





LIFESTYLE OPTIONS FOR THE MATURE WESTERN AUSTRALIAN

PRINT POST 100022543

VOLUME 30 NO.02 ISSUE NO.342 SEPTEMBER 2020

THIS ISSUE



Let's go travelling - wander out yonder in WA - WA Wildflowers - Lee Tate visits the Ord River



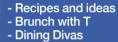
Have a Go News' Frank Smith speaks with National Local Men's Health Hero Award recipient 'Uncle Mick'



Josephine Allison's interview with author Karalee Katsambanis



Food & Wine





Healthy Living - stay well, healthy and keep

COMPETITIONS/GIVEAWAYS

Sonig Tablet and case **Chicane Showbags** Ad Words - \$200 Shopping voucher Scratchie packs DVD - Foyle's War BOOK - The Healer, The Road to Ironbark and Lonely in Longreach TICKETS - We Will Rock You



Visit www.haveagonews.com.au Phone (08) 9227 8283

Established 1991 - Celebrating 29 years in 2020 **NOW PRINTING 70,000 COPIES**

SUPPORTING SENIORS' RECREATION COUNCIL OF WA (INC)

Where can I play indoor beach volleyball?

Indoor Beach Volleyball (IBV) is a game played by two teams on a sand covered volleyball court surrounded by netting, where the ball is played rebound off the nets, with no outs, so the ball is live at all times.

Out of the sun, wind, and rain - fun for the whole family!

33 Barker Rd, Albany 0400 139 094 **Albany** Bunbury 36-38 McCoombe Rd, Bunbury 9726 0200 Canning Vale 96 Catalano Circuit, Canning Vale 9456 4488 Fremantle 6 Sainsbury Rd, O'Connor 9314 3922 Joondalun 115 Winton Rd, Joondalup 9301 2208 9 Irvine Drive, Malaga Malaga 0455 143 461 87 Dawer St, Mandurah 9535 2512 Osborne Park 43 Collingwood St, Osborne Park 9244 7728 Port Kennedy 15 Paxton Way, Port Kennedy 0401 264 243

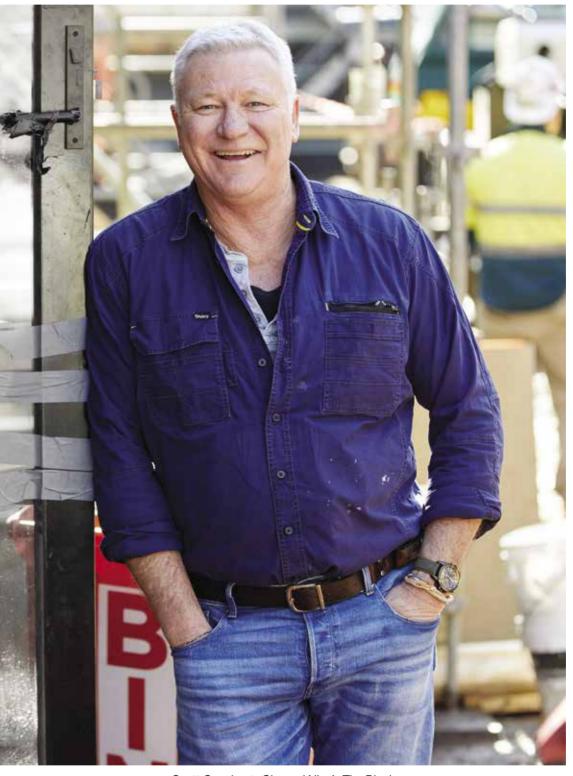
SOCIAL COMPETITIONS - ALL LEVELS + AGES - MENS, LADIES, MIXED AND JUNIORS DROP IN VOLLEYBALL CASUAL BOOKINGS AVAILABLE -SCHOOL GROUPS BIRTHDAY PARTIES - COACHING - COURT HIRE

Find us on 🚯

indoorbeachvolleyball.com There is a centre near you



Fun, fame and farms for Mr Fixit



Scott Cam hosts Channel Nine's The Block

by Lee Tate

SCOTT CAM does not see himself sailing off into the sunset when he retires

"No, I'll be chugging out to sea at eight km/hr in a 30-foot lobster trawler I converted for fishing," says the television veteran over the phone from his Sydney home.

After his 20 years with Channel 9, Scott reckons he has a few years more on the box before looking to different pastures. And that will include the pastures north of Sydney which he's restocking with Black Angus following the bushfires and downturns.

A keen surf swimmer, the boy who braves the breakers at Bondi is a familiar face. People just want to say g'day.

"It's a privilege, people wanting to meet you and maybe take a photo. I'm not a red carpet kind of guy. I'm a carpenter who just happens to work on TV. I'm very lucky," he

Scott and members of his family are also a constant at rugby games, wearing their Roosters colours and jerseys.

"I'm lucky my wife, Ann, was already a Roosters fan when we met. Sometimes my son (Charlie, 24) and I will go along to a game but we're all fans."

There's also twins Billy and Sarah, 21. Coming up to 58. Scott

spends three months in

Melbourne working on being the face for the long-running Nine series, The Block, as he has for all those years.

He bought an apartment "in Port Melbourne, a good, working class suburb" to make life away from home more enjoy-

"We work so hard on The Block, seven days a week. I'm happy to get to a nice space," he says.

He makes occasional quick visits to his family in Sydney and ex-teacher Ann might go to Melbourne, juggling their business affairs: media. including Scott's regular radio program, their cattle (they have a farm manager), vehicle management and his public and TV appearances.

Since 2011, Scott Cam has been brand ambassador for Mitre 10 plus Australian Apprenticeships Ambassador for the Australian Government.

Featured on the SBS program, Who Do You Think You Are?, Scott the young carpenter, worked up and down the WA coast, fishing off Wedge Island and Exmouth and swimming at Ningaloo

"Bringing-in a big bream and putting it straight on the hot plate at Wedge Island. Ahh!,' he says, living in Fremantle for a while.

Scott returns three or four times a year to Rottnest pursuing fresh fish and lobsters.

Keen on history, Scott ponders the possibility of someday working on a TV show featuring historic Aussie characters. He names WA legend Alfred Canning who set up water tanks along the 1,850 km Canning Stock Route, the world's longest

"Cattle drink 75 litres-aday each and there'd be herds of 300. The water would have to be handpumped. Really incredible," said the part-time cattle man.

In true, legendary form, the carpenter who loved a beer after work was talent-spotted by a TV producer in a Sydney pub.

continued on page 8

Principal of Hardless Legal



Initial appointments start at \$55 for the first half-hour

Fixed fees available for simple Wills,

Enduring Powers of Attorney and Guardianship

Practice Areas

- Court Hearings
- Civil Litigation Family Law
- Criminal Law
- Restraining Orders Commercial Law
- Property Law Aviation Law
- Wills & Estates





CY O'Connor Village Unit 5D, 11 Erade Drive, Piara Waters Phone: 9397 1393 Email: admin@hardlesslegal.com

CONTACT HARDLESS LEGAL

From the editor's desk



Scott Cam and Have a Go News editor, Jennifer Merigan

ONE of the very enjoyable parts of my job is meeting people from all walks of life and last year I met The Block's Scott Cam at a function. I was standing by myself and Scott walked over and introduced himself. He shared with me how he was just a tradesman who got to do what he loves on television. One of the best parts of his job is meeting people too. Lee Tate spoke to him this month as the hit show The Block returns to screens on Channel Nine.

*** I would like to express my sincere appreciation to outgoing president of Seniors Recreation Council (SRC) WA Hugh Rogers for his service to the organisation over many years. Not only has Hugh done a magnificent job in his role, he was also a wonderful friend and colleague to my late parents Quentin and Judith the founders of this newspaper. They

spent many years working together and formed a wonderful relationship which extended beyond their respective roles, travelling together and creating a lifelong friendship. Well done Hugh for your hard work and I and the team wish you all the

Congratulations to Phil Paddon for his appointment as president, Phil has been a stalwart on the SRC council for many years and we look forward to him taking on the role as president. I know he will bring some innovations to the role and as the

The Stay Sharp Program, which offers people a unique brain and body exercise regime, will run its final round for the year from 21 October at Perth & Tattersalls Bowling Club. It's well priced

major media partner of

Seniors Recreation Coun-

cil we look forward to sup-

porting his tenure.

program. Call Tina on 6558 1833 for details.

We always welcome feedback from people on how we can improve our newspaper for readers and this month we have had requests to display our office phone number more visibly. So I have included it at the bottom of my editorial and also on the front cover.

Thank you to the many people who completed our reader survey; taking the time to share your important feedback with us. The data from this will help us plan content in the newspaper and help us to secure advertising which is the lifeblood of this organisation. If you haven't had a chance to complete one, we would be most appreciative of your input. We have two options available, fill the form out in the newspaper on page 20 or go to the link https://www. surveymonkey.com/r/ ZCDDSQ7 and complete online. Everyone who completes a survey goes into the draw to win a \$200 voucher or some LotteryWest scratchie packs.

WA Seniors Week will be running from 8 - 15 of November with the premier event of the week Have a Go Day taking place on Wednesday 11 November. Have a Go News will be hosting the hospitality tents at the event. If you are running an event during the week and would like to have your event details published in our special Seniors Week Liftout which is published in October, email info@haveagone ws.com.au or call us to receive a form.

The Have a Go News Facebook page has more than 13,000 followers and we have a lot of fun there, with extra giveaways and items of interest. If you are on that platform we would love you to join our happy community at www.facebook.com/ Haveagonews/ by liking or following the page.

The Have a Go News website offers a variety of content including club listings for people looking to find a new activity, there are back issues of the newspaper, interesting articles, recipes and video content.

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

I hope you enjoy this month's issue and the beginning of spring.

Jennifer Merigan **Editor** jen@haveagonews.com.au,

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

Ageing research snippet

Think happy thoughts... negative thinking linked to cognitive decline

A STUDY recently published in the Alzheimer's & Dementia Journal from the University College London found that people who were aged over 55 and experienced repetitive negative thinking were more susceptible to cognitive decline and increased production of harmful brain proteins.

While depression and anxiety in mid-life and older age were known risks, repeated negative thinking over long periods were implicated in the study.

Researchers found that psychological tools such as mindfulness and meditation could help people reduce their risk.

Urban slang

WOKE: when a person is culturally or politically aware.

Funny historical fact

LEONARDO da Vinci wrote one of the first textbooks on human anatomy. He cut up the corpses of executed criminals and drew what he saw. In between he found time to paint including producing the world's most famous painting the Mona Lisa.

Word of the month

Tarradiddle

Noun

A SMALL lie or pretentious nonsense. Origin uncertain - first recorded in 1790 in Britian.

Quote of the month

BOOKS give a soul to the universe, wings to the mind, flight to the imagination and life to everything.

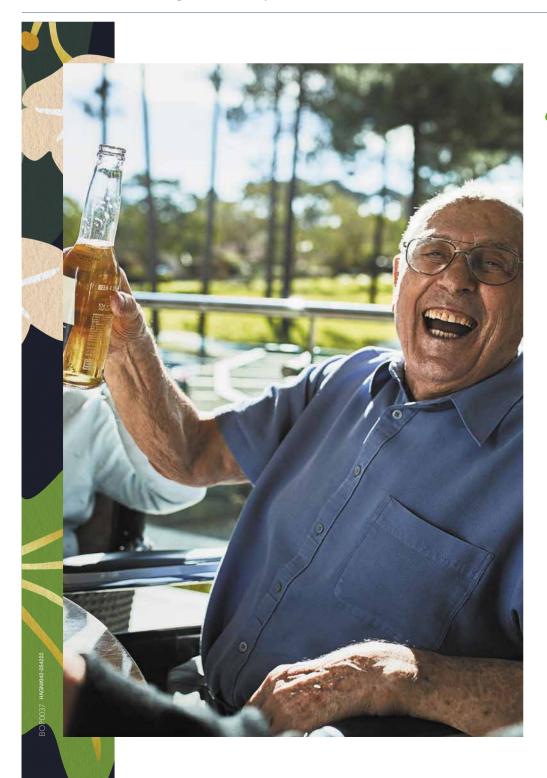
Have a Go News Quick Quiz

- 1. The world's biggest fish, off WA's coast, is the ...?
- 2. The world's biggest-ever animal is the...?
- 3. Paul Hasluck is a former Australian ...?
- 4. Caversham Wildlife Park is inValley?
- 5. Bali's population is more than 4, 6 or 8 million?
- 6. A large rubber ducky is called a z...?
- 7. Jamaica is in the C...?
- 8. Gwion Gwion in the North West are rock ...?
- 9. Where is Circular Quay?
- 10. Name Perth's male basketball team

See answers on page 55.

Great West Aussies - Did you know?

FRED Kersley dominated WA pacing for 20 years with a string of national and State titles. He was first in WA to have dual training licences for pacers and gallopers and famously trained the great Northerly to win the 2002 Caulfield Cup.



"After all these years, nothing interrupts Happy Hour."

