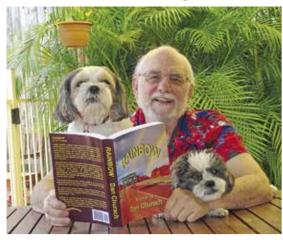








# A lifelong love of writing keeps Dan Churach busy



Author Dan Churach with his book Rainbow

by Josephine Allison

LEEMING resident Dr Dan Churach has successfully embarked on a career as a writer after many years working in WA and overseas as an academic. His latest book, *Rainbow*, is especially relevant to WA readers because most of the action plays out in the Mid-West and Murchison regions.

Churach says that Rainbow, his sixth novel, is a techno-thriller in a world facing an uncertain

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future on many fronts.

"In light of last year's 'Australia on fire' experience, floods and the ongoing battle with Covid-19, the story is timely," he

Churach writes of an Australia he has experienced firsthand. He earned his doctorate at Curtin University and taught high school in Broome and Kelmscott before joining the academic staff in the School of Engineering and Information Technology at

Murdoch University

In Rainbow, he weaves an action-packed tale set in the late 2020s in Civitas, a fictitious experimental community in WA. Aussie native Hayden McNally, a Silicon Valley university professor-cumhigh-tech-entrepreneur is well on the way to joining the world's trillionaires' club.

At the pinnacle of his career, he and his wife Jean lose their only daughter to social media-induced suicide. Shortly after, Jean is murdered by a crazed terrorist shooting up a student-filled auditorium.

These tragedies drive McNally to use his fortune and expertise to build a lasting tribute to his wife and daughter – a world-first technical and social experiment in search of a better way for people to live in harmony.

"I penned Rainbow in a six-month timespan," Churach says. "That is about the average time required for a novellength story now that my full-time work is creative

New semester of adult learning begins soon

writing. I've enjoyed writing since I was a child. My dad loved to write and offered me a superb model to emulate, though he never practised his love of writing professionally. I was a reporter for the school newspaper in both junior high and again in high school in the US. I was both reporter and cartoonist for my college."

Dan Churach was born and grew up in Pottstown, Pennsylvania, a small industrial town, about 64km west of Philadelphia. After high school, he enrolled in a small Catholic college outside Chicago. He lived for several years in Rhode Island and Philadelphia before he and wife Karen decided the cold weather was too much. They moved to the Hawaiian Islands in 1980 and lived there for 18 years.

In the mid 1990s, he enrolled as a PhD student in the science and mathematics education centre at Murdoch University. He then accepted a position as a teacher and head of IT at St Mary's College

to 24 September and Part B

from 15 October to 12 No-

vember. Examples of courses

are International Politics and

Security in the Indo-Pacific,

Snakes: Exploring their Natu-

ral History and Environmental

Interactions, Western Art and

Changing World Views, Aus-

in Broome. Churach and wife Karen relocated to Perth in 1999 and have been here ever since.

Churach says he believes that successful creative fiction rests on two attributes: interesting characters and the 'narrative arc'.

"We all identify with certain characters and, as a novelist, I think it is my responsibility to offer the reader a choice of several protagonists. My hope is that anyone who reads a Churach novel can connect in a personal manner with at least one of them.

"I follow the tried and true formula of establishing characters, introducing the antagonists, building up the tension and, in the end, solving the problem... until the next time."

Churach says his future plan is to keep writing and he does this almost every

"Karen sometimes thinks me crazy since I awaken in the middle of the night and jot notes on a notepad next to the bed.

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prepared me for the science content I use, but world events keep me fresh with storylines for my latest narratives. I have never experienced writer's block and reckon

my latest narratives. I have never experienced writer's block and reckon a lifetime of working with young people has vaccinated me from that dreaded disease.

"Travel is a critical ingredient in my writing too. Though my most recent four novels are predominantly set in Australia, they play out across the planet. Most of the places that I write about I have visited and experienced firsthand.

"Though Rainbow is chiefly set in the Murchi-

son area, the action plays out in California, Washington, London, China, Singapore and India."

Churach is in the final draft of his seventh novel, Solastalgia, which will be ready for publication soon. His eighth novel, Clouds, is at the "lift off" stage

People can gain some insight into both these projects in Dansplaining Dan's current projects at www.churach.com/current-dansplain. All Dan's books are available in both paperback or electronically from amazon.com.au directly or through www.churach.com.

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# C'arn be a good sport... it's been a festival of sporting viewing



by Rick Steele

IT is well documented. At the original Olympic Games, the competitors competed in the nude. According to some unsubstantiated reports, the white guys used to win the hurdles more often in those days. Tokyo 2020 (2021) will be remembered no doubt, for being the first games with no spectators at the actual games. Squillions of us, all around the globe watched them on our smart TVs, and the myriad of devices world citizens possess these days. Well done, Australia, as usual, you done us proud.

By the time the ignominious spectacle was completed, even moi, a dedicated viewer of most things sport, was feeling a little square eyed and jaded. Remembering, I had been goggling at tennis on clay at Roland Garros, riding with the Tour de France, celebrating Ash Barty at Wimbledon, scrummaging with the Wallabies, and chewing my fingernails and tearing my hair out with the Dockers and Eagles.

It was whilst watching an AFL game recently, that my attention was drawn to the halftime advertisement extolling the virtues of betting with mates. Blimey, I thought.

I made a promise to my grandfather at about the age of eight to never be a gambler. He had built a very successful business from scratch was extremely lucky not to lose the lot courtesv of his brother in-law partner who was stealing from the biz to finance his gambling ad-

The concept of betting with mates to me seems thwart with danger. Especially on the footy. I

usually have a bet on the Melbourne Cup, buy a lotto once or twice a year and sometimes buy a two dollar or even a five-dollar scratchy when I go to the shopping centre every couple of months.

"Is that alright Poppa?'

Mid July and the trusty Government were rolling out the new commercials with some tired celebs trying to talk those who haven't, into receiving the needle. I thought maybe some local musos could record a song or two that might help.

"The first jab is the deepest." "Jab it to me one more time." "We are on the eve of vaccination." "Supply problems:

I can't get no, vaccina-

It was also mid-July that Lord Mayor Baz had his talk fest about how to rebrand Perth and brighten up Dullsville and get past wait awhile so that we can attract more tourists to see what we have got to offer apart from quokkas, Rottnest, the underutilised Swan River, Kings Park and the new stadium.

Perth Blues Club, and Have a Go News didn't get a mention. What to do with the Esplanade park and a cable car got trotted out again. I'd rather see camels. They are such a great ride.

I've been living here 50 years now, and apart from a couple of rednecks trying to kill each other, I've never seen a professional throw a boomerang. Forty years ago, I had an idea to instigate the Golden Boomerang Festival on the Perth Esplanade.

My imagination dared me to dream of having a competition between the best indigenous throwers throughout the land. The Kimberly versus the Northern Territory versus the Pilbara. Eventually nation-wide? Obviously, a purpose-built grandstand and oval would be needed with a form of protection from wayward throws. Smoking ceremonies, dancing, and all things cultural would be included of course as part of the package.

Well Baz, and you tamasha readers, am I legally insane? That debate goes on regardless.

We have all read and wait with bated breath for the efforts from all to clean up our city streets and remove the disorderly and disruptive behaviour. The cops are to clean up the neighbourhood. Apparently last week a drunk staggered towards a constable and said." 'Scouse me offisher, what time ish it?" The cop replied, "One o'clock," and hit him once over the head with his baton.

"Jeezus," said the drunk, "I'm glad I didn't ask youse that an hour ago.

Cheers dears.

# Online petition for net zero emissions for Australians available to sign

WHEN it comes to the race to net zero emissions, Australia isn't doing so well. In fact, the Sustainable Development Report 2021, prepared by independent experts, ranked Australia last out of 193 United Nations member countries for action taken to reduce global greenhouse gas emissions.

Citizens' Climate Lobby Aus-

"A hidden gem in

the Swan Valley.

Old world charm

tralia, a non-partisan grassroots education and advocacy organisation will be mobilising its supporters through its 100 Days of Action Campaign. They will be representing the public will for net zero emissions by 2050 to the Federal Government and expressing the desire of most Australians and all Australian States and Territories, to stand proudly at the coming summit with the leading economies of the world.

Citizens' Climate Lobby is asking the Australian government to present a bipartisan federally legislated target of net zero emissions by 2050 (and preferably sooner), with a clearly documented process for achieving it, at the United Nations

Climate Change Conference in November.

"We think this period leading up to the conference in Glasgow provides a perfect opening for our Federal Government to transcend political expediency and make a commitment that has bipartisan support and will endure any changes of government over the next three decades," said national chair of Citizen's Climate Lobby Rod Mitchell.

The 100 Days of Action Campaign will roll out a series of advocacy actions among its 3000-plus supporters over coming months starting with an online petition - to sign up visit 100daysofaction.good.do/ccl/



# Turning the tides of a bad day into a good day with a little advice

by Jon Lewis

WHILE having a conversation with a caller early one morning on my radio show, things gradually became less negative.

The caller had introduced the conversation by releasing a sigh of exhaustion.

"Oh, what a day I have had," she said with a gloomy prediction of

SWAN SETTLERS MARKET

what was to come.

I felt sad to think this lovely person had had such a bad day, so I settled myself in to listen carefully to the details. As she told her story strangely, mild events, followed by increasingly better and finally happier events, followed.

It appeared to me the only troubling events I could discover happened to her friend and those did not seem to impact her friend in any lasting way.

Then this happened. The caller expressed surprise I didn't share her delight at some of the good things in her day.

"Well," I confessed, "I was actually steeling myself for your bad news."

"Oh... well, I suppose it was actually quite a good day, on reflection."

What a relief. However, I did wonder how this could have happened. How could someone have had a good day only to 'think' it was a bad day?

After careful considerations I believe I have a theory.

Should a bad but minor event happen, and you report it to a friend, to a fair degree it is relived. If this action is repeated many times, I believe it gradually becomes a major event. This could then, sadly, dwarf the days events. What a good shame that would be, do

vou agree?

On occasion it's important to debrief a bad or sad event. Then I feel it is very important to let it

My humble advice to my caller would be: "Try reliving all the good things in your day and with practice you can even get better at it."

This considered advice is also offered to the writer of this article.

All the best.

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## with modern something special. conveniences". Swan GUEST speaker at the meeting of the Association of Independent

# How important is our local bushland?

Retirees (Perth branch) is Steve Lofthouse, of the Friends of Bold Park

Bushland, a volunteer group which amongst other things conducts informative walks in this local wonderland.

Members and visitors

are invited to attend this meeting of on Friday 20 August. The meeting will also be special as it is the 25th anniversary of the Perth branch of AIR.

They will celebrate with a lunch after the meeting. If you would like to attend the lunch, please contact Graeme (gralin@ iinet.net.au) or Margaret (marghw@iinet.net.au)

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

Besides the meeting and morning tea there is a guest speaker. Over the year they have embraced many interesting topics related to finance, travel, health, community and special interests.

The September meeting will take place on Friday 17, with Sandra Finnerty explaining Niagara therapy, drug free therapy that specialises in seniors' health.



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#### 11

# This month we look at the issues of earning income on the Age Pension



by Hank Jongen, General manager, Services Australia

A QUESTION that I'm commonly asked is whether a person has to be fully retired before they can apply for the Age Pension.

The simple answer

is that you don't have to be retired to claim a pension, however the income you earn affects how much pension you

The Age Pension isn't work tested. This means Services Australia doesn't look at whether you're actively employed or running your own business when determining if you're eligible for Age Pension. What we do look at is your assessable income.

As well as income from work, assessable income includes income you may receive from other sources. You can earn a certain amount from all of these sources before your pension is affected. This is called the 'income free area', which increased to \$180 a fortnight for single people, and \$320 a fortnight combined for members of a couple, on 1 July.

For each dollar you earn over that amount, your pension will reduce by 50 cents. You'll lose eligibility entirely if your income reaches \$54,220 per annum for singles and \$83,002 per annum for couples. These income and assets cut-off points can change during the year with CPI.

As well as the income free area, the 'Work Bonus' helps you keep more of your Age Pension if you're working.

The Work Bonus allows us to disregard the first \$300 a fortnight that someone on Age Pension earns from wages or self-employment before applying the income test. This means \$300 of accrued Work Bonus is added to the income free area, but it only applies to income earned from active participation through work, not to other income such as rental income.

The other benefit of

the Work Bonus is if you don't earn any income from active participation in a fortnight, the \$300 gets added to your Work Bonus balance until it reaches a maximum of \$7,800. If you return to work, your wages are offset against your Work Bonus balance first until that's reduced to \$0. Once your balance reaches \$0, the wages can reduce your pension

So, with the combination of the income free area and the Work Bonus, a person on Age Pension can continue to earn income from wages or self-employment and still keep more of their pension payments.

That's all for this month. See you in September.

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.



# Don't pay for information which you can get for free

CONSUMERS are urged to be aware that numerous websites offering to carry out internet searches for a fee, may actually be providing information from government agencies that is publicly available for free or at a much lower cost.

Many searches are related to vehicle checks and may include registration status and expiry reminders, services that are offered at no cost by the WA Department of Transport via their DoTDirect online services.

One site charges for a fuel price map when this information is available to WA motorists at no charge on the FuelWatch website.

The Personal Property Securities Register (PPSR), formerly known as REVS Checks, provides information on a used car such as whether there is any money owing on it, if it has been written off or stolen. There is

a charge of two to seven dollars for these searches depending on the amount of information required, but there are many third party sites that charge much more for the same results.

Another area where online companies offer to search for a fee is finding lost or unclaimed superannuation. This search can be carried out for free on the Australian Taxation Office website or via a MyGov account.

Commissioner for Consumer Protection, Gary Newcombe, said many consumers may not be aware that this information can be obtained at little or no cost.

"It can be confusing when carrying out an internet search and the high fee-charging sites are mixed in with the low cost or free sites, usually operated by a government agency," Mr Newcombe said.

"Offering free services for a fee is not illegal as the paying customer may get an extra service, such as a car history report for example, but we want consumers to be informed before signing up to these services which can also involve recurring monthly charges.

"There are some sites offering vehicle checks using the old REVS name, a term which some people may be more familiar with than the current PPSR, but they can charge at least five times as much.

"We recommend that people cut out the middle man by going straight to the source and avoid the third party sites that seek to profit from information that they can also obtain for free or at a much lower cost."

Further enquiries can be made by email consumer@dmirs.wa.gov.au or by calling 1300 30 40 54.

### A feast of free entertainment at *The Holly Wood Tuesday Morning Show*

Arthur Leggett

WHILE Covid lock-downs have played havoc with some of the program this year, the Holly Wood Tuesday Morning show continues to provide a great place for people to congregate in the city.

gregate in the city.

The City of Perth's free community service runs at the Perth Town Hall every Tuesday morning from 10.30am. EACH week enjoy the camaraderie with a variety of entertainment compered by local entertainer Bernard Carney OAM.

10 August – Jennifer Merigan from Have a Go News will update you on the news, events and competitions in this month's issue. Kaye Bramley songstress of costumed cabaret and musical theatre will present a stylish show of great songs from Doris Day to Abba.

17 August - The Two Tenors Rob Mazoue and Terry will delight the audience with a selection of songs from famous musicals and operas.

24 August – Eddie Storm OAM – enjoy a musical trip through the 60s and 70s with Eddie who has lived a lifetime of entertaining.

31 August – Arthur Leggett is a bush poet,

author, and ex-WWII prisoner of war and at 102 years of age he has a lot of memories and poems to share. The full show will feature Arthur with highlights from his life and poetry and Bernard may intersperse a song or two.

7 September – Fabulous Theatre Troupe is back with their show More Marvellous Musicals featuring wonderful songs and colourful costumes from the musical stage.

14 September – Jennifer Merigan from Have a Go News will update you on the news, events and competitions in this month's issue. Fo'c'sle Firkins Ahoy There has been presenting fabulous sea shanties for three decades.

21 September – Peter Williams has a smorgasbord of music with nifty guitar playing featuring swing, jazz and country ballads to singalongs.

28 September - Ted

Egan is the author or 10 books and presenter of 13 documentaries. He has recorded 30 albums and his songs about Australian people represent the ethos of this country. Ted was chief administrator of the Northern Territory for five years

for five years.

After the show, head to the Citiplace Community Centre situated on the upper level of the Perth City Railway Station which offers seniors a range of low

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# Subiaco Tram needs volunteer drivers and hostesses, Could this be for you?



Left; At the turn of 1900, trams were introduced to Subiaco. Travelling along Hay Street and turning left onto Rokeby Road where the Subiaco Hotel is located, the trams transported the city slickers into the industrial area that was Subiaco. (ref. Hiddlestone Electrics '100 Not Out' history November 2020)

Subiaco trams of old: running from the city through Subiaco to the *Nedlands baths*.

Sadly, these tram services ceased in 1958. However, the hop-on hop-off Subiaco 'tram' service follows some of the original route, such as down Hay Street and Rokeby Road.

Sources: *Identity Prized: A History of Subiaco* (1985), Ken Spillman and *Talk about Subi* newsletter (2003), City of Subiaco

Right; Ruby was a hit during the Christmas Frolics in Subi last year, helped by hostess Judith (front left) and longtime driver Sal Bolich © See Subiaco

RUBY the Tram is a free hop on-hop off community service that travels around Subiaco, Shenton Park and up to Kings Park on an hourly timetable from the Subiaco Train Station.

She has become a much-loved icon since she went on the road in 2018.

Owner, Niki Peinke from The Property Exchange, says it is a very popular outing for adults and children.

"Our voluntary drivers and hostesses welcome everyone aboard and point out the things of interest, old and new, as it makes its way to Kings Park. You can spend an hour or two enjoying the botanical gardens then hop back onto Ruby and head back into Subi.

"Our volunteers enjoy it as much as the passengers."

It came about because Niki believed Subiaco was missing something of its early character.

"The suburb was well-known in the early days for the tram service from the city and I felt this was it. I found and

purchased the tram, built in the early 80's for the America's Cup.

"All the original materials were used to fabricate her and we have the old bell so she is authentic, however she is modern, operating on petrol and tyres," says Niki.

"We have constantly maintained and refurbished Ruby and cover the annual costs through advertising and sponsorship. Our volunteers are vital to offering it as a free service."

The service currently operates from Tuesday to Saturday from 10am to 3pm on weekdays and 10am to 1pm on Saturday, but will increase to 9am to 4pm when more volunteer drivers come onto the roster.

If you would like to join the team, you can contact Niki on 0411 428 117.

Destination WA filmed a segment, which went to air on Channel 9 a few weeks ago. You can see Ruby in action by clicking on the link: https://youtu.be/WqFVmyEyRaY

# Update on UK pensions - fight for changes to women's benefits

by Mike Goodall

LAST month I explained the WASPI (Women

Against State Pension Inequality) group in the UK claim that the lack of notification of the State Pension Age changes made by the UK Government disadvantaged older women. The first two parts of the Parliamentary and Health Service Ombudsman (PHSO) report have now been published. If you wish to read a copy of the full report, I can e-mail it to

you on request.

Ombudsman stated that it had received а 'significant number' of complaints as to the way that the 1995 Pension Act change, which meant women could no longer claim their state pension at 60, was communicated. It said many experiencing 'significant' financial loss and emotional stress as a result. However, their report is only based on

six sample cases.

In summary the PHSO found the Department of Works and Pensions (DWP) guilty of maladministration at several critical decision making points from 2005 onwards. Women should have had at least 28 months more notice of the changes. This would have given them time to adjust their retirement plans.

The report also found that the DWP failed to make reasonable decisions based on the information available to it.

The third and final stage of the PHSO's investigation will consider the impact that injustice had. No dead-

line has been set for this last stage although it is planning to move as quickly as possible.

Peter Aldous, MP for Waveney who is a cochair of the All Party Parliamentary Group (APPG) on State Pension inequality Women said: PHSO findings must now be scrutinised by the DWP and parliament and then we must set out about compensating women for this injustice.".

However, the ombudsman has no power to refund lost pensions or to recommend that anyone receive their state pension any earlier. Do not assume that

if you come within the critical years, you will be entitled to any compensation.

I will update this column when more information is available from the PHSO.

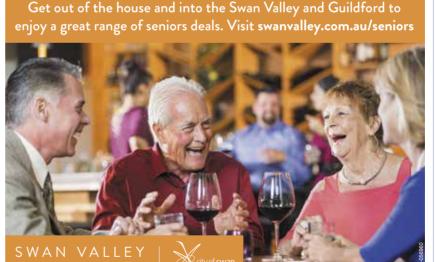
## Am I UK State Pension Age?

UK Expats and Australian citizens born between 6 October 1954 and 5 April 1960, who have worked for at least 10 years in the UK, will be eligible to claim their UK State Pensions from their 66th birthday.

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

Anyone who would like to discuss their options on this any other aspects of their UK State Pensions, is welcome to contact Mike Goodall on 08 6364 0859, 0403 909 865 or via e-mail mikecgood all@btconnect.com.







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# Be prepared for changeable weather as climate change affects the world



by Karen Majer

BLUSTERY squalls are hitting my window as I write this and the landscape is verdant green. It's easy to forget that throughout eastern Australia, communities and the forests are still in the early stages of recovery from the 2019-20 bushfires. And it's hard to imagine that in Canada hundreds have died in a heat wave that peaked at nearly 50°C, while wildfires are blazing again in California.

Australia has seen an array of wild weather already in 2021 with record-breaking floods, cold snaps and huge ocean swells. Floods in New South Wales in March were estimated to cause property damage of over a billion dollars. Australia has always been a land of drought and flooding rains, but as weather records are broken each year, we know that this is something else.

The observations are in line with predictions based on the simple logic that retaining more energy in the atmo-sphere will result in more extremes of weather. These trends will inevitably continue through the century and beyond unless drastic action is taken now to curb greenhouse gas emissions.

The weather may be stormy but the outlook isn't all gloomy. On the hopeful side, there is still time to reign in the worst impacts of changing

climate if we act now. A great deal is known about ways to reduce emissions and to adapt to the changes that we are experiencing now and expect to face to a greater degree in the fu-

Many communities, businesses, farmers, and local and State governments are showleadership. We have abundant natural resources of sunshine and wind for renewable energy, considerable local expertise and the potential for worldleading innovation. Our community will need

to take advantage of opportunities such as these, embrace some changes and find ways to moderate or adjust to unavoidable change.

The Scouts' Motto 'Be Prepared' has never been more relevant. The motto means that you are always ready to do what is necessary to help others. It also means you are ready, willing and able to do what is necessary in any situation that comes along. They seem to have nailed it!

Connecting with others in our community is powerful and support-

ive. Preparing for what might come along will mean different things to each of us. My husband Boyd and I are in the process of building a solar-passive strawbale house because that aligns with our values and because strawbale is just gorgeous.

It's not necessary to go to those lengths of course. Many inexpensive solutions are available to make your home more comfortable in weather extremes, whether they be hot or cold. It may simply be adding insulation or shading a west-facing

window. Parks and city streets will benefit from more tree shade. Small sensible changes now will help us to adapt. Larger adjustments will be necessary to keep development out of areas susceptible to flooding, coastal inundation and bushfire risk, and to ensure water supplies.

Over to our planners and your voice will help them to register that there is a lot of community support.

Stay happy and be prepared!

out more: www.sustainableliving quide.com.au/

Want to know how to stay safe at home? Would like toknow more about emerging technology? Not sure what 5g is? Then this is a FREE event you can't miss.

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day to day lives.

Seniors Recreation You must book Council of WA Inc. for this event.



# Kallaroo Probus group welcomes new members



Members of Kallaroo Probus

**KALLAROO Probus** Club celebrated its 23rd birthday in June this year with a substantial morning tea and the duo Sometimes 3 who travelled from Mandurah to entertain the group.

encourages Probus fun, friendship and fellowship in retirement and members enjoy interesting speakers at the monthly meetings as well as regular outings and visits to theatre.

usually preceded with a dinner or a lunch.

Previously known as Sorrento Probus, the club was founded in 1988 and used to meet in the Sorrento area. In October last year they

officially changed their name to Kallaroo Pro-

Last month editor Jen Merigan gave a talk to the group about Have a Go News' 30 year his-

tory.

They are a sociable members group with members coming from Kallaroo and surrounding suburbs. Meetings are held at the club lounge at St Ives Northshore. Dampier Avenue Kalla-

The club welcomes visitors and new members

If you would like to join or come along as a visitor contact lain on 0402 737 177 or email kalla rooprobusclub@gmail.



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# As it happened - beyond the stories - a fond farewell to John Cornell



Paul Hogan, the late John 'Strop' Cornell and wife Delvene - Pic supplied by Channel 9

by Lee Tate

CROCODILE Dundee, the movie, was only forming in the mind of John 'Strop' Cornell when we met at his

Byron Bay pub about 40 years ago.

Both of us former Perth columnists, we briefly talked over some old times.

The sun was shining at

Byron Bay that day and John had the sunniest disposition. An amazinaly understated, quietly-spoken character, Cornell never mentioned any of his milestone achievements and there were more lucrative ventures to come.

comedian/writer/ The publican and property baron asked if I wanted to watch the AFL Grand Final on his pub's big screen.

Cornell had brought in two plastic seats for us and then made his way through the mob to the busy bar, waited his turn, paid for two beers and brought them back to our seats. Both of us being fans of Carlton - pre-Eagles - we shouted the blues home to a magnificent win.

Cornell picked, backed and instigated a lifetime of winners. Cornell, with his WA mate Dennis Lillee, with Australia's toughest tycoon, Kerry

Packer, when talks led to World Series Cricket. Central to it was Cornell pal, business partner, footballer and journalist, Austin Rob-

Cornell, Robertson and Mike Willesee all started at the Daily News on the same day, 2 January, 1961 (in the days of Paul Rigby and Kirwan Ward).

Together, they changed the face of international cricket, boosted the pay packets of professional cricketers (to make some of them millionaires), gave Channel 9 a cricket ratings winner and earned big bucks for Packer. Cornell. Lillee and their supporters.

Cornell was a canny property investor, declining offers for his slab of central Dunsborough until he got the offer he couldn't refuse. to make way for the town's shopping hub. Along the Dunsborough coast, before it became trendy for

the rich and famous, John and his wife, Delvene kept a waterfront getaway.

Also, before the deluge of wealthy and famous, they were early incomers to beautiful Byron Bay. The weed-smoking, au naturale inclination of many incoming residents was not for the Cornells who meant business.

They bought the rundown pub at the beach and turned it into a showpiece hotel with decorations overseen by 'Dely', the former actor and model. In 2007, they sold the pub for a record \$44 million.

Along the way, the Cornells supported all the major causes around the town including equipment for the surf club across the road from the pub. John had come a long way from famous TV character, 'Strop', a layback, yobbo surf life-

The couple also held

large swathes of land on the hills overlooking Byron Bay. When a huge housing development was proposed on land along from the Cornell's spread, John bought it to maintain the bush.

As land values boomed over the following years, Cornells' soared further.

West Aussie John slotted nicely into community and family life and was married to 'Dely' for 43 years. Delvene's parents lived in Byron Bay where her dad was a leading figure in the community, especially the local bowls club.

When Crocodile Dundee was formulated from discussions between Cornell and his mate, Paul Hogan, was to be tackled as a movie project, John got onto the phone to his WA media mates and others, inviting them to buy into the risky adventure.

Every one of them who came to the party is still counting their blessings for their financial gamble in Australia's most successful film, earning \$360 million worldwide.

It was Cornell, as a TV producer, who discovered Hoges. After Paul's appearance as a funny man Sydney Harbour Bridge rigger, John quit, to become Hoges' manager.