Severino, 91 Bethanie Resident and Life Expert

We form a deeper appreciation for the things in life that make us happy, as we get older. It can be as simple as having a yarn with friends, or spending more time with the people who are important to us. Our resident Life Experts at Bethanie Subiaco tell us how important it is to keep connections with the people in your life, as well as making new friends and socialising where you live. So we have Bethanie Subjaco suites in this highly sought-after area to help you stay connected to your community. While, of course, enjoying the safety and security of having people around you to help 24/7.

To experience all that Bethanie Subiaco has to offer, please call us for a personal tour today.

Take a tour today.

Bethanie Subiaco **Aged Care Home** 45 Bishop St, Subiaco bethanie.com.au | 131 151



Casting a line on Mike Roennfeldt's rich fishing life and his columns



Mike Roennfeldt

by Josephine Allison

THE ocean is not far from Mike Roennfeldt's home, which seems fitting for this avid fisherman and writer whose columns in Perth newspapers over many years set a new benchmark for fishing in WA. Now mainly retired, Mike's columns and campaigning on various issues have left a lasting

"I was naturally drawn to the ocean." Mike says.

"I can still remember my first fishing experience beneath the jetty near Cicerellos in Fremantle. My father, Neville, was fishing with a hand line and he said, 'you take it.' It turned out to be a fairsized whiting which was well and truly dead - my father had put it on the hook. I was not fooled by the experience but went along with it anyway."

childhood Another memory when Mike was about eight was catching a pink snapper at Denham before his family headed to Dirk Hartog Island. The small boy was experiencing his first joys of catching a big fish which would take him into

adulthood. He was so

keen that when offered a

choice of bike or fishing

rod for his ninth birthday,

he chose the rod. Born in Perth, Mike grew up in Floreat with an older brother and two younger sisters. The family moved to Melbourne

13, returning to WA when he was 25. In Melbourne Mike attended pharmacy college ("I failed physical chemistry rather spectacularly on two occasions"), worked for IBM and headed for Europe for 18 months.

Back in Perth he opened a tackle shop in Watermans Bay which he ran for 10 years. "I loved it, it was a lifestyle choice. The lease ran out and I opened a shop in Innaloo which I ran for another seven years.

By then Mike was raising his five-year-old son, Toby, and life was busy. He was approached by friend Ross Cusack, night editor of The West Australian newspaper, a keen fisherman and columnist, to co-author a book Fishing the Wild West, a handbook for WA anglers which was hugely successful, selling close to 50.000 copies.

Four years previously Mike had been invited by Cusack to join him writing a weekly fishing column for The West Australian. When Cusack decided to give up his column a few years later, Mike was on his own and before long was writing two columns a week for The West as well as several local and national publications including Western Angler and Fishing World magazines, while still running his shop at Innaloo. It was a bit hectic but he was doing something he

The two columns a week lasted 37 years under many newspaper editors until Mike, now 73, retired in June last year. But he still writes a column for Have a Go News which started 27 years ago and is this newspaper's longest serving columnist. Sheer perseverance, attention to detail and a love of fishing have stood him in good stead down the years.

"Probably no one has written fishing columns for so long," Mike says. "You have to be highly motivated and I was lucky to have great friends who helped me get to places and fishing I would otherwise never have experienced."

There have been many memorable trips in WA and interstate.

'There were quite a few trips to the Kimberley and four coastal cruises; I'm still going to the Abrolhos Islands."

Friendships have been forged along the way including a decade of beach and boat fishing with Channel Nine newsreader and journalist Michael Thomson and their respective sons. Mike's son Toby is a keen fisher-

Mike had a long stint with Thomson on Nine's fishing show Just Add Water and was often sought out by television news to comment on some fishing issue of the day. He was not afraid to become involved in various political issues, chalking up a few wins.

"The best fish? It depends of what you mean," Mike says. "For me, the best fish to catch are bone fish because of their strength, stamina speed. Catching them in 30cm of water is challenging and fabulous.

Mike swims almost every day, even when the water is rough.

"I've always been around the ocean, apart from a time in the mid 80s when I escaped from the shop for a week or two at a time to dabble in gold

prospecting, which was quite a change."

His biggest buzz?

"Writing about kids catching their first fish or sharing stories that reinforce the power of fishing to cement lifelong family bonds. It was a joy to see the look on the kids' faces as they proudly showed their catch and the heartwarming thank you letters I received over the years made it all worthwhile."

In retirement, Mike's love of fishing and the ocean endures. And what better place to enjoy it than WA and its magnificent coastline.

Ed's note - thank you Mike for your contributions over the 27 years - we look forward to you being a part of this newspaper for many years to



PRODUCTS OF

PRICES YOU

WON'T LOOSE

SLEEP EVER!

Volunteering in retirement gives back to the community

MANY people in their 60s and 70s begin to plan for life other than work and look forward to more days spent with family or travelling (before COVID!), gardening, golfing and perhaps volunteering.

Eric Boon decided to join up with Médecins sans Frontières (Doctors without Borders). He has had lengthy assignments in war torn countries such as South Sudan, Yemen and Syria and many very interesting stories to tell.

The Association of Independent Retirees, Perth Branch (AIR) is pleased that he will be the guest speaker at their meeting on 18 September, between 10am and noon at Cambridge Bowling Club, Chandler Avenue West, Floreat.

AIR aims to protect and advance the interests of those who fully or partly fund their retirement. They

> Banknotes CoinsStamps

> > Badges

War medals

Old jewellery

Old postcards

Collections welcome Will visit you

Phone Dirk on

0407 211 980

meet on the third Friday of each month and invite a guest to speak on issues related to finance, health, travel, community or the special interests of members.

Tanya Trevisan, immediate past president of the Property Council of Australia (WA Division), will address the October meeting on the subject of infill development and UWA Professor Glenn Savage will highlight the similarities and differences of education over the past six or seven decades at the November

Visitors are welcome and enquiries can be made to Graeme gralin@iinet.net.au or Margaret on email at marghw@iinet.net.au



THIS OCTOBER, EXPERIENCE THE BENEFITS OF A HILLARYS YACHT CLUB MEMBERSHIP WITHOUT THE MEMBERSHIP FEE!



LEARN MORE: www.hillarysyachtclub.com.au/events 65 Northside Dr, Hillarys | Phone 08 9246 2833



MENTION THIS AD TO RECEIVE:

FREE PICK UP OF OLD BED IF REQUIRED*



ADJUSTABLE BEDS WITH MASSAGE AT AFFORDABLE

• TV, ZG, Anti snore

- · Head and foot massage
- 7 year warranty on electric motor 10 year warranty on frame
- Fitted with German OKIN motors
- · Many preset positions for head and

BED AND MATTRESS PACKAGE I CLOUD MASSAGE BED

> AND PREMIER COMFORT / CONTOUR **MATTRESS**

BED & MATTRESS PACKAGE DEALS

King Split Queen/Double SlumberCare (2)

- GREAT MATTRESS TO GO WITH ADJUSTABLE BEDS
- · Made in Perth by Slumbercare
- 10 vear guarantee Zoned pocket spring
- · Gel infused memory foam in comfort laye

SLIMLINE ADJUSTABLE BED AND MATTRESS PACKAGE

• The queen spilt and king split base will sit on top of your existing bed You can keep your exisitng bed

 10 year warranty on frame 6 year warrantly on mattress and motor

Queen Spilt (ing Spilt

Beds 4 U - Malaga 2/643 Marshall Road | 9249 8449 Open Mon to Sun

Beds 4 U - Maddington Central Burslem Drive Attfield Street | 0414 040 644 Open Mon to Sun

www.beds4u.com.au

Beds4u Perth

Find us on



Gifts in Wills help us fund







As the leading, independent cancer organisation in the state we are committed to our community; working across every area of every cancer through research, prevention and support. Cancer never rests, and for that reason neither do we. That's why we're here for all West Australians affected by cancer.

Gift hope to future generations by including a gift in your Will to Cancer Council WA and help us work towards our vision of a cancer free future.

To find out more contact us on 08 9212 4333 or visit cancerwa.asn.au.



Food & Wine • Club News • Healthy Living • Downsizing Healthy Ageing ● Let's Go Travelling ● Arts/Reviews

Copy & Advertisement Deadline – 25th of the month prior to publication

The Have a Go News OCTOBER edition will be published on Friday 9/10/20



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

Index

Early General

Reader Survey

Great Home &

Friend to Friend

Seniors Week

Healthy Living

Focus

Arts

Puzzles

Downsizina

Let's go Travelling

Food & Wine

News and

columns

1-19

20

22-24

27-39

41-43

45-47

48-51

52-53

54-55

40

44

Publishers: Street address: Postal address:

Website:

Tel:

Fax:

Concept Media

137 Edward Street Perth WA 6000 PO Box 1042

West Leederville WA 6901

www.haveagonews.com.au

(08) 9227 8283 (08) 9227 8293

Editor Jennifer Merigan /Travel Editor

Please address all correspondence to the Editor Email the editor/travel editor: jen@haveagonews.com.au

Email to production: production@haveagonews.com.au

Assistant Editor

Australian Community Media Tahlia Merigan

Journalists

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

Columnists

Colin Barlow Karen Majer

Jon Lewis Tahlia Merigan

Contributors

Mike Roennfeldt **Hugh Rogers Noelene Swain** Vince Garreffa

Production

Suyin Boehm

/Graphic Artist Advertising sales:

Direct Line:

(08) 9227 8283

Email: advertising@haveagonews.com.au

Features Manager Tammy Scott

Deb Smith

Sales Account Managers Sue Uphill

The attention of advertisers is drawn to the Competition and Consumer Act 2010 and the provisions in the Act which apply to advertising. Warranty & Indemnity: Advertisers and/or advertising agencies upon and by lodging material with the publisher for publication or authorising or approving of the publications of any material INDEMNIFY the Publisher, its servants and agents against all liability claim or proceedings whatsoever arising from the publication and without limiting the generality of the foregoing so indemnify each of them in relation to defamation, standard of this breach of convincts infringement of trademarks or defamation, slander of title, breach of copyright, infringement of trademarks or names or publication titles, unfair competition or trade practices, royalties or violations of rights of privacy and WARRANT that the material complies with all relevant laws and regulations and that its publication will not give rise to any rights against its servants or agents. All advertising material submitted for publication will be accepted only on the understanding that the material provided is not in contravention of any provision of the Competition and Consumer Act 2010 and Trade Descriptions and False Advertisements Act (W.A.) and the publisher may rely on that understanding. Although every care is taken the Publisher shall not be liable for clerical or printers' errors or their consequences howeve caused and no responsibility can be accepted by the Publisher where publica-tion is delayed or prevented by factors beyond the control of the publishers. The Publisher reserves the right in its absolute discretion to alter in whole or in part or to withdraw from publication any advertisement. No advertisement undertaken by a client shall be reliant on supporting editorial. All editorial submissions shall be used at the Editor's discretion. All editorial submissions published in this newspaper remains the property of the publishers and cannot be reproduced without written authority.

The editorial views expressed in this publication are not necessarily those of





Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor, Re. LEE Tate's article in the August edition, asking if we should support councils more.

This third tier of government is a money-making business, albeit without the restrictions of normal companies.

They take money from property owners under the guise of rates, when in fact it is a tax. If we don't pay, they take legal action.

Name any other business that can compel you to pay for their services?

John Howard said that coun-

cil rates will not attract GST because rates are a tax and we cannot tax a tax. I was under the impression that only the Federal Government has the power of taxation.

In Rockingham, for example, councillors have used ratepayers' money for trips to Japan, but what has that to do with those of us struggling with mortgages and living expenses?

Beautification of the council plaza cost \$600,000 and foreshore redevelopment cost a reputed \$10.7 million for little improvement which jeopardised local businesses in the process. Costly junkets and CEO fare-

well parties occur and corruption is rife in some areas.

Local government claims to be at grass roots level and in touch with the masses, but most are more detached than

We have a difficult enough time as it is, without the burden of supporting self-important and privileged local politicians.

Yours sincerely,

David Rudman

Dear Editor.

MY friends and I agree with Margaret Ryan of Ballajura's comments about Australia Post supplying more concession stamps for people.

Many of us don't have computers, mobile phones and are not connected to the Internet. I try and cheer up others by sending cards and letters but find I soon run out of stamps.

As for a cashless society, I have been taught to pay my way and not get into to debt. How can I give a small money gift to friends and family if we have no cash?

Thank you for a great newspaper.

Keep it up, God bless.

Shirley Boyd Eden Hill Dear Editor,

GREAT newspaper, it takes me ages to read and each page is so interesting.

The papers go quickly at large shopping centres – you need to print more so more people can get hold of a copy!

There are so many interesting stories, tips on health - I loved the information on the pole walking and the recipes in August.

Hopefully Australia Post will give us more concession stamps as some of us who are not on the Internet go through them very quickly

I can't wait for the next issue of Have a Go News.

Yours sincerely

NB

Dear Editor.

SHIRE rates are linked to the consumer price index (CPI) in many of the eastern states.

That link should be adopted in WA. Instead councils use a Local Government Index. But that Index is higher and bears no relationship to fixed incomes, especially pensioners and superannuants. Pension and superannuation is linked to CPI which is also used in wage and salary negotiations.

The Mayor of the City of Gosnells informs me "...rate increases have been kept under two per cent in the last four years". In that period the CPI had gone negative once, so councils are definitely charging too much.

The Mayor also told me the Gross Rental Value (GRV) in Orange Grove had dropped nine per cent and in Langford 19 per cent. GRVs in Armadale fell 17 per cent. In both shires the rate in the dollar was adjusted to keep the rates the same as last year's despite the national inflation rate being below zero and the capacity of the community to pay diminished due to the deepest economic recession in 100 years.

Councils advise ratepayers that rates are linked to GRV, but not by how much GRVs have dropped after recent revaluations. The advice is that rates have remained the same as last year is simply spin.

The Unimproved Capital Value (UCV) of land bears no relationship to recent sales, so one wonders if the Valuer General has the capacity to accurately determine GRV values, which councils then ignore anyway.

If rates were linked to CPI this duplication of effort would be eliminated.

Regards

Dominic Wild Orange Grove

A friend of the family since 1889



Medicinal Essences Spices Home Care Personal Handmade Soaps Pet Products To order phone JOAN 9497 2310





A locally owned and operated funeral director that offers a complete funeral service conducted with compassion, empathy and in a professional manner.

- Pre Paid Funeral Plans Cremations Burials
- · Choice of coffins and caskets · Obligation free quotes

PHONE 9524 5899 - All areas 24 hrs/day EMAIL support@greenfieldsfunerals.com.au www.greenfieldsfunerals.com.au Dear Editor,

A FEW months ago, I was the lucky winner of two packets of tulip and daffodil bulbs. These bulbs are now in beautiful flower. They herald that spring is near but more importantly they herald better things ahead in these troubling times.

Keep safe and cheers

Cameron Bell **South Perth**

STEM CE

Release product now available. SAFE, EFFECTIVE and AFFORDABLE

> Do You Suffer From: **Arthritis? Heart Disase?** Diabetes?



Call SANDRA 0412 479 156 to find out how it can help you. **Scientifically proven**

Repair and Regenerate your body with Stem Cell Nutrition





Antiques and Collectibles Deceased Estate Specialists - Estate Sales conducted

We are looking to purchase the following: stamp collections \bullet coin collections \bullet banknotes old paintings • Royal Doulton • Shelley China • Australian pottery medals and badges • postcards • vintage handbags • costume jewellery militaria • old advertising • fountain pens • vintage cameras

From one item to a house full, we buy anything old and interesting as long as we don't have to feed or water it!

We are also down-sizing specialists and can organize a complete relocation - call Sally for more details

For a FREE consultation in the privacy of your own home call NICK 0498 009 880 or SALLY 0407 672 878

CAVERSHAM WILDLIFE PARK





Open all day

SITUATED in Whiteman Park (off Lord St or Beechboro Rd)
Phone 9248 1984 Email sales@cavershamwildlife.com.au

John Taylor chalks up a century and reflects on a rewarding life





A medal citation from the Queen in 1977 - John Taylor at his stove - in World War II uniform

by Josephine Allison

HE might be 100 years old but John Taylor is enjoying life as much as ever, living independently, cooking his own meals, driving and gardening. His wry sense of humour and outlook has stood him in good stead down the years, especially in the dark days of World War II when he served in Papua New Guinea.

John has lived at Thomas Perrott Village in Rossmoyne since 1992. With four children - Maureen 75, John 72, Katharine 70 and Colleen 60 - eight grandchildren and 16 great grandchildren, life is never dull but he embraces his independence. The day I called he was busy in the kitchen, surrounded by bags of carrots and other vegetables, whipping up a big container of

soup which he freezes in batches for future use.

"I also bake cakes and scones a few times a week, I like to be occupied and busy," he said.

Born in Fremantle on 12 June 1920 in a maternity hospital run by nurse Mary O'Grady, John was the youngest of six siblings born to hardworking parents Mont Alexander Taylor and Catherine Taylor (née Symonds). The family had a war service home in Petra Street.

"My first memory at Petra Street was being held and shown water flowing from a standup tap in the backyard," John said. "When I was very young I wandered down to the chook pen and was attacked by a rooster, inflicting a deep scratch under my eye which I still have to

"One of my favourite

pastimes was digging tunnels in the backyard. I remember one day I must have done something naughty, my mother came after me but I jumped down my shaft into the

"As I grew older, I took long walks in the bush, especially in spring to pick wildflowers, walking from Petra Street to North Lake Road and beyond. The bush flowers were in abundance and I would come home with an arm-

After primary school, John attended Fremantle Boys High School for several years but left to start work as a plumber's assistant with his father and brother-in-law.

"I remember one occasion doing plumbing for a new house for John Tonkin (later to become premier). I was doing the cement moulding and he commented, 'you are very good at it, aren't you?'

John's parents were keen for him to join the Postmaster General's Department because of the security it offered with the Depression of the 20s and 30s. As World War II broke out, he started work as a trainee at the PMG line school in Lord Street, East

In 1940 John registered for national service for the army, volunteering for the

Along the way he met his future wife May Boyle and a friendship blossomed, he "a handsome young soldier and she a pretty young miss.'

After completing national service, John decided to remain in camp, being promoted to lance corporal, lecturing to new inductees of linesman signallers. John and his colleagues then headed for New Guinea, sailing from Fremantle on a troop ship.

He landed in Milne Bay on the Anshun and was only there a few days when the Japanese arrived. He contracted a severe bout of malaria and was evacuated to Charters Towers in Queensland to recover, returning to Milne Bay and later Port Moresby.

Granted three weeks' leave, John returned to Perth and married his sweetheart May on 11 January 1944. He went back to Port Moresby but was posted to Bribie Island in Queensland where he maintained a communication land line to the fortress artillery.

Back in Perth, John returned to work at the PMG, as manager maintaining telephone exchanges south of the river

(the PMG later became Telecom and then Telstra). The couple, who now had a daughter Maureen, first lived in East Fremantle but then built their own home in Applecross, living in the garage while John laid several hundred bricks for the main house each day

before leaving for work.
"I would also work on weekends and finished the house, which still stands today, in 18 months," John said. The couple went on to have three more children and a happy life, travelling overseas after John retired in 1990.

John and May moved to Rossmoyne in 1992, May sadly passing away in 2004.

John took up oil painting, one work taking pride of place on his dining room wall. He used to play golf, achieving a hole in one at Royal Fremantle in 1968, he says proudly. He has carried out copious family research on his computer and has all their birthdays noted on a calendar on his fridge. He still drives to the shops in his Ford Falcon car

'The oldest man in NSW is 103 and still drives, I aim to knock that record over," he chuckled. "I have relatively good health, don't take any medication, have never smoked and have only an occasional glass of wine. The village gave me a big party for my 100th, it was

There was a message of congratulations from the Queen for his century and a medal and citation in 1977 for her Silver Jubilee. John proudly wears this medal and others earned from his World War II service on Anzac Day alongside his father's World War I medals.

Life is always full for this inspiring centenarian.

Furniture, China, Books, Records, Tools, Coins, Bank Notes, Watches, Toys, Costume Jewellery, Tobacco Tins, Enamel Signs and **all collections bought**. Lic No. 1115

Jones of Guildford PH: 9378 2065 Police Cleared & Licensed - OPEN 7 DAYS



BOQ Clarkson Glenda Sandosham, Branch Manager 6206 4300 Bank of Queensland Limited ABN 32 009 656 740 (BOQ







TRANSFER YOUR FAMILY **MEMORIES TODAY!**

We transfer your old Film, Video & Images to DVD, Hard Drive or USB.

Call us on **08 9388 0800** www.diskbank.com.au

94 Jersey Street Jolimont WA 6014



Spring Gardens Open

3-4 October - Romancing the Stone Entry \$6, 10am-4.30pm Hawtin & Lilian Roads,

Maida Vale

24-25 October - Amanda's Garden Entry \$5, 10am-4.30pm Matison & Margaret Streets, Southern River

Very large unique gardens, water features, colourful variety of plants, shrubs and trees PLUS enjoy Devonshire Teas.

All proceeds to The Amanda Young Foundation Fighting Meningococcal Disease

www.amandayoungfoundation.org.au

Tel: 9398 7275

St Vincent de Paul Society

good works

DO YOU KNOW THE POWER OF YOUR LEGACY?

The St Vincent de Paul Society was founded on belief, the belief in a more just and compassionate society for all.

When we put these beliefs into action, the impact of our good works lives on. When you give a gift in your will to Vinnies WA, your legacy lives on too.



For more information about leaving a gift to Vinnies WA in your will, please call 08 6323 7535 or email bequests@svdpwa.org.au

Perth author writes about the sometimes difficult world of step parenting



Karalee Katsambanis

by Josephine Allison

STEP parenting brings

WANTED TO BUY

Old china, Shelley, Royal Doulton, old jewellery silver or gold, opals, pocket watches, clocks, furniture, plus any items of interest. We can clear deceased estates.

CALL 0419 277 333

many challenges with few practical guides to navigate the problems that can arise. Hillarys television commentator, journalist, columnist media trainer Karalee Katsambanis has just released a book, Step Parenting with Purpose:

Everything you wanted to

know but were afraid to

ask, which helps explain

Stay Sharp Program

for the over 55s - as seen on Channel 7 Today Tonight

Promoting Physical & Cognitive Health

Have you attended any of our previous programs?

Do you wish to improve your physical and cognitive well-being?

We invite you to our on-going Stay Sharp Program

The Stay Sharp Program is an 8 week progressive program for the over 55s

introducing you to the basics of eccentric exercises coupled with cognitive and

memory exercises to aid in reducing a persons relative risk of developing dementia

Prof. Ken Nosaka from the ECU School of Medical and Health Sciences has

Dr. Jenny Brockis (The Brain Fitness Doctor and renowned author) has committed

her valuable time to help us develop the cognitive component of the program to

related diseases and improving overall health and wellbeing.

extensively researched the greater benefits of eccentric exercises.

these issues.

A changing society has meant an increase in step parenting and step children. With it comes pressure to do the right thing for step children who may resent a new step parent. Settling into a new marriage or partnership along with step children can be high pressure.

This is the book that I wished I had 15 years ago when I started my step parenting journey," Karalee says. "I wrote it because while there is no one right way to step parent in a step parenting family, there is always one right way to behave when it comes to dealing with people - and that is respect."

Karalee, who wrote the book over a year, says everyone who is separated or divorced needs to remember one important point: "Your ex is your ex but will never be your children's ex. In other words, don't bad mouth your ex in front of your children as your ex will be either their Mum or their Dad.

"Parenting is not a competition, there room for everyone bringing up children," she "But co-parenting says. with a high conflicting ex really isn't parenting at all,

it is just dealing with unresolved issues that should be dealt with.

"I purposely waited until I had 15 years of step parenting under my belt because I wanted it to be a retrospective rather than a reactive look at step parenting. I also aimed to impart knowledge to readers that is proven to work."

Karalee says her book is also an important read for grandparents who can end up losing or having drastically diminished contact with their grandchildren due to the politics of separation and/or

"My step children, now aged 26 and 25, are in the book dedication and supported me writing it. I became their step mum when they were 11 and (Karalee also has three of her own children).

"But we move on.

How much simpler life would be if a more objective view could be taken initially and this is what I urge people to do throughout the book. Marriage and long-term relationships are a lottery. Just because they don't work out doesn't mean someone is a failure, but it's a failure not to be doing the right thing by the children and parenting is for a lifetime.

Step Parenting with Purpose tackles many of the questions that people are too afraid to ask. It helps people navigate their own, sometimes conflicting, emotions and gives insights into some of the more challenging step parenting events with tips of how to engage and manage the ex.

Karalee says everything in the book is drawn from her own experiences, as well as having witnessed first-hand some examples that have happened to friends. Her book tackles such issues as if someone is on a pension with two grandchildren and a son or daughter meets someone with two children do you (a) call them your grandchildren? (b) Are you obliged to spend the same amount on them, given that they may well have two other sets of grandparents already? (c) What if you don't really feel like you should have to be their grandparent?

Karalee says it has always been rather difficult being a step parent. "You don't dream about being a step parent but many

chooses them rather than them choosing it.

"One cops all the criticism yet none of the credit. If a parent complains about their children, it's accepted but if a step parent complains about step children they are suddenly Cinderella's wicked stepmother. There are many obstacles along the way.

"Dealing with Child Support Agency (CSA) most parents want to do the right thing but there are some that don't pay or fiddle their income which makes it difficult for all involved."

Karalee says that she and her husband Peter Katsambanis (Liberal Member for Hillarys) interact terrifically.

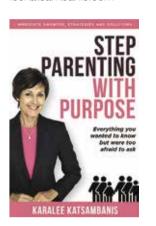
"I didn't meet my step kids for almost a year after we started dating. It wasn't that I didn't want to, but friends said: "one day these kids will grow up and move out and if your relationship has been all about his children and not about you as a couple, you might split because you have nothing in common."

'Most step parents want to make a positive difference to their step

people say it is a role that child's life but sadly, the political dynamics and blackmailing games that can be played thwart a lot of good intentions.

"A good tip when it comes to disciplining the step kids, try and always leave that to the step children's parent (your partner). Obviously, you don't need to put up with abusive behaviour but let the parent deal with it. that's one way not to be a target."