Cornell and Hoges also conceived the hugelysuccessful tourism promotion centred on throwing a shrimp on the barbie.

Kalgoorlie-born Bunbury - raised, fatherof-three daughters, Cornell suffered for many later years with Parkinson's Disease until he died, aged 80. with 'Dely' at his side.

Among WA's and Australia's sharpest, smartest and successful people, John Cornell was also one of the nicest.

# Let's crush ageism in Australia

THE new Intergenerational Report (IGR) projects that Covid will make Australia's population smaller and older than earlier predicted. That need not be a problem if we can take real steps to end the blight of ageism, according to the Every-AGE Counts campaign.

In launching the IGR, Treasurer Josh Frydenberg said the government remains committed to funding essential services while maintaining a sustainable tax burden. EveryAGE Counts campaign director Marlene Krasovitsky said the key to achieving these goals is making a concerted effort to fight ageism.

"Ageism is now a huge drag on our economic

growth," she said.
"Our assumption that everyone over 65 is rushing to retirement does not stand to scrutiny. The latest data from COTA showed only 49 per cent of those over 65 had retired, down significantly from 2018 when 60 per cent were retired. The reality is most older Australians are living longer, healthier lives and they want, or need, to work longer. So, what's holding them back? Ageism.

"The IGR notes that the increased participation rate amongst older workers in recent years has been supported by greater life expectancy and better health, as well as greater work flexibility. But further gains are missed because of ageist recruitment processes and workplaces. Too many older workers want to work, but miss out because of negative assumptions based only on their age.

"Nearly 40 per cent of Australians have expediscrimination rienced since turning 50, and that's up from 23 per cent in 2018, and 20 per cent have experienced employment related discrimination. If we want to maintain funding for essential services and infrastructure we need to lift the labour force participation rates of older people who want or need to work. That means we

have to address ageism at its root - the stereotypes, assumptions, and discrimination that currently lock older people out of work.

"The IGR has found pretty much all workplace participation increases over the next 40 years will come from people over the age of 40. Those projections will be hampered if we do nothing about the ageism that keeps keen older workers jobless. We simply can't afford to continue carrying around ageist notions about older Australians. These mindsets are holding us

back." Ms Krasovitsky said the 2021 Intergenerational Report should prompt the federal government to invest in a program to start lowering the rates of ageism and age-based discrimination in Austra-

"We need a sustained public and workplace education campaign to challenge the myths and negative attitudes about older people in the workforce," Ms Krasovitsky

said.
"We should be making sure people understand the channels through which they can speak up when they experience age-based discrimination. And we should encourage organisations to develop and implement age-inclusive approach-

es.
"We also know that multigenerational workforces are good for business and raise productivitv. There's no silver bullet for ending ageism, but we need to start tackling this problem systemically now. It's a vital means of boosting economic growth in the years ahead, given the IGR's projections," she said.

# Celebrate 30 years of Have a Go News and lunch with the stars from Channel 9 Perth and 6PR



TO celebrate the 30th anniversary of Have a Go News we are very pleased to offer readers the opportunity to be in the draw to dine with the stars from Channel 9 Perth and Radio 6PR.



The event will be a formal affair and 30 lucky people will have the opportunity to enjoy fine dining in a city venue.

This event planned for September but the exact date is to be confirmed.

This exclusive luncheon, which will include a two-course meal, beverages and a goodie bag, while enjoying the company of Channel 9 Perth and 6PR stars including the opportunity to have a souvenir photograph with them.

To be in the draw tell us, in less than 25 words, why you want to celebrate the 30th anniversary of Have a Go News. Email your answer and details including phone number to win@ haveagonews.com. au with 30th Anniversary Lunch in the subject line. Competition closes 20/8/21.

the use of, or participation in, the prize.

DENTURE

ns and Conditions

The Promoter is Have A Go News, ABN: 97 425 866 519) of 137 Edward Street, Perth WA 6000. Telephone number: 08 9227 8283.

- The competition commences on Friday, 9 July at 00.01 (AWST) and concludes on Monday, 20 August at 17.01 (AWST).

- To enter, entrants must state in 25 words or less, why they want to celebrate the 30th anniversary of Have a Go News, via email to win@haveagonews.com.au with "30th Anniversary Lunch" in the subject

The competition is via email entries only, and no other entry method is accepted.

In ecompetition is via email entiries only, and no order entry method is accepted.
 Entry is open to residents of Western Australia aged 18 years or over only. Employees of the Promoter and their immediate families, suppliers, associated companies and agencies are ineligible to enter.
 Persons under the age of 18 years are not considered adults and therefore are not able to enter. If a winner is discovered to be under 18, they will automatically be disqualified.
 Promotion commences and closes on the dates shown. Only the winner(s) will be notified by email and must respond within 48 hours or the prize may be re-allocated. Relocation will be based on

Tentaming competition entrains.

- The promoter's decision is final and no correspondence will be entered into.

- Prize is not transferable or exchangeable and cannot be taken as cash. No responsibility is accepted for any variation in the value of the prize. Transport to and from an event and all other ancillary costs are the responsibility of the winner. - The Promoter reserves the right to modify, suspend or terminate the competition without notice.

- The Promoter reserves the right to modify, suspend or terminate the competition without notice.

- The Promoter is not liable for any loss (including loss of opportunity) or damage (including, but not limited to, direct, indirect or inconsequential loss) or personal injury in relation to this competition or

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# Say goodbye with clarity and love. Do you have a Will?

Date: 22 and 23 September Cost: \$70+bf goes to charity

▶ Bookings recommended or just turn up. To register or for more information contact 9263 2076 / 6457 3325 or visit events.humanitix.com/popupwillsday





# Seniors Recreation Council Jottings



Left to right; Tahlia Merigan, Jen Merigan, Monika Kos and Ron Reddingius

CONGRATULATIONS to *Have a Go News* on celebrating its 30th anniversary, what an achievement for an amazing team. On Wednesday 28 July SRCWA members were privileged, along with many other supporters to attend the anniversary party at the South Perth Yacht Club. Jen Merigan and her team put together an evening of celebration. Everyone enjoyed the presentation emceed by Monika Kos, with a pictorial presentation and history of the newspaper and events over the 30 years. It was wonderful to reminisce and remember times with Judith and Quentin who have now passed and to see how the paper has grown under Jen and her teams' belief and dedication in continuing their legacy. Congratulations once again to Jen and the whole *Have a Go News*' team for a wonderful evening and an excellent newspaper. Go, *Have a Go News* onwards and upwards

#### **Tech Savvy Seniors - Tech Workshop**

SRCWA in partnership with Telstra will be conducting a FREE Seniors Tech Workshop on Friday 17 September from 9.30am to 1pm in Leederville. This event will focus on exploring technology and how it can help in our day to day lives and the opportunity to meet the Telstra Robot. Morning tea and lunch is provided free, registration is essential for catering purposes call 9492 9774 to register your attendance.

#### **Pole Walking**

SRCWA conducted a Pole Walking demonstration and activity with City of Nedlands Active Seniors at the Mt Claremont Community Centre. Julie Martin and her group of seniors enjoyed the presentation and took part in the pole walking activity throughout the morning. Many of the seniors purchased their own walking poles and are forming a pole walking group with Julie Martin's assistance.

Pole walking utilises two poles, often called hiking or trekking poles, to add a new dimension to walking as an everyise.

It is an easy, efficient and low stress activity that engages the whole body in a total body workout.

It increases muscle endurance and toning in the shoulders, back, chest, upper arms and abdominals.

The poles provide stability and add more "spring" into steps while pushing along.

The use of the poles helps to reduce stress in the knees and other joints.

It also loosens up tensions in neck and shoulders which is beneficial for those who sit in one position

most of the day.

Posture improves with the correct technique and arm motion and it is up to 40 per cent more effective as an

exercise than regular walking.

Oxygen intake increases significantly, and heart rate is 5-17 beats more per minute, compared to regular

is 5-17 beats more per minute, compared to regular walking.

To organise an individual or group demonstration call

the SRC office on 9492 9773.

#### Thank you Duncan Ord

SRCWA extends its thanks to Duncan Ord who recently retired from his position as the director general of the Department of Local Government, Sport and Cultural Industries. Duncan was very supportive of SRCWA's programs and services for the seniors of WA. We are grateful for his input to the organisation and his contributions to many industries throughout WA will be long lasting. Once again on behalf of Seniors Recreation of WA we thank Duncan for his friendship and support and wish him well in his retirement.

We also take the opportunity to welcome Lanie Chopping the new director general for Dept Local Government, Sport and Cultural Industries and we look forward to working with her in the future.

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

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

swood Park from 9am to 3pm.

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

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

# Fun and fast water play out on the river for canoe club



Paddlers tackle the river

#### by Karen Finlayson

THE fast water paddle on the Upper Canning River was greatly anticipated with five paddlers having completed a reccy course the day before. Twenty-six members of the Over 55 Canoe Club arrived with their kayaks to ferry them to their chosen starting point.

The Leisurelies would complete a shorter, easier course and the Mainstreamers would take their boats further up the river for a longer, more challenging route.

And challenging it was... just two minutes into the cold, rapid wa-

ter the 20 Mainstreamers came to an abrupt halt... the river was blocked, impassable. Trees spread right across the river. Puzzled reccy paddlers looked confused,

"The river looks totally different, unrecognisable from the morning before."

It eventually became clear – the water level had dropped massively overnight making the course taken the day before no longer available. The higher water level had given the reccy paddlers a path along the river's edge – the next day that had disappeared due to a narrower river

with so much less water.

Finally, a concealed entry was found and all pushed through. New paths had to be forged throughout the trip as the reccy route of the day before was now redundant. All paddlers, but especially the novices, felt very secure and safe, as the well-practiced members of the club are generous spirited and encouraging towards everyone who needs help. They demonstrated tactics, shared skills and coached throughout, as well as helping with res-

The fast flow of water initially made it difficult

for novices in the longer boats to position themselves in the best place ready to paddle around tight corners and then to back paddle fast if necessary. Becoming wedged broadside while trying to paddle across the water's flow caused near capsize for some – one newbie fell into the chilly water five times.

Paddlers practiced lining up and paddling fast, aiming to fly over the top of the slightly protruding logs – often without success. If they became stuck, they could try to pole with the paddle, rock to and fro, pull on a branch nearby or wait for help from a fellow paddler.

Arriving at the footbridge for morning tea, it became obvious to the five reccy paddlers just how far the water level had dropped. Today, paddlers could comfortably pass under the bridge, whereas yesterday it had been a portage situation – where paddlers take their boat on to land to drag it past the impediment before returning to the water to carrying on.

Meanwhile the Leisurelies completed their course with the guidance of a club leader, contending with submerged trees as well and upgrading their skills throughout. They also practiced navigating through narrow, twisty areas by completing runs along the slalom poles – (vertical sticks a metre apart suspended from trees) before they returned on time – well before the Mainstreamers, who were two hours late.

Most paddlers are over 70 (68 per cent in their 70s and 12 per cent over 80) - none appearing their age. A newbie was recently heard to say how the one thing he hates about the club is he can't use the excuse of not paddling because he's too old, as everyone else is older than him. (He is in the under 60 age group). You're never too old to paddle with the Over 55 Canoe Club, but unfortunately you can be

too young.

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



# Busselton Masters Restart program pays off for locals keen to get fit



Restart swimmers
Di and Lorraine

by Kareena Preston, Coach and swimmer education coordinator Masters Swimming WA

THREE years ago, Busselton

Masters Swimming Club created the Restart Program to assist adult swimmers with easing into a fitness regime and building confidence in the water.

The program runs at Geographe Leisure Centre, is supported by a qualified Masters Swimming WA coach, who is on pool deck throughout the four-week program to help participants improve their stroke technique and efficiency.

In 2018, the inaugural Restart program attracted more than 20 participants and had rave reviews. After securing a

grant in 2019, the program has continued with coach Tricia helping all participants to become the best they can be.

Di and Lorraine began swimming in March this year as part of the 2021 Restart program, when they started they could swim only 25m. Di lives locally in Busselton, however her sister Lorraine lives more than an hour away, but loves the sport so much she commutes to train with the club each week.

After significantly improving their endurance and skill through the Restart Program, both Di and Lorraine joined

Busselton Masters and are now able to swim 2km easily with a smile on their faces.

Busselton Masters Swimming Club train three-four times per week on Mondays, Tuesdays, Saturdays, and Sundays with ocean swims year-round. You can find members in the pool at Geographe Leisure Centre or enjoying a coffee after training.

If you'd like to know more about Masters Swimming, or find a club near you, please visit the Masters Swimming WA website at www.mswa. asn.au.

Scarboro Toyota 🌑



# **Asbestos Diseases Society campaigns for memorials for asbestos victims**



Thirteen members of the Duke family died from asbestos disease

#### by Josephine Allison

ASBESTOS Diseases Society of Australia (ADSA) is spearheading a petition to State Parliament for permanent memorials to be erected in Perth and the Pilbara to honour the thousands of lives lost to the deadly asbestos disease.

It also wants the memorials to act as a deterrent to tourists who continue to visit Wittenoom and its spectacular gorges.

ADSA chief operating officer Melita Markey has raised the issue with Tourism, Culture and Arts Minister David Templeman and most recently with Stephen Dawson MLC. She suggested the memorials be incorporated into the Wittenoom

Closure Bill which will be introduced into State Parliament later this year.

"We would love to get as many signatures as possible in the meantime and we believe that many readers of *Have a Go News* will be keen to support this petition," Markey said. "We have 3500 signatures so far and want many more. We have been advised

that the Bill covers removing the town of Wittenoom from the map."

Wittenoom was a blue asbestos mining town in the Pilbara region. Despite health warnings as early as 1948, it continued to operate until 1966, killing thousands of workers, their families and town visitors. One visitor was State Minister Ernie Bridge MLA who

died from mesothelioma which he contracted during his time dealing with the town's closure.

Today, many people still succumb to the deadly asbestos dust from Wittenoom. The CSR Wittenoom mine and mill is the greatest example of workplace negligence in Australia and second in the world to date.

Alison Xamon MLC told State Parliament in 2018 that asbestos was used in WA since the 1920s, mainly in building and manufacturing. From 1943–1966 more than 20,000 people lived and worked at Wittenoom. The gorges had regular visitors and various school excursions; Hale School even had its own allotted camping area.

Apart from being mined, asbestos fibre was shipped off with not much care. It was loaded onto and off ships, exposing many workers at Port Samson and Fremantle to asbestos fibres.

"While we are very grateful for the CFMEU

WA and Unions WA for allowing the memorial plaque in Solidarity Park, unveiled in 2018, our members and friends from Wittenoom have requested a permanent memorial. It will not just be for the workers but also for their children, families, visitors and local traditional owners of the land, many of whom have since lost their lives to deadly asbestos dis-

"Wittenoom cannot be accessed by road. For many this creates a situation where there is not a place of memorial to grieve lost ones. Apart from meeting with the State Government we will also be visiting the Shire of Ashburton and the traditional owners of the land to discuss the best way forward.

ease," Markey said.

"We are looking at two memorials, one in Karijini National Park and the other in Perth, preferably in Kings Park. The artist Jen Senbergs made the painting the Blue Angel of Wittenoom which hangs in the National Gallery of Australia. He has donated the intellectual property to use the Blue Angel, a Wanjina spirit, in the picture. No artist has yet been chosen to create the works but we intend to use a local artist.

"Our idea is to sculpt the works in iron, they would be large with an area for reflection and a board of names which can be added to as sadly, this tragedy is Australia's worst industrial disaster and just keeps on killing.

"Asbestos diseases develop over 20 to 60 years. Our office has seen sufferers aged in their 90s with mesothelioma. If an estimated 40,000 tourists were exposed by 1993, how many will it be by 2021? It is absolutely essential we have a memorial in Karijini National Park to not only remember those lost to the deadly disease but also as a deterrent to tourists still wanting to visit Wittenoom."

Have a Go News readers wishing to sign the petition should go to www.change.org/Witte noomMemorial.

## **Volunteers needed for event in Belmont**

SENIORS Recreation Council of WA (SRCWA) is holding its LiveLighter Aged Care Games at Belmont Oasis on 12 August from 10am to 1.30pm.

This is an event organised specifically to enable seniors in care to come together and enjoy team games in a competition setting.

To enable these games to run successfully, SRCWA needs volunteers to assist with setting up the venue, assisting the teams into the venue, scoring and packing down the event.

Morning tea and lunch are provided for volunteers. Everyone who previously volunteered to assist with the games enjoyed the day.

If you are looking for something to do on Thursday 12 August and would like to volunteer, please call Dawn on 9492 9773 to register.

# Have a Go News no longer accepts lids

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

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

Lids for Kids in the eastern states has joined forces with

Re-think Recycling, but they are yet to set up centres in WA.

We will keep readers up-todate with developments as they come to hand. Containers for Change depots take clean lids and Precious Plastics in the southern suburbs will also take clean lids only.

We take the opportunity to

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

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



#### NORTHAM HOT AIR BALLOON GLOW NIGHT

#### **SATURDAY 28 AUGUST**

Departs 3pm Canning Hwy & Murray Rd Melville 3.30pm Pagoda Hotel Comer St Como

3.30pm Pagoda Hotel Comer St C4pm East Perth Terminal4.30pm Morley Recreation Centre

Returns First drop approx 10.30pm
Includes Luxury coach, afternoon tea and coffee

Northam is host to the 2021 National Hot Air Ballooning Championships. This promises to be a very special night as it only happens every few years. Saturday 28 August is 'Balloon Glow Night" where hot air balloons are inflated and subsequently lit up from within. What a spectacular sight that should be. We expect to leave Northam around 9pm-9.30pm. Hopefully we will get a brilliant view of our city lights on the way down the hill. Please note there will be no dinner on this trip as it is impossible to book in anywhere. You can bring something yourself or get something from the food trucks that will be there. Tea and coffee will be on offer if you wish. Book early to avoid missing out.



#### **GRAVITY DISCOVERY CENTRE**

#### WEDNESDAY 8 SEPTEMBER - South

Departs 8.30am Canning Hwy & Murray Rd Melville

9am Pagoda Hotel Comer St Como 9.30am East Perth Terminal

Returns First drop approx 4pm

Includes Morning tea, lunch, entries & luxury coach travel.

#### WEDNESDAY 15 SEPTEMBER - North

Departs 8.30am HBF Arena, Joondalup

Returns

9am Morris PI, Innaloo

9.30am Morley Recreation Centre First drop approx 4pm

The Gravity Discovery Centre is halfway between Gin Gin and Guilderton. Enjoy a guided tour of the facility with morning tea provided by the Discovery Centre. Next stop, down to lunch in Two Rocks where Kelli and her gang will provide us with a superb lunch at the Pickled Herring Restaurant overlooking the Two Rocks Marina. A quick drive around afterwards to view some of the remaining limestone carvings from Atlantis Marine Park before heading home.



## ARALUEN TULIP SPECTACULAR

#### THURSDAY 23 SEPTEMBER - South

Departs 8.30am Canning Hwy & Murray Rd Melville

9am Pagoda Hotel Comer St Como 9.30am East Perth Terminal

Returns First drop approx 4pm

Includes Morning tea, lentry to Araluen, lunch & luxury coach travel.

coach travel.

#### THURSDAY 24 SEPTEMBER - North

Departs 8.30am HBF Arena, Joondalup

9am Morris PI, Innaloo

9.30am Morley Recreation Centre

Returns First drop approx 4pm

We head straight to Araluen for morning tea. Parking at the top allows you to wander safely down the various pathways where Elite Tours' Mike will meet you at the lower gardens and open space. Such a magnicent display. From here to the Elizabethan Tavern for lunch followed by a stop into Raeburn Orchards on the way home. A lovely, relaxing day with plenty to see.

# MIKE'S MAGICAL MYSTERY TOUR #3 FRIDAY 8 OCTOBER - South

Departs

8am Canning Hwy & Murray Rd Melville 8.30am Pagoda Hotel Comer St Como 9am East Perth Terminal

Returns Includes First drop approx 4pm
Morning tea, lunch & luxury coach travel.

#### WEDNESDAY 13 OCTOBER - North

Departs

8.30am HBF Arena, Joondalup9am Morris PI, Innaloo9.30am Morley Recreation Centre

First drop approx 4pm

Mystery.

Returns

Travel to somewhere for morning tea. Then commence our country day trip. A hotel for lunch followed by a nice drive back through...and...and and no, not giving any hints, wouldn't be

a mystery then would it?

# NEW TOUR - THIS WILL BOOK OUT FAST

Join us as we journey to the Golden Outback and find some magical wild-flower displays. A quick stop for morning tea at Bindoon. We then make our way to Wongan Hills for a picnic lunch. Market stalls and many other attractions in town are on this weekend. A short drive from here is the magnicent Reynoldson Reserve where you can view the wildflowers (approx 2 hours). Back into Wongan Hills to enjoy the festival before we head home.

#### **WONGAN HILLS \*NEW AND LIMITED\***

#### SATURDAY 30 OCTOBER - South

Departs

7.30am Canning Hwy & Murray Rd Melville 8am Pagoda Hotel Comer St Como 8.30am East Perth Terminal

Returns Includes First drop approx 4.30pm Morning tea, lunch, entries & luxury coach travel.

#### SUNDAY 31 OCTOBER - North

Departs

Returns

7.30am HBF Arena, Joondalup 8am Morris PI, Innaloo 8.30am Morley Recreation Centre First drop approx 4.30pm



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# COMMUNITY NOTEBOOK

# PARA QUAD OP SHOP AND BOOK BAZAAR STIRLING

Seeking good quality donations of household goods, furniture and bric-a-brac.

Open Monday to Friday 9am to 5.30pm and

Saturday 9am- 5pm. For free furniture pick up Ph 9381 0195. Enq 9272 6564 Unit 3, 39 Erindale Road, Stirling.

#### KINGSLEY PARKINSONS SUPPORT GROUP

Held last Thurs of each month 1.30pm-3pm 3A Moolanda Blvd Kingsley Various guest speakers each month. Contact Bev Hannan 0428 053 324 or 9409 8456 (home)

# ARTHRITIS AND OSTEOPOROSIS WA SUPPORT GROUPS

Monthly support groups giving encouragement, helpful hints and tips to others. Socialise and make new friends.

Held Armadale, Shenton Park, Osborne Park, Wanneroo and online.

Margaret 9388 2199

email margarets@arthritiswa.org.au

#### FOREVER FITNESS PROGRAM FOR SENIORS

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Thursday - Wilson Community Hall Wednesday - Manning Eagles Bowling Club Fridays - Gosnells Bowling Club Mondays Ph 0435 046 217

Email foreverfitness888@gmail.com

#### **SOCIETY OF WOMAN WRITERS WA**

Write Your Novel Workshop conducted by Helen lies.

14 August, 12.30pm -5pm cost \$90 for Society members \$120 for non members.
Bookings essential email swwwabookingofficer@gmail.com or call 0429 116 395
Citiplace Community Centre,
Perth Railway Station Concourse.

#### **SOUTH EASTERN ORCHID SOCIETY**

2021 Annual Show Saturday 14 August 9am-4pm Sunday 15 August 9am-3pm Entry \$5 orchids for sale. Vendors selling various plants. Eng. Shannon 0413 530 363

#### CHAIN REACTION DUO

Friday 27 August 5.30pm-8.30pm Come and enjoy a meal, a drink, and some rock 'n' roll.

Caves House Hotel. 18 Yallingup Beach Road. Yallingup.

#### MARKETS BY THE BAY

Held monthly in Jurien bay. Money raised to purchase medical equipment to improve local health facilities, education and fitness equipment for the local communities.

Next market 21 August, raffle tickets sold Thursday am and Friday pm outside IGA prior to the markets. Ph 9752 1931

#### **ZONE! TOY & HOBBY FAIR**

Sunday 22 August, 9.30am-1pm Craigie Leisure Centre, 751 Whitfords Avenue, Craigie.

#### **BALINGUP MEDIEVAL CARNIVAL**

Saturday 28 August 11.30am -7.30pm Combat performances by the Grey Company Puppetry, music, dance and more. Balingup Community grounds.

#### TOODYAY INTERNATIONAL FOOD FESTIVAL

Saturday 14 August 10am 4pm Combine all of the thrills and spills from the Avon Descent with delicious international cuisine and a fantastic entertainment line-up.

A free fun filled day for the whole family Stirling Park Toodyay.

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

# Flowers provide more than something pretty to look at



COME along and enjoy friendship through flowers at WA Floral Art Society.

Meetings are held on the second Saturday of the month. It's \$10 entry to see members designs, demonstrations, afternoon tea and raffle. Meet at 12.45pm for 1pm start.

Meetings are held at Osborne Community Hub, 11 Royal Street, Tuart Hill. Please note parking is available under the venue behind BP Garage; take lift to ground floor.

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

# Fighting hands on for the acceptance of holistic medicine



Nurse Peta Nottle

#### by Allen Newton

NURSE Peta Nottle believes in taking a hands-on approach with her patients – literally.

She's been fighting for the acceptance of holistic medicine by the medical community for years.

Peta says recognition of complementary therapies in 1995 by the Nurses Boards around Australia was a good start and reflexology, therapeutic touch, healing touch massage, prayer, meditation,

aromatherapy, and stress management, are now all useful tools in the nursing toolbox.

"I've been trying to get it into mainstream medicine now for 20 years," she

But, she claims, the medical model is so ingrained in the system that anything outside of that is dismissed.

Peta has studied the history of ancient healing arts around the world and says Western society is the only society to largely ignore the

practices.

Outside Australia holistic medicine is given more credence.

"In America, therapeutic touch, for example, was studied by nurses for PhDs, but the Holistic Nurses Association was closed down in Western Australia, back in 2004, because there weren't enough people interested."

Peta says it's a little embarrassing to have people from overseas coming to Australia to study Aboriginal medicine when it was largely ignored in this country.

She says nursing became a science-only model in 2002 after a senate inquiry into nursing education, because nurses were leaving the profession in droves.

Peta now operates her own practice, Healing Insights WA, with a group of nurses and therapists who got together in 2017.

One of the processes she uses in the practice,

adopted from her time spent with Aboriginal people, is what she calls 'the flow of life force energy'. That she says is part of every civilisation.

"If you came to see me, I'd work with my hands and go down to a very deep level, stay grounded, and take people to their sacred space.

"The energy goes where it needs to go.

"There's lots of research being done by a lady called Caroline Myss, who has been out there with energy medicine for years, she's one of my mentors in her writings and CDs.

"She describes it as taking a person to their soul."

Peta says people just need to have an open mind to benefit from her treatment.

It was from the Aboriginal people of the Kimberley that Peta got her first taste of holistic healing.

"My nursing career probably started when I was around 10 or 11, living in Wyndham around 1958.

"If I was good, I would go out with the Aboriginal health nurse and she would take sugar, powdered milk, tea and flour, out to the camps.

"We'd boil up the billy and sit with the oldies and stories would be told."

Peta followed her mum into nursing, doing her training at the old Fremantle Hospital, then to St Margaret's in Sydney for obstetrics and midwifery.

She was born in Three Springs where her father was teaching and subsequently the family moved around WA to different postings.

When Peta started nursing there were no specialities for nurses.

"We had to do everything from casualty to theatre, to paediatrics.

"I trained in the holistic model of care, which is what it was back in the 1950s and 60s," she says.

In those days nurses were allowed to touch their patients, but Peta says when the university model arrived nurses weren't encouraged to touch their patients and nursing became much more of a science.

"People would say to me when I was massaging them on a particular spot that my hands were so hot they would take the pain away.

"I didn't know it was energy medicine back then, it was just what I did.

"In those days we were allowed to pray with patients, and we were allowed to hold people's hands."