Step Parenting with Purpose: Everything you wanted to know but were too afraid to ask, costs \$29.95 and is available at Dymocks Karrinyup, Joondalup and Ellenbrook. It can also be purchased from www.kara leekatsambanis.com



Society promotes friendship through flowers

WEST Australian Floral Art Society Inc is the recognised state body for floral art in Western Australia, operating under the auspices of the Australian Floral Art Association as a not-for-profit organisation.

Meetings are held fortnightly and run for about three hours. They include a brief formal meeting, floral art demonstration, analysis of selected exhibits and afternoon tea. Exhibits are judged by qualified floral art judges. The judges are available during afternoon tea break for constructive comments regarding exhibitor's designs.

Meetings are held on the second Saturday of the month except for January, from 1pm to 4pm with exhibits staged between 12.15pm and 12.45pm

Regular meetings are held at the Osborne Park Activity Centre, 11 Royal Street, Osborne Park (behind BP Service Station, corner Royal and Main Streets, Osborne Park). There is plenty of undercover off-street parking, available at the venue.

Visitors are most welcome to attend meetings for a small fee.

More information is available at the website www. wafloralartsociety.org.au or by calling Penelope Brunning 0403 552 811 or emailing penelopebrunning@ vahoo.com.au.

Treat for Perth garden lovers

TWO delightful awardwinning gardens will be opening in October to raise funds for the Amanda Young Foundation.

Both have featured on ABC TV's Gardening Australia.

Romancing the Stone will be open 3 and 4 October, from 10am to 4.30pm, entry fee \$6. The garden is on the corner of Hawtin and Lilian Roads. Maida Vale. It is a wonderful creation of undulating rock walls, pathways and water features interspersed with an array of colourful plants and shrubs.

Local artists will also exhibit their attractive work and creator Tom Hogg will conduct guided tours.

Amanda's Garden at the junction of Margaret and Matison Streets in Southern River will open for the annual fete on 24 and 25 October from 10am to 4.30pm, entry

Set amongst a tranquil natural rural setting of paperbarks, the highlights of the garden are a mass display of Amanda Roses and a colourful array of cottage garden plants. A wide selection of plants, seedlings and condiments is available for sale as well as Devonshire teas and a sausage sizzle.

The Amanda Young Foundation was inaugurated in 1998 following 18-year-old Amanda's sudden death from meningococcal septicaemia.

Full details available





BUNBURY PH: 9791 3353

Shop 4/76 Spencer Street







Ibis Furniture's Multilift Twin

BUSSELTON PH: 9754 7479

50 Bussell Highway BUNBURY and BUSSELTON stores are now both open Saturdays 8.30AM-12.30PM www.betterlifecentre.net.au sales@blcbunburv.com.au

www.amandayoungfoun dation.org.au.

(08) 6558 1833 2 Plain St. East Perth info@staysharpprogram.com



Christmas

Cupcake Class

28 Novembei

\$100pp

keep those brains active!

8 weeks \$80

REGISTRATIONS

Isolmalt Decoration Class 17 October \$175pp

Christmas Cake

Covering Class

www.mydeliciouscakes.com.au info@mydeliciouscakes.com.au

5 December

\$120pp

Kids Halloween **Cake Pop Class** 31 October \$60pp

Next Program Commences

9.30am - 12noon

21 October - 10 December 2020

Perth & Tattersall's Bowling Club





Monday to Friday 9am to 2pm



INDIVIDUAL TOURS Sep The Hills are Alive

\$65 Oct Swan Valley and Bush Tucker Lunch \$75 Swan River Cruising and The Twin Fin \$79 **Mandurah Christmas Lights Cruise** \$95 EXTENDED TOURS

Oct 2 Day Bunbury & The Lord Forest \$210 Oct 2 Day Pinnacles Sunset Coast \$250 Nov 2 Day Avon Valley & Ghost Tour \$225 Dec 2 Day Collie Valley & Bridgetown \$245 Dec 5 Day Christmas Tour \$1290

sigi@willswa.com.au

MOBILE WILLS

Home visits, retirement villages, hospital visits etc

We come to you!

7 Days a week

Wills

Probate

Enduring Power of Attorney

Enduring Power of Guardianship

Call Sigi on 0424 613 700

www.willswa.com.au



An angry young man became a leading advocate for Aboriginal health



'Uncle Mick' Adams

Yadhiagana/Wuthuri

people of Cape York on

his father's side and the

Gurindji people of Central

Western Northern Terri-

He was brought up

at the Parap camp near

Darwin, a former army

base with Nissen huts.

The family made a living

with earnings mainly from

card games, supple-

much of school and be-

came a house painter,

arowing up as an angry

young man, getting into

fisticuffs at the drop of

a hat and drinking much

more than was good for

Life changed radically

when he enrolled in the

Aboriginal Task Force

at the South Australian

Institute of Technology

in 1976, the result of an

interview with Profes-

sor MaryAnne Bin-Sallik

in the stairwell of the old

From there he pro-

gressed with tenacity and

the support of his part-

Darwin Post Office.

Uncle Mick wagged

mented by bush tucker.

tory on his mother's.

by Frank Smith

DR MICHAEL ADAMS, (generally known as Uncle Mick) was honoured with a National Local Men's Health Hero Award as part of Men's Health Week 2020. The award recognises individuals making a substantial difference to improve the lives of men and boys.

Uncle is a term of respect in indigenous society. Uncle Mick has been persuading men, especially indigenous men, to talk about their health issues for more than 30 years.

As a Senior Research Fellow at ECU's Australian Indigenous Health-InfoNet, Uncle Mick's research has focused on health challenges for Aboriginal and Torres Strait Islander men and the goal to get them talking about those problems.

But it wasn't always like that.

Uncle Mick was the third child of a family of 13 descended from the

ner to a degree in social work, a Master's at Curtin University and eventually a PhD at the University Queensland in 2008.

When told by a doctor he could drink, but only moderately, he said he could not do anything moderately and gave up the grog completely, aided by his need to be a health role model for indigenous men.

"I now spend most of my time at meetings involved with Aboriginal health locally and nationally. I'm also on Cerebral Palsy and Cancer WA committees. But my main interest for the past 35 years has been the health of Aboriginal men in the Pilbara, Kimberley, Northern Territory and Queensland," he told Have a Go News.

"There have been some improvements in that time. Men are now more likely to talk to each other about their health and women are taking an interest without being too pushy.

"Men's health is now on the agenda. They realise the importance of being healthy. Prostate and bowel cancer are two of the main issues. I lost a brother and a nephew to bowel cancer," he said.

"For my PhD I studied sexual health and erectile disfunction in men. These are also problems in white Australian men. I listened to stories of survival and frustration following treatment. Survival depends on the patient more than

the doctor. It is important to never give up."

He said Aboriginals are marginalised and that leads to disadvantage. The amount of money spent on white illnesses compared to the little spent on Aboriginal health creates ill feeling and depression.

"Men often rebel, others isolate themselves, they can't cope. If Aboriginals are treated fairly there is much less likelihood of antisocial behaviour."

His current research is looking at how Covid; has affected Aboriginal communities; how they reacted and stayed safe.

"Indigenous people are vulnerable; this brings cohesion to the community and members look after each other.

"The WA government did a good job with CO-VID; it dampened the economy but that is better than to lose people."

Fresh food, especially fruit and vegetables, is not affordable in many Aboriginal communities. This results in poor diet, leading to diabetes and other illnesses.

"The time of the missions were a bad time for Aboriginals however the missionaries ran market gardens to help feed the community, but they did not teach us horticultural skills. Aborigines were used as labour only.

"When self-determination came the missionaries walked out leaving Aboriginals to their own devices.

"We need assistance to encourage growing fresh food, There are a few community gardens and Torres Strait communities often grow own food. In addition there are bush tucker foods such as quandongs, bush tomatoes, bush bananas and Kakadu plums.

"We called them billy goat plums and ate them as kids. We did not realise their value.

"Traditional knowledge of bush tucker, such as the best time to pick wild fruit, has been lost because of restrictions by missionaries and government. The policy of assimilation tried to make us live like whites.

"Things are now changing slowly for the better. Aboriginal languages now being taught as well as our customs and ways of doing things. People want to be heard. Culturally appropriate answers to problems provide insights for all Australians.

"Aboriginals do not like our national anthem, Advance Australia Fair. We need to establish a symbol of Australia that appeals to everyone. I prefer We Are Australian."

Uncle Mick said he was proud to be recognised for the work he has

been doing with Aboriginal and Torres Strait Islander men.

"Hopefully it will continue to inspire men and women to work together to create a healthier future for men and boys and their families," Uncle Mick said.

"It's important to unravel the myth that men are not caring for themselves, their family and community."

For more than 22 years the Australian Indigenous HealthInfoNet has contributed to closing the gap in health between Aboriginal and Torres Strait Islander people and other Australians.





Calls for railway workshop heritage to become a museum

by Frank Smith

LAST year, on the 25th anniversary of the closure of Midland Railway workshops, a committee of former workers was formed to press for a railway workshop museum to be set up on the site.

The workshops were built in 1904 on the initiative of C Y O'Connor as the previous workshops in Fremantle were too small for the burgeoning railway industry at the time

The Heritage Council of WA say the Midland Railway Workshops are an important industrial complex because of for the scale and diversity of operations which were carried out on the site for 90 years.

The workshops were responsible for state-wide operations of the State Government's rail system, which facilitated the development of agricultural and rural areas and assisted helped grow the economy, particularly in the early years of the 20th century.

They also manufactured, repaired and maintained all trams, trolley buses and trains, which allowed the metropolitan area to expand.

During World War II the workshops retooled for

the war effort and began the manufacture of armaments, including over two million 25lb shells. They also employed many women for the first time in the war effort.

The workshops were closed on Labor Day 1994 by the government of Richard Court. Initially the government wanted to bulldoze the site and use it for residential housing, however the majority of the buildings have been saved although some were repurposed. Most remain in good structural condition.

The site was awarded heritage status by the Gallop government

An Interpretation Centre was opened by the Midland Redevelopment Authority in 2004 in the former time keeper's office. Much original fabric and fittings were retained, including the docket boards and the metal dockets. A suite of interpretive panels provided an overview of the history of the workshops and the people who worked there. The centre was attended by volunteers who collected historical information as well as provide guided walking tours around the workshops. The centre was closed in 2008.

The committee promoting a museum consisted of Brad Bedford (electroplater), Rob Rowe (coachbuilder), Barry Watts (coper worker) and the late Neil Byrne. They propose that the Interpretation centre should be reopened as well as set up a working museum.

"The museum could be similar to the Queensland Railway workshop muse-

um in Ipswich, which employs some 35 people," said Brad Bedford.

"Lots of retired people have an interest in the workshops. Many worked there, have family or know someone who did.

Brad and his family together had some 200 years of experience at the site. He became an expert in electroplating, used to recondition worn pistons and crankshafts. He says this skill, which is needed by the defence force and Metronet, is no longer available in Australia. Other specialised skills have also been lost.

"We want to show the history and what was manufactured there as well as demonstrate the skills employed," Barry Watts.

A large part of the function of the workshops was training apprentices in over 50 trade skills.

"Each year up to 30 people would complete their four-year apprenticeships in January and employers would come



L-R; Barry Watts, Brad Bedford and Rob Rowe

looking for them.

"They were all highly trained in every aspect of their trade. Many went on to provide the essential skills needed in developing mines in the Pilbara and natural gas liquification plant in the Burrup Peninsular," he said.

"We want to create a working museum, not just to display the history of the site, but also to showcase trade skills, especially to children and to interest them in taking up an apprenticeship.

"We want to reskill WA."

NEED CASH? We buy unwanted jewellery

Turn all that unwanted gold and diamond jewellery into cash







PERTH GOLD AND JEWELLERY BUYERS

C4/165 Grand Boulevard, Joondalup Contact us 9301 5880

Help guide their future



Guide Dog in training Hillman (named after a gentleman who kindly left a gift in his will)

For almost 70 years, Guide Dogs WA have been providing Guide and Assistance dogs to Western Australians. These life changing dogs provide freedom and independence, hope and companionship to people with low vision, disability or illness. They make a real difference to someone's life. You can make a real difference too by leaving a gift in your will to Guide Dogs WA.

Not many people know that they can support charities, such as Guide Dogs WA, through their will simply by including them in their list of beneficiaries. It's important to provide for your loved ones first and then consider leaving what's left, known as the residual, to one or more charities

Alternatively you can leave a specified amount of money or a particular asset to a cause close to your heart.

Several generous people have recently advised Kay McIntyre, Planned Giving Coordinator at Guide Dogs WA, that they are leaving enough money to sponsor one or more Guide Dogs in training. Kay has then been able to talk to them about what they would like the sponsored puppy or puppies to be named: often they named after themselves, loved ones or beloved pets.

It's very easy to leave a gift in your will when you're writing or updating it. Just talk to your solicitor or legal adviser and they will be able to help you with this. Guide Dogs WA also have information about leaving a gift in your will available on request or via their website.

Guide Dogs WA have also partnered with Safewill to offer 50 per cent off the normal cost of writing your will online during September 2020. Safewill provides a convenient, quick and easy option for creating your own legally binding will and only costs \$95 with this offer. For more information please use the link below.

www.bit.lv/qdwa2020

Do let your loved ones know if you're leaving a gift in your will to charity so that this doesn't come as a surprise at a later date. If you are leaving enough money to sponsor a puppy, Guide Dogs WA will stay in contact with your loved ones and keep them up to date on the dog's progress. This can be a very special way to remember and celebrate your life.

For more info about how to leave a gift in your will please speak to Kay on 9311 8285, email giftsinwills@guidedogswa.com.au or visit guidedogswa.com.au/gift-will/

Fun, fame and farms for Mr Fixit

by Lee Tate continued from front cover



L-R: The Block's Shelley Craft, Scott Cam with Perth's Luke and Jasmin

He teamed on Nine's lifestyle show Backyard Blitz in 2000 with WA-born Jamie Durie, doing building segments, then onto Reno Rumble and Domestic

After 16 seasons of The Block and two books: Out The Back and Home Maintenance For Knuckleheads, Scott says he has no thoughts of breaking-away from

The Block concept is simple. Five couples trans-

form five dilapidated houses into luxury homes, delivering a room each week to be judged and scored.

This season the chosen houses date from the 1910s, 20s, 30s, 40s and 50s. All in a dire state, they have been transported to a 2761m² block of land in Melbourne's affluent suburb, Brighton, Architect Julian Brenchley designed the renovations.

"People can watch The Block, see what the contestants are doing and get inspired to do it themselves," says Scott.

When The Block shutdown for the pandemic, executive producer, Julian Cress, said: "It was an incredibly tough decision but we were able to get our contestants back to their kids and loved ones, the most important thing."

The five couples chosen from a record number of entries this year include Perth chippy Luke, 35, and Perth teacher Jasmin, 36.

But for chippy turned gold-Logie-winner Scott, there are his own renovations.

"When I'm home in Sydney, I do it bit-by-bit. Last year we did the house painting. We've done my son's

room, some outside paving and enclosed a veranda. "I'm not on the tools all day any more so when there's something to be done around the house, it's

not a burden," said the seasoned face of renovating. Watch The Block, Sundays 7pm, then Mondays, Tuesdays and Wednesdays at 7.30pm on Channel 9.

OLD VALVE radios, amps and parts wanted by hobbyist. Phone Neil 0407 448 331

LotteryWest scratchie packs to win



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

WIN WIN WIN

To be in the draw, simply email win@haveagone ws.com.au with Scratchie in the subject line or write to Scratchies c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 30/9/20.





Hearing, tinnitus & balance clinic

- Affordable hearing aids from all leading manufacturers
- Independent audiologists
- Providers of fully subsidised hearing services under the Australian Government

Ph: 9481 0912

Where opinions matter... it's a dog's life to keep canines in their place in the community



by Lee Tate

EVERYONE has a dog

Our first dog was Louie - named after mum's favourite performer, Louis Armstrong.

As schoolbovs, my brothers and I clearly remember Louie the newborn pup's first drinks with his long, floppy Spaniel's ears flopping into his milk saucer.

Dogs, of course, play a huge role in our lives, our history and our culture. What a pity, then, that some dogs go too far - or at least their owners do.

Consequently, there's a growing groundswell of mostly-unspoken community resentment of humans' best friend. Dogs are flooding into all aspects of public life. More frequently, dogs are not being kept in their rightful place: totally due to their ignorant owners.

This is dangerous turf for any commentator. As an RAC survey revealed: "Pets in WA homes are in many cases being treated like humans. Some pets are even being given their own social media accounts.

One in four of 700 people surveyed share a bed with their dog, 75 per cent celebrate a pet's birthday and 85 per cent put pets in their family

ENA CZELADKA WILLEMSEN

People in the 20-29 age group interacted with their pets in new ways with one-in-three installing a pet camera to keep an eye on their beloved. four-legged friends.

And 80 per cent of these animal lovers purchased pet clothing or fashion for their doggies. Every year, WA householders spend an average \$2,300 each on their pets.

More than 90 per cent of West Australians consider pets part of the family. Fair enough! Pets, we

know, bring fabulous benefits and joy to families, communities and individuals including the disabled.

Dogs are rightly welcomed in hospitals, health and ageing institutions. Dogs help sniff out

crooks and heave sleds and brandy through snowfields (well, that's their image) and dogs alert humans to smoke and fire. Dogs create night warmth for desertdwellers and provide kids with lifelong memo-

Dogs have a rightful place. But our canine comrades are being inflicted on sections of the community who deserve rights and entitlements like everyone else. They include the elderly, the disabled and small children

Not everyone wants someone else's dog jumping up on them, sniffing them, invading their space, knocking interfering them over, with their meals in public or disrupting their shop-

And certainly, no-one

wants to be attacked on the beach, in a park, or anywhere. Or even barked-at viciously through fences while walking in their suburbs.

Among several incidents, I was charged by a growling Alsatian on a suburban beach. I roared at the dog as loud as I could: "Get out of it". This inflamed its owner who now started charging and screaming at me.

I was saved from man and beast by ducking into the surf.

Another day, a small, unleashed dog emerged from a park with its owner and started snapping at my heel. The owner said: "What's he doing? He doesn't usually do that."

I said: "He's attacking me, that's what his doing". I have heard many similar stories from peo-

ple who love dogs and have their own but have had enough of ignorant owners.

Growing numbers of dog owners allow their furry friends to dart across crowded footpaths or try to navigate two or three dogs through busy footpaths, malls and thoroughfares.

Dog leads today are often too long. Dogs on footpaths are rarely kept to the left. Elastic dog leads allow Fido to dart wildly around pedestrians. How many times have I seen young women walking and talking while their dogs make havoc with other's walkers or poo as they go?

Dogs on owners' laps in eateries and hand-fed at the table. Dogs outside cafes barking loudly while sitting with their owners who never raise their voices at their idolised pets.

A recent letter the editor asked: "Why do I have to walk around dogs in my hardware store?

Dogs assuredly have a place among us. We love them. But not when, thanks to their human handlers, they break the rules and become a public nuisance. Owners who don't exercise more self-control over their pets are inviting harsher rules from authorities with fewer freedoms for our four-legged friends.

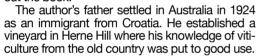
Ed's note - on a trip to Switzerland I visited a very posh restaurant to be confronted by dog and owner enjoying a table together!

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

Local author supports Have a Go News

THE Valley and the Sea is a collection of writings that cover many genres, a potpourri of more than 100 pieces both true and fictional. There are personal memories, poetry, short stories, musings, observations and the trials and tribulations of life in general.

There are snippets of local history throughout the book



This is a book that can be dipped into in no particular order, depending on the reader's mood, there is comedy or perhaps a little poetry and even a little nostalgia.

Reader and author Ena Willemsen who wrote the book has very generously donated books to Have a Go News to sell.

The Valley and the Sea is written by Ena Czeladka Willemsen and sells for \$25. If you would like to purchase a copy email info@haveagonews.com. au with Valley and the Sea in the subject line or call the office on 9227 8283 during business hours.

Can you help and donate a banjo?

BANJO five string wanted for musician in a community band playing free concerts to older folk in nursing homes and retirement villages.

The band may be able to organise a free concert for your residents.

You may have your father's or grandfather's banjo sitting in the shed doing nothing, it would be put to good use during these free concerts. Contact William on 0484 769 796 or

email griffithsWill007@gmail.com

SELLING? THE MARKET RayWhite HAS TURNED!!

ANOTHER FOUR JUST SOLD!! **URGENTLY NEED MORE STOCK. BUYERS WAITING!!**

SELLERS - TAKE ADVANTAGE OF THE CURRENT MARKET

Servicing the northern corridor with a tradition of trust, wealth of knowledge and a successful track record. MULTI AWARD WINNER





Consultant

0427 720 123 di.watts@raywhite.com

Quality Parkside Living

Over 55s independent living





The Reserve

is a new over 55's apartment development located in the City of Melville. With parkland views and a big list of exciting features it's a great place to call home.

For a limited time only, \$2000, moving package!

*T&Cs apply



- Large two and three bedroom apartments
- Indoor heated swimming pool
- Fully fitted gymnasium
- Social centre / Club house
- Short walk to shops, cafes and medical services



Call 9314 5884. Visit thereserve.net.au to view the online virtual tour. View display apartments at 40-44 Worley Street Willagee Wednesday 1pm - 2:30pm or Saturday 9:30am - 11am

A look at the horoscope predictions for 2020... the year of the rat



Rick masked up

by Rick Steele

I HAVE never been a devoted follower of horoscopes and never re-

ally took them seriously. However, this year I did take note of the Chinese calendar, because this year is the start of

a new cycle of animal years and the year of the Rat. Guess what? I'm a

"A time of energy, hope and fresh starts – 2020. A lot is set to happen this year with events having far reaching consequences. A year to make the most of strengths and build on opportunities. So much is possible."

Aha I thought, my time to shine is here!

"An exciting year ahead, where rats can accomplish much. This is no time to stand still. Income could improve."

And so it went on that fortune will favour the bold. Me, and determined rats, could see considerable activity and successes. This was the rat's own year to be celebrated in great style

What could possibly go wrong?

"Corona mate?" He said. "Nah, I prefer Coopers pale ale, cobber!"

It was February sometime when the name of a beer, which I reckon tastes like horses' urine, altered all our lives to resemble a horse's rear end. Not since the fall of the Roman Empire has the world seen such a catastrophe. They closed all the pubs. Life could never be the same.

Somehow, with man's instinct to survive, the ability of Eddie Maguire and his team, they got the AFL back on ground

and TV. The local boozers reopened, and us rats survived the winter with the rest of you.

So, there I am, in my natural habitat, perched on the couch, with faithful hound at my feet, watching AFL for the eleventh night in a row, when I spy on the background advertising, a face I haven't needed to see for yonks. I cleaned my glasses, took a double take, and then concluded I was right. It was... It was Warnie! I hadn't seen or heard of him since he was bowling those maidens over. Those female English type maid-

Further observation and it is apparent that Warnie has a fragrance,

(we call it aftershave) on sale in time for Father's Day. Wow, I wonder what it smells like? Could it resemble the odour of old cricket balls with the soft allure of

spittle à la grass?

I remember in NZ
when I received my first
Christmas gift of aftershave from my sister, the
aroma was something
resembling a combination of sheep dip and
cow manure.

The French call it "l'eau de toilette" or something similar. I wouldn't have been surprised if water from the latrine was the main ingredient.

Now, with spring on our doorstep, and at least some normality here in the West, we can all plan for a stay at home, or stay in state for the last quarter of this annus horribilis.

Go the Eagles and go away Clive Palmer! Good luck y'all.

Two old blokes having a chinwag down the

"You know Joe, I wake up six o'clock and it takes me half an hour just to take a pee. Then I grunt and growl like a draught horse just to have a bowel movement."

"We're all different," says Bill. "Seven am. I pee like a baby and crap like a cow, regular as clockwork."

"What's yer problem then?" says Joe.

"I don't wake up till eight!"

Cheers dears.

Seaside Exercise Physiology

www.seasideexercisephysiology.com.au



Strength for Life OPEN DAY

Friday 18 September, 1pm to 2pm Unit 7, 2 Amesbury Loop, Butler

Join us at our free information session with COTA WA to find out how you can get started on your supervised strength exercise program

CALL 0497 065 883 to BOOK NOW

Should one put limits on the sharing of your opinions in conversation Hawkins. He came to I am sure would have. so why do I do it? At first I served to shorten who have the mid 90s to However it was his em-



by Jon Lewis

I HAVE discovered, some things are better left unsaid...

Years ago I had the great pleasure to meet, interview and in a very small way get to know an American blues legend.

merican blues legend. His name was Ted Hawkins. He came to Perth in the mid 90s to play a series of wonderful concerts and he shared with me a great piece of

"If someone asks you what do you think of this or that kind of music that you don't like, I say it's fine." he told me. "They don't need to know you don't like it. Let them go on happy."

I learnt a lot that day talking to Ted and it was his calm reserve when entering into an opinion that I very much admired.

There was no doubt that if the blues legend of Venice Beach needed to be clear, he could, and I am sure would have. However, it was his empathy in knowing when it was important to share or express a dislike.

Is it unnecessary to share an unrequired opinion?

Day to day I have noticed it has almost become a habit for me, at times, to comment on what I 'don't like' rather than what I 'do like'. You may find me regularly commenting, in confidence, on a topic of road construction, or dress standards or just the temperature.

All these things are only my opinions and have not been asked for...

so why do I do it? At first I wondered if it was to vent and feel a little better. That is certainly true of big problems and so too of annoying little problems. These were neither.

It seemed I felt almost better about myself pointing out the failing of the weather as if to better my position with my company or perhaps only my own company?

While chatting with my dear mum I decided to share my dislike of her favourite TV show. It made no difference to the show, it did not improve my standing with my poor mum having to listen to me and it may have only

served to shorten what could have been a pleasure for my mum to share a moment.

I am not sure why I felt the want for such unnecessary behaviour and for sure it did not in any way make me feel better.