Peta says she first realised there was something in the power of touch when she returned from a European trip in the early 1970s and went up to Arnhem Land as a public health nurse.

"On my very first weekend on call, I went down to open the clinic and there was an old lady down there lying on the cement.

"I didn't know it at the time, but she'd had had the bone pointed at her two weeks prior and she was dying in front of me."

Rather than call in the RFDS Peta sat with the old lady until she died and from then on the local Aboriginal people took her on board and nurtured her in that type of Reaya energy healing.

"I was really embraced by the community up there, because they'd seen what I'd done and not sent off for the plane to come and take her to Darwin."

Peta says it was all part of being respectful to Aboriginal culture. Healing Insights will be at

Healing Insights will be at the Care and Ageing Well Expo at the Perth Convention and Exhibition Centre on 14 and 15 August.

For more information go to www.careandageing expo.com.au/perth.





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rockingham.wa.gov.au



Care. Companion





i

# A look at the colourful life of Western Australian restaurateur Warren Mead



Warren Mead making a life change

#### by Gail Williams

THE cheeky smile and confident swagger that greets guests at a humble, little cottage in the back streets of Northam could only belong to one person... Warren Mead.

And this Warren Mead is perfectly relaxed as he offers a warm welcome into his \$130,000 weatherboard protected by a heavy security screen door. The setting is a far cry from the luxurious surroundings and the glamorous lifestyle that turned Mead into a household name and the darling of Perth's A-listers for over 25 years as a highflying restaurateur,

before fleeing to Bali in 2009 when his hospitality empire collapsed.

His 12-year idyll in tropical paradise building a new life with his Indonesian wife Rani, mother of his 10th child – came to an abrupt end last year when Covid and health problems caused another dramatic twist to his colourful story.

After quietly sliding back to WA looking 10 years younger than his 76 years, he offers a characteristically candid insight into what he has been up to since his spectacular fall from grace.

Since moving to Northam last year, he has flown under the social

radar, preferring to eke out a simple country town life with Rani, their eight-year-old daughter, Florence, and 17 chooks which roam through the backyard vegie garden among bales of hay. He spends a lot of time in his kitchen cooking his signature dishes of simple, honest recipes for friends and family. But no seafood for the former maestro of chowder and grilled snapper.

"It's pretty hard to source seafood up here," says the man who was once known as Perth's Oyster King. "I just do simple things, nothing too complicated."

If there's one word that Mead knows the meaning of, it's complicated. Is this the Mead, known for having been married six times (or was it seven?) And 10 children?

"I lose track of where they are," he okes.

Is this the Mead who had a stable of riverside restaurants that were the go-to hot ticket for long, boozy Friday lunches? He of Jessica's at the Hyatt, Coco's, the Esplanade in Freo, The Oyster Bar in South Perth, Mead's Mosman Bay and Black Tom's?

Intrigued Northam locals are asking the same questions as they spot the familiar rotund figure (who famously had gastric bypass surgery) shopping at Aldi. He admits he knew no one when he arrived, but in true Mead style, he has established a network of contacts through his hobby, catering for friends, family,

and business associates.

"I guess my brand is still quite strong," he laughs. "I realised a long time ago no one really gives a shit about anyone else. At the end of the day, it's every man for himself."

He's obviously lost none of the prize fighter spirit – he came to Australia from New Zealand in 1964 as a sparring partner for an Irish boxer. This enabled him to cope when, in 2008, receivers were appointed to sell The Oyster Bar, Black Tom's Bar and Mead's Mosman Bay.

St George Bank also ordered the sale of his luxury cruiser *Moonlight Express* to recoup a multi-million-dollar debt. And he also lost his house and his car.

But now, with plenty of time to reflect as he sits on his front porch, is he happy to be in Northam? Mead says he's just happy to be alive.

"When Covid hit I started thinking about medical facilities in Bali which are behind the eight ball and very expensive," he says.

"I had a heart rate issue which had been picked up earlier in Perth. I had a very low heart rate and I had to have a pacemaker put in. And I thought if I did get the virus, Bali wouldn't be a great place to be. So, I came back to Perth. Rani and Florence came later.

And why Northam?

"A hundred people have asked me what I am doing in Northam," he says. "I didn't have a lot of money and borrowed money from my brother and son. I wanted to buy a house, so I went to Toodyay and York. I couldn't afford to buy in Perth. Here I've got 600 squares. I grow beans, pumpkins, make pumpkin soup. I work in the garden, pulling up weeds. It's a very simple life and I am enjoying it."

He's living a low carb diet regime, saying he must lose 20kg and he's taking stem cell therapy for knee and hip problems. He says he doesn't miss his old life and still catches up with loyal friends who have stuck by him from his A-lister days on his weekly trips to Perth.

Mead's life has now turned full circle. When he first came to Australia at 19, he scored a job at Quairading working for a tyre agency.

From there he carved out a career in hospitality and the rest is history.

But, says Mead, there is still another chapter to be written.

"I'm writing a book," he says. "It will have some sealed sections. Open them if you dare. If you have still got your marbles and, I have, I'm looking at another 10 years. I'm not looking at going to work every day.

"I never thought about being old and not having any money so that's why it was very important for me to have a house with a small mortgage. I'm happy with this house. It's a cute little cottage. And it's an hour from Perth. And it's not unlike the house I grew up in."

And with that, he swaggers off to feed his chooks. Watch this space.

# Join the community fun for seniors in Dianella

THE Dianella Autumn Club runs a raft of events every week and is always looking to welcome new members

Activities available include carpet bowls on Monday and Fridays

between 9am and 11am.

Also on Monday and Fridays between 9am and 11am they run a friendship group.

Stay active with chair yoga on Monday from 12noon to 1pm and

table tennis on Monday evening from 6.30pm -

Love to dance then join them every Friday evening when they hold a dance from 7.30pm-10.30pm

The Dianella Autumn

Club is about keeping active and engaged in the local area. The centre is located at 18 Kerry Street. Dianella.

For more information call Roslyn on 9275 1193 or roslynwingate@hotmail.com

Don't miss the Care & Ageing Well Expo 14 & 15 August Perth Convention & Exhibition Centre Free entry www.careandageingexpo.com.au



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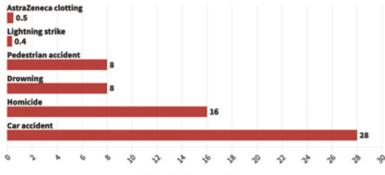


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\*Contract options are available to new residents only at selected villages, subject to availability. Lendlease reserves the right to amend or discontinue these offers at any time, without notice. To find out more, visit www.retirementbylendlease.com.au. Other fees may apply – see residence contract for full details. Lendlease proudly operates under the Retirement Villages Act. Published by Lendlease RL Realty (WA) Pty Ltd ABN 24 102 637 829. Published August 2021.



# Is the cure for the pandemic worse than the disease?



Risk of death per million

Sources: AstraZeneca data (health.gov.au), lightning risk (UWA lightning fact sheet), other risks (ABS

#### by Frank Smith

LOCKDOWNS cause everyone a load of inconvenience and serious financial losses for the hospitality, travel and industries. Are they worth it?

A study led by Jeffrey Lazarus of the Barcelona Institute for Global Health in Spain and published last month in the prestigious medical journal The Lancet found that in

terms of public health, economics, democracy and civil liberty, countries that had consistently aimed to eliminate Covid had fared better than those that chose to try to mitigate the pandemic.

Five OECD countries have pursued elimination – Australia, New Zealand, Japan, South Korea and Iceland. The other 32 have followed a path of mitigation.

An elimination strategy

essentially means mass testing, helping people infected or who have come contact with the virus to isolate, tracing, border surveillance, and swift and stringent lockdowns when needed.

The writers report 25 times fewer deaths from Covid per million in the population of elimination countries. Elimination was superior to mitigation in terms of GDP growth on average and at almost

every time interval. Civil liberties were most severely impacted in countries choosing mitigation.

The authors found that while vaccination is the key to returning to normal life, relying on vaccines solely to control the pandemic is risky due to uneven roll out and uptake, the uncertainty of how long immunity lasts and the emergence of new Covid strains.

They wrote: history (of other diseases) shows that vaccination alone can neither single-handedly nor rapidly control a virus and that a combination of public health measures are needed for containment.

Countries that opt to try to live with the virus pose a probably threat to other countries, especially those with limited access to vaccines, by retaining a reservoir of active viruses and providing opportunities for it to mutate to newer and possibly more dangerous strains.

They conclude: early economic and political gains made by countries that aimed to eliminate Covid will probably pay off in the long run.

British Medical Journal Global Health said in a media release that there is evidence that mental health has declined in the population since the onset of the pandemic. But it is uncertain whether these declines were caused by government interventions to control Covid-19. However, govinterventions ernment have caused increased deaths from suicide.

There is clearly a link between large-scale Covid-19 outbreaks and depression and anxiety. Missing school clearly affects children's mental health, but so does losing a loved one to Covid-19.

More than 40,000 children have lost a parent to Covid-19 in the United States, and two million have lost at least one grandparent.

Misinformation continues to be peddled through social media. For example, Clive Palmer's claim that 200 Australians have died from being vaccinated. Two hundred vaccinated people have indeed died, which is what you would expect from a large population of often elderly patients, but all but one of them died

from natural causes.

Nathan Grills, professor of public health at the University of Melbourne, writing in the Australian Financial Review, says conspiracy theorists claim governments are hiding the truth about these vaccines and their adverse effects.

"This would, in effect, require nearly all the world's 193 governments of all persuasions (fascist, communist, democratic, theocratic and monarchical) to conspire together – along with vaccine companies and the mainstream free media – to corrupt regulatory frame-

works, hide data from independent monitoring agencies and manipulate trial data.

"Such a conspiracy is realistically beyond the

realm of possibility.

"So why give credence to the few fringe health practitioners who post on YouTube about very rare adverse events, while also stoking other ill-founded fears of conspiracy?

"This misinformation kills," he says.

The Australian Bureau of Statistics has found that the chance of death from the AstraZeneca vaccination is approximately the same as the risk of death from lightning strikes.

Until the vast majority of the population are vaccinated further lockdowns are inevitable, but the purpose of the vaccine is not to allow us greater freedom of movement. It is to give Australians the best chance of avoiding illness and an early death.

# Interesting speakers at retirees' group in northern suburbs

Have a Go News
celebrates 30th Anniversary
LAST CHANCE to enter the
lunch with the Channel Nine
and 6PR stars competition...
SEE PAGE 15 for details

GUEST speaker at the next meeting of the Perth northern suburbs branch of the Association of Independent Retirees (AIR) will be from Alzheimer's Australia on Thursday 19 August.

The talk will include information about the incidence of dementia in Australia, an overview of what dementia is and its impact on the person, how you can reduce the risk and the services provided by Alzheimer's Australia.

In September our speaker will be Geoffrey Thomas, the aviation editor

of *The West Australian*. He is a multiaward winning author and commentator who has taken a holistic view of the aviation history for more than 40 years. He is an outspoken, no nonsense, but fair critic of many aspects of airline management.

Under the current WA Covid -19 rules numbers in the meeting room are restricted. Therefore, if you wish to attend as a guest, please reserve a seat by registering your interest with Mike Goodall. All meetings are held at the Penistone Park Community Sporting Facility, 27, Penistone Street, Greenwood on the third Thursday each month commencing at 9.30am.

All AIR members and any interested guests are most welcome.

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

For further information contact Mike Goodall on 08 6364 0859, e-mail mike cgoodall@btconnect.com or e-mail pn sair@gmail.com for further details.



# **Petition for Wittenoom Memorials**

CSR's blue asbestos mine and milling operations in Wittenoom WA are responsible for Australia's worst industrial disaster, causing thousands of deaths. The contamination of Wittenoom and its surrounding gorges continues to kill Traditional Owners, workers and visitors. In 1993 alone, it was estimated 40,000 tourists visited the area. Memorials are essential for the healing of those left behind, as their loved ones are recognised for their courage in battling these deadly diseases and sacrifice in working so hard to develop our wonderful state. These diseases are preventable but for profit, indifference and the lack of corporate governance in allowing CSR to close the mine without cleaning up the environment. We hope these memorials will create a beautiful place for loved ones to reflect and grieve, and act as a deterrent for those tempted to visit Wittenoom.

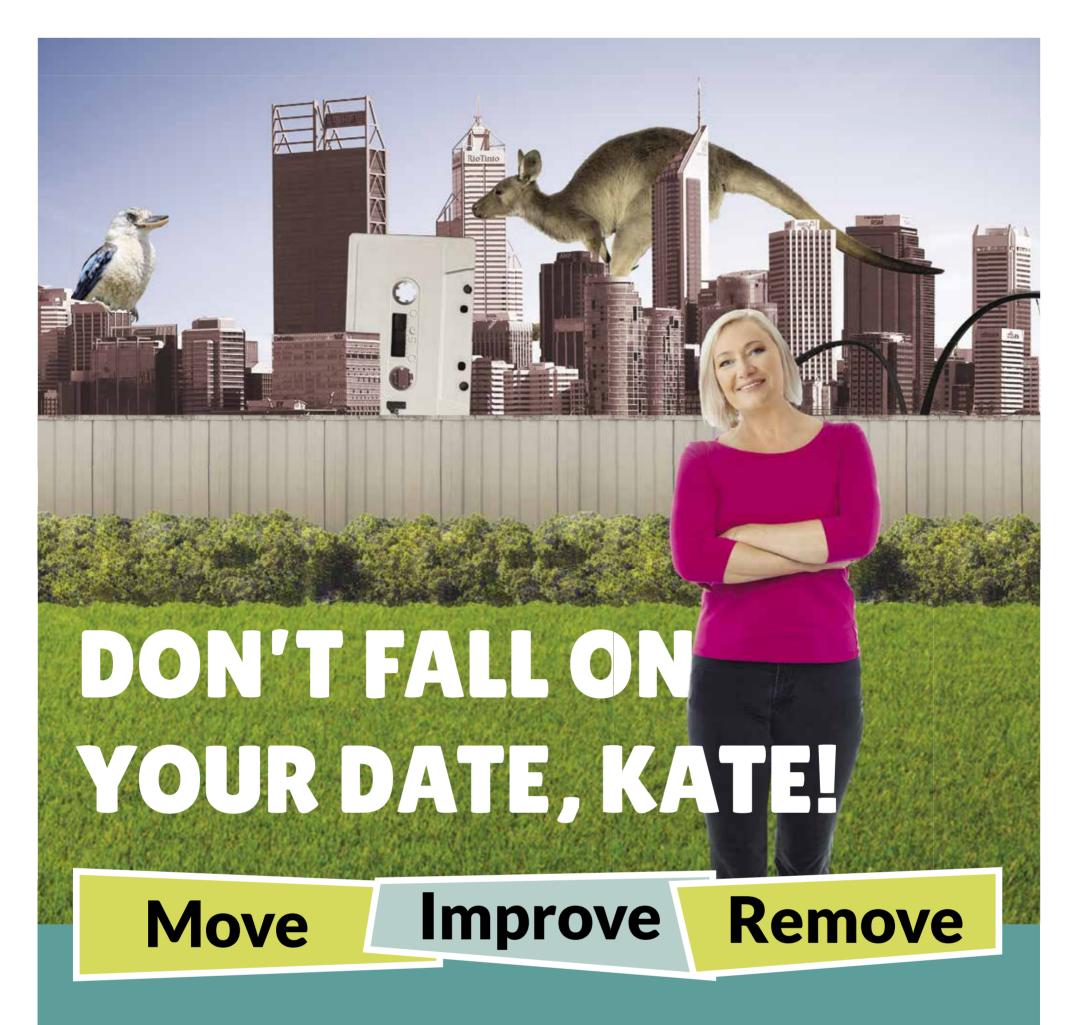
Please sign our petition for permanent memorials in Perth and the Pilbara. Visit www.change.org/WittenoomMemorial.

**REMINDER:** Early symptoms of asbestos diseases often present like a cold or flu, similar to COVID-19. If you think you may have been exposed to asbestos or silica dust and are suffering a persistent cough or ongoing respiratory illness, please contact ADSA for a health check with Dr Deleuil on 1800 646 690.



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FALLS ARE PREVENTABLE





Department of Health





# Let's go motoring - a trip outback to the great southern city of Albany





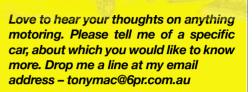












The many angles of the Subaru Outback



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

IT'S been a couple of weeks since I did a drive down to Albany. Curiously I've been ruminating on the experience ever since. Sure, it's winter. And we know

we had wild weather in July, but happily the experience was in no way tarnished.

Great problem to have, which car to drive? The new Nissan Leaf? No; we'd never make it without a recharge. Nissan Navara Pro? No: taught and too noisy. Subaru Outback? Thank you God.

They say life is a journey not a destination.

Same with Albany; the stop at Williams Woolshed is a great part of the expedition. The scones are something to die for. The service and clean bathrooms

are a welcome reprieve from the old roadhouses of years past. And the reassurance of the latest Subaru Outback is a joy.

After commentating and writing about new cars for more than 30 years, I'm still enamoured by many of the tried and proved stalwarts of the past. Yes, we have amazing new cars from Hyundai and Kia, but it's great names like BMW, Jaguar, Benz, Toyota, Mazda and Subaru that remain the most appealing. It still makes me smile wryly, when driving a particular car, how you notice every other one on the road.

I have this theory, all of Albany is driving Subaru Outbacks. Seems they were parked up and down York Street. If you wanted to order pizza from Venice Bar and Restaurant, which I recommend you do, you needed to arrive in a Subaru.

Perhaps not, but you know what I mean.

The latest Subaru is a case in point; instantly recognisable and so familiar. Many of us can't be bothered with 'new and trendy', simply for 'new and trendy's' sake.

We want value, reliability, safety and comfort, all at an affordable price. Subaru ticks most boxes. The Outback is a really fine tourer; confident, assured, all with a touch of class.

People always ask, how much?

Well, Subaru Outback AWD starts at \$39,990 before on-roads. If you can stretch your budget, look at the Sport model, it's reassuringly special. The Touring version is around \$47,790 before the dreaded on-roads. It comes with the 2.5-litre petrol four-cylinder boxer; CTV transmission and that reassuring all-wheel-drive.

The interior is comfortable over the long journey; it is easy to drive and with a touch of luxury. The seats are really comfortable with plenty of adjustment. Don't you hate it when someone else drives your car and re-adjusts your settings?

The latest Subaru Outback is very cool. The new large iPad-like, centre console entertainment system, looks good and works well. Importantly, doesn't look like an afterthought; not tagged high on the dash

with no concern for design. It's intuitive and fun for those who, like me, love gadgets.

Regular readers will know, I'm not a fan of WA roads. They are at best, spasmodically good; at worst dreadful. I'm told it costs zillions for each kilometre of road, so I'm fighting a losing battle. However, the Subaru Outback seemed to be more patient with them than me.

If you've not visited Albany for some time; you should do so; the food, wine and hospitality is a well hidden WA secret.

I'll be back.



# JST WATCH



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

**LIVE & LOCAL 5.00PM** 



## **9NEWS AT 6.00**

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

**FULL STORY NIGHTLY 6.00PM** 



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

WEEKDAYS FROM 5.30AM



#### **DESERT VET** LOCALLY MADE

Get ready for teeth, claws and heart-pounding action in an adventure through the wild outback of Western Australia when Desert Vet returns for its second season.

SATURDAYS 7.30PM



# **BLEDISLOE CUP**

Wide World of Sports presents All Blacks v Wallabies in the 2021 Bledisloe Cup brought to you live from Eden Park, Auckland and Optus Stadium, Perth. Join our expert commentary team for all the action from kick-off to the final siren.

SAT AUG 7-2.30PM, 21-5.30PM & 28-2.30PM



### **AUSTRALIAN** RIME STORIES

We examine some of Australia's most captivating and inexplicable crimes, peeling back the layers to reveal the secrets and hidden hatreds that are at the heart of all true crime.

THURSDAYS 8.30PM



#### A CURRENT **AFFAIR**

Host Tracy Grimshaw, celebrating her milestone 40 years in media, covers the realms of politics, crime, human rights, science, technology, celebrities and entertainment - all investigated by a dedicated team.

WEEKNIGHTS 7.00PM



# THE BLOCK

The stage is set for a showdown of epic proportions when Australia's most successful renovation reality program returns. The new teams take on the renovation of five properties in Bronte Court, Hampton.

SUN 7.00PM, MON, TUE, WED 7.30PM



### THE HUNDRED

Handpicked to represent the makeup of Australia, "The Hundred" guest panellists will join host Andy Lee via a giant 27-square metre screen, to be polled live and give us the stories behind

COMING SOON







@9NewsPerth @Channel9 (©)

# let's go travelling trave

some time dreaming of

destinations we would

like to visit. Mine was Ja-

pan and there were quite

a few in the group who

also wanted to go there.

Other places on the wish list included Italy, the

UK and New York and of course many talked

about cruising again. Fin-

gers crossed we will all

This month in our pag-

es we concentrate on re-

gional Western Australia,

where we can explore

and enjoy our beautiful

state. With so much rain

this winter, this year's

wildflower season will

see some of our biggest

displays. There are many

events and shows across

WA and in this section we

present you with some of

the amazing options to

\*\*\* Thanks to the many

people who entered Elite

Tours competition to win

a seat on their mystery

bus tour on Friday 20 Au-

gust. Our lucky winners

will be off on a mystery trip

this month thanks to the

owner of Elite Tours Mike Mascall. Congratulations

to J Woods, MC Adam-

son, Malvina Rhodes.

Jenny Wilson, Bev and

Max Davey, Neil and

see the state in bloom.

have that opportunity.







WITH much of Australia in lockdown again, it certainly shows us that this pandemic is far from over. Many trips have been cancelled and the New Zealand bubble is shut down for at least another five weeks. I feel for our friends in the travel industry as recovery still looks like a distant dream. The only way out is for us to be vaccinated and I look forward to having my final dose of AstraZeneca at the end of this month.

Once we get to an 80 per cent vaccination rate in Australia hopefully we will see a return to some semblance of the life we had before the pandemic, but it's up to all of us to take up the free vaccine.

I have been out and about speaking to lots of seniors during the month and so many are missing travelling. When I was speaking at the Kallaroo Probus Club we spent

Williams, Shirley Banks, Paul Martin, Louise Hay, Carol Lyon, Robert Lee, Rosemary Williams, Beryl Cosgrove, Vicki Perkov, Gwen White, Joy Arm-strong, Marj Heaney and Liz Conner.

It's the final call to join the day trip to Antarctic onboard the Qantas Dreamliner. Passengers will receive a comprehensive information kit, two full service Qantas meals plus in-flight snacks and full bar service - including champagne, wine, beer, spirits, soft drink and use of the state-of-the-art entertainment system. seats left on the flight which departs Perth on Sunday 14 November at 8am and returns at 8.30pm.

There are a few seats left in Superior Economy Class - \$3199 per person and Premium Economy Class - \$3999 per person

A \$300 deposit is required with booking and full payment is required eight weeks before departure.

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

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

> Jennifer Merigan **Travel Editor**

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







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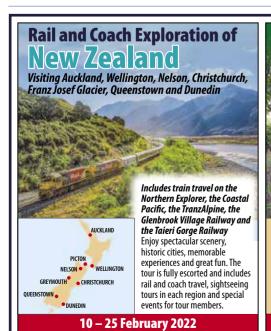


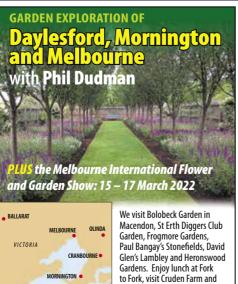
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7 - 15 March, 2022







# let's go travel options for the mature west australian





# The Western Australian caravan trip that created a debut novel









Left to right; David Allan-Petale with daughter Ruby and wife Carmen - Carmen with Aboriginsal elders - David seated at his rickety camp table - David and daugther Ruby wander out yonder

#### by David Allan-Petale

I WAS bored at a travel seminar in Portugal when the idea for writing a book struck like dry lightning. Words flowed into a notebook, beginning a 10-year project that finished with my debut novel Locust Summer hitting bookshelves last month.

Shortlisted for the Vogel's Literary Award, Locust Summer tells the story of the last harvest on the Brockman familv's Wheatbelt property, and the last chance the family has to make peace

before everything disappears.

It's a very West Australian book, but most of the early drafts were written overseas when I was living in London, and then expanded when I spent a few years travelling the world with my wife Car-

Writing a book set in the regions was a good way to keep a connection to Australia while I was so far away. But deep down I knew seeing the land close up was the only way to really tell the story.

Around the nation to

spark imagination

After returning to Perth and having our first child, we began to get itchy feet. We bought a caravan, a four-wheel-drive to pull it with, and started planning a lap of Australia, with a three-month jaunt around WA as a shakedown.

Our daughter Ruby was just 18-months old when we drove out, taking the inland route up to the Cape Range National Park. This was the country I wrote about in Locust Summer; the rolling golden bush speckled

with wildflowers around Mullewa, Mingenew and Three Springs.

We travelled slowly in WA's centre corridor, chasing down wreath flowers during the day and having counter meals at the local pubs in the evenings. I'd write the book at night, taking a rickety camp table and folding chair somewhere quiet so I could tap away by the light of a lamp.

Having been away for so long, I worried the prose I had written overseas wouldn't evoke the reality of WA. But when I typed 'The End' sitting on a beach in Kalbarri, I was overwhelmed by the beauty of our state, and felt a deeper connection than I ever had before.

Finding the heart of Australia

Locust Summer is the story of a family severing their lives with the land. But the Brockman family is going voluntarily, unlike the indigenous people who have been displaced. This aspect of Australia's history and present day reality is a difficult one to grapple with, but it's important that we do, for no story can be complete without considering it.

To gain a better understanding, while driving to Uluru from Adelaide we took a detour into the remote red centre. There we visited the indigenous community of Wingellina near the tri-state border, where friends of ours

were working as teach-

The community welcomed us, with elders taking us for a barbecue in the bush, foraging for bush foods and medicines and showing us their way of life. The most impactful time was walking with an elder named Aunty Linda through the spinifex country she had lived in most of her life. She showed us how she loved the land and how endless its possibilities

I'm glad I took the time to travel widely in WA while I was writing my book, opening my heart and mind to the stories our state holds. Because to truly understand country I think we must see it,

and every day I spent on the road has been woven into a story - I hope you'll enjoy the journey as much as I did.

Locust Summer Fremantle Press \$29.99 www.fremantlepress. com.au/products/lo cust-summer.



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# Get out and enjoy a range of seniors' Swan Valley deals





Seniors can enjoy specials in the Swan Valley

MORE than 20 locations throughout Guildford and the Swan Valley are ready to welcome seniors with tasty treats and tempting offers that won't break the

If you only have an hour or so to spare, there's a sweet deal at The House of Honey and Meadery with their Monday all-day

brunch offering meals for less than \$8, as well as 10 per cent off honey purchases.

Treat yourself to a scone with jam and cream plus tea or coffee for \$5.50 at cafe @ Six Sixty or indulge in a delectable seniors high tea for \$15.50 at Whiteman Park Village Café, available Monday to

BOLGART HOTEL

Friday.

On weekends, chase any of Gallery Naturalist's homemade traditional sweets to receive a Turkish tea or coffee free of charge.

For something more substantial, there are \$25 two-course lunch menus at Carilley Estate, Pasta in the Valley, Riverside at Woodbridge and The Vines Resort.

Don't feel like driving? Join an organised tour with 10 per cent off all tours that include the Swan Valley with Aussie Perth Tours, 10 per cent off Swan Valley weekday tours with Black Swan Tours, 15 per cent off weekday tours until September 30 with D'Vine Tours, and personalised small tours for pop and nana from Perth's Tiny Tours.

Some deals are available on weekdays or on set days only, but others are available on weekends; check each business listing for any terms and conditions.

Head to www.swanval ley.com.au/seniors to pick the deal that best suits your time and budget.





Sun 26 September Sun 10 October Sun 17 October **Sun 14 November** 

York Festival (Seniors \$90) **Penguin Island** 

"Get caught in the travel web" with

**Moore River Cruise - Gin Gin** Patsy Durack's Rose Garden

\$105 Seniors \$115 Adults includes morning tea, picnic lunch or restaurant meal as stated. Day tour pick-ups Joondalup, East Perth and Rockingham

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# Spring is nearly here... Wander the wildflowers



## **5 DAYS** > 17-21 Sept 2021

#### **Highlights**

- Specialist wildflower guide
- Gravity Discovery Centre
- Coalseam Conservation Park
- Chapman Valley
- Geraldton
- St Francis Xavier Cathedral
- HMAS Sydney II Memorial

Price: \$1620 pptw \$280 single option

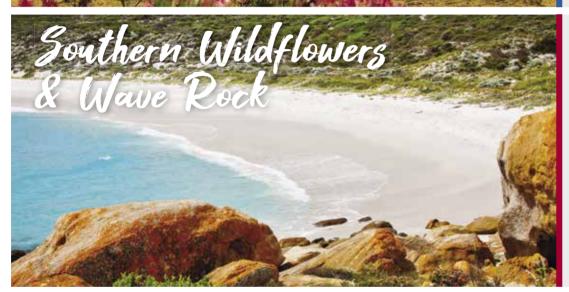


## **7 DAYS** > 18-24 Sept 2021

#### **Highlights**

- Specialist Wildflower quide
- Shark Bay World Heritage Area
- Francois Peron Peninsula
- Monkey Mia dolphins
- Mullewa and Coalseam Reserve
- Hamelin Pool Stromatolites
- Murchison River Gorge
- Greenough and Geraldton

**Price:** \$3,130pp guaranteed single room share a room and save \$520



#### **5 DAYS** > 21-25 Oct 2021

#### **Highlights**

Albany

Kalgan River cruise

Dolawood

Relaxed

- Albany Marron and Bird Park
- Stirling Range National Park
- Stirling Range National Park
   Experienced local wildflower at
- Experienced local wildflower guide
- Yongergnow Australian Malleefowl Centre
   Promor Ray
- Bremer Bay
- Wave Rock and the Wildflower Shoppe

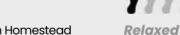
Price: \$1,735 pptw \$245 single option



#### 4 DAYS > 26-29 Oct 2021

#### **Highlights**

• Wave Rock



• Wandilla Farm Homestead

- Wildflower Shoppe and Lace Place
- Tressie's Museum
- Hippo's Yawn
- Lake Grace
- Tin Horse Highway
- Corrigin Pioneer Museum
- Farewell lunch in Brookton

Price: \$1,365 pptw \$210 single option

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**Accommodation** 







# et's go travel options for the mature west australian





# Let's go fishing - tailor provide an excellent fishing experience



Graeme Walker in action. What a fish!

#### by Mike Roennfeldt

THERE'S something about big tailor. The sight

of a jumbo crashing the surface in the early morning light gets the adrenaline going like few other

fish. Partly I guess, it's because they are something of a rarity and few anglers have been privileged enough to land one over 5kg. Even fewer are those who have landed monster tailor, fish over 10kg that most of us never even get to see, let

Graeme Walker is one

of those lucky few. I recently came across an email he sent me several years ago and I re-read it with more than a hint of envy. This is what he had to say:

"I probably fish a little differently to most in that I always float my baits. Big mullet strips or big whit-ing with three snooded hooks, the top one usually a circle. I snood them with 60lb nylon coated wire, leaving about 15cm above the top hook, which is then allbrighted to 80lb nylon. Hook trace about 15cms shorter than sinker trace, as I use imp clips, 8oz grip sinkers and overheads with about 150m of 15kg nylon on the front with braid backing. I make my floats bullet shape, then paint them light-absorbing fluro and stick eyes on them. Tailor, mulloway, salmon and sharks all

love floated baits and my belief is it must look more natural waving in the cur-

"I don't like my bait to move. I use two rods, one cast to the back of the gutter and the other often quite close. After dark, mullet is first choice bait and is obtained fresh, then filleted and packed

fresh whiting before dark if pickers are bad. "Best places to fish are good gutters at night with a high tide sometime af-

ready for use. I often use

ter dark. I've caught them over 5kg on both the west and south coasts and the big ones often feel like a 15kg mulloway but tire a little quicker. They don't usually jump as such, but rather rattle with half of their body out of the water. They can pull some line in the initial run and are hard to pick see them.

"Often in these shallow gutters there is no action until it gets dark, so it's a matter of sticking it out until the tide turns. Don't give up if you're not successful on the first few attempts. It will happen eventually.

"I remember vividly a night two years ago when we were camped at Thomas River. Looking from the top of the hill as you drive down I could see a gutter half a km down the beach and I said to a mate with me at the time that it looked too good not to fish that night. He thought the gutter was too shallow and stopped at camp.

"First cast was a 5kg tailor followed by six more, all around the same size and all released. I stopped fishing well before high tide as we didn't need any fish

Graeme also sent me a picture of a fish he caught late December the previous year. He intended to release it but was on his own and the camera self-timer took a while. It weighed 9.8kg 24 hours after capture, so would almost certainly have made 10kg.

Weeks before he had released an even bigger fish around 12kg. Alone again and the camera was miles away, so he let it go. It was possibly a state record.

He sent his 1.1m jumbo tailor to Fisheries Research, where it was confirmed as a ten-year-old male fish.

I haven't caught a tailor over 10kg but if it was at the top of my wish list, I reckon I'd start by paying close attention to the words of someone like Graeme.

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# Have fun and go blooming wild at Boyup Brook

for sure until you actually

JOIN the Walk on the Wild Side in Boyup Brook during the Blooming Wild Weekend Saturday 9 and Sunday 10 October.

Wonder at the Wildflowers in bushland at Perup and Tonebridge. Call Visitor Centre (9765 1444) to book the Blooming Wildflower bus tour.

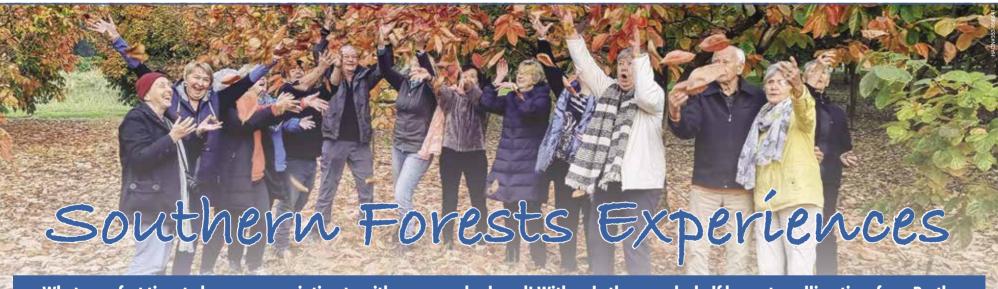
Be intrigued by the quirky collections

trail featuring Boyup Brook's Classic and Vintage cars. From beetle/butterflies, dolls, teapots to pigs and Harvey Dickson's there is floor to rafter mem-

Pop into the Visitor Centre, the old stone building in the heart of the town. to find local products and the Little Art Gallery.

Browse the hand-crafted wares, local produce, art cards, exclusive jewellery. The shelves are brimming with a range of olive products, preserves and choc-

Art on Abel spills out of the Visitor Centre and into Abel Park, showcasing original artworks by local artists - from tiny treasures to large canvases.



What a perfect time to become more intimate with your own backyard! With only three and a half hours travelling time from Perth, you can enjoy stunning scenery as you make your way down to Manjimup and get ready to dig deeper and unearth some incredible gems in this beautiful Southern Forests Region.



The first in a series of experiential journeys has been the Truffles & Other Hidden Gems. The first two groups sold out quickly and the third and last for this season has some places at the time of writing

With the outstanding response to the 2021 tours, Annette has now released this tour for 2022, with the first selling out immediately, and additional dates to be released soon.

Due to the success of the 'Truffles & Other Hidden Gems' tours, Annette and Pete are now teaming together to produce additional seasonal experiences.

The five day 'Hidden Gems' series will immerse visitors into the true heart of the Southern Forests region, meeting the producers, hearing their stories, and understanding their passion for what they produce, while highlighting the best of that season. All 'Hidden Gems" include private dinners with some highly awarded local chefs.



Annette Porter from Travel with Me, together with Peter Casonato from Donnelly River Cruises are providing something very different for those who like to dig a little bit deeper and connect with the local communities.

Annette says "My clients are well travelled but now they are looking for something more authentic, they want to meet the people and learn about the region, they want to feel a part of the whole experience, being able to do that so close to home is a truly wonderful opportunity and these "Hidden Gems" experiences provide exactly this."

# Truffles and Other Hidden Gems Spring Blossoms and Other Hidden Gems







The next Hidden Gems is the Spring Blossoms & Other Gems with departures starting from the 13th of September 2021, and are selling fast.

Some of the produce being highlighted are avocados, marron and cheese, with the cheese experience to start with a private visit and tour of Bannister Downs Dairy, collecting the milk, making the cheese, pairing it with local wines, and showcasing the cheese and other produce at the final dinner.

Pete says "It is important that these Hidden Gem Journeys are experiential in telling a complete story so that guests can feel a part of the experience, feel a connection to the community and an understanding of the dedication of the local producers".

This Hidden Gems tour will also include a very special and private evening Donnelly River Cruise and an orchard multi-course long table lunch with wine tasting under the Spring Blossom.

Due to the success of the Southern Forests experiences, Annette and Pete are now working on a third season, commencing in mid-February, to complete the 'Hidden Gems' trilogy with dates to be released

From \$2598 pp t/share From \$2748 solo

Find out more about these journeys and others at www.travelwithme.com.au email enquiries@travelwithme.com.au or contact Annette direct on 0402 31 0044



# CARAVANNING • CAMPING • ACCOMMODATION

# WA's GREAT Outdoors WESTERN AUSTRALIAN WILDFLOW



SHIRE of Ravensthorpe is renowned for its abundance of flora and fauna and is considered a biodiversity hotspot. It has a rich farming and mining history. A key part of the

shire is the world class UNESCO Fitzgerald River National Park hosts which some 1800 different plant species, showcases itself along a wild and beautiful coastline. Recently

## Discover the biggest wildflower show in the world, in WA refurbished, the eastern access National Park

from Hopetoun features surfaced coastal roads, interpretive displays, walk trails and spectacular lookouts.

The Kukenarup Memorial (state heritage award winner for 2016) by the Ravensthorpe Historical Society and the local Noongar people is an interpretive memorial and is believed to be one of only two in Australia, just 15kms from Ravensthorpe on South Coast Highway, covered seating area and an informative and historical site with wildflowers along an interpretive memorial path, makes it something well worth

From 13 to 26 September it's time to take a road trip to experience the magnificent region and visit the Ravensthorpe Wildflower Show. More than 600 odd specimens are gathered in the Ravensthorpe Town Hall each vear.

An energetic band of volunteers goes forth into the bush armed with picking licenses and secateurs to seek elusive specimens. They know exactly where to find them. See wildflowers on show and in their natural environment.

Ravensthorpe The show provides a program of events and activities throughout the festival, which are as diverse as the flowers; offering visitors an action packed time in Ravensthorpe and Hopetoun with its welcoming and vibrant community.

This year's program

lists events and activities available including art exhibitions, photographic displays, tag along tours festival. 2WD and 4WD and guid-

ed walks.

Not to be missed is the Hunt and Gatherer in the Park featuring Vince Garreffa. with homegrown and homemade exhibition, daily soup lunches and Devonshire teas. A quilt display, gala lunch with Sabrina Hahn, various workshops, wine and local beer tasting and bus tours including stops at wildflower hot spots. Find out about the local geology and enjoy a bee farm tour, enjoy an orchid hunt and as well as a walk among the wildflowers at sunset. Wildflower and farm gate art self-drive brochures are also available.

The show kicks off on

Monday 13 September and there will be a plethora of activities across the

Don't miss this celebra-

tion of wildflowers.

www.wild Booking flowersRavensthorpe. org.au or my.flipbookpdf.

#### Carnamah. Chamberlain and John Deere Museum



Tractors from 1917 to 1987: complete collection of Chamberlain & John Deere tractors sold in Australia. Call Lindy Isbister on 0428 306 969

# Esperance Wildflower Festival Plants & Culture: Kaddatji Nyungar Boodja Tuesday 21st - Saturday 25th September

Over 500 different flower species on display, local artwork, dance performance, music, presentations by Nyungar Rangers on cultural uses of local plants, Wildflower Cafe.

For info visit www.esperancewildflowerfestival.com

# Stargazing in August - check out marvellous meteor showers



© www.carotelfer.com

WATCHING meteor showers is a favourite thing

to do on any Stargazers cosmic bucket list and this

month, stargazers have the chance to experience the Perseids Meteor Shower.

On a dark night, away from artificial light pollution, you might see up to 60 meteors (shooting stars) an hour. However, the radiant of this shower is situated below the horizon so those in northern WA will find it more easily observable.

Meteor showers are the result of Earth passing through the trail of debris left by a comet or other object travelling through the solar system.

Meteors are caused by debris entering Earth's atmosphere. It burns up in the atmosphere and causes a bright streak of light to appear briefly in our night sky. The debris that causes a meteor can be travelling up to 73km/second.

The Perseids meteor shower is generated from comet Swift-Tuttle and renowned for producing

bright meteors. The shower peaks coincides with a moonless night which makes it easier for viewing.

When and where to look: time to watch is after midnight but best after 3am on 12 and 13 August. Look towards the northern horizon.

Enjoy the fabulous and fiery views.

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







Find wildflower sites with the Wildflower Tracker App











# Enjoy holidaying in our own backyard with Southern Forests experiences



WHAT a perfect time to become more intimate with your own back yard. With only three and half hours travelling time from Perth, you can enjoy stunning scenery as you make your way down to Manjimup and get ready to dig deeper and unearth some incredible gems in this beautiful Southern Forests region.

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The first in a series of Experiential Journeys has been the Truffles and

Other Hidden Gems, the first two groups sold out quickly; the third and last for this season has some places at the time of writing. Due to the success of the 2021 tours, Annette has now released this tour for 2022, with the first selling out immediately, and additional dates to be released soon.

"This is the best trip that I have ever been on very educational, learning about the produce that is available in that area, the story telling about the families and how they set up the orchards and food was excellent," said Nadine.

Due to the success of the Truffles and Other Hidden Gems tours, Annette and Pete are now teaming together to produce additional seasonal experiences. The five day Hidden Gems series will immerse visitors into the true heart of the Southern Forests region, meeting the producers, hearing their stories, and understanding their passion for what they produce, while highlighting the best of that season. All Hidden Gems include private dinners with some highly awarded local chefs.

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Find out about these journeys and more at www.travelwithme.com. au or contact Travel with Me at enquiries@travel withme.com.au or call Annette direct on 0402 310

# Gingin celebrates its 150th anniversary with a big party this October

GINGIN celebrates its 150th anniversary with a

GINGIN is one of WA's oldest towns (gazetted in 1871) and its history is rich with stories of pioneers, stockmen and women, Aboriginal culture and many more reminders of times

In honour of Gingin's sesquicentenary (150th), Council in partnership with the Gingin

community, is planning a celebration to be held on Saturday, 9 October in Gingin.

The event will feature a billy cart race, markets, fun activities and competitions, history displays, lost trades, live entertainment and evening fireworks. The historical displays in the Granville Civic Centre will be available for viewing on both Saturday and Sunday (10 October).

Return to Gingin to celebrate this momen-

tous occasion or visit for the first time.

Camping will be permitted on Saturday night in town (please book your place through the website) but not on Friday or Sunday night. If you intend to come up Friday night, please note that there are a number of caravan parks in the

Visit the Shire's website (www.gingin.wa.gov. au) for a list of these parks or make a booking with a local B&B or the Gingin Hotel.

Alternatively, Gingin is just a short 50-minute drive north of Joondalup, Midland and the Swan Valley - perfect for a day trip.

If you would like to exhibit, participate in the Billy Cart Race, camp or learn more, visit the website - www.gingin150th.com.au. Enquiries may also be directed to 9575 5162 or follow them on Facebook.



the way. See the famous wreath flowers, carpets of everlastings and unique orchids and lilies. Be sure to check out our Seniors Only 2 Day package! Discover Geraldton, Kalbarri & the Midwest region with us!

www.midwestadventuretours.com.au Contact: 0401 289 936

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Ravensthorpe

Wildflower

Show

600+Wildflowers on display 9-4pm Devonshire Teas & Country Soups 13th Opening Ceremony Native Bee Scientist Kit prendergast 14th Geology Bus Tour / Lino Print workshop 16th, 17th 4WD / 18th, 21st 2WD Tag Along Tours 15th, 22nd Park Ranger Guided Tours in Fitzgerald River National Park

16th Djilarup Honey Farm Tour / Beer & Wine Tasting

We are confident you will be pleased with

100% Full refund should borders close

Ravensthorpe

**Festival Events** 

Wildflower Show &

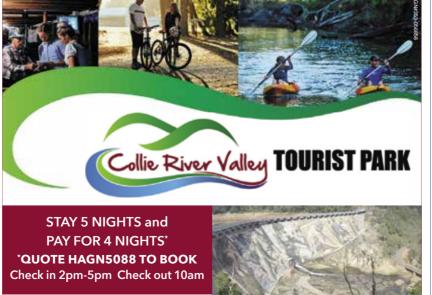
13-25 September 2021

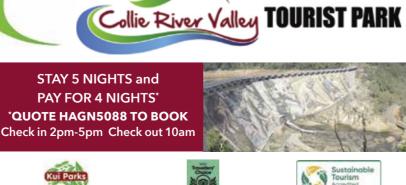




Visit wildflower hot spots within Kings Park Commentary on the history and flora of the park Very easy casual bike tour Overall time 90 minutes with lots of stops Guides, bikes and helmets all inclusive Tour only available during September Cost - \$45 Multiple tour dates - 9.30am or 12.30pm Special afternoon tours - 3pm, \$49, finish with glass sparkling Limited spots available

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Art & Photographic Exhibitions 17th, 24th Sundowner Walk amongst Wildflowers 18th Open Shed Rusty Relics 18th Orchid Hunt & Pottery Masterclass 19th Hunt & Gather with Vince Garreffa 19th Historic Mining and Nature Walk Farm Gate Art Trail / Silo Art 21st Coastal Walk with Park Ranger 22<sup>nd</sup> & 23<sup>rd</sup> Dieback Forum includes excursion 23rd, 24th Wildflower Wreath Making Wildflower Hot Spot Bus Tours Mon Wed Fri

Bookings www.wildflowersravensthorpe.org.au https://my.flipbookpdf.net/2AcVe ph 0407 981 301 or 0428 580 737

Gala Long Table Lunch 26th Sept with Sabrina Hahn





# Art escape to Western Australia's spectacular wildflower country



ART OUTDOORS is offering a two day 'en plein air' outdoor painting weekend art escape to the Coalseam

Conservation Park and Depot Hill Reserve, two of Western Australia's top wildflower hotspots from 27 – 29 August.

The massive winter rains are an indication of a bumper wildflower season.

The tour will be based in Mingenew, 360km north of Perth in the heart of WA's spectacular wildflower country. A huge variety of wildflowers are found in abundance here, with vast carpets of everlastings, banksias, hakeas and exquisite orchids. Two special painting locations have been selected and participants have the chance to hone their artistic skills using different art media, soft pastels and acrylic painting on canvas to capture their interpretation of the expansive scenery or hone in on the array of colourful blooms. The tour is suitable for everyone, from the complete beginner to the accom-plished artist. It includes additional art skills sessions, expert tuition and individual attention.

Art Outdoors cofounder and artist Louise Collier said: "We are so excited to be offering both a soft pastels and acrylics painting session on this amazing trip. The wildflowers in this part of WA are stunning and Coalseam is renowned for its pioneering history and interesting geologi-cal features. We provide guidance on how to capture the light and essence of the scene and take full advantage of the benefits of painting en plein air in such an inspiring location."

Art Outdoors will provide guidance to participants including additional workshops, individual tuition and advice on composition, colour mixing, techniques and more. All

painting materials are included – portable 'en plein air' easels, soft pastels, paints, canvas etc. Participants will be able to create at least two truly unique artworks to take home.

All-inclusive cost for the weekend is from \$870 and includes two days of painting 'en plein air' with all equipment supplied plus individual tuition including composition, colour mixing, techniques and more. Additional pastels and painting art skills sessions will be provided along with

comfortable modation for two nights at Mingenew, continental style breakfasts, morning teas, packed lunches and a welcome dinner on first night with a complimentary drink (beer, wine or soft drink).

The tour is self-drive, meeting at Mingenew and driving in convoy each day to painting destinations.

For more information contact Art Outdoors. Email: art@artoutdoor swa.com.au or visit the website www.artout doorswa.com.au/wild flowerartweekend.

## Kick-off spring with a wildflower tour in the Midwest



LOCAL tour operator D'Guy Charters has planned a wonderful wildflower getaway in the Mid-West to kick off spring.

Following exceptional rains, wildflowers will be massive this year and this is one of the few tour operators that have managed to secure accommodation in the area.

The four-day adventure departs from Perth ready to explore an abundance of flowers on the way to Geraldton

The second day includes a city tour of Geraldton, then it's time to enjoy the drive up to Kalbarri with a visit to the famous bubble gum Pink Lake. Stops are also made at Kalbarri's coastal cliffs region. Enjoy a barbecue dinner while watching the sunset over the Indian Ocean.

On the third day guests will experience a memorable sunrise moment and enjoy breakfast from Kalbarri Skvwalk.

The fully guided sightseeing tour visits the iconic loop - Nature's Window and Z Bend lookout. On the way, there will be an abundance of wildflowers blooming in the Kalbarri National Park and then on to Warribanno chimney. There is plenty of time for photos.

On the final day guests will enjoy pelican feeding, then it's time to head back towards Perth, stopping at Greenough for lunch and saying hello to friendly llamas and alpacas.

Your hosts Guy and Christina from D'Guy Charters offer this tour for people as a brilliant way to kickoff spring and share their knowledge of the best of the wildflowers in the Midwest region.

Places are limited to 20 people so call now to book your place on 0497 906 969 or email bookings@ dguycharters.com.au.



# Soak up **WA's birds** and flowers



PHOTOGRAPHING our brilliant West Australian Birds & Wildflowers is a 90-page book offering tips for enthusiastic photographers to capture photos on their camera, phone or other device.

Chris Tate has been photographing birds and flowers throughout his life and was inspired to publish his own book sharing his tips and tricks with a broader audience.

"Photography is a creative and artistic activity that gets me outdoors, bush-walking, travelling and enjoying nature. I have met some really interesting people, been on some incredible ventures and seen so many amaznatural sights," he said

The book costs \$25 and contains a collection of superb photographs taken by Chris along with a wealth of tips and tricks.

See page 54 to order or buy direct from the Have a Go News office at 137 Edward Street, Perth during business hours. Call 9227 8283.



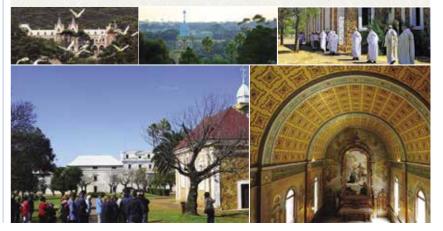
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# Two men in a boot discover the delights of the Bibbulmun Track...









Left to right; reflection in a dawn glow at Helena campsite - on the right track: the ubiquitous Bibbulmun Waugal sign - wildflowers abound - a track stream with a sturdy plank crossover

#### by Tim Dawe

THOSE of a certain age may remember, Three Men in a Boat, Jerome K Jerome's book about three toffs boating on the Thames River who finish each day with

a three-course dinner, a few ales and a down-filled bed. This is an Australian tale; about two middle-aged blokes, in boots, scrambling up and down the Bibbulmun Track - perhaps for the last time.

My partner-in-boots, Roger the dodger, and I are on a two-and-a-half day hike through pristine bush in the Perth Hills. It's a test of resolve: of nostalgia and optimism over age and creaking knees. We're dropped off on a lonely stretch of country road 52km from the Mundaring Weir Hotel, our distant destination and seemingly extended with the weight of 15kg

on old shoulders.

The Bibbulmun track celebrated its 10th anniversary in 2008, however the Noongar people have been walking it for tens of thousands of years, but not as some prehistoric freeway. It's thought the Bibbulmun tribe traversed it for seasonal food and important ceremonies. This track is a project of the WA Government, managed

by Parks and Wildlife Service and supported by a small army of friends, mining and timber companies, outdoor equipment firms, bush walking clubs and even schools. Officially 963km (marketed as 1,000km...nearly) from Kalamunda to Albany via eight country towns, the world-class 'Bib' is WA's best-known long-distance walking track and one of the longest in Australia.

Its popularity with distance hikers has prompted the addition of sturdy three-sided huts, tables, water tanks, toilets and other camping facilities, constructed mainly by prisoners, who not only left a lasting legacy but also attained marketable skills and self-esteem, along the way. More than 2,000 species of plants grow along the track that slices through Jarrah, Karri and Tingle forests, and windswept heathland. coastal Western Australia's southwest, which the Bibbulmun highlights, is home to some of the world's most diverse environments - and also many hotspots of endangered species of fauna and flora.

We meet our first fellow traveller at Brookton campsite finishing his ablutions. He is

alone and unhurried. Through a mouthful of toothpaste, he tells us he's visiting his grandmother at Albany down the track. Spirits soar stopping for lunch surrounded by a profusion of chest-high wildflowers. It's all uphill from here as we skirt Mount Dale, so busy in conversation we miss the turn-off to the next recorded campsite. Fortunately, it's not our intended overnight stop, further on. The score in finding campsites is not looking

good: found 1; lost 1. Suddenly there's a ghostly vision on the track that slowly becomes a woman in a white plastic poncho waiting behind a Flinders Range wattle for her flush-faced husband to catch up. "Men are so weak," she opines without fear of being challenged. We meet another couple, then another, both heading south. We seem to be the only ones going north. Most of them are going all the way to Albany. Once upon a time only a handful of hardy souls did the Bibbulmun end to end. Now it is de rigueur. Next, we meet Red Dog and Chunky, optician and dentist, we later discover. They are the first to tell us of Cobber, the wiry

62-year-old Bibbulmun legend.

We shrug off a light drizzle - onward and upward - as I recall the weather forecast: "occasional light showers, becoming heavy by late afternoon". Our conversation becomes animated as we climb to the top of yet another ridge. A track leads off but there is no familiar Aboriginal Rainbow waugal sign to guide us. So we pass on, descending steeply to a gravel road strangely similar to the one we crossed earlier. One of us insists we continue. Our overnight campsite must be along this road, just around that corner, I say. It's not. As the setting sun turns grey into gloom, things look bad. The campsite score is now: found one; lost

There's nothing for it. We have to camp by this desolate road to nowhere. With bivvy tents erected in a freshly dug pine plantation there's time for one glass of claret with cheese and biscuits before the heavens open. Exhausted from both the 20km-day and the rising anxiety of being lost, we crawl into our tents around 5.30pm, "just to rest a while", to emerge 12 hours later, very damp.

two.

continued on page 31





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After an exceptionally wet start to the year, we are all looking forward to an impressive Wildflower season.