Quite frankly, feeling better is often an avid desire of mine and it presents itself in surprising forms. It seems one form I have discovered is I can feel better by not sharing an unwanted and unhelpful opinion.

Now if I were to ask you what your thoughts are of this, you might reply... "It's fine".

All the best.





Call Richard Nowland 0400 219 691

Call Mark Emberson 0404 852 272

2340 Helena Valley Road, Helena Valley e helenavalley@nlv.com.au

f facebook.com/helenavalleylifestyle helenavalleylifestyle.com.au

*Terms and conditions apply see website for more details



THE WAIT IS FINALLY OVER! We take great pleasure in inviting you to attend the grand opening of our state-of-the-art \$6m+ clubhouse on Sunday 18 October 2020. With something for everyone, our clubhouse features a main hall, two games rooms, an indoor heated swimming pool, gym, spa, sauna, upstairs and downstairs lounge and alfresco areas, library, modern kitchen and more.

A special guest will be opening the clubhouse for us and drawing the winner of our 'Win a Home' competition, where one lucky entrant will have the chance to win a \$400k display home - or walk away with a \$50,000, \$2,000 or \$1,000 cash consolation prize.

We would love to see you there.

We have 15 display homes on site and will be running tours to the homes throughout the day.

DETAILS

- Sunday 18th October, 2020
- 11am start, 12 noon BBQ lunch
- 1pm Clubhouse opening, followed by the 'Win a Home' draw
- 2.30pm close

Due to COVID restrictions limited tickets are available and bookings are essential. helenavalleylifestyle.com.au/openday

Hop online and update your income and assets information for the Age Pension



by Hank Jongen, General Manager, Services Australia

MANY people who receive Age Pension have multiple assets and income sources. We've recently made it easier to tell us about any changes

to income and assets online, when receiving Age Pension

All you need to do is log into your Centrelink online account through myGov. Here you will be able to view, add, edit or delete your financial details. You can also make multiple updates at once to save you time.

You can now edit details about the following online: financial investments (including banking, shares and managed investments); gifting; income; home contents, personal effects, vehicles and other assets.

superannuation; income streams and superannuation pensions; real estate and sole trader and private companies.

After updating the information, you'll be given a 'next steps' checklist. This will let you know what you need to do next, including if you need to provide further documents and when we need them by.

If you do need to provide us with further documents, it's easy to upload these directly online – you don't need to give them to us in person or send them in the mail.

Once you've submitted your update online, we'll confirm we've received your update with a receipt number. This can be saved to your online account so you have a record of the update. If you have permission to update your partner's income and assets, you'll also receive a receipt number for them.

It's important you let us know about any changes to your income or assets within 14 days as we use this information to work out your payment rate.

Coronavirus Supplement and eligibility for

some income support payments are changing

If you haven't reached Age Pension age and receive JobSeeker Payment, the following changes apply to you:

The current Coronavirus Supplement of \$550 per fortnight is available until 24 September 2020. Beyond this date, the Coronavirus Supplement will be available at \$250 per fortnight until 31 December 2020.

The income-free area for JobSeeker Payment and Youth Allowance for job seekers will increase. This allows you to earn more income but still get the maximum payment rate. The income free area for these payments will increase to \$300 per fortnight.

If you earn more than \$300 per fortnight, your payment will reduce by 60 cents for each dollar over this amount. The Coronavirus Supplement isn't counted as income. From 25 September

2020, means testing will be reintroduced. This includes asset testing for all payments. We'll also reintroduce the liquid assets waiting period for new claims.

There are changes to the JobSeeker Payment partner income test. Your payment will reduce by 37 cents, for every dollar your partner earns over \$1165 per fortnight. If your income is less than \$300 per fortnight, your partner can earn up to \$3086.11 before your payment reduces to zero. Until next time.

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

Pension rules and deferments differ between Australia and the United Kingdom...



by Mike Goodall

MORE seniors are choosing to work beyond their State Pension Age. In Australia as the pension is means tested you may not be able to claim an Australian Pension depending upon money earnt from employment, although there are some allowances which people are entitled to have before being penalised. You should always check with Centrelink whether you have an entitlement.

If you have worked in the UK the tax rules are completely different. Unlike in Australia, where there are limits for claiming a back pension, in the UK you are able to defer claiming your UK State Pension and to still have access to an entitlement back to when you reached State Pension Age.

ge. Because of the difference in rules between the two countries many might be tempted to defer claiming their UK State Pensions because the Australian tax Office (ATO) treats it as foreign earning income and taxes it at your marginal (highest) rate of tax. It might even take you into a higher tax bracket.

The UK Government is currently offering one per cent for every nine weeks a pension is deferred. This is 5.8 per cent per annum once they have been deferred for one year. With interest rates around the world so low this sounds too good to be true. So double check it because there is usually a catch somewhere.

Many older UK Expat pensioners might remember that when they deferred claiming their pensions, they were offered either a lump sum payment or an additional weekly amount. While the weekly amount might look attractive because a generous interest of 10.4 per cent per annum was paid, I don't know of one person in Australia who

has taken the option of the weekly amount because it could take 10 years to receive the same amount as your lump sum. Therefore, if you deferred claiming your pension until you were age 70 you were gambling that you would have to live until you were 80 to receive the back-pay as a weekly

amount.
For those who have reached State Pension Age (SPA) after 5 April 2016 the rules were changed and a person was no longer eligible to claim a lump sum back

payment. They have also reduced the rate of payback so that the weekly rate of payment means it will take 12 to 17 years to receive your money back.

Is this gamble really worthwhile?

Remember that Centrelink, after the work allowance is applied, takes 50 cents in the dollar from your UK State Pension under the Income test, so you could lose half of your back pay. If you live a long time this could amount to a lot of money.

Therefore, the best option is to claim your UK State Pension as soon as you reach State Pension Age. If you will be continuing working there are options (including salary sacrificing your UK State Pension into your super and spouse contributions) to reduce any taxation. These and other

options should always be discussed with your Financial Advisor.

Am I UK State Pension Age?

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

UK Expats born between 6 October 1954 and 5 April 1960 will be

eligible to claim their UK State Pensions from their 66th birthday.

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



SINGING the BLUES AWAY



Come along and enjoy some fabulous music to celebrate the start of spring.

We will have a great band and singer (Nett and the Repeaters).

There will be songs to reminisce by, songs to join in, and a quiz to have fun with.

DON'T MISS IT!



BOOKINGS essential ph Swan Active Beechboro 9207 8555
Swan Active Beechboro 332 Benara Rd, Beechboro
Plenty of free parking and morning tea provided

Find us on social media



The Grief Centre of Western Australia





Experience our spacious new residential care rooms.



New rooms available at Meadow Springs Residential Aged Care Facility.

Meadow Springs Residential Aged Care Facility is surrounded by landscaped cottage gardens, close to the heart of Mandurah, with easy access to public transport links.

Don't miss your chance to choose from 37 new spacious rooms, which all include stylish country décor, a large picture window, ensuite bathroom, fridge, television, built-in wardrobe and a state-of-the-art communication system.

Plus, you'll enjoy highly personalised care from our friendly, dedicated staff and access to a range of modern facilities and health services.

To find out more, call Helen King on 9535 0200 or email helenk@acacialiving.com.au

82 Oakmont Avenue, Meadow Springs

acacialiving.com.au



Current information about detection and treatment of Alzheimer's disease



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

SEPTEMBER is Dementia Awareness Month and in light of that I'd like to share with you two recent news stories relating to the detection and treatment of

Alzheimer's disease.

Alzheimer's disease is

the most common form of dementia in Australia and in many countries worldwide. In Australia it accounts for around 70 per cent of all dementia diagnoses. Alzheimer's disease is thought to be related to abnormal buildup of proteins beta amyloid and tau.

No new treatments have been developed for Alzheimer's disease for more than 20 years, and those that are available are only effective in limited cases and for limited symptoms.

What we do know is that changes in the brain begin a long time before symptoms become obvious. There is no simple way to diagnose Alzheimer's. Accurate diagnosis can take several years and relies on a number of tests and cognitive measurements. By the time of diagnosis a person's brain can already be significantly damaged by Alzheimer's disease.

That makes both of these news stories particularly exciting.

The first is the development of a new blood bio marker test to measure levels of the protein tau in the blood stream. While we have been able to test for beta amyloid levels for some time that hasn't been a very accurate measurement to determine likelihood of

Alzheimer's. Some people carry abnormal amyloid levels and don't get dementia.

The ability to measure tau (the protein that causes 'tangles' in the brain) along with amyloid measurement seems a much better indicator. It's still early days and much larger trials are needed but the early validation levels are promising that this blood test can reasonably predict if a person's cognitive issues are being caused by Alzheimer's. Abnormal pathology can be seen potentially up to 20 years before symptoms appear.

This will be helpful in the future as it may allow for

pre-symptom treatments to be developed that intervene prior to any cognitive damage occurring.

There is still a long way to go on that one though.

The second piece of news is the application to the US Food and Drug Administration from Biogen for its Aducanumab drug intervention use for Alzheimer's disease. This is interesting as it is the first drug to be disease modifying for Alzheimer's. Current interventions are designed to improve remaining brain cell functioning rather than 'fix' the damaged cells.

Results have been mixed in the trials of the drug. Early last year an

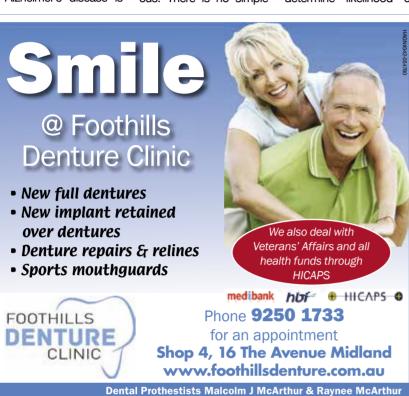
independent review of the trials determined there was insufficient evidence of improvement and Biogen stopped all research. A later review of the data seemed to show some benefits for a specific group of people in early stages of the disease who received high doses. It is this that has encouraged Biogen to apply to make Aducanumab available. A previous application was

It is important to note this isn't a cure. It is claimed to slow down the progression of Alzheimer's disease, not eradicate it

turned down.

Until an effective treatment or a cure can be found it is important that we support the 42,000 Western Australians living with dementia and those who care for them. Dementia Awareness Month is an opportunity for us as a community to raise awareness about dementia and reach out to our family, neighbours or friends who may be living with dementia to offer them support.

If you are caring for a person living with dementia or worried about your memory call Alzheimer's WA on 1300 66 77 88. We are Western Australia's dementia expert organisation and we are here to help you with information, advice and support.



Yokine Over 50s Club is looking for new members

COME and join the friendly group at the Yokine Over 50s Club every Wednesday between 1pm and 3.30pm for some carpet bowls, table tennis, badminton, cards, darts, board games. There are also several outings per year. Cost \$3 includes afternoon tea and a free weekly raffle. The club is located at 287 McDonald Street, Yokine. Contact Hilary on 9275 5601.

St John Ambulance speaks to retirees group

SPEAKERS this month at Perth northern suburbs branch of the Association of Independent Retirees (AIR) will be David Ashill and Angelique Schiemenz from St John Ambulance WA.

Their presentation will be a workshop covering First Responder App; St John's first aid training options; How to obtain first aid skill with St John Digital; Primary health at St John Medical; First aid tips (CPR and defibrillation, common emergencies) and finish with a

Q and A.

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

The membership consists of people who derive at least a portion of their income from independent means, however, at least half of the members rely on the age pension for a substantial part of their income. The next meeting of AIR will be at 9.30am on Thursday 17 September. Meetings are now held at the Penistone Park Community Sporting Facility, 27 Penistone Street, Greenwood.

All AIR members and any interested guests are most welcome. Cost \$4 per person including raffle tea or coffee.

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

Mercy Health Aged Care a safer choice





Mercy Health is a trusted and experienced not-for-profit aged care provider.

The highly qualified teams at our six Mercy Place aged care homes will provide you with personal and tailored care.

Enquire at your local Mercy Place aged care home today:

Carlisle 9361 8969
Claremont 9383 0000
Craigie 9401 2841
Edgewater 9306 1124
Lesmurdie 9291 6314
Mandurah 9535 4799

GN#342-054



Join us at our upcoming open mornings to find out how you can enjoy an independent lifestyle in our beautiful boutique style villages.

In addition to village tours and inspections, you will be able to meet with our village managers and residents to learn more about our village culture, facilities and activities.



ARCADIA WATERS SWANBOURNE OPEN MORNING

Meet the players from Claremont Football Club and browse through stalls from the local community

Date: Saturday 12th September 2020

Time: 9:30 am to 12:30 pm

Address: 141 Claremont Crescent, Swanbourne

ARCADIA WATERS BICTON OPEN MORNING

Chat with our village manager and residents over a morning cuppa

Date: Saturday 19th September 2020

Time: 9:30 am to 12:30 pm **Address:** 143 Stock Road, Bicton

Contact us today | 1300 88 98 35 | sales@arcadiagroup.com.au | arcadiawaters.com.au

BICTON | GERALDTON | MADDINGTON | MANDURAH | SWANBOURNE

Our feathered friends provide a soothing and fulfilling activity



Left to right; Carnabys Cockatoo - Grey Fantail - Redeared Firetail



by Karen Majer

AS an animal lover mar-

ried to an ornithologist, I'm used to birds being a central part of our lives. As well as carrying binoculars and a specialist camera on all our travels, Boyd regularly surveys the birdlife in our garden and local bushland and conducts bird banding research.