Pop into the Perenjori and Districts Tourist Centre and Pioneer Museum which is open from July to October and be pointed in the right direction for the Shire's best wildflowers. Add Mongers Lake lookout, Camel Soak, John Forrest Lookout and Wanarra Station to your 'must see' list.

Accommodation needs are taken care of in the Perenjori Caravan Park which hosts quality selfcontained chalets, picturesque caravan bays and camp sites with a tranquil rural outlook. Contact the Caravan Park Manager on 0488 731 100 or cp@perenjori.wa.gov.au to secure a spot.

Coffee, of course! The team at the Wildbean Café, open Monday to Friday, have you covered and a trip to Perenjori is not complete without a visit to the Perenjori Hotel. T-bone Tuesday is the most popular night amongst the locals, so you know it's good.



The 80th Perenjori Agricultural Show takes place 14 August and, as always, will be a day to remember. Monster trucks, camel and pony rides, shearing displays and stalls - there is plenty for everyone to do and most importantly, keep the kids and grandchildren occupied.

Perenjori Visitor Centre, tourist information: open July - October (peak season) 56 Fowler Street, Perenjori Ph: 9973 1105 E: perenjorimuseum@westnet.com.au



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# continued from page 30 Two men in a boot discover the delights of the Bibbulmun Track...



A magic moment: dawn breaks over the Helena Valley - the boot

The morning ground is sodden and my groundsheet supports a small lake but at least it's not raining. But there are other concerns. We have no idea where the track is and we have almost no water left. Fortunately, with recent rain the Darkin River flows freely, so we replenish. Within minutes not one but two brand new signs

appear at a turn-off on a road thought to be without sign or hope: Nipper Road and Godfrey Road. Godfrey! I remember that from previous pouring my disintegrating map. Yes, it does cross the Bibbulmun. We're on track! Thank God for Godfrey!

The relief is palpable. For a short while backpacks are lighter, feet are less flat and taut muscles are freer. Vows are taken to be more vigilant and to stay away from roads - after all, it is called a track. Despite this, a stop to boil the billy, a talkative lapse, and momentarily we miss another guiding waugal sign. Regrouping, we don't miss the next campsite - Waalegh named for the wedgedtail eagle. From a high

ridge we look down on tributaries that flow into the Mundaring Reservoir. We cook our lunch and dry our wet sleeping gear. Campsite score: found two; lost two - improving.

The afternoon is testing. Nostalgia and optimism are giving way to age-weariness and dodgy knees. Stopping times become more frequent and longer. However, by 4pm we arrive at Helena, our overnight campsite perched on a rim among tall timbers of jarrah and white gum. Campsite score: found three: lost two - better.

With no rain likely,

we choose to pitch our tents rather than stay in the eight-person wooden hut overlooking the steep-sided valley. On completion we're joined by three more and the hut is now full. John, another end-to-ender and the only south-to-norther we meet, arrives soon after us but he walks in one day what it takes us two - 39km. But the one we all talk about is not here. Cobber - the legend. He has been here; we know that, we've seen his standard, cryptic evaluation in registration books: "OK". That I have never seen him (what's that whoosh?) only adds

endary Cobber not only So, what's the verdict holds the record for doing the Bib end-to-end for Roger and me? A in 28 days - he does it in thongs! Some say thongs and socks! The

to the mystique. The leg-

sun sets, the campfire

crackles, the remaining

claret-in-a-sac is quaffed

as stories of a legend

are increasingly embellished. The next day

emerges cold but we're up to it. With only 11km

(half a day) left, we can

just about taste that first

wonderful walk in beautiful bush with spectacular scenery at the best time of the year. And another thing... the dodger and I may be mates but we're certainly not Cobbers. For us, future bush walks will be with just a day pack, an organised tour, oh, and a guide!

beer at the Mundaring

All I can say is, thank God for Godfrey!



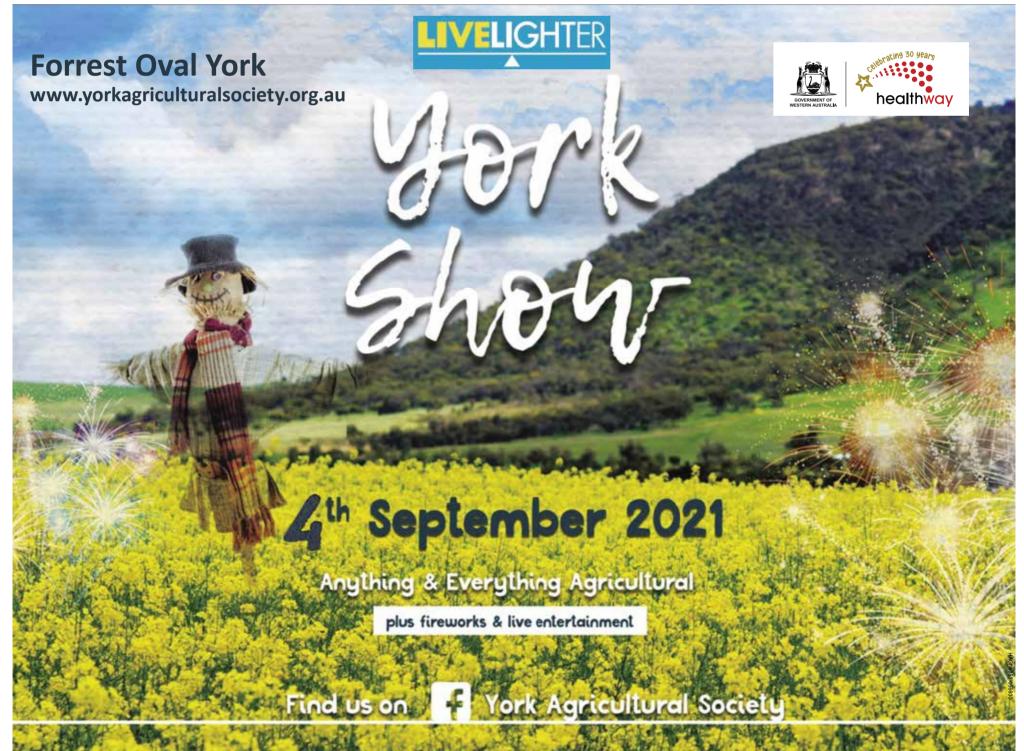
# Why not relax in beautiful Balingup at Tegwans Nest



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For bookings see advert on page 24.





# Bridgetown - the perfect spot to enjoy winter in the south west



Bridgetown Road Bridge

#### by Lee Tate

BRIDGETOWN takes your breath away, whether tackling tall trees, climbing rolling hills, traversing valleys or ducking daringly into the Blackwood River.

Early in the morning, on cool and misty days, this Southern Forests and Valleys region will certainly take your breath away.

Bridgetown is dubbed the winter capital of Western Australia. So why would us coast-crazy city slickers want to venture into this cooler place? Because it is different, vastly

the car windows, day-afterday in all directions.

In early days, folks from this region helped build the foundations of a new land, much of it by supplying some of the world's best timber. Times have changed, priorities are different and we want to protect and be proud of our

Bridgetown folk love their trees and want to keep them. So do tourists. The forests' focus has moved. This is the place to hug a tree.

Bridgetown 300kms south of Perth and on a direct inland road from Margaret River, the region is easily visited even for weekends.

Do not bring food supplies for your Southern Forests getaway. That's coals-to-Newcastle mentality. The region is a food bowl, flourishing in some of Australia's best soils.

With its biodiverse climate, fruit and vegetables literally spring from the ground. Taste the local produce and you'll appreciate why the locals look so fit and healthy – and happy!

With so many rivers, streams and inlets, the region's waterways are populated by marron, perch and trout.

Hiking here has been huge for years and mountain biking gets bigger every year. The less active can do worse than drive through the winding roads and hop out for bush strolling, picnics and wildlife and wildflower spotting.

The forest atmosphere is so precious that it makes this veteran traveller wonder why he's left a return visit so long and why he's failed to allow more time on

A couple of weeks in these woods would be a wonderful respite or productive setting for the author, hobbyist or student. And with local produce so handy it's a decent getaway for city home-bodies.

Tourist bodies in this region have plenty to spruik.

"All the small towns have their own personalities, featuring quaint main streets complete with heritage-rich buildings, quirky boutiques, galleries and tearooms serving scones, a classic country pub and antique stores," declares one tourist blurb.

Tulips and daffodils are out on proud display in season. Judging by the region's high-quality produce, plants and parks, these are a proud people.

Regulars to Margaret River would find a rewarding break in their coasttravel routines if they duck directly inland to visit Bridgetown and surrounds before enjoying a different route back to Perth.

All these rural roads are part of a magnificent, world-class country escape, even in the depths of winter.

Some big city holidaymakers who have had the place largely to themselves in winters past, come for the rain, bush walks in raincoats, birdsong and cosy nights around fires. Ecoaccommodation nomic abounds off-season.

The Bridgetown Hotel can't be ignored for its traditional touch of country pub and tasteful extensions. Nor can the town's eateries - one of the reasons to stay more than a couple of days. After all, how many country meals, coffee breaks and local pastries can you eat in a

couple of days? 'Blowing the trumpet" for Bridgetown is not hard. And, with just a leisurely drive from Perth, is definitely not a "bridge too far."

# Perth art lovers invited to a Margaret River art adventure

The gateway to the beautiful South West

All cooking facilities are supplied. TVs, fans and blankets provided. Reverse cycle aircon & heating. Camparounds have facilities required for a comfortable stay. Pet friendly

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ducking about the South-

the brain and excites the

youngsters. Seniors with

limited mobility can catch

magnificent vistas through

for body and spirit.

selton to Witchcliffe, south of Margaret River will par-

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rooms

**3 NIGHT STAY** 

from \$330

ticipate in the eighth Margaret River Region Open Studios from 11 to 26 September.

As well as popular artforms such as painting, ceramics, sculpting, illustration, photography, jewellery and glass, this year's Open Studios will also feature a number of more unusual creators including a milliner, hand-woven rug maker, two tattoo artists and a handcrafted book binder.

Margaret River Region Open Studios chairman Jim Davies said there was huge excitement and anticipation for this year's event following the suc-



Cowaramup artist Kay Gibson using fumage technique

cess of the 2020 event.

"We thought all the records were smashed last year - visits to studios up 50 per cent, largest ever art

sales and over \$7million in economic benefit generated, but we've already broken one record this year before the event has started. We have attracted our highest number of artists to Open Studios since we started eight years ago.

The scope of artists is hugely diverse so art lovers will be able to plan a stimulating and creative time in the Margaret River region to visit the fascinating homes and studios of their favourite artists and dis-

cover some new talent too. "Renowned favourites Leon Pericles, Rebecca Cool. Rachel Coad, Lauren Wilhelm, Christian Fletcher. Fi Wilkie, Gerry Reilly and lan Mutch are returning, and we have more than 40 artists new to the event, which also makes it exciting for visitors who come

back each year. 'We know from our visitor surveys that most people spend three to four days visiting a variety of studios from in Busselton, Dunsborough, Yallingup, Margaret Cowaramup, River and everywhere in between, so my advice is to book in your accommodation early. The event covers 16 days so there's plenty of opportunity to enjoy the region's art and springtime beauty.'

The event website mr ropenstudios.com.au features all of the 2021 Margaret River Region Open Studios artists and the detailed free event quide will be available to collect at Visitor Centres, Jacksons Drawing Supplies and tourism venues down

Keep an eye on the event's Facebook and Instagram accounts for the latest updates.



We cater for all, as we have cabins, cottages, glamping tents, caravan/ tents sites and beautiful natural unpowered sites all in bush setting. We are two minutes drive to the lake where you can swim. enjoy water sports, relax and even camp the night under the stars.

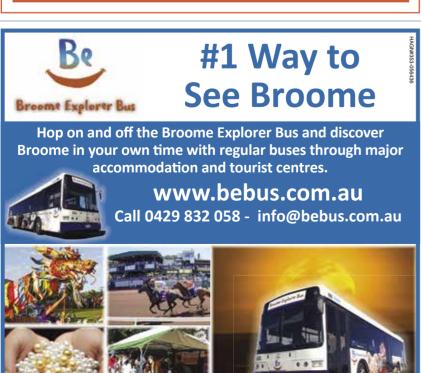
Come and see us, we look forward to meeting our old and new friends.

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# Head to the skies in Northam for the iconic hot air ballooning festival



ALL eyes will be on the skies above Northam this August as the National Ballooning Championships returns to the iconic hot air ballooning town from 28 August to 4 September.

Northam Back in for the fifth time, the Ballooning **National** Championships will see 20 to 30 hot air balloon pilots from across Australia descend on the Avon Valley for five days of competition with the highest ranking competitors selected to represent Australia in the World Ballooning Championships.

Shire of Northam president Cr Chris Antonio said: "Northam is one of Australia's best hot ballooning destinations and the home of hot air ballooning in Western Australia. It is an absolute credit to our talented ballooning community that the Ballooning **National** Championships is returning to Northam for the fifth time.

"The Championships present an opportunity to see Northam at its best, with the sky full of colour as more than 20 hot air balloons float majestically across the rolling hills. We look forward to hosting this colourful spectacle again and to

of hot air balloons on the ground fired up to inflate and glow after dark while set to a musical soundtrack.' The National Bal-

looning Championships will commence with two days of practice flights (Saturday 28 and Sunday 29 August), before five days of competition, where pilots will complete a range of challenges that test their skills at varying winds and altitudes. Flying enthusiasts can catch the competition flights at sunrise and again in the late afternoon (weather permitting) from a number of vantage points as pilots compete over a course that spans 40km north to south

showcasing Northam's

ballooning history, ex-

pertise and passion

at a series of balloon-

and events held over the

long visual spectacle is

the inaugural Elevate

Festival on Saturday 28

August presented by

held at Northam Trot-

ting Track, will include a number of ballooning

themed displays, en-

and pop-ups, including

the breathtaking 'Bal-

loon Glow'. The Balloon

Glow (weather permit-

ting) is a striking display

"The Festival, to be

Shire of Northam.

tertainment,

"Kicking off the week-

Championship week.

activities

markets

ing-themed

and 30km east to west of Northam. The final event, The Avon Valley Toyota Key Grab, (Saturday 4 September) will see pilots fly from point to point, collecting a foam 'key' from the end of a very tall pole. The key represents a key to a prize.

"We expect ballooning fever to take over the town during the Championships. This event appeals to a broad audience and based on the previous championships we're expecting strong visitor num-

"There are few sights as majestic as colourful hot air balloons floating across the skies. Add in the idyllic backdrop of the Avon Valley and

incredible displays of agility and it is an aerial spectacle that must be seen.

"Located just an hour east of Perth and with its heritage buildings, restaurants and bars, unique laneway art and ballooning culture, Northam is the ideal day trip or weekender destination. I'd encourage people to visit, see the balloons in action and explore all that Northam has to offer - it will be well worth the visit." said Cr Antonio.

Spectators planning on visiting Northam for a day trip or overnight encouraged to check www.northam. wa.gov.au, the event's web page www.north amballooningevents. com and Facebook page (Northam Ballooning Events) the nights before and on the mornings of competition







offers self-contained accomm with an idyllic beachfront location. Guests enjoy free WiFi and on-site parking. Apartments include heating, BBQ, fully equipped kitchen, oven, microwave, private bathroom with hairdryer and complimentary toiletries.

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For further info visit www.esperanceapartments.com.au



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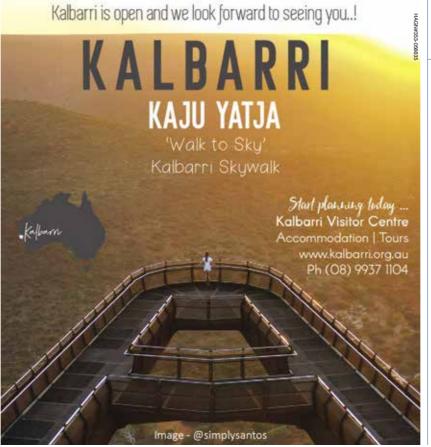


Just two hours NE of Perth lies Wongan Hills, a picturesque town with beautiful walk trails to explore and wildflowers to enjoy.

**Reynoldson Reserve Wildflower Festival** 29-31 October 2021

Call into the Visitor Centre for further information regarding the festival and also for details on where to find the best wildflowers

"The Station" 1 Wongan Road, Wongan Hills PH: 9671 1973 e: wongantourism@westnet.com.au







PATRICK TAYLOR COTTAGE: Built in 1832, is WA's oldest surviving dwelling which was purchased by Patrick

Taylor in 1834. The cottage displays stunning artifacts from Albany's history, information about Patrick Taylor and early residents with a beautiful garden next

to the Duke Street Park. OPEN 11am-3pm except Good Friday, Christmas Day and the morning of ANZAC Day

THE ALBANY CONVICT GAOL: Established in 1852 for convicts that were transported to Albany as skilled labourers. Originally consisting of a cell block for convicts with quarters for the warden, the gaol became a public prison in 1873. The museum is open 10am-4pm except Good Friday, Christmas Day, the morning of ANZAC Day and also features an collection of photos of Albany's history.

www.historicalbany.com.au Ph: 0457 329 944





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# **Experience the historic Goldfields and see Australia's real outback**

KALGOORLIE Boulder and the Goldfields offer a real Australian outback adventure. A visit to the area provides a fascinating insight into the region's colourful gold rush history. The cooler months are the perfect time to visit and discover some of the wonderful wildflowers in bloom. Many of our tour operators that advertise in this newspaper have a variety of escorted trips to discover the Goldfields

TOP drill

or enjoy a self-drive to the area.

At the very heart of Western Australia's Golden Outback lies the modern mining hub of Kalgoorlie and the Goldfields, offering fascinating insights into the history and heritage of the wild gold rush days.

The towns and small communities of the Goldfields were built on the hopes and dreams of fortune-seekers who

Kalgoorlie-Boulder WA 5th December 2021

The annual St Barbara's Festival is the greatest event for the

Kalgoorlie-Boulder calendar. The Festival is split over two days

and consists of a memorial service known as the St Barbara's Miners Memorial, followed by the famous parade featuring mining

equipment, personnel and floats from the wider community

including CAT 793 Haul truck, dancers and more!

Come and see our vibrant Kalgoorlie-Boulder community and

experience the Parade for all its glory on Sunday, 5 December.

🚹 🕑 www.stbarbs.com.au

flocked to Western Australia following the discovery of gold in the 1890s. Life was tough for these early prospectors, with disease and lawlessness widespread. But while multimilliondollar mining corporations have replaced the smaller operators, and Kalgoorlie-Boulder been transformed into a modern cosmopolitan city, reminders of the wild and vibrant early days are everywhere.

PARADE

STARTS

11.00AM

Heads of Agreement

○ KBCCI @CME

buildings, Historic character pubs and even the brothels of Kalgoorlie-Boulder are remnants of more than a century of gold rush history. Across the Western Australian outback, the ghost towns of Leonora and Gwalia tell the story of early gold prospecting dreams long been abandoned.

The region provides diverse outback tourism experiences and holiday destinations. The natural landscape is a dazzling display of outback plains, huge deserts and salt lakes and rugged rocky outcrops. Winter and spring time transform the region with a rainbow of blooming wildflowers. Come and discover this epic and unique heartland of Western Australia.

#### Kalgoorlie

Try your luck at gold prospecting and fossicking and discover the region's diverse natural riches found in the tranquil eucalyptus forests. wide sweeping plains, dry lake beds, low lying scrub land and spinifex fields. As well as being home to a wide variety of birds, the threatened bilby, chuditch, mallee fowl and dunnart thrive here.

This natural bounty, combined with its striking landscapes, gold rush heritage and Indiaenous history, make the Goldfields a truly unique Australian outback get-

Why not start your journey of discovery at the Hannans North Tourist Mine or Museum of the Goldfields and follow the Golden Quest Discovery Trail, leading you from Kalgoorlie-Boulder through Coolgardie, Menzies and Laverton and deep into the

#### Coolgardie

Goldfields.

World-famous for two major events in Western Australia's mining history, Coolgardie is the birthplace of the great gold rush of 1892 and the site of Varischetti's amazing mine rescue after nine days trapped in a flooded underground mine.

Coolgardie was once the third largest town in Western Australia with two stock exchanges, three breweries, seven newspapers and 26 hotels. Explore the town's fascinating pioneering and gold rush history at the Goldfields Exhibition

Museum and Ben Prior's Park. Enjoy a picnic and take in the view the first gold prospectors would have seen from Lion's Lookout. Explore nearby ghost towns and outback nature reserves such as Burra Rocks, Cave Hill and the freshwater wet-

lands at Rowles Lagoon. Today, reminders of Coolgardie's colourful gold rush history can be found in its grand heritage buildings and wide main street. It is also the starting point for the Golden Quest Discovery Trail self-drive adventure.

#### Leonora

The town of Leonora is steeped in gold mining history, going back to the late 1800s. By 1908 the town was bustling and had seven hotels, general stores, tailors, and bakeries. A showcase of this history can be found on the Leonora Heritage Trail, which consists of

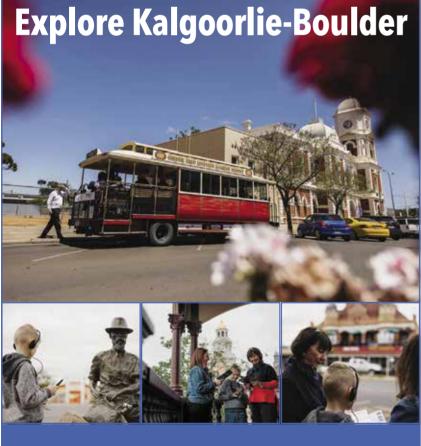
30 sites, including some original buildings that are still standing today.

The walk includes a number of hotels and churches, a Masonic lodge, the old fire and police stations and the Barnes Federal Theatre. The journey begins at Leonora Information Centre and Library. The building was once a hessian and iron building that housed the National Bank of Australasia but was rebuilt in 1903 as a weatherboard and corrugated iron building. Its façade is mostly unchanged today.

Pop inside and have a tinkle on the old piano. This ornate piano came to Leonora on the back of a camel in the late 1880s and lived in one of the town's hotels before being moved around and eventually finding its way to the information

continued on page 35





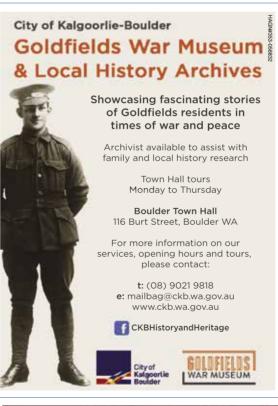
Sit back relax and enjoy the historical 2 hour Tram Tour Taster. Taking you to various exciting locations in and around Kalgoorlie Boulder.

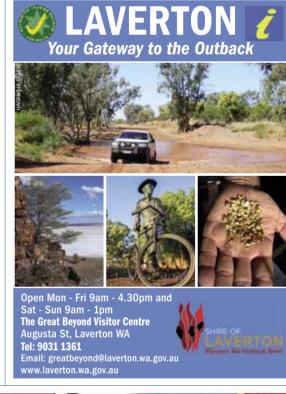
Tours depart from the Visitor Centre located at the Kalgoorlie Town Hall Monday to Friday 10am and 1pm also Saturday at 10am.

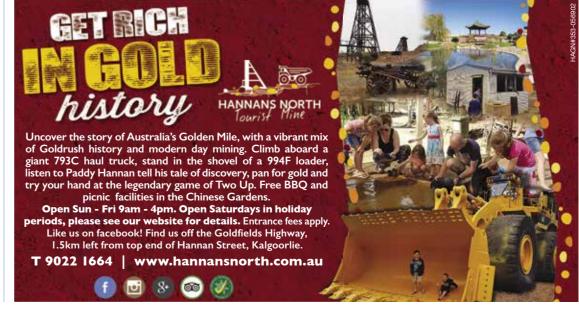
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# WA's GREAT Outdoors AUSTRALIA'S GOLDEN OUT Let's got

# Fabulous rains mean a bumper wildflower season in WA's Golden Outback

LOCAL experts are sure of a bumper wildflower season in Western Australia's Golden Outback after consistent and abundant rains.

Visitors keen to go wildflower spotting and explore WA's Golden Outback can be guided by six wildflower itineraries www.roadtripcountry. com.au.

With more than 12,000 species of wildflowers in Western Australia, 60 per cent of which are found nowhere else in the world, there's never been a better time to pack the car and go exploring.

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

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

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

Robyn McCarthy, manager of the Central Wheatbelt Visitors Centre says that she's seen extensive annual growth on the around following good rains.

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

"It could also be of benefit for an increase in annual wildflower growth in these affected roadside vegetation areas.

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

"I also observed some acacias and wattle starting to flower and a Pincushion Hakea."

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

"We're confident that it'll be a great wildflower season in the Wheatbelt Way and we've had a report of a winter orchid sighting which is earlier than usu-

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

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

While it's good news for wildflowers, accommo-dation is filling fast with only half a dozen dates left to stay at Wooleen Station's homestead.

There is still accommodation available in the region and at other stations south of Wooleen including Melangata (near Yalgoo), Kirkalocka (near Mount Magnet) and Mellenbye just 4.5 hours from Perth near Morawa.

There are also camping options, caravan parks, cabins, country hotels, motels, self-contained chalets, bed and breakfast, backpacker, farm stays and more throughout the region. Visit www.austra liasgoldenoutback.com for accommodation options.

While on the road, the best source of information on where to see wildflowers is the local visitor centres throughout WA's Golden Outback.

The WA Visitor Centre has launched its Wildflower Tracking App which shows wildflower sightings.

For a comprehensive wildflower experience, three wildflower exhibitions and shows in Western Australia's Golden Outback are held during the season.

In the region's south, the Ravensthorpe Wildflower Show is the world's largest show of its kind, held from 13 to 25 September, and feature more than 700 wildflowers on display from the UNESCO World Heritage listed Fitzgerald

River National Park and Ravensthorpe Ranges. Nearby, the Esperance Wildflower Show will take place from 21 to 25 September, the dates allowing enthusiasts to visit

both shows. From 29 to 31 October, the Reynoldson Reserve Wildflower Festival will take place at Wongan Hills about 180 kilometres north of Perth.

Covering over half of the 'Wildflower State', a road trip through WA's Golden Outback rewards visitors with rare and magnificent sights.

For more information on road trips to wildflowers visit www.roadtrip country.com.au.

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# **Discover the local history of the Goldfields**

FROM its early days as a prospector's paradise, the twin towns of Kalgoorlie and Boulder grew rapidly into a thriving early-20th century metropolis.

Endowed with the region's workmanlike spirit and with the riches of the Golden Mile at its disposal, the Municipality of Boulder completed its magnificent town hall in June 1908

Visitors can step back in time inside the elegant Edwardian building, which features a grand ballroom, stately council chambers and the opulent Goatcher

Nestled comfortably inside the building's old public library is the Gold-War Museum, fields bringing together an intriguing collection of artefacts, documents, military equipment and uniforms presenting captivating and heartbreaking stories of Goldfields men and women fighting in the armed forces and on the home front.

Inside the Local History Archives is a wealth of exceptional records. An on-site archivist can help researchers (and the simply curious) to uncover all aspects of local history

and family connections to the Goldfields region.

The best way to experience, the Boulder Town Hall is via guided tours taking place on Tuesday and Thursday at 10:30am.

A tour of the Goldfields War Museum commences at 1.30pm every Thursday and the site is open Monday - Friday, 10am - 4pm.

For more information on the facilities, opening hours and tours, please call 9021 9818, email mailbag@ckb.wa.gov.au, visit www.ckb.wa.gov.au www.facebook.com/ CKBHistoryandHeritage.

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# continued from page 34 **Experience the historic**

# **Goldfields and see** Australia's real outback



#### Gwalia ghost town and Museum

A real gem from the gold mining era is Gwalia Museum; it's one of the most fascinating places in the Western Australian Northern Goldfields. Meandering around the old town discover the magnificent Gwalia State Hotel, the old miners' cottages and other commercial buildings, left by residents in December 1963 when the Sons of Gwalia Gold mine closed.

A very special attraction is Hoover House, now a quest house, but originally built in 1898 as a home for the mine manager. Herbert Hoover commissioned the house and was later to become 31st President of the United States of America. Hoover designed the Oregon head-frame, now a landmark at the Museum, it is believed to be the only wooden incline head-frame left in Australia. The museum also houses the country's largest steam winder (1000 hp), which was imported from England in 1912, as well as 'Midland', a woodline steam engine that carted over 30,000 tonnes of firewood a year to fire the boilers at the Sons of Gwalia Mine.

#### **Gwalia Interactive Map**

Discover Gwalia Ghost Town and Museum with the Shire of Leonora's interactive map. The map is available in different formats which are best suited to different devices. Drop into the Leonora Visitor Centre to find out more.



100 Forrest Street, Cunderdin, Western Australia ph/fax: 9635 1291 e: museum@cunderdin.wa.gov.au







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# ACTIVE ACCEPTAGE ADVERTISING FEATURE









# Age is certainly no barrier on the football field for Michael Priolo

#### by Brad Elborough

WHEN sporting people reach personal milestones, they are often asked to name the players that came before them that inspired their participation in the first place.

In football terms, the names Ross Glendinning, Maurice Rioli, Graham Moss and Chris Mainwaring are just a few of the names that regularly get mentioned.

Ballajura Football Club's

Michele (Michael) Priolo who at the age of 60 closes in on 400 games in the Perth Football League, says it was Albie Rosich who convinced him to first pull on the boots.

Albie never played in the VFL or AFL, nor in the WAFL for that matter. He was a 60-year-old friend who was still having fun running around the footy field trying to get a kick.

It was enough for then 26-year-old Michael to pull on a jumper for the first time in a long while.

"In the day, Albie inspired me. We'd have good old yarns; he loved playing footy," Michael recalls. "He asked me to go and play footy with him and I thought – why not? It started from there, and I've kept going.

"I like a bit of contact and the physical side keeps me fit. I have tried playing vets, but they hit just as hard as the young blokes, so I figure, what's the difference?"

It took Michael some time to find his home at Ballajura. He couldn't settle at his first club, Nollamara, nor his second, Dianella-Morley.

He headed to Ballajura just to train because he was coaching juniors at the club... then ended up playing again.

It actually took him a

long time to realise that he loves football in the first place. Born in Kalgoorlie, where footy is pretty popular, Michael had a couple of goes at kick-starting a career, but on both occasions quickly determined it wasn't for him – at that moment.

"I played a bit of hockey when I was younger, but I had a serious accident when a kid," he said.

"I was impaled while messing around being a kid (at around 10 years old), doing what kids do.

"And being of European descent and an only son, I was wrapped up in cotton wool. That was one of the reasons I didn't play much sport until later on – when I left home."

But footy has now been a part of Michael's life for more than 30 years.

As the Perth Football

League celebrates its 100th year, he is being recognised as one of the oldest players still running around.

While he only needs a few more appearances to reach that 400-game milestone, that might have to wait until next year.

Michael now focusses more on coaching. Ballajura has five teams, including a women's side and colts. He generally makes way on the field for younger players each week now, only filling in when needed.

"I enjoy playing footy still, but like to let the young ones go before me," he said.

"I've coached from reserves down to thirds and was interim league coach for a while. I was the oldest bloke there and they needed one.

"I got my first premiership in reserves as a player-coach; then we won the premiership the year after, when I was just a player.

"There are guys that I coached in colts that are running around today that are 38 years old.

"One of the sons of a guy I used to play with years ago is 21 years old now and I played with my own son for a couple of years.

"Albie's son, Lance, runs the boundary for me. He's just turned 60."



Footy has been aprt of Michael Priolo's life for more than 30 years

Michael's playing days may be slowly coming to an end, but he plans to coach for as long as he is needed. His wife Vicki still doesn't mind him getting out for a bit of exercise.

His work still provides the opportunity for him to remain active. Michael has his own business, manufacturing canvas goods; a lot for the rail and mining industries.

That, and an early appreciation for stretching, keeps his fitness levels up.

up.
"I lift up 60–70kg rolls and that sort of stuff. It's a physical job," he said.

"I also used to play basketball and indoor volleyball and did some boxing and Muay Thai. They used to make us stretch like crazy and I have kept it up.

"Even when I am injured, I still have to go to work, so I have learned to deal with pain. After being impaled, I have learned to deal with it."

The injuries have come too, including punctured lungs, cracked ribs, shoulders and his knees have been cleaned out a few times.

"There have been a few minor things along the way too."







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## ADVERTISING FEATURE









## Keeping vulnerable people safe and sound in our commu



Every year the WA Police Force undertakes hundreds of land searches for lost and missing persons.

WESTERN Australia Police Force and Australia MedicAlert Foundation have joined forces to create Safe & Found WA.

Safe & Found WA helps Police to quickly locate vulnerable people, who may be impacted by dementia, autism or a cognitive impairment, and return them to loved ones safely.

Every year the WA Police Force undertakes hundreds of land searches for lost and missing persons. These searches are always time and resource intensive and despite the best efforts of the Police and search partners, these efforts sometimes still end in tradedy.

"Michael went missing on a holiday weekend, from a picnic in Kings Park a few years ago and with grateful thanks to the Police and Emergency Services he was found safe and well.

"From our traumatic experience with Michael missing for more than six hours, I realised how essential it was to provide as much background information on Michael as possible; where we lived, past and present, his occupation, likes dislikes, places of interest, friends, family, all this was relevant in creating a profile utilised to assist and enable police to tailor their search and bring him home safely.

"I believe had Michael been wearing something visual to identify that he was living with dementia, by creating community awareness, it may have assisted in locating him sooner," said Angi Mc-Cluskey - WA Senior of the Year 2019 from Forget-Me-Not Dementia Sup-

The Safe & Found initiative helps people at risk of going missing by collecting and storing detailed information that will assist police in their search. This information will include physical characteristics, habits and behaviours, previous addresses, health issues and more. This gives police a better picture of the person they're looking for.

Combined with data collected from past search and rescues around the world, police will then have a stronger basis to begin

their search. This 'Lost Person Behaviour' forms the cornerstone of search and rescue efforts. This data is collated to form a better understanding of certain groups of people and the characteristics they will display when they become lost. Understanding these characteristics and sets of behaviours is proven to reduce both the time and size of a search.

Membership of Safe & Found WA gives people peace of mind that detailed information and a recent photograph will be collected and securely stored ahead of time, ready to be accessed immediately in the event that someone goes miss-

ing.
A Safe & Found ID bracelet is also included with membership, ensuring that if the wearer appears disoriented, hurt or confused they can be identified easily and returned safely home.

Join now for \$99 + P&H. The Joining Membership Package includes a secure Safe & Found profile and a custom engraved ID bracelet.

Ongoing annual membership fee to store your information is \$49 - less than \$1 per week. Seniors Card discount available. Please ask about funding assistance options.

Safe & Found WA is a joint initiative of the Western Australia Police Force and Australia MedicAlert Foundation.

Visit www.safeand found.org.au or call MedicAlert on 1800 88 22 22.

## WA STAGE SCHOOL wastageschool.com.au **Specialised Casual Adult Classes** BOORAGOON | MALAGA **Boogie Beats** Low Impact | Age 50+ Tap Beats **Ballet Beats** For class information, visit: www.wastageschool.com.au/beats-program or call us on **9249 8558**

## Old age is not creeping - but rushing towards you!

Senior & Specialty Mover Manager/ **Director, NE Solutions** 

WE have found that many elders don't know what supports are available to them, to make their life simpler and to help them age gracefully (or disgracefully).

The Australian Human Rights Commission reports that Australians are enjoying one of the highest life expectancies in the world. Men today live nearly 80 years and

women live 84 years. If enjoying life means trying to navigate the endless (and mainly online) information, whilst keeping abreast of latest changes in Aged Care - then you need a lot of patience!

Dick and Bernice came to NE: Solutions overwhelmed with paperwork and limited funds. With Dick's Parkinson's diagnosis and Bernice being his main carer; they were very stressed and didn't know which way to turn.

With a quick NE: Map the Way

session, we had all the relevant paperwork completed - and discussed their journey from their current situation through to downsizing and moving into a retirement village.

Life's roads don't need to be physically or emotionally exhausting. With a senior and specialty move manager, you can enjoy aging, with the knowledge and assistance to see you through to the end of your journey.

Call NE Solutions on 1800 637 658 to discuss your Map the Way.

## Are you concerned about wandering?

Every year, hundreds of West Australians are reported as lost or missing.

There may be important pieces of information you are able to provide Police in the event that you, or the person you are caring for, has gone missing.

Gathering this information takes precious hours, time better spent searching.

Membership to Safe & Found WA gives you peace of mind that a detailed profile will be collected by you and your loved ones and securely stored ahead of time, to be accessed quickly by Police in an emergency.

A Safe & Found ID bracelet is also included with your membership, ensuring that if you appear disoriented, hurt or confused you can be identified easily and returned safely home.

## JOIN NOW FOR \$99 + P&H

Your Joining Package includes your secure Safe & Found profile and a custom engraved Safe & Found ID bracelet.

(Ongoing annual fee to store your information is \$49 - less than \$1 per week. Please ask

Safe & Found WA is a joint initiative of:







Visit safeandfound.org.au or call MedicAlert on 1800 88 22 22



# healthy living advertising Feature

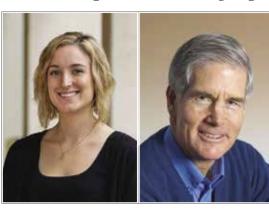


health options for the mature west australian





## Curl up and enjoy a nanna nap as it is good for your brain



Flinders University's Dr Nicole Lovato and Professor Leon Lack

#### by Frank Smith

THE older we get the more likely we are to take an afternoon nap. But is that really a good thing?

Professor Han Cai and colleagues at the Alzheimer's Disease and Related Disorders Centre, Shanghai decided to find out.

The researchers surveyed 2180 healthy people aged at least 60 and resident in several large cities around China. Of these over 1500 took a regular afternoon nap, while 680 didn't.

They defined afternoon naps as periods of

at least five consecutive nap. And there were sigminutes of sleep, but no more than two hours, and taken after lunch.

All participants underwent a series of health checks and cognitive assessments, including the Mini Mental State Exam (MMSE) to check for dementia.

The dementia screening tests included 30 items that measured several aspects of cognitive ability, and higher function, including visuo-spatial skills, working memory, attention span, problem solving, locational awareness and verbal

Cognitive performance scores were significantly higher among the nappers than they were among those who didn't

nificant differences in locational awareness, verbal fluency, and memory.

Earlier research by Dr Nicole Lovato and Professor Leon Lack, psychologists, at Flinders University in South Australia, reported in The Conversation shows that regular napping has substantial benefits.

"If you are feeling sleepy, a nap can improve your performance, mood and alertness," says Dr Lovato. "The effect of naps have been found to be more consistent and longer lasting than caffeine and generally without the possible side effects of disrupting the following night's sleep.

"As little as seven to 10 minutes sleep can result in a substantial increase in alertness."

The benefits of brief naps are evident immediately after waking, however longer naps can result in a period of drowsiness, known as sleep inertia, immediately after waking. This may last for half an hour or so before alertness improves. But the improvement lasts longer than for short naps.

One the other hand ultra-brief naps of 30 to 90 seconds produce no measurable benefit.

"Sleeping too much in the daytime may interfere with a good night's sleep. Longer naps contain more deep (or slow wave) sleep than shorter naps. So, when you take long naps in the afternoon, it

can be more difficult to sleep that night.

"On the other hand, brief naps do not affect the length or quality of the following night's sleep," she says.

In the Chinese study. napping did not interfere with night time sleep as both napping and non-napping groups averaged the same length of sleep at night, around 6.5 hours in both groups.

The best times to nap is mid-afternoon six to eight hours after waking. So if you're an early morning person nap between 1pm and 2pm and if you are more of an afternoon/ evening person nap between 2pm and 3pm.

The Chinese study was published in General Psychiatry this year.

How stem cell therapy may help the symptoms of arthritis



ARTHRITIS is painful inflammation and stiffness of the joints. Inflammation is part of the body's natural response to protect joints from damage; to remove irritants and infection but also to start the healing process. The most common form of arthritis is osteoarthritis. This is a degenerative disease and often leads to joint replace-

ment surgery.
Osteoarthritis begins in the cartilage and eventually leads to two bone surfaces rubbing directly against each other. This is not only painful, but restricts daily mobility and flexion.

Research 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 and cartilage cells and have been linked with an increase of lubricin (a protein found in joint fluid that acts like a shock absorber).

Stem cell Nutrition encourages your body to naturally release millions of new stem cells - which then replace damaged cells anywhere in the body. The more stem cells you have in your bloodstream the better. Find out more how stem cell nutrition can transform your life by calling Sandra Barnsley on 0412 479 156.

## TV & media personality sends the message



LIONS Skin Cancer Screening Representatives Bruce Hudgson and Garry Irvine with Deborah Hutton at the recent Lions National Convention, Canberra

EACH year, until Covid ruled the world, the Lions Australia meet in a city selected by the organisation and hold a convention where those attending enjoy a few days of catching up with friends, meeting new ones and also share the all important ingredient of fellowship.

In Canberra where the 2021 National Convention of Lions Australia was held there were guest speakers that addressed the delegates, Prof. Ralph Martens AO from the Alzheimer's Foundation, a project supported by the Lions, Mr Lee Goddard CSC from the Minderoo Foundation which is a supporter of the Australian Lions Disaster Relief Foundation and well recognised media personality Ms. Deborah Hutton.

From WA's perspective enjoying the support from Deborah following her history with skin cancer was a major 'coup' when an invitation was issued and accepted - for her to address the Delegates in Canberra. Recent TV interviews and many of the news media

have told Deborah's story with major facial surgery involving two occasions where skin cancer interrupted her life.

She held the audience in the palm of her hand as she reflected her early days of basking in sunshine and attending the beaches here in Australia and overseas in the time when her modelling career was at it's peak. Her thoughts over those years were never near the need for protecting her skin as were so many of her audience that day, slip slop slap was not even in existence!

Her message was forceful and whilst her surgery was most successful and the scars are barely visible, the experiences of two surgeries has driven her to strongly inform everyone she meets to "get screened" – "get checked" – "see your professional skin specialist " its all about early detection was her message.

So when you next find the Lions Skin Screening Mobile Unit is visiting your town, make an appointment to 'get checked' it could help save your life. Visit www.lionscercerinstitute.org.au to learn where we plan to be.

We at the Lions Cancer Institute are all volunteers so donations are always welcome

Grain Growers may help by donating a tonnage and quoting our CBH Grower Delivery Account # - 40437089. Direct cash donations can be made to WESTPAC: BSB 036 081 and account 183 738 marked New Mobile Screening Unit.









## One of life's big health issues is preventing weight regain after dieting



Lecturer in Nutrition at Murdoch University, Julie Meek

#### by Frank Smith

MANY people who want to lose weight go on a crash diet, but then find they put the weight back on over the next few months.

Weight regain after an initial successful weight

loss in obese people is an important and unsolved problem. Until recently no research has identified an effective way to maintain a healthy weight loss.

Julie Meek lecturer in Nutrition at Murdoch University said people

tend to gradually return to their former ways after a period of restrictive eating

"Chronic dieters develop a pattern of repeated dieting and weight gain. The cycle is more psychological and physiological," she said.

Researchers led by Professor Signe Torekov at the Department of Biomedical Sciences at University of Copenhagen tested four different treatments following a diet-induced weight loss to demonstrate how it may be possible for obese people to maintain weight loss, long-term.

an average of 13kg on an eight-week low calorie diet. They were then randomised into four groups. One group undertook an exercise regime plus a placebo, a

The volunteers lost

second group were given Liraglutide, an appetite suppressant, a third group took both the suppressant and exercise and the control group who were given only the placebo.

Liraglutide, an analogue to the appetite-inhibiting hormone GLP-1, is marketed as Saxenda® and is only available in Australia with a doctor's prescription.

After one year the exercise group with alone and the group with appetite suppressant alone maintained the weight loss of 13kg. The placebo group gained half of the weight back with deterioration of all health risk factors, with some people developing Type 2 diabetes and heart disease.

The most dramatic improvements occurred in the combination group,

which followed the exercise program and received medication. This group lost on average an addition 16kg of weight over one year. The health benefits included twice the loss of fat mass while preserving muscle mass, higher fitness ratings, reduced blood sugar and improved quality of life.

The two groups that exercised increased their fitness rating, lost fat mass and gained muscle mass. This could indicate a healthier weight loss than for people who had only lost fat mass, without increasing their fitness rating.

"It is an important aspect to highlight, as you do not necessarily get a healthier body from losing weight if, at the same time, you lose a lot of muscle mass," says Professor Torekov.

"It is great news for

public health that a significant weight loss can be maintained with exercise for approximately 115 minutes per week performed mostly at vigorous-intensity, such as cycling. By combining exercise with obesity medication, the effect is twice as good as each of the individual treatments.

"This is new knowledge for doctors, dietitians and physical therapists to use in practice.

"The problem is that people are fighting against strong biological forces when losing weight. The appetite increases simultaneously with decreased energy consumption, and this counteracts weight loss maintenance.

"We all have an appetite-stimulating hormone, which increases dramatically when we lose weight, and simul-

taneously the level of appetite-suppressing hormones drop dramatically. In addition, a weight loss can provoke loss of muscle mass, while the body reduces the energy consumption," he said.

"Most nutritionists in Australia prefer not to recommend appetite suppression tablets, although psyllium husks are often suggested as aids to weight loss as they provided a feeling of fullness in the stomach," said Ms Meek. "People tend to override their hunger symptoms."

Consumer group Choice said the current evidence for the effectiveness and safety of over-the-counter weight loss pills is pretty sketchy.

Professor Torekov's research was published in the New England Journal of Medicine, early this year



## Improve your aqua skills with new program

ROYAL Life Saving WA is excited to see many adults across the Perth metropolitan area taking part in their new Aqua Skills 55+ program, a water safety and lifesaving initiative for people aged over 55 years.

The course is structured as a fourday refresher (run one day a week for four weeks) and is suitable for people of all skill levels.

Whether you like going for a morning

dip, fishing from your tinny, or swimming on your yearly trip, Aqua Skills 55+ is the program for you.

This practical program covers resuscitation and emergency care, personal water safety and survival, rescue techniques, aquatic exercise and much more. It is also a great way to meet new people, learn or refresh skills, and have fun.

"We've had people who fear the

water all the way through to everyday swimmers participate, so the course really is for everyone," says Meg Abercromby, program coordinator.

You're never too young to learn, never too old to start. Courses are currently run at centres across metropolitan Perth and are free for anyone over 55 years. To find participating centres and enrol in the course, visit royallifesavingwa.com.au/aquaskills.



# Downsizing ADVERTISING FEATURE



## Understanding community needs when it comes to an ageing population



Left to right; Urban Development Institute of Australia's WA (UDIA WA) CEO Tanya Steinbeck - A host of aged care options are available including the luxurious Echelon by Giorgi

#### by Allen Newton

COMMUNITIES need to better understand the needs of an ageing population in order to ensure older community members can live in safe, appropriate, and affordable homes.

That's the view of Urban Development Institute of Australia's WA (UDIA WA) CEO Tanya Steinbeck. She believes it is really important that we foster a greater community understand-ing about the benefits of quality medium and high-density development in our suburbs, so that we can deliver the diversity of housing needed, including for our older generations.

"Local and state government, along with the development industry, need to work more effectively together to educate people about what needs to happen in our local areas to ensure we are accommodating our older community members in safe, appropriate and affordable homes, where they want to live,"

UDIA WA represents the urban development industry in Western Australia.

Tanya says.

Tanya says the industry is a community creator. It plans and delivers the places and spaces that are integral to our lives including residential, commercial, retail and industrial areas.

"A key focus for UDIA is housing diversity and affordability. It is absolutely critical that peo-

ple have access to safe and secure housing that meets their needs.

"This is particularly important for older Australians. It is critical that they have housing options that meet their changing needs, in locations that allow them to age in place."

UDIA WA is pushing for greater infill development, facilitating housing choice, property taxation reform including the abolition of Stamp Duty, and maintaining a consistent supply of affordable housing.

Being able to 'age in place' means providing affordable housing choices for older people in the area that they are familiar with, may have lived in for many years and where they have

established networks including family and friends, support services and other local commu-

nity ties.

"We are seeing a trend toward residential aged care facilities in more established areas, including higher density retirement and seniors living accommodation closer to their local area."

Providing an increased level of quality infill housing in areas that are close to essential services is also important in providing older people with appropriate options as they get older and rely more heavily on public transport and proximity to medical or other support services.

Tanya says apartment developers are also incorporating concierge and other support services into their new buildings to cater for the older demographic of buyers such as downsizers who are an increasing component of their market.

Accessible and universally designed homes allow people to stay in their homes for longer as they are designed to accommodate their changing needs and abilities.

She says that includes homes with flexible layouts that can be adapted to suit different needs such as wheelchair access.

Retirement living communities are a popular choice for many retirees and older people, she says. These types of communities offer attractive lifestyle options, supportive communities and lots of entertainment and recreation facilities.

"However, they are not for everyone. That is why we support the delivery of diverse housing, from smaller, single homes through to apartments, to allow more people to downsize to appropriate accommodation in their local area."

New developments offer a range of recreational and other facilities to suit a broad range of interests and demographics.

"Developers today un-

dertake extensive community research and consultation to ascertain what facilities and amenity best suit the needs of their current and future community members.

"Parks and other public open spaces often incorporate accessible design and feature elements that suit different abilities and needs.

"Many developers go beyond 'bricks and mortar' and employ community engagement officers that develop a range of community services and opportunities for locals to connect with each other and establish groups including senior citizens groups, 'men's sheds', and other groups aimed at older community members."

For West Australians looking to the future, who believe they will want to age in place, Tanya believes it is not simply a matter of constructing homes that are more adaptable at a price point the market can afford.

"Rather than just making our homes more adaptable, we believe a better approach would be making transitioning between different housing types as households needs change over time is a more effective solution. To achieve this we

need to remove inefficient taxes such as stamp duty."

Tanya says public transport is crucial.

"Access to efficient and affordable public transport is critical in our cities, and it is paramount for older people who may not be able to drive themselves or have limited access to personal transport.

"The ability to get to medical appointments, go shopping and visit family and friends is contingent upon a train and bus network that allows for travel across the city network from north to south and east to west.

"The State Government's METRONET program is an important aspect of improving Perth's public transport network, however there is still a shortfall when it comes to east – west connectivity and people getting from suburb to suburb. An improved rapid transit bus network would assist with this issue.

"Development of precincts around METR-ONET stations with a mix of uses including residential and commercial development will also provide more opportunity for people to live in a precinct where they have everything they need at their fingertips," she said.



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AGN#353-0

# Downsizing ADVERTISING FEATURE



## Moving furniture in a room can create a new style to live and love in









Soft furnishings can create a new style in any room



by Zofia St James

I AM braced for the last official month of winter. Not that I am wishing away time, as that's a precious commodity but the cold for me is rather paralysing, especially now I am living a couple of hours away deep in the south west.

I have much to accomplish and most of it is outdoors but that's easy to ignore when a fire beck-

I wonder what room is your favourite and why? What would you change if you could?

Changing the furniture around in a room is the beginning of creating a whole new look and feel.

Don't just settle for functional, strive for stunning because every room has potential.

So many people's homes have some really

nice pieces of furniture and other items but when they are plonked haphazardly the potential can't be seen.

Even where I am living now, just organising and styling cabinets, bookcases and surfaces provide them with a foundation upon which it becomes easy to add accessories and soft furnishings to take the room's appeal to a whole new level.

I recently had a request to style a home. When I visited, I looked at the existing furniture and rug and thought this is great. All we did was swap sofas into different areas and moved the rug from the master bedroom to the family room, which worked better.

I next devised a shopping list consisting of two new rugs, cushions, artwork, a free-standing lamp, and a coffee table.

If these items are chosen well and with a good eye (mine) they don't have to cost the earth. If you select a beautiful palette it coordinates and then connects well with the old. An interior dream really can come true!

It does help to be able

to picture the look in your mind's eye and that's where, I hope to be of assistance for those who feel they lack this ability.

It is a very strange world we're living in, so where we live needs to make us feel happy, safe and especially happy to be at home.

So today, think about what your favourite room is and what it might take for you to enjoy it more.

If that room is your living area, and you love to watch TV, make sure you feel cosy, comfortable with cushions and a cuddly throw to snuggle

under. If it's the kitchen, have surfaces that are clutter free but inspirational with fresh flowers, an enticing fruit bowl and your favourite cookbook on a stand on your work bench. If it's your bedroom, make sure the bed looks plump, cosy and styled up in your favourite colours. That makes it a sanctuary of tranquillity in

Home is so much more than just where we sleep and eat, it's where lifestyle, food, love, and laughter need to live.

which to read, relax and

sleep.

Think about it this

month as spring approaches and a new energy emerges.

In the meantime, embrace and enjoy this delicious season to get cosy and read a great book. Take care.

Zofia offers an interior style consultation for readers and a free overthe-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 intshg@gmail.com

## Mandurah retirees group features seniors housing expert as guest speaker

THE GUEST speaker at the next meeting of the Mandurah branch of AIR (Association of Independent Retirees) will be Lisa Richards from the Seniors Housing

Advisory Centre.

She will give a presentation on the many options available to retirees considering 'downsizing' including costs associated with the different housing alterna-

Everyone is warmly invited to attend this presentation. The cost is \$2 and a delicious morn-

ing tea is available.

The Mandurah branch of AIR next meeting will be on Monday 23 August is at the Halls Head Bowling Club, 2 Sticks

Boulevard. Erskine, commencing at 9.30am.

For further information please contact Shirley Lloyd on 9586 4255.

# Now is the perfect time to downsize!

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# **own**sizing





Mavis Rolfe and Sheila Robinson

## Meet Rockingham's 'super family' matriarchs

SENIORS who call Baptistcare Gracehaven residential care home often find they have hobbies, favourite foods, old school friends and even musical tastes in common with fellow residents.

But Mavis Rolfe (89) and Sheila Robinson (93) recently discovered they share something a little more out of the ordinary - they are both beloved matriarchs of supersized

Between them, these Rockingham mothers have 22 children, 70 grandchildren and 84 great-grandchildren. Sheila also has five great-great grandchildren.

As a mother of 12, former dressmaker Mavis was always busy sewing beautifully tailored clothes for each of her children, as well as for her late husband Philip. The couple were married for 64

"Philip and I both came from families of nine children, so we always knew we wanted to have lots of children ourselves," Mavis

Sheila, who was married to her

late husband Charles for 49 years, said education was a priority as her children were growing up.

The couple were enormously proud that all 10 of their children gained at least one university de-

"It was a dream come true for us to have a big family and support each of our children through their studies," Sheila said.

Gracehaven Lifestyle coordinator, Kim Jordan, said seniors sometimes feel anxious about making the move to residential

care, as they are unsure if they will have anything in common with other residents.

"But once they start chatting at mealtimes or getting to know each other during activities, residents are delighted to find they share many mutual interests and passions," she said.

"Being able to connect over things such as your favourite footy team, the town where you grew up or a much-loved author can be the catalyst for engaging conversations and new friendships."