In recent years he has also taken to quietly sitting in the dark of night in nearby bushland listening for a raspy screech that announces the presence of a masked owl.

While that's not my favourite way to spend a chilly winter's evening, I'm interested to see the meticulous work of cleaning and sorting bones of rabbits, rats, bandicoots and other animals that have fallen prey to an owl. He collects the pel-

lets coughed up by adult owls and their young to get rid of fur, bones and other indigestible parts of their prey. After soaking in water, the pellets are carefully teased apart to reveal skulls, limb bones and minute vertebrae. Identification involves comparison with illustrations and with reference skeletons that have been sourced from dead ani-

mals such as road-kills. It's a specialised task – telling a native bush rat from a black rat isn't easy.

Together Boyd and I are part of a volunteer team of Masked Warriors who are working to save our local masked owls and other nocturnal wildlife from harm from rodenticide poisoning. Some animals such as possums and lizards eat rat baits, while nocturnal birds and other predatory wildlife sicken and die from consuming poisoned rats.

Birds are beautiful creatures to watch and, as anyone who has raised an orphaned magpie knows, incredibly intelligent. So it came as little surprise to learn that many people turned to birdwatching while their lives were restricted during the coronavirus epidemic. Apparently Australians are reporting bird

sightings at record rates. Australian citizen scientists submitted ten times the number of backyard bird surveys to BirdLife Australia's Birdata app in April compared with the same time last year.

A strong connection to

the natural environment enhances emotional wellbeing and alleviates feelings of social isolation. so our feathered friends are just that, friends in our time of need. We can help them too. Recording birds seen in urban parks, in gardens and on farms isn't just a delightful pastime, they can help to raise awareness and inform conservation decisions. If you wish to enhance the habitat value of your garden, planting dense shrubs provides feeding and nest sites less vulnerable to predators. Providing several water bowls gives options for a variety of birds to drink and bathe. Even in winter, birds in our garden entertain us by having a great old time splashing and preening.

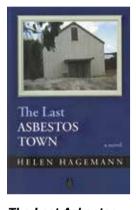
If you have to use baits to control a rat problem, make sure to use only the more wildlife-friendly ones with active ingredients warfarin or coumateralyl (eg Racumin). And keep puss indoors or let her out in a run where she can't indulge her hunting instincts.

Perhaps the greatest gift that birds give to us is their varied and often spectacular beauty. "If you truly love nature, you will find beauty everywhere," said Vincent van

Find out more:

Bird-friendly gardening and the Birdlife app www. aussiebirdcount.org.au/ gardening/

Wildlife friendly rodent control www.owlfriendly.org.au/



The Last Asbestos Town by Helen Hagemann Reviewed by Pat Paleeya

Local author delivers well rounded story

NEWLYWED May and Isaac have relocated from the city to an old pioneer town in Western Australia. They purchase an old Girl Guide hall and have plans to renovate it.

Then they receive an official letter from the asbestos task force informing them that their home will be demolished as it is deemed a danger due to its asbestos build. Believing that the hall is concrete and not asbestos, they decide to challenge

the ATF and fight the demolition order.

When May's knickknacks keep being moved around, they discover that the body of a murdered girl was found in the hall's locker room and that she haunts the place

Isaac has his problems with a cannabis habit, which results in an odious debt collector showing up demanding payment. Isaac enlists the help of the local indigenous Mul-

ga man to put the frighteners on him.

Great characters inhabit this story, well rounded and thoroughly believable. It is quite suspenseful and leaves the reader eager to devour the next chapter. The quality of writing ensures a very good read that flows well. I also love that Isaac had a cache of smiles that fit different occasions. This is an enjoyable, interesting and well written story.

The book is available at Adelaide Books and on Amazon for \$34.32.

WIN WIN WIN

WIN WIN WIN
We have one copy
of The Last Asbestos
Town to give away to a
lucky reader. To be in the
draw simply email win@
haveagonews.com.au
with The Last Asbestos
Town in the subject line
or write to The Last Asbestos Town c/- Have a
Go News PO Box 1042,
West Leederville 6901.
Closes 30/9/20.

A look back at a career at Disney

THE guest speaker for the September meeting of the Association of Independent Retirees, Mandurah Branch (AIR) will be John Phillips who will talk about his time working for Disney.

This should be a very entertaining talk, and everyone is welcome to attend.

The meeting will be held on Monday 21 September (owing to the long weekend). AIR meets on the fourth Monday of each month at the Halls Head Bowling Club, 3 Sticks Boulevard, Erskine, from 9.30am – 11.45am.

If you require any further information, please contact Shirley Lloyd on 9586 4255.

INVEST IN THE BEST









Get into your specialist Honda dealer today and ask us about the full range of products. Call **1300 1 HONDA** or visit **honda.com.au**









We fully endorse Toby's Inlet Estate Dunsborough, and look forward to moving into this first class forward thinking complex, complete with world class amenities and living in a safe village environment with many new friends. "

FRANK & MICHEL | TOBY'S RESIDENTS

65 COMMONAGE ROAD QUINDALUP WA 6281

CONTACT (director)

Stephen Genat -0409 386 595

We have met lots of nice people and made many new friends. We believe the houses and facilities at Nova are second to none anywhere in Australia. "

BRIAN & ROSEMARY | NOVA RESIDENTS

502 - 546 BUSSELL HIGHWAY **BUSSELTON WA 6280** (Entrance of Bell Drive)

CONTACT Stephen Genat -0409 386 595 (director)

www.novavillage.com.au



Seniors Recreation Council **Jottings**

State president Hugh Rogers retires...

AFTER 29 years volunteering with Seniors Recreation Council of WA Hugh Rogers (pictured above with Dawn Yates) is retiring from the position of state president which he has held for 19 years. Hugh joined SRCWA in 1992 initially organising an indoor bowls competition and then remained with the organisation. During his time he held the position of treasurer and then went on to become state president. Hugh has been instrumental in growing SRCWA to include the branch network, introducing pole walking and Exergaming programs. He has also developed Aged Care Games, Activity Information Days, Tech Savvy Seniors program and many other events and programs which service WA's seniors and encourage them to embrace the ethos of Healthy Ageing Through Activity. Through Hugh's tireless leadership, vision, innovation and initiative, and with the strong dedication of SRCWA's accredited volunteers, this organisation has grown to its current position of influence and high standing. SRCWA would like to express its gratitude and appreciation for all the years of dedication Hugh has given to the organisation and to WA seniors. SRCWA is happy to announce that vice president Phil Paddon has taken on the role of state president as we move forward.

LiveLighter Metropolitan Aged Care Games

A fine but cold morning saw teams from Perth's Metropolitan Aged Care facilities take part in the annual Metro LiveLighter Aged Care Games at the Belmont Oasis on 13 August. SRCWA executive officer Dawn Yates welcomed everyone then City of Belmont Mayor Phil Marks officially opened the event. Newly appointed state president Phil Paddon was the MC for the day. Teams competed in games organised and facilitated by staff and volunteers from SRCWA. It was amazing to see people well into their 90s willing and able to take part in the variety of activities. First place was awarded to Aegis Balmoral Belles & Bulls, second place went to Ritcher Lodge Village People and was closely followed in third place by Umbrella True Blue Team. The oldest competitor at the games was 96-year-old Antonia Petridov from the Úmbrella True Blue team. Best presented team went to Ritcher Lodge as The Village People who went to a lot of trouble theming the whole team wearing tradesman clothes, medical uniforms, police officer and every day outfits. Our thanks to the volunteers from The Over 55 Walking Association, and Sauare Dance group who helped set up, pack down and officiate at these games and a special thank you to participating centre staff who train and support participants. It was pleasing to see people observing personal hygiene, physical distancing practices and enjoying the games while being mindful of current pandemic requirements. Many thanks to the entertainers Jim and Jenny; everyone loved the music and sang along. Participants had a great day and there were smiles all round. Thank you to LiveLighter Healthway and Department of Local Government, Sport & Cultural Industries for sponsoring the LiveLighter Aged Care Games events. Participants in attendance voiced thanks to SRCWA for facilitating the LiveLighter Aged Care Games. And remember in line with our sponsor LiveLight er Healthway, eat a rainbow of colours in every meal to LiveLighter.

Registrations now open for Have a Go Day a LiveLighter Event, 11 November 2020, Remembrance Day

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

SRCWA Annual General Meeting - Wednesday 30 September

Seniors Recreation Council of WA is holding its annual general meeting on 30 September at the Department of Local Government, Sport & Cultural Industries building in Leederville. The meeting will include election of officers, reports from SRCWA branches, project officers and a guest speaker. This meeting gives SRCWA accredited volunteers the opportunity to share information and anecdotal evidence regarding the programs SRCWA is conducting in metropolitan and regional WA and how they impact on the senior demographic.

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



Club offers something for every level of paddling skill



Sandy and Iris paddling

by Ken Westover

CAMARADERIE has featured strongly in the ethos of the Over 55 Canoe Club since its inception.

At the very beginning there has been an insistence that the club paddles as one group to promote social interaction between members.

It has only been in later years that the realisation has dawned that, 'one size does not fit all', and that different club members have different needs and desires in their form of paddling.

To allow for individuality in their tastes and ability, the decision was made to float two groups of paddlers and so the 'Mainstreamers' and the 'Leisurelies' were born.

For those paddlers keen to push themselves to their limits, paddling harder and faster, the Mainstreamers were their group of choice, allowing for a good workout and going just that bit further.

Meanwhile, the Leisurelies catered for those members looking for a

relaxing paddle with time to appreciate their natural surroundings and soak up the glorious ambience of their beautiful riverine environment. Paddlers were free to choose whichever group they preferred for any particular paddle, depending on their level of fitness and state of mind at the time. Something for everyone. And then, when the

winter rains are sufficient to provide run off and river flow, another avenue opens to spark the adrenalin, raise the heartbeat and offer a higher level of excitement in a paddle. With the rivers flowing and fast water to be had, paddlers sharpen their skills in dealing with water which was previously passive and predictable. Now it appears to have a mind of its own, intent upon swirling the unsuspecting paddler into a tangle of undergrowth or down a small cascade with a potential capsize at hand. For some, fast water is what kayaking is all about and they can't wait to pit themselves against the vagaries of the river, while others find the prospect of a dunking a little daunting and prefer their river to be benign and predictable.

And so our two groups of paddlers morph into 'Fast Water' paddlers and 'Flat Water' paddlers. Once again - something for everyone.

With variety being the spice of life, the Over 55 Canoe Club makes a point of varying the paddling venue each week. Flat water paddles this year, despite the hiatus due to Covid19, have been at delightful spots on both the Swan and Canning rivers. Some prime paddling sites on the rivers that tempted the club early in the year were: our old favourite Kent Street Weir with its delightful paddle up the Canning to Masons Landing and beyond; Shelley Beach paddling downstream to Bull Creek and Deep Water Point; a Swan River paddle from Garratt Road Bridge down through the

twisting channels of Ascot Waters; a magnificent paddle from Bicton Quarantine Park up through Blackwall Reach to Point Walter spit and back via Chidley Point to Rocky Maylands Yacht Club down to Elizabeth Quay and Point Walter to East Fremantle.

All flat water paddles of course, filling in time while the fast water paddlers wait impatiently for the winter rains to swell the rivers and provide some adrenalin rushing white water. That is yet to come. Meanwhile, just keep paddling.

If you are interested in paddling with the O55CC please contact club president Iris Mickiewicz on 0438 926 578 or club secretary Dale Winn on 0439 973 903.



Walking club welcomes new members for fun and fitness



THE OVER 55 Walking Association (OFFWA) is up and running enthusiastically after several months of inactivity.

The opening weekly walk was celebrated with a free sausage sizzle for members at Garratt Road Bridge, fol-lowed four weeks later with a hamburger lunch on the banks of the river at Burswood for a gold coin donation. This was organised by lunch coordinator Lorraine, assisted by her merry band of volunteers.

Members can enjoy a potato bake lunch for \$5 at Manning Park on 22 September.

Here are the details of the club's next three

15 September - Dar-

lington Park 22 September - Manning Park

29 September - Sandy Beach Reserve, Bas-

Anyone is welcome to come along to one of the club's walks on Tuesdays at 10am. Bring a folding chair, a sandwich and water bottle. People who enjoy being a part of the

group can join up the following week for the small cost of \$10 a year. Members are treated to friendship, fun and fit-ness (and periodically food).

Check out the website at www.over55walkin gassociation.org.au or phone president Shirley on 0400 577 738.

Find the secret word in our pages to win a \$200 voucher

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

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

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

Look out for these advertisements in

sequential order to discover the blue circled letter to make up the Ad Word.