## Free kitchen upgrade at Mankara apartments



Dr Nicky Howe inside the display suite showing the upgraded kitchen

HOMEBUYERS have a sizzling opportunity to secure a new, strata titled, over 55s Mankara apartment in Manning with

a \$22,000 upgraded kitchen for free. By securing the "What's Cooking" package, your new kitchen will include a range of magical upgrades including: Premium stone benchtops and kitchen splashback; Bosch induction 60mm cooktop: Integrated Bosch oven, microwave and dishwasher; Integrated Fisher & Paykel fridge with water connection

The 82 strata apartment community is powered by Southcare. Chief executive officer Dr Nicky Howe said the "What's Cooking" inclusions were on top of the already impressive list of features in the apartments.

"We know that home is where the heart is and the kitchen is the heart of the home, so it goes without saying that these inclusions will bring added magic," she said.
"All apartments are architect designed

in line with the Livable Housing Guidelines and cater to a variety of scenarios with one, two and three bedroom configurations available over four storeys.

"It is a new way of living with apartments totally move-in ready with all the essentials like floor coverings, internal wall painting and security, plus a heap of other fittings and finishes that make a house a home," she said.

Residents at Mankara also have an on-site café, a community centre and a roof top entertaining terrace to enjoy at their leisure, plus all the best the City of South Perth has to offer with parks, shops and cosmopolitan entertaining spots all close by.

Mankara's apartment display suite at 52 Bickley Crescent in Manning has an upgraded kitchen so you can see the quality of the fittings and inclusions, literally giving you a chance to taste, see and feel the magic.

But hurry, this offer is for a very limited time only, expiring on 31 August.

See all apartment designs and get in touch when you're ready to discover the magic by emailing enquiries@mankara. com.au or calling 9032 6489.

## Making the most of home care



SIGNING up your Home Care Provider can be an exciting time but often along with it comes the reservation - how is this going to work for me?

As with many relationships, it will take a little time for them to know your preferences, for you to feel comfortable with your support team and to look forward to welcoming them into your home.

There may be occasions however when you feel it's not going quite as you expected and this is the time to call your care manager and explain any problems you may be hav-ing. They will welcome the opportunity to talk this through and make the necessary adjustments to your care plan so that it works for you.

Occasionally however, despite all attempts to do so, you may be unable to resolve the situation or you may feel they aren't listening to your concerns, then if you are receiving a My Aged Care Home Care Package you do have the option of changing to another provider.

Home Care Providers vary greatly about the services they provide, how and when they provide them and how much they charge to do this, so it may be time to consider making a change.

But where to start?

There are many Home Care Providers to choose from and a lot of them will be at the Care and Ageing Well Expo 14-15 August, so this a great opportunity to gather some information brochures and have a face to face chat to see who you feel most comfortable

If you then decide to make the change, moving to a new Home Care Provider isn't difficult as they should take over the transfer and make all the arrangements for you.

If you would like more information please call Annie at CPE Group on 1300 665 082.

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# Downsizing



## Innovative fall detection technology provided free for seniors with a Spacetalk Watch



SPACETALK, an innovative developer that keeps families safe and connected, has launched fall detection technology on all its smartphone watches for seniors via a free over-the-air upgrade.

Fall detection technology significantly enhances Spacetalk LIFE, an all-in-one 4G smart-phone, watch and GPS tracker specifically built for seniors. Fall detection considerably broadens Spacetalk LIFE's appeal as an assistive device.

The revolutionary technology is accurate, as

it incorporates real time data recording and triangulation, artificial intelligence and machine learning.

Spacetalk's fall detection technology is a world first for devices specifically designed for seniors and people with special needs.

The company has worked closely with the elderly and home care sector, the National Disability Insurance Scheme (NDIS) and emergency medical service providers to ensure technology integration.

A fall requiring hospitalisation is common, particularly among older Australians, with more than one in three experiencing a fall each year.

Spacetalk collects fall-related data from the

wearer, including age, height, weight, gender, fall history, medication, psychological condition and dizziness. The secure data is stored on the device and on Spacetalk's servers and is used to calculate the user's fall risk profile and the device sensor's initial sensitivity setting.

Spacetalk LIFE devices have built-in, intelligent accelerometer and gyroscope sensors that continuously record and relay data about the wearer's movements, speed and altitude. The data is forwarded to the company's servers.

In real time, the data is triangulated with the wearer's anthropometric, medical and other critical personal information to determine whether

their current movement should be interpreted as

If it is, the watch activates a fall detection alert process. The device will vibrate, sound an alarm and display an alert on the watch face. The wearer has 30 seconds to cancel the alert process in the event of a false alarm.

If the alarm isn't cancelled, the device will send a text message to all emergency contacts, pinpointing the wearer's location before calling each emergency contact.

If none of the contacts respond, emergency services (000) or third party (24/7) emergency responders are contacted. After successfully contacting emergency responders, the watch

displays a confirmation message to the wearer for 10 seconds to provide assurance.

The device then switches to displaying medical identification, so emergency responders can view the wearer's relevant health information.

All information and data are used in real time to continuously learn and enhance the accuracy of the fall detection technology.

Woolworths Mobile has developed a bundled device and pre-paid plan for Spacetalk customers.

Customers can get five per cent off the retail price of the original kids smartphone watch on a \$20 or more pre-paid plan. They will also be eligible for a 10 per cent discount on their grocery shopping once a month, as a Woolworths mobile and everyday rewards customer.

The popularity of Spacetalk LIFE has led to a partnership between the company Spacetalk and one of Australia's leading aged care organisations ACH Group. ACH employs more than 1800 staff and supports more than 20,000 older people in South Australia and Victoria, whether they live at home or in residential

ACH Group chief executive Frank Weits says: "ACH Group recognised that LIFE could fill a gap in the market. Together, with its newly incorporated improvements, we believe this high quality, stylish smartphone watch will offer peace of mind to older people."



Ewoud Slobe with wife Antonia

ANTONIA and Ewoud Slobe moved into RAA-

FA's Merriwa estate in May 2020 and insist they've

## Friendships come easily for residents at Merriwa

never had so many friends since making their move into retirement living.

"We were living in an apartment in Joondalup which was lovely, but we just never saw anyone," says Antonia who, like her husband, was born in the Netherlands.

"We decided to move into RAAFA at Merriwa as we knew the estate from when we were playing lawn bowls in the summer and we had started to get to know quite a few peo-

"When we moved in everyone came and introduced themselves on our street, and we felt right at home straightaway. It's wonderful in summer to be able to sit outside our house and have coffee, we live in a cul-de-sac so everyone who walks past stops and says hello and has a chat, which is just so nice

"And even during lockdown we still get out and go for walks around the estate, which is great for exercise because it can take three quarters of an hour or so to do a good lap, and even with masks on we can still talk to each other from a distance.

"It's just so different to living in Joondalup, when we would walk through the streets but didn't see a living soul."

Since making Merriwa home, the couple have immersed themselves in the community and have been volunteering for the meals on wheels service.

"We knock on the door and if there is no answer, we always go back a second time to make sure everyone is okay, especially those living on their own," adds Antonia.

aas Antonia. "That's been another way for us to meet people. Even my husband, who has always been quite quiet, chats to everyone, even more than me now.

"Everyone at the estate is friendly, even the groundsmen and the office staff, everyone chats to you and nothing is too much trouble.

"We've never had so many friends, it's incredible and we're really happy here"

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## Blending wines to get that perfect taste provides a perfectly finished drop



#### by Frank Smith

FEW stand-alone wines have all the characteristics of a perfect finished wine. Blending winemakers pick

the finest characteristics of two, three, or even more wines, and marry them together for the intended flavour.

The goal in blending is to bring together wines

that don't stand alone to make a wine that is superior to its parts. There is a big difference between blending, which is meant to improve wine, and mixing, which is intended to make something - like an off flavour – go away.

Blending is all about running tests, comparing flavours, and finding the perfect ratio before you commit to the final blend. The ultimate goal is to create something that suits the winemaker's personal tastes while creating the best final product.

Here are two successful blends as well as some drinkable standalone wines.

Taltarni Grenache Shiraz Mourvèdre 2020 is medium bodied with a deep plum colour. The blend is balanced, while still showing the finest points of each varietal. The Grenache contributes bright red fruit aromatics and sweet dark berry flavours on the palate, while the Shiraz intensifies the palate with earthy notes. The Mourvèdre adds the soft spice notes to aroma and palate while lingering long on the finish. RRP \$26.

Jim's Fox Creek Script Cabernet Sauvignon, Merlot, Cabernet Franc, Petit Verdot 2016 is a classic Bor-

deaux style blend. The fruit flavours and tannins of the four varieties deliver a wine full in flavour and length. Cabernet Sauvignon contributes elegance, finesse and a structured tannin frame. Merlot fills the front and mid palate with rich, red fruit and soft tannins. Cabernet Franc contributes perfume and leafy aromatics and length. Petit Verdot contributes freshness along with a sprinkling of spice and perfume to provide aromatic lift and palate weight. RRP \$29.

Castle Rock Estate Pinot Noir 2020 is mid red colour with aromas of strawberry and cherry

fruits backed by a complex and creamy gaminess. There are also hints of spice, stalks, and some charry barrel ferment characters all combining to give complex aromas.

The palate shows the cherry and strawberry fruit characters with a silky texture and subtle charry characters from French oak. The tannins combine with are fine a tight acid structure to give a long, lingering finish with a hint of gaminess adds complexity. RRP

Robert Stein White Label Riesling 2020 was produced during the drought and bush fires at Mudgee, NSW in 2019. It is a classical dry Riesling, with all the lime and mineral characters you would expect, and a dry, crisp and racy finish. Whilst this wine has the ability to age, it would probably be best to drink this Riesling young and fresh. RRP \$22.

Funky Monkey Pi-not Noir is made from South Australian grapes grown without irrigation. Alcohol is removed, then grape skin extract added to enhance flavour and mouth feel. It displays aromas of red fruits and a savoury edge. The palate is typical Pinot Noir flavours of wild herbs and spice with a touch of sweetness. RRP \$15.

#### **WEEK DAY LUNCH SPECIALS**

Information correct at going to press

#### **BAYSWATER HOTEL** \$21.99 seniors lunch

buffet Mon -Fri 12pm-2.30pm Railway Parade Bayswater 9271 7111

#### **BELDON TAVERN**

\$16 all day special lunch and dinner 7 days from 11am Cnr Marmion Avenue and Gunter Grove Beldon 9401 1233

#### **BROOKLAND TAVERN**

\$16 seniors lunch 11.30am-8.30pm 7 days 7 Holmes Street Southern River 9490 9777

#### **BYFORD AND** DISTRICT **COUNTRY CLUB**

\$12.50 seniors lunch (present seniors card) 11.30am-2pm Mon-Fri 88 Linton Street, North Byford. 9525 1276

#### **IVY AND JACK**

\$15 lunch special 12pm-2.30pm Mon-Sat 788 Hay Street, Perth 9261 7233



#### **OUR TABLE** A Little Lunch under \$20

Wed-Sun 11.30am-2pm 108A Grand Promenade Bedford 9371 3890

#### **TASSELS PLACE BAR AND BISTRO** \$25 and under lunch

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## Knife and fork talk with the Dining Divas







Left to right; Tassels Bar and Bistro's scrumptious fettuccine alfredo and, mouthwatering grilled fish and chips - Tassels' welcoming interior

#### by Judith Cohen and Pat Paleeya

NOT quite a trek for us this month as we headed off to Tassels Bar and Bistro in the Quest hotel, situated a short walk from Stirling station and a stone's throw from Ikea.

Of course, we had to pop in to Ikea but resisted the urge to buy a Fnittrig on special or a lovely Lustigkurre.

After a quick visit to Innaloo Shopping Centre the showery rain had us dodging from cover to cover to reach our final destination and a much looked forward to lunch.

The bistro was surprisingly large, bright and welcoming with stunning chandeliers hanging like two waterfalls in the main dining area. We were amazed at the size of the meals that were being served to the tables around us and hoped that ours were the same size (gutsy Divas rule). We were not disappointed.

The lunch menu was \$25 and under and we chose grilled fish and chips with salad and tartare sauce and fettuccine alfredo with chicken, mushroom, bacon, onion and garlic in a white wine cream topped with parmesan.

When the fettuccine alfredo arrived it looked delicious and the aroma was divine. All the ingredients, plus the white wine cream sauce together created a robust rich and satisfying meal. Scrumptious.

The grilled fish and chips and salad was enough for two people. The fish was just perfect; although thick it remained extremely moist and flavoursome. This was one of the finest mouth-watering fish feasts this Diva has dined out on. The salad came in a ramekin sized bowl and was tossed in a delectable and zestful dressing. The chips were plentiful but unfortunately I couldn't fit them

By the time we left, the dining room was becoming quite full. Considering this restaurant is tucked away from the main thoroughfare, it is very well patronised and a testament to the excellent standard of this bistro's food and service.

4 forks Kitchen open daily from 11am 9pm.

Tassels Place Bar and Bistro, 8 Tassels Place, Innaloo Phone: 6444 7997 www.tasselsplacebb.com.au

#### Knife and fork talk ratings

Five forks – excellent food and service

Four forks - overall good food and service

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

Two forks – food and service needs improvement

One fork – would not recommend



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## Brunch with T - a snuggly winter spot to enjoy by the ocean







#### T's spoon ratings





by Tahlia Merigan

AM always on the lookout for new spots to try for brunch and this month, with a sunny break from the blustery winter weather, we headed out to Hillarys to enjoy brunch at a place I have had on my radar for

Lot One Kitchen is just opposite my favourite beach, Whitford Nodes, and can be seen from West Coast Highway. It opened in 2017 and we have noticed that every time we have driven past it was busy, so we thought it was time to investigate further.

Parking is available underneath the apartment block where its located and there is some street parking as well.

It was a chilly and briefly sunny morning for our visit and the place was heaving so we could only find a seat outside.

Although the wind was cold off the ocean, we found a sunny spot and took advantage of the great addition of a blanket from the basket for guests to use, so we were snuggly and warm.

Service was excellent, all the staff were friendly and welcoming. After been given our menus, ordering was at the counter and the delivery of the food and drinks was quick.

The menu was extensive with loads of brunch options from hamburgers, French toast, pancakes, various healthy and fusion type dishes along with the standard bacon and eggs.

I went for a healthy option of mushroom and tofu on seeded sour dough (\$19) which had a white bean and tahini mash on the toast loaded with sauteed wild mushrooms, tofu, garlic, spinach and smoked

The serving size was very generous, and the dish was tasty. Who said going the vegetarian option was boring?

My friend ordered the barbecue pork shoulder (\$24) another very generous serving size with delicious tender pork

served on a home-made hash brown with cabbage slaw, free range fried egg, jalapeño salsa and coriander. I had food envy when I saw and tasted this dish. The pork was melt-in-the-mouth tender, the dash of spice wasn't too over the top and the hash brown was the best one we have ever eaten.

I wasn't driving so I ordered a cheeky bloody Mary (\$14) a little bit spicy for my liking but went well with my mushroom dish and my guest ordered a power punch (apple, lime, pineapple, carrot, ginger and pear)

cold pressed juice (\$8).

We also both ordered flat whites, a regular (\$4) and a large (\$5). It was excellent coffee but a little too luke-warm for me but it's always a gripe of mine pretty much everywhere we go.

aľso finished We off with a lemon slice sweety (\$6) from the cabinet which was tasty.

The atmosphere of the restaurant was very warm and friendly and with the modern décor which had lots of exposed brick, greenery and a good selection of bits and pieces to buy including soaps, jams and doggy treats.

It was a very pleasant place to brunch, one we will return to, well done Lot One Kitchen.

Lot One Kitchen, 46 **Angove Drive, Hillarys** 9403 4090

Open Tuesday Saturday 6.30am to 8.30pm, Sunday and Monday 6.30am to 3pm www.lotonekitchen. com.au

4 spoons



## lain 'Huey' Hewitson's chicken, bacon and mushroom pot pie



ENJOY a cooking adventure with one of Australia's favourite celebrity chef's Iain Hewitson. This month Iain shares another one of his delicious recipes for Have a Go News readers. A perfect easy meal for the colder months. Enjoy.

Ingredients (serves 4) vegetable oil 1/2 large onion, diced 8 medium button mushrooms, halved or quartered 3 full bacon rashers, rind off, diced

3 heaped tablespoon plain flour

500ml + packet chicken stock, low-salt

generous slurp of cream sea salt and freshly ground pepper 2 tablespoon chopped parsley 3 - 4 poached chicken breasts, meat only, shredded frozen sheets puff pastry

¼ cup milk 1 egg

Method

Preheat oven to 180°C. Heat a little oil in a large heavy-bottomed pot and sauté the onion, mushrooms and bacon until tender. Add the flour, mix well and cook, stirring over a low heat for five minutes.

Add 500ml stock, cream and seasonings. Stir and gently cook until thick and well flavoured (adding more stock if needed).

When the sauce has cooled a little, mix in the parsley and chicken. Check for seasoning and put into one large or four individual pie dishes.

Cut the pastry into shapes slightly larger than the pie dishes.

Mix together the milk and egg,

and brush around the outside of the pie dishes. Place pastry on top and press firmly onto outside rim. Paint the top with egg wash and bake until golden and risen.

Serve with green vegies on the





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## Rediscover pears while the Western Australian season is in full swing

#### by Noelene Swain

PEAR season is now in full swing. So, whether you like the Josephine or Packham, there is sure to be a variety to please everyone in the

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

For those who love a crisp pear, the Packham is the pick of the bunch. It is green-skinned and remains so, even when ripe. It has a white, juicy flesh, which is ideal for both eating fresh and cooking.

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

It is hard to improve on the flavour of a soft, juicy pear, but when teamed with blue cheese or prosciutto, you'll have something truly divine. You can also bake, pan-fry or poach pears, use them in tarts or salads - both sweet and savoury. Now how versatile is that?

Western Australian pears are ex-

ceptional in quality right now, so be sure to indulge in the fruits of the season whether fresh from the hand or cooked. Here are some lovely winter recipes to start your own creativity to rediscover the joy

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## Upside down pear pudding with vanilla custard



#### Preparation: 30 mins; cooking: 1 hour; serves: 4

- 3 Beurre Bosc pears, peeled, halved and cored
- 1 cup caster sugar
- 3 cups water
- 3 tablespoon soft brown sugar
- 175g soft unsalted butter
- 34 cup caster sugar
- 1 cup self-raising flour sifted
- 1 teaspoon baking powder sifted
- 3 teaspoon cinnamon
- 100g ground almonds

Vanilla custard to serve

HEAT the oven to 180°C. Line a 23cm cake tin with non-stick baking paper. Put the caster sugar and water into a saucepan and gently cook until the sugar dissolves. Add the pear halves to the pan. Gently cook the pears for 10 minutes or until tender. Remove from the syrup using a slotted spoon and cool. Throw away the syrup.

Sprinkle the cake tin with the brown sugar and arrange the pears cut side down over the sugar. In a large bowl cream the butter and caster sugar until pale and fluffy. Add the eggs one at a time, along with 1 tablespoon of flour, beating well between each addition. Fold through the remaining flour, baking powder, cinnamon and almonds.

Spoon over the pears and smooth the surface. Bake in the oven for 50 - 55 minutes or until a skewer inserted into the pudding comes out clean. Remove from the oven and carefully turn out onto a serving plate. Cut into slices and serve with vanilla custard.

## Vanilla panna cotta with poached pear



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

900 ml cream

- 1/3 cup caster sugar
- 2 teaspoon vanilla extract
- 2 teaspoon powdered gelatine, dissolved in 2
- tablespoon cold water
- 1 cup sugar
- 3 cups water
- 1 lemon, juiced
- 4 Josephine pears, peeled, quartered and

PLACE the cream and sugar in a saucepan and gently heat while stirring, until the sugar dissolves and liquid begins to bubble. Remove from the heat and stir in the vanilla extract. Dissolve gelatine in cold water for 2 minutes. Add to the warm cream and stir until it is completely dissolved

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



## What's fresh in the market place

Strawberries - arriving now from market gardens around Wanneroo are sweet, juicy strawberries to brighten the dullest of 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.

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 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 brownish 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 skin on.

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 lots of fresh, superbly sweet juice. Make sensational oil for drizzling over meats and veggies by leaving mandarin zest to infuse for two - three days in some extra virgin olive oil. Add salt and pepper and some fresh, floral mandarin juice before serving.

**Apples -** Crunching on a fresh new season 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 Fujis 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.



## Vince Garreffa's delicious and easy truffled chicken meatloaf



### by Vince Garreffa

MANJIMUP Black Truffles are now in fresh supply for a couple of months. Time to spoil yourselves as they are being presented by the top restaurants in town and being snapped up by Paris and Los Angeles.

You can make this recipe at home at an affordable cost. Mondos have a good stock of truffles so treat your loved ones to this delicious treat.

Ingredients for 6 1 kg minced chicken (breast & thigh, no skin) 5 eaas

50ml truffle oil

1 cup breadcrumbs 1 small cup tiny diced carrots, blanched 1 small cup tiny diced onion, fried soft in extra virgin olive oil

1 small cup clean pistachio kernels 1 small Maniimup black truffle (10 or 20g)

½ teaspoon mild mus-

½ teaspoon nutmeg 1 leek (stalk only) Organic lake salt Freshly cracked black

#### Method

Blend the chicken, eggs and truffle oil until you achieve a well-mixed paste. Now hand mix the paste with the breadcrumbs, carrots, onion, pistachios, mustard, nutmeg, a good pinch of salt and a good grinding of freshly cracked pepper. Make sure it's sticking together with all ingredients well distributed throughout the mix. Split the leek stalk in half lengthways and blanch until soft in salted boiling water.

Choose a meatloaf tin to accommodate the mix or choose small individual tins for the number of guests. Line tins with

baking paper then line tins. You need to achieve the paper with strips of short of the top of each tin then fold over excess leek strips to cover the

Bake tins in a large roasting pan with hot water three quarters up the side of tins at 180°C for a time to suit the size of

an internal temperature blanched leek. Fill tins of 70°C in the meatloaf. with meatloaf mix just Small about 30-40 mins, larger about 75 minutes.

I served mine warm with truffle shaved over it and with a hot potato with spicy ricotta on the side but you can serve it cold if you wish.

Buy a truffle shaver to achieve very fine slices or shred the truffles using a microplane.

**Buon Appetito!** 

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

## **Letters to Vince...**

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

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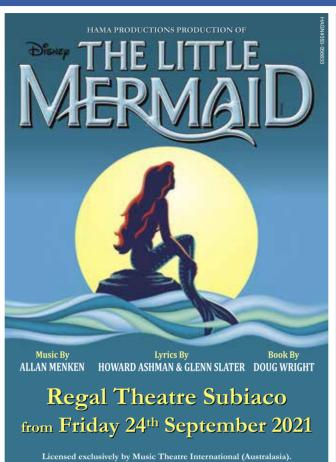


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## GREAT HOME and GARDENING



## It's time to click those shears with Colin's top tips for winter pruning









#### by Colin Barlow

WITH a cold wet winter upon us, you may not be too keen to get out and about in the garden, but it is the ideal season to be pruning many of our dormant deciduous trees, shrubs and plants. Some of these include roses. Hydrangeas, grapevines, fruit trees and other ornamental plants and deciduous fruit like figs, raspberries and blackberries. The overall structure of the bare branches is much easier to see and tackle during the winter months.

Pruning is a task often put off until the plants become such an unsightly and unruly mess that it cannot be ignored.

Whether this is due to fear of the unknown, or lack of time in our busy lives, pruning is seen by some as a skill that they don't currently possess. Well, this may well be true but there are some simple tools and techniques that can make the job much easier to accomplish. You just need the confidence to have a go and take the plunge.

#### Reasons for pruning

When pruning plants, we are aiming to improve the plant in some way. Some of these include:

- Improving the shape and appearance.
- Controlling the height and width.
- · To remove any dead. diseased or damaged wood. Remember the

3 D's.

- To encourage improved flowering and
- To remove any crossing, rubbing or overcrowding branches.
- To create specialised shapes or training. These include topiary, standards, hedges, espalier, cordons and climbers
- To encourage more air
- flow and circulation. To allow better light penetration into the bush or into the garden below.
- · To remove any suckers from the understock on grafted plants.
- To remove green shoots on variegated plants
- To control biennial fruiting by thinning

flower buds.

- To rejuvenate the plant. This could be on old or
- overgrown plants. • To remove a plant.

#### Tools of the trade

Choosing the correct tools and equipment always make the task much simpler. My suggestions are:

- Bypass secateurs with a curved cutting blade, to give a clean cut without crushing the stems. A sharpening stone or device to keep them in top condition is essential.
- · A small pruning saw for working in confined space or thick woody branches.
- · A curved pruning saw with a hook for removing cut-off branches. An extension pole can be

added for those hard to reach branches.

- · Long handled loppers for woody branches or harder to reach places. These are particularly valuable for thorny or prickly plants like roses. Hedge shears for hedging and topiary. These can be either hand shears or petrol or battery models for larger jobs. They may also be used for the removal of the bulk of vegetation on roses and other shrubs before more intricate pruning with secateurs.
- · Chainsaw for the removal of larger branches or the complete removal of trees.
- · Methylated spirits and a rag to sterilise your secateurs between plants.
- Gloves and long

sleeved shirts to avoid cuts and scratches.

For videos on some of the different pruning tools and methods including the three cut technique, check out some of my videos on the Stratagreen YouTube channel, Facebook, Instagram or LinkedIn sites

#### Time to tiptoe through the tulips

We may not be able to travel overseas at the present time, but there is no need to miss out with impressive horticultural highlights right here in WA.

1. Don't miss the magnificent displays of tulips just on Perth's doorstep in the idyllic and tranquil surrounds of Araluen Botanic Park in Roleystone. The 2021

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Yates Springtime at Araluen featuring the popular Tulip Festival starts on the 16 August and runs until the end of September. This vear there will be over 150,000 colourful tulips on display plus more than 36,000 spring flowering bulbs and flower-

ing annuals. The bushland setting of the park will provide you with the opportunity for some relaxing 'forest bathing' as you take in the majestic specimen trees, delightful magnolias and elegant tree ferns. The internationally recognised collection of camellias is a 'must see' and a reason to schedule a follow-up visit to see the different varieties in flower.

There will be a range of food vendors throughout the park from Thursday to Sunday to tempt your tastebuds. Alternatively, check-out the newly refurbished and cosy log cabin Chalet Healy Café for a delicious meal or drink, or for something lighter why not sample the patisserie menu at the Roundhouse. Araluen Botanic Park is open from 9am until 6pm daily with the last entry at 5pm. For details on the festival including ticket prices go to www.aralu enbotanicpark.com.au/

or call 9234 2200. 2. The Nannup Flower and Garden Festival showcases the delights of 'Flowering Edibles' over three weeks from Saturday 14 August to Sunday 5 September at the Nannup Garden Village, Warren Road, Nannup. A record 20,000 tulips will be on display this year with entertainment and gardening talks held over the four weekends of the festival. There will also be market stalls and open gardens to view along with gardening and cooking workshops. For further

information go to www.

nannupgardens.org.au/.



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## Have a Go News PUZZLES SOLUTIONS

#### Solution for BIG Crossword page 54

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## **PRISM** solution page 55:

kale, taro, zucchini, egaplant, capsicum, broccoli.

#### Solution for Suduko page 55

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9	1	2	7	3	4	6	5	8
4	5	7	8	6	9	3	1	2
3	9	6	2	5	1	8	4	7
2	8	1	3	4	7	5	9	6
6	7	5	4	2	3	9	8	1
8	2	9	6	1	5	4	7	3
1	4	3	9	7	8	2	6	5

# S

Solution for **Colour Blocks** page 55

#### Solution for Crossword page 55

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#### Answers for Have a Go News Quiz page 2:

- 1. Butchery
- 2. Amphitheatre
- 3. Pear
- 4. Esperance
- 5. Justin Langer
- 6.75
- 7. Lumley
- 8. 180.000
- 9. Endeavour
- 10. Fish



## Friend to Friend







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SD: Social drinker NS: Non smoker SOR: South of River

ND: Non drinker NG: Non gambler NOR: North of River TLC: Tender loving care

A. L. L.		Each person may s	ubmit one entry every n	nonth.	VLTM: Wo	ould like to meet		
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Reply Box 8900

EX country widower 81, NOR, NS, ND, NG, DTE, GSOH. WLTM sincere lady, prefer ex country widow. Petite, fin secure, mid 70s. Just for friendship, chat over coffee one morning a week in outdoor setting.

Reply Box 8896

GENT 63 with varied interests, likes social outings, dining in/out, looking for a slim to medium build lady.

Reply Box 8895

GENT baby boomer, 1940s, seeks lady same era, chat first, meet later. Me; sensible, established, agreeable, loving, see you soon

Reply Box 8893

**GENT** GSOH, NS, NOR, enjoys travel, gardening, theatre, movies, conversation, SD, WLTM slim lady with GSOH, affectionate, positive, like to meet for coffee, cake, walk or combination.

Reply Box 8901

UK/Australian, 72, 180cm, presentable, educated, VGSOH, sociable, NS, SD, enjoys travel, gym, family, beach, coastal walks, usual social activities. Seeks intelligent, attractive, compatible, easy going lady, to mid 60s, all travel modes, destinations considered. Northern suburbs. Coffee. Reply Box 8887

IS there a lady with a disability 50-65 who would like a friend or partner. I am 64, male, living a normal life with a disability looking to meet a lady and enjoying the best years of our lives. Postcode 6111. Reply Box 8898

**NEWS UPDATED DAILY** www.haveagonews.com.au LADY 80 years old WLTM Aussie English gentleman with GSOH, NS, ND, interested in friendship, outings, see what happens. My interests; walking, gardening, cards, 60s music, good company, live quiet life but sometimes too quiet. Have coffee.

Reply Box 8892

**SEEKING** social coffee friends, some with good computer skills (not me), to form a share and stock market group. Buy your own coffee and shares if you want. No fees.

Reply Box 8902

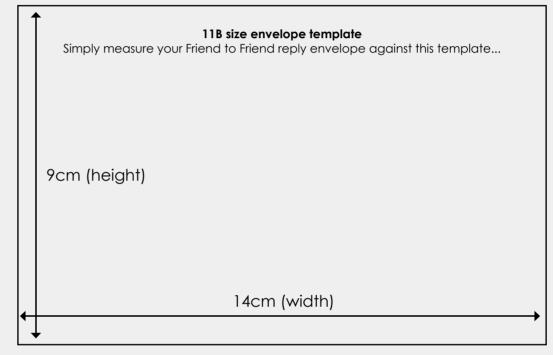
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Reply Box 8886

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SOUTH PERTH LADY 71 attractive, stylish, friendly, outgoing, intelligent, well spoken, loveslife. Sk sociable, confident, well grmd man 66-75.

WEST PERTH GENT 79 trim, fit, tidy, well presented, intelligent, socially aware, keen golfer, loves travel, movies & dinner, sk lady similar.

TUART HILL GENT 74 180cm tall, fit, active, honest, easygoing, reliable, kind, generous, just a good man seeking an active, sincere lady w/pride in appearance.

BRENTWOOD GENT 72 widower, relaxed, d.t.earth, 178cm, trim, easy on the eye, outdoor person, keen sailor and traveller. Sk lady similar

ANKETELL GENT 70 retired, country boy at heart, a funloving, quirky, affectionate, good conversationalist, enj swimming, bike riding, walks, cars, travel.

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**ATTRACTIVE** educated Asian lady 55, enjoys cooking, reading, listening to music, keeping fit, is a SD, NS, WLTM DTE gentleman 60-70 with similar interests and qualities. Please reply with your phone number.

Reply Box 8889

ATTRACTIVE well presented lady 70+ med build, educated, SOR, postcode 6107, enjoys reading, walking, music, country drives, gardening, socialising, DTE, ND. WLTM unattached, genuine, well presented, gentleman, 65-75 for permanent long term relationship, country or city. ALA. Reply Box 8897

COUNTRY lady, postcode 6324, 71, young thinking, WLTM gent with similar interests, walks, beach, bush, reading, photography, music, dining out, cars, sport for companionship, long term relationship if compatible. **Reply Box 8899** 

I AM looking for that special man 70 plus, GSOH, DTE, honest, sincere, caring, enjoys life, love, laughter, music, reading, going for drives, travel, caravanning, outdoors, meet, chat over coffee, see where it could lead to. ALA.

Reply Box 8894

**SEEKING** a man around 70 who would like a female companion. Who loves spontaniety, is genuine and considerate, has manners and emotionally secure. Friendship which will hopefully grow into a nurturing relationship into old age.

Reply Box 8890

Seeking a **Travel Companion** 

**SEEKING** travel partner male, NS, SD, GSOH for future travel around Australia, 60-75 age group, ALA. I am active GSOH, female, young, 70, need to grey nomad again ASAP. Life is too short to sit around.

Reply Box 8891

#### **Wishing to Contact**

MERRIWA lady 80, would you like to get in contact with me? Very interested. I live in Butler.

Reply Box 8888

Do you need a companion or friend? Let Have a Go News help you through our Friend to Friend page. Get writing and send in your coupon.

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## Melissa steps down after illustrious dance career



Left to right; Melissa McCabe (née Boniface) - Matthew Edwardson - Oliver Edwardson and Aurelien Scannella in Dracula © Jon Green

AFTER a 20-year professional dance career, including 13 years at West Australian Ballet, demi-soloist Melissa McCabe (née Boniface) will retire from the stage after one final season performing as Lucy in Dracula this August, a role created for her in

"Mel has brought her trademark expressiveness and passion to every role she danced in our company, and to have performed at the highest levels for over 20 years is an incredible achievement," said artistic director of West Australian Ballet, Aurélien Scannella.

Born in Sydney, McCabe graduated from the Australian Ballet School in 2001 joining The Australian Ballet, then West Australian Ballet, before a five-year stint at Alberta Ballet in Canada. A highlight of her time abroad was dancing at the opening ceremony of the 2010 Olympic Games. She returned to West Australian Ballet in 2012.

Of the many leading and supporting roles, McCabe's highlights include her 2018 Helpmann Award nomination and 'Most Outstanding Dancer' nod in Dance Australia for her role as Myrtle in David Nixon's The Great Gatsby. Other memorable roles include as Olga in John Crankos' Onegin, Snow White in Snow White and the seven Dwarfs, Mary in Coppélia, Lead Sylph in La Sylphide, Step Sister in Cinderella, as a soloist in Glen Tetley's Voluntaries, and of course as Lucy in Krzysztof Pastor's award-winning Dracula.

"It has been my absolute pleasure to dance at West Australian Ballet and around the world.

said McCabe.

"I am truly blessed to have had a professional ballet career spanning 20 years, and I'm excited for the next stage of my life."

"It's going to be a special moment performing as Lucy once more. I feel that I am finishing on a high, but then I've been on a high for 20 years.

With McCabe's final flourish onstage with West Australian Ballet less than a month away, don't miss her superb showing as Lucy (The Australian, 2018); the best friend of afflicted Mina who becomes entangled with the lusting Count Dracula.

See Melissa McCabe's final bows in West Australian Ballet's award-winning Dracula, opening at Crown Theatre on 19 August. Tickets via waballet.com.au

## Silver Linings in the Swan Valley this spring

THE live entertainment style known as music hall in the United Kingdom and vaudeville in the United States can be considered a direct predecessor of the variety show format.

Variety in the UK evolved in theatres and music halls. British performers who honed their skills in music hall sketches include Charlie Chaplin and Stan

To celebrate our past, and enjoy a wonderful morning of entertainment, the City of Swan presents The Silver Linings Variety Show.

This variety show turns back the clock and invites Dusty Springfeld, Liza Minneli and Elvis Presley back to the stage.

Plus be enthralled by Sax and the Single Girl, Swing Dancers and The Comedy Duo.

Hear the music you grew up with and put some joy in your heart and a smile on your face. Bring your friends for a wonderful morning out.

This will be held at Swan Active Beechboro Leisure Centre, 332 Benara Road, Beechboro, on Wednesday morning 22 September from 10am to 12noon, but be earlier to allow time to be seated. There is plenty of free parking and disabled access.

This is a free community event supported by the City of Swan. Bookings are essential. Book early as limited seats are available. Phone 9207 8555 or book online at www.swanactive.com.au/silver/

## A new film starring Liam Neeson



AFTER a remote diamond mine collapses in the far north of Canada, an ice driver leads an impossible rescue mission over a frozen ocean to save the lives of trapped miners, despite thawing waters and a threat they never see coming.

Liam Neeson and Laurence Fishburne star in The Ice Road in cinemas 12 August.

WIN WIN WIN

Thanks to Rialto Distribution we are giving away 10 in-season double passes to some lucky readers. To be in the draw simply email win@haveagonews.com.au with Ice in the subject line or call the office on 9227 8283 during business hours. Closes 15/9/21.



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Asher Fisch conductor Jayson Gillham piano

Wolfgang Amadeus MOZART Piano Concerto No.21 "Elvira Madigan" (11 Sept only) **Dmitri SHOSTAKOVICH** Symphony No.5

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## Theatre 180 takes a poignant look at the ill-fated *Sydney Il*



HMAS Sydney II rehearsals

#### by Josephine Allison

WHEN well-known Perth actor, director and writer Jenny Davis, started researching the history of the ill-fated HMAS Sydney II it took her on an 18-month journey of discovery. Sydney was regarded as the glamour ship of the Australian fleet which made its demise at the hands of the disguised German Raider HSK Kormoran in 1941 with the loss of 645 men all the more shocking.

Theatre 180 is about to stage Sydney II: Lost and Found at Perth and country cinemas following the sell out success of AB Facey's A Fortunate Life. Sydney II: Lost and Found written by Davis and di-

rected by Stuart Halusz features actors Myles Pollard, Morgan Dukes and Tom O'Sullivan with music composed by Ron Siemiginowski.

A starting point for Davis' research was a talk by Ted Graham, chairman of the Finding Sydney Foundation, about the race to find the wreck. A film at the end showed a poignant image of a boot with a hole in it. Standing next to Ted Graham was

Ellen Rowe, the youngest child of WA Able Seaman Allan Rowe who served on Sydney II and joined the ship in Fremantle a week before it sank on 19

November 1941.

"For 66 years Allan's wife Jessie and Ellen hoped that one day the wreck would be located. In 2008, due to the efforts of the volunteers of the Finding Sydney Foundation, this dream became true," Davis said.

"Sydney II was the glamour ship of the fleet, with its long-range firepower, the darling of the nation with tickertape

parades to greet it with parades of handsome young men in their icecream coloured uniforms. It was especially poignant that Jessie was still alive when the wreck was finally found in 2008."

The search first focused on finding the Kormoran which was located about 112 nautical miles off Steep Point, WA, lying in 2468m of water. It is believed searchers had enough money to finance the expedition for 21 days but took only 17 to find both wrecks, a stunning achievement. A remotely operated vehicle (ROV) with video filming capability was deployed to further examine the wrecks.

Controversy has often surrounded the battle, especially in the years before the two wrecks were located. How a warship like Sydney was defeated by a modified merchant vessel like Kormoran was the subject of speculation, with numerous books on the subject, as well as two official reports by aovernment inquiries, published in 1999 and

2009 respectively.

According to German accounts - which were assessed as truthful and generally accurate by Australian interrogators during the war, as well as most subsequent Sydney apanalyses proached so close to Kormoran that the Australian cruiser lost the advantages of heavier armour.

Kormoran was in disguise as a Dutch supply ship when it took on the Sydney. Though the entire crew of 645 men aboard the Sydney were lost, 318 of the 399 crew aboard Kormoran survived. Some of these men were placed in prisoner of war camps until the war ended.

"It took six days before the navy went looking for the Sydney and looked nowhere near where the Sydney was," Davis said. "Everyone around the nation was grieving and many families were upset at the lack of communication. In the end they were looking in the wrong place. Of course, there was worldwide attention when the wrecks were found in 2008.'

In February 1942 a Carley Float (a rubber ducky) washed up on Christmas Island with a body in it, the locals guessed it was from the Sydney and gave the victim a military

"I wanted to tell the story of love and loss, fear and courage and the resolution of a mystery over many years for those who never gave up hope," Davis said.

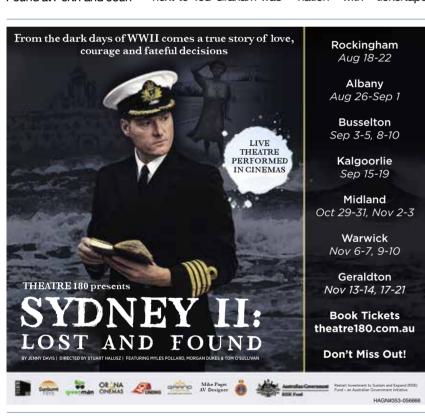
She held her first workshop for the play about a year ago, then reworked and redeveloped the script. During her research she discovered that Tom Fisher, of Osborne Park, who died in 2016, had left interesting stories of his experiences as a crew member of Sydney II. He had been transferred to another ship in October 1941, a month before it was sunk.

She learnt that the mother of former WA premier Geoff Gallop attended a dance for Svdnev II crewmen in Geraldton and many local people still remembering the dances. A local boy, Joe Glance, had an autograph book signed by Sydney crewman Arthur Andrews: "Here today, gone tomorrow" which became prophetic words.

She contacted sculptors Joan Walsh-Smith and Charles Smith who worked on the imposing memorial to HMAS Sydney II at Mount Scott in Geraldton.

The waiting woman looking out to sea was placed there before the wreck was found and she is looking directly at the location," Davis said.

Sydney II: Lost and Found plays at Ace Cinemas Rockingham 18-22 August, Orana Cinemas Albany 26 August-1 September. Orana Cinemas Busselton 3-5 and 8-10 September, Orana Cinemas Kalgoorlie 15-19 September, Ace Cinemas Midland 29-31 October and 2-3 November, **Grand Cinemas Warwick** 6-7 and 9-10 November and Orana Cinemas Geraldton 13-14 and 17-21





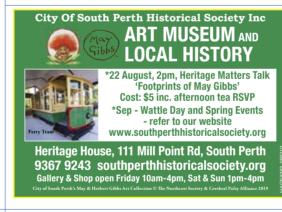
## A new production about ageing... SET in the present and in Perth, *Our Gang* is the newest production from Garrick Theatre written by David Christner and adapted and directed by Dale James. The story delves into dealing with an ageing population and how a group band together to look after each other in their twilight years.

The group of six people, from all walks of life, come together under one roof. What evolves is a caring

environment for all.

Don't miss this poignant piece of local theatre.

Booking information, www.trybooking.com/BSJJZ, call Elaine on 0406 231 145 or email bookings@ garricktheatre.asn.au www.garricktheatre.asn.au





visit our website:

www.lunapalace.com.au

PALACE

## Arts trail in time for spring...

FROM 3 to 12 September, 28 studios across Armadale and surrounding districts, will open their doors to showcase their artworks.

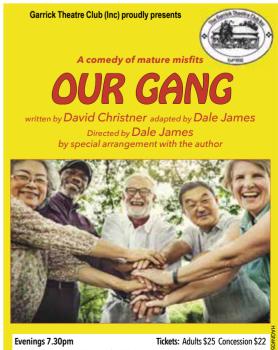
differ-Painting in ent mediums, textiles, wood turning and steel art forms will be on dis-

The picturesque hills of Armadale and suburbs are home to many high profile and emerging artists.

The Arts Trail has gone from strength to strength since its inception seven years ago, and this year's should be one of the best, with more than double the number of artists participating.

The Armadale Hills Open Studio Art Trail is part of the City of Armadale's Spring into Armadale Festival.

Find out more info www.armadale from hillsartstrail.com or the Facebook and Instagram pages with the same address.



16, 17, 18, 23, 24, 30 Sept and 1 & 2 Oct Members \$20 Matinees 2pm 19, 25 & 26 Sept Bookings 0406 231 145 or trybooking.com

## Enjoy the purity of pastels with like-minded artists | Complete series of Tin Star on DVD...



Guest artist Val Brooks

FOUNDED in 1983 the Pastel Society of Western Australia is the oldest group in Australia and their annual exhibition is the only art exhibition in WA dedicated to pastel works.

The exhibitions display a very high quality of art and presentation. Pastels are a pure pigment medium with the most beautiful range of vibrant colours.

Perhaps made most famous by Edgar Degas and other Impressionists in the 19th century, the medium has found their way through art history and in the last century have become more popular both in Australia and internationally.

The Pastel Society of Western Australia meets 7.30-9.30pm every Monday evening at Milden Hall, Current membership exceeds 100 with many multi

award winning artists. They invite all levels of artists to join their warm friendly supportive group. Don't miss their Annual Art Awards exhibition and

sale at the Sorrento Surf Lifesaving Club from 13 to 15 August, featuring guest artist Val Brooks.

To find out more visit www.pastelsocietywa.org.au or call committee member Annis on 0434 972 771.



Roth (Pulp Fiction, The Hateful Eight) Christina Hendricks (Madmen) star in Tin Star a tale of corruption of innocence, of murder, of grief and of all-consuming revenge - set against the backdrop of a remote and beautiful Canadian mountain town.

Former London police detective Jim Worth is the new police chief of Little Big Bear, a small town in the Canadian Rockies, where he has moved with his family to escape his past. The influx of migrant workers because of a new big oil company, headed by the mysterious Mrs. Bradshaw, forces Worth to confront the resulting wave of crime that threatens the town.

Worth soon finds himself and his family under attack, leading him to slip into his violent alter-ego, Jack Devlin, to exact revenge.

Complete three series available on DVD released on 18 August. RRP \$69.95

**WIN WIN WIN** We have eight copies of this DVD collection to give away

to some lucky readers. To be in the draw simply email win@ haveagonews.com. au with Tin Star in the subject line or write to Tin Star DVD c/-Have a Go News PO Box 1042, West Leederville 6901. Closes 1/9/21.

## **Churchlands Choral Society seeks new members**

CHURCHLANDS Choral Society is looking for new members. There are no auditions and all ages are welcome.

They have commenced rehearsing much-loved songs for their 25th anniversary concert on 5 December with musical director Rachel Martella and accompanist Alex Wheeler.

Rehearsals are held each Monday evening of school terms at The Floreat Uniting Church from 7.30 to 9.30pm. Come along to two free sessions and try them out.

For more details, please contact Alison on 0405 285 692.

## Enjoy some jazz by the beach this winter

TICKETED and free events fill the program for Perth's newest go-to Jazz By The Beach festival on 14 and 15 August, with something for every jazz lover. Enjoy Gin and Jazz Legends

at The Scarborough Beach Bar. Or indulge in brunch and coffees as jazz-funk trio's take-overs at Livid Skate or Oceanview Jazz Lunch at Zoie. There is also the chance to catch bigger bands like Roaring 20s, Beans Burma Boys at The Rendezvous Jazz High Tea or indulge in an Evening of Elegance with Catherine Summers for a six-piece swinging band concert at The Scarborough Beach Surf Club that's being transformed into the Diamond Lounge for the festival.

Some of Scarborough's best ocean-view venues have partnered with some of Perth most iconic artists for the festival so you can enjoy both a world-class jazz-music experience and a world-class ocean beachfront view.

Visit jazzbythebeach.com. au for the full festival program.

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



10.15am each Sunday

Regular services of Holy Communion

**Kids Program** 

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

Kids Program runs during school terms

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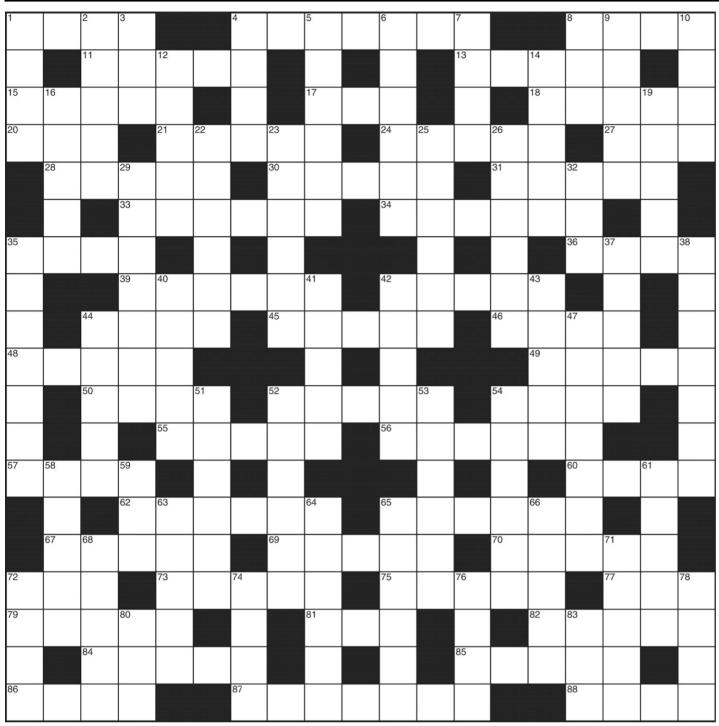




## Have a Go News PUZZLES PAGE Have a Go



## **BIG CROSSWORD - SEE PAGE 49 FOR SOLUTIONS**



- 1.12 months
- 4. Earnestly
- 8. Info 11. Emblem
- 13. Circle (globe)
- 15. Duplicate (cell) 17. Former time standard
- (1,1,1)
  - 18. Assume ownership of
- 20. Ventilate
- 21. Channel 24. Confiscates
- 27. Sheltered side
- 28. Drinking tube 30. Irritated
- 31. Business agreements 33. Absconded with lover
- 34. Naturism
- 35. Norwegian capital
- 36. Free entry ticket 39. Promise
- 42. Hard iron alloy
- 44. Legume
- 45. Lessens
- 46. Sponges 48. Mopes (around)
- 49. Strong winds
- 50. Soviet republics
- (1,1,1,1)52. Macho guy (2-3)
- 54. Endured 55. Exterior
- 56. Most recent
- 57. Assessment 60. Wanes
- 62. Thin biscuits
- 65. Crave 67. Morbid spectator
- 69. Shoo!
- 70. Peaceful refuge 72. Arab organisation
- (1,1,1)73. Allude
- 75. Signifies
- 77. Droplets on grass 79. Red hair colouring
- 81. Also called (1,1,1)
- 82. High society members 84. Weight units
- 85. Eskimo dwelling
- 86. Stinging insect
- 87. Bank officers 88. Obscene material

- 1. Young Men's Christian Association (1,1,1,1)
- 2. Cancel (mission)
- 3. Jogged
- 4. Shade plant
- 5. Sharply bent
- 6. Small cat
- 7. Egg yellow
- Performed 9. Mururoa ...
- 10. Poker stake
- 12. Logo sticker 14. Headquarters
- 16. Speaks with impediment
- 19. Nuisances
- 22. Aroused 23. Even the score for
- 25. Grown-ups
- 26. Reworded (text)
- 29. Re-establishes
- 32. Sound booster
- 35. Leftover piece
- 37. Cinema gangway
- 38. Afternoon naps 40. Lariat
- 41. Avid
- 42. Four-door car
- 43. Largest Nigerian city 44. Boxing matches
- 47. Trades
- 51. Fluff up (feathers) 52. Funeral vehicle
- 53. Annul 54. Wave towards
- 58. Predatory bird
- 59. One, ..., three
- 61. Assailed
- 63. Of the ear 64. Careless writing
- 65. Tribute
- 66. Picture stand 68. Uses horn
- 71. Local phraseology
- 72. Relieved sigh 74. Clenched hand
- 76. Unchanged (2,2)
- 78. Sunset direction
- 80. Whisky measure 83. The L of LA

## Celebrating Western Australia in two books



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Signature:

Awesome WA, 1001 Fair Dinkum Facts about Western Australia **Journalist Lee Tate has** compiled this book about the weird and wonderful of Western Australia.



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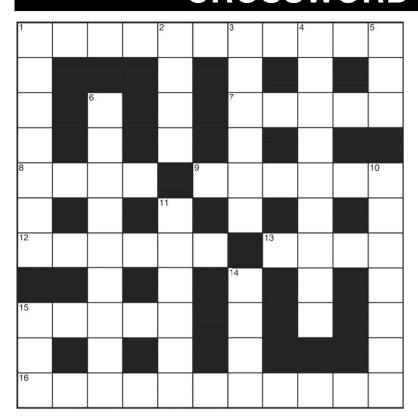
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## Have a Go News PUZZLES PAGE



## **CROSSWORD**



#### STRAIGHT CLUES **Across**

- 1. Romeo & Juliet author (11)
- 7. Ill-gotten cash, filthy ... (5) 8. ... & bolts (4)
- 9. Discord (6)
- 12. Show (movie) (6) 13. Defeat (4)
- 15. Car stopping device (5)
- 16. Cinderella's ugly kin (11)

- 1. Orchestra's cello & violin section (7)
- 2. Heads of corn (4)
- 3. Mouth roof (6)
- 4. House designer (9)
- 5. Night before (3) 6. Take turns (9)
- 10. Prolongs (7)
- 11. Alcove (6)
- 14. Parliamentary laws (4)
- 15. Public transport (3)

### **CRYPTIC CLUES**

#### **Across**

- 1. London dramatist said to wield harpoon (11)
- 7. Cruel to change money (5)
- 8. Mad about pistachios? (4)
- 9. Street fire stirred up trouble (6)
- 12. Protect the TV glass (6)
- 13. Strike rhythm (4)
- 15. Slow down! Baker is confused (5)
- 16. Added family members join stage with loyal supporters of feminism (11)

**PRISM** 

Track down the six

vegetables in our prism. The words appear either

clockwise

or anti-clockwise and

are on alternate spaces.

#### Down

- 1. Puppets depend on them (7)
- 2. Bearskin covers organs (4)
- 3. Refined sense of taste means the French are into pâté(6)
- 4. He has plans to build (9)
- 5. First Lady, either way (3)
- 6. Rent a tale about every other one (9)
- 10. Former spouse looks after increases (7)
- 11. Time out from depression (6)
- 14. Performs revamp of Cats (4) 15. Coach could be American (3)

## 0 R C C P B C G 0 G

## SUDOKU

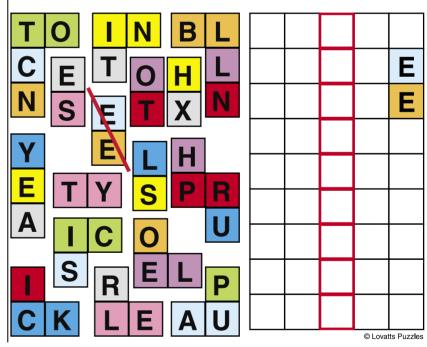
Fill the grid so that every column, every row, and every 3x3 box contains the number 1 to 9. RATING: ★★☆☆☆

		4						9
	6		1	9				4
		2			4	6	5	8
	5		8				1	2
	9		2	5	1		4	
2	8				7		9	
6	7	5	4			9		
8				1	5		7	
1						2		



THIS is like a jigsaw puzzle. All the blocks fit together to make nine five-letter words reading across. Each word is a different colour.

The mystery answer will read down the middle.







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