- 1. Hardless Legal
- 2. Bethanie
- 3. Stay Sharp Program
- 4. Toby's Inlet Estate Dunsborough 5. Easy Access Kitchens
- 6. Kings Tours & Travel
- Cool Bean Campers
- 8. Traveller's Choice

9. Willowbrook Farm Caravan Park

10. Advocare

11. Captain Cook Cruises

Entrants can enter via email win@ haveagonews.com.au or write to Ad Words Competition C/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 30/9/20.

Congratulations to Fay Cullum, of Southern River, our July 2020 winner.

Write your will online for only this September YOUR LEGACY WILL GUARANTEE THEIRS

Help us provide more Guide and Assistance Dogs for Western Australians by leaving a Gift in your Will to Guide Dogs WA.

Find out more:

www.bit.ly/gdwa2020

Offer applies 1-30 September 2020. Regular price per will is \$190. quidedogswa.com.au/support-us/qifts-in-will/

Guide

Join our recycling of plastic lids movement



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

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

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

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

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

As it happened... beyond the stories - Portnoy censorship is Penguin's complaint



by Lee Tate

FIFTY years ago, book publisher Penguin mustered all its forces to confront Australia's censorship laws, secretly printing 75,000 copies of a prominent novel.

Penauin's complaint was that Australia was out of step with the modern world.

The publisher wheeled out Portnoy's Complaint, the controversial novel by Philip Roth praised by world literary giants and critics.

We wide-eyed young

journalists turned up at courtrooms in Melbourne, Sydney and Perth to report the views of eminent witnesses including Nobel Prize-winning author Patrick White as well as literary leaders, professors, psychiatrists, editors and academics.

Some were questioned on the stand for six hours, all proclaimed the novel's literary merit.

In 1969 the Australian government had announced it would ban Portnov's Complaint, which had sold 400.000 copies in the UK and the US its first year, eclipsing even The Godfather and proclaimed a great novel.

At the risk of fines and jail time, Penguin's nonfiction editor John Hooker decided to illegally sell the book.

At a time when selling 10,000 books in a year made it a bestseller, all 75,000 copies sold out within two weeks. Police swooped and managed to secure a few copies.

Customs Minister Don Chipp was a strong advocate for the reform of censorship laws and had threatened to jail Penguin's principals if they published.

The book's sexuallyexplicit acts included the central character's selfsatisfaction practices (young boys are often warned by parents that if they don't stop they will go blind). Yes minister, we shouldn't mention the M-

Despite the sexuallypermissive sixties - or perhaps because of them Australia's censorship policies was stuck in the fifties. Patrick White grabbed our attention in his homburg hat and long black coat and courtwitticisms. White said the book belonged to the tradition of great comic novels.

Charges against the publisher were outlined in the Melbourne hearings but in Perth the charges were laid at the door of the Communist Party's Pioneer Bookshop.

Perth sales reportedly allowed the Communist Party to refurbish its bookshop. The defence barrister was Lloyd Davies, former husband of WA playwright Dorothy Hewett, the final witness.

Hewett delivered the most-memorable line. She told the Perth court that the book: "should be prescribed reading for all mothers and sons. It is a novel which helps women to understand men and all of us who live with the disease of sexhatred."

In WA, the government next went after bookseller Angus & Robertson. Patrick White again headed the defence.

Unsurprisingly, had mixed views. In NSW, two juries couldn't agree and in Victoria Penguin was convicted only of breaching censorship laws and fined a piddling \$104.50 with 300 copies of the book seized by Victoria Police.

The South Australian government refused to prosecute over the distribution of the book, defying the uniform censorship agreement reached with the other states and Federal Parliament years

Then, after a retrial in NSW was inconclusive, Minister Chipp backed down and approved the book's importation. It was the last work of literary fiction to be banned in Australia.

Gough Whitlam came

to power in 1972 and the government's censorship machinery was disman-

Other publishers, including Angus and Robertson, had begun to publish banned books.

Portnoy's Complaint had earned the author an advance of \$US250,000. Paperback rights went to Bantam for another \$US350,000 and film rights to Warner Brothers for a handy \$US250,000.

The New York Times Book Review described the book as: "absurd and exuberant, wild and uproarious.'

In Australia, censorship and its resulting publicity generated fat fees for lawyers but large amounts of wasted time for courts across Australia-wide readership of an adults' book.

Now there's a new chapter: a new book by Patrick Mullins: The Trials of Portnoy - How Penguin Brought Down Australia's Censorship System.

We want to know what you think about Have a Go News See page 20 for our 2020 Readers Survey

The information will help us to provide better quality content for readers.



Pictured above Lee Tate and Jenny Seaton at Curtin Radio studios.

Have a Go News' journalist Lee Tate can be heard on Curtin FM on Friday afternoons with Jenny Seaton. Lee has had a stellar career in both print and radio journalism and is a great addition to the afternoon show with his knowledge and charisma!

WIN a Sonig tablet.



WE HAVE a seven-inch Soniq tablet with a verve carry case to give away to a lucky reader. The tablet includes 16GB of storage, up to two and a half hours battery life and is Google Play compatible. **WIN WIN WIN**

To be in the draw, simply email win@haveagone ws.com.au with Soniq in the subject line or write to Soniq Tablet Competition c/- Have a Go News PO Box 1042, West Leederville 6901, Closes 30/9/20.

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

Holy Honey





LAST CHANCE to purchase a brand new home from **\$333,000***

Gated, safe and secure ✓ Mandurah's finest retirement village ✓ shopping centre, future train station, lakes & beach nearby 🗸 expansive clubhouse ✓ pool & gym ✓ hobby groups ✓ organised bus tours ✓ caravan storage ✓ and more.

LIMITED NEW HOMES REMAIN, SO HURRY!

Visit the Sales Centre Wed, Sat & Sun 12-4pm or by appointment and go in to the draw to WIN \$2,000.

52 Bellambi Chase, Lakelands 1800 678 683

*T&Cs apply.

retiretomandurah.com.au



Services Australia answers your questions about Centrelink and more...



GENERAL Manager Services Australia, Hank Jongen, provides a regular column in this newspaper and offers a question and answer service of a general nature for readers. People are welcome to send through questions with answers being returned promptly. If you require detailed specifics to a question you may be directed to contact Centrelink. If you would like a question answered please email info@haveagonews.com. au with Hank in the subject line or write to Services Australia C/- Have a Go News PO Box 1042, West Leederville 6901.

Dear Hank.

My wife and I are selffunded retirees (Australian citizens) living abroad. We chose to reside abroad because we cannot afford to live in expensive Australia without government financial help.

I am 72 years old, go-

ing 73. My wife is 71, going 72.

We have both lived and worked outside Australia for most of our adult lives. We do not have 10 years or more residential qualification to qualify us for any financial support from Centrelink.

We do not have a healthcare card that entitles us to inexpensive low cost medication.

Currently, we do have a Medicare card. We also have a seniors card. That's all.

medicines Our bought at the chemist are quite expensive, although subsidised somewhat under the PBS scheme.

Is there any way that both my wife and I can get financial support from the government?

How I wished we could return to live in Australia where many of the extended family members (all Australian citizens) are.

If Hank could point a way forward and open a pathway unknown to me, that would be great.

Thank you for reading my story.

Ng Lip Khiang Richard

Dear Ng Lip Khiang Richard.

Generally speaking, to be eligible for Age Pension, you must have been an Australian resident for 10 or more years in total with no break in your residence for at least five of these years. If you've been a resident for less than 10 years, you may still qualify for Age Pension if you've lived or worked in a country that Australia has an international social security agreement with.

You also need to be in Australia on the day you lodge a claim for Age Pension. If you qualify for the Age Pension, your payment may stop if you leave Australia for any reason within the two years after vou've returned to live in Australia. After two years in Australia, you can be eligible to receive the Age Pension indefinitely while overseas, but your payment rate would depend on how long you have been an Australian

However, any health care concession cards you may be eligible to receive in Australia such as a Pensioner Concession Card that comes with the Age Pension, can't be used overseas.

These cards are only valid in Australia to access cheaper medications and health care. and cancel if you leave Australia for longer than six weeks.

The same also applies Medicare eligibility. Medicare won't cover you for treatments you receive overseas, however, countries that have a Reciprocal Health Care Agreement with Australia may cover some of the

If you need assistance medication and health care costs, I suggest contacting the government of the country you're residing in to see if there are any programs you might be eligible for. Sincerely,

Hank Jongen, General Manager, Services Australia

Dear Hank,

I have read the response to Bryan and Rosemary's query but I don't think that it answers the intention of their query. I understand that the dates of 20 March and Sept (and the extra COVID one in June 2020) are when asset limits are reviewed. Many partpensioners will get an increased pension if

their assets (shares, bank account and superfund) have stayed the same or dropped under the new level.

I feel the point that the writer was making

'...my finances are dropping as I spend on daily living and shares drop in value but I am not getting any more from Centrelink even although my assets are now well below the level of the last valuation'

I was under the impression that Centre-. link has direct contact with the bank and super manager to adjust the account balances (and shares from ASX data) at regular intervals

The response from Hank seems to suggest that such a review is only undertaken upon a request or at the two review dates mentioned above.

In my case I am purchasing a new car - my original pension application in March listed a Holden Trax at \$7,000 as an asset - I am planning to buy a Nissan at \$35,000 - I am funding it from a small tradeplus withdrawal from my savings account and this years

allocated pension.

The overall assets in my super fund will remain the same.

Do I need to inform Centrelink or will they have monitored the drop in bank deposit account and allocated pension fund and will only need to know the increase in value of the personal vehicle?

Response: Dear Alastair.

For the benefit of other readers who may not have seen my response to Bryan and Rosemarie's question in June – I explained that every year on 20 March and 20 September, Services Australia re-values customers' market-linked managed investments, shares, and securities. We do this by applying the latest unit and share prices available.

As the COVID-19 pandemic is an extraordinary event that impacted financial markets, we undertook an additional revaluation on 1 June 2020. A similar approach was taken during the 2008 global financial crisis.

I also described how customers can seek a revaluation, or a trial revaluation, at any time.

To answer your specific question, while we

do have access to market values for market-linked managed investments, shares and securities, legislation does not allow us to automatically apply the new values outside of the 20 March and 20 September dates. We can however undertake a revaluation at any time at vour request.

In relation to changes to your bank account balances, as Centrelink does not have direct access to vour bank, so we are unable to monitor bank account balances.

In regards to your second question, although buying a new car from existing assets may not change your overall assets value, we still need you to let us know about changes to your assets within 14 days. The reason for this is any changes to your financial investments, including bank account balances, may impact the level of your deemed income. The easiest way to do that is online via vour Centrelink mvGov account.

I hope this provides more clarity about our revaluation processes, Alastair.

Sincerely,

Hank Jongen General Manager Services Australia

New topics coming for mature age learners

MATURE Adults Learn-Association Inc. (MALA) is offering some new topics for people in the semester which begins on 16 October.

The topics will include the following:

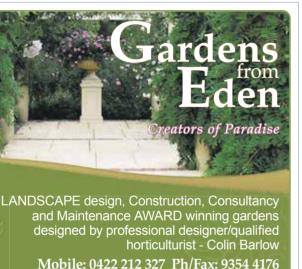
10.15am: Forensic Investigation of Homicide (E/Prof. Mead);

Genocide Studies of

the 20th & 21st Centuries (Dr Melanie O'Brien);

Heritage in Action (Richard Offen and Dr Ian MacLeod).

Judaism: 11.45am:



Email: gardensfromeden@iinet.net.au

www.gardensfromeden.com

5000 years in five hours (Rabbi Freilich);

Ecologically Sustainability Around Least Toxic Pest Management (David Piggott);

The Invisible Enemy -Viruses in the Age of CO-VID-19 (Dr Megan Lloyd).

There are no exams, no homework, no qualifications required - just an interest in stimulating learning with qualified lecturers.

More information is available on the website: www.mala.org.au and there is also an enrolment form there.

Courses are held on Friday mornings only at the George Burnett Leisure Centre, Manning Road in South Perth. Those who are not on the internet may phone Sue 9444 4902 or Julie on 0498 560 026 for further information.

We have a happy winner...





CONGRATULATIONS to Bernie O'Sullivan (pictured left) who was the lucky winner of the Lavazza prize pack from the July 2020 is-

The prize included a Lavazza tiny coffee machine with two packets of capsules.

Have a Go News is proud to give away lots of lovely prizes to readers throughout the

COMMUNITY NOTEBOOK

KINGSI FY **PARKINSON'S SUPPORT GROUP**

Held last Thursday of each month 1.30pm-3pm 3A Moolanda Boulevard. Kingsley (down laneway next to shell garage) Various guest speakers each month.

Contact Bev Hannan 0428 053 234

COCOA CLUB

Social gathering for over 55s, eg. picnics, lunches etc. including 5-day long camps held around the state. single and dormitory style sleeping. Camp price is around \$400

It is all good fun. Contact Judy Hampson 0450 735 415

(everything included).

SINGING THE BLUES AWAY

Wednesday 23 September 10am -12noon Come along and enjoy some fabulous music to celebrate the start of spring. Morning

Great band and singer (Nett and the Repeaters) There will be a quiz to have fun with and songs to sing to. Bookings essential. 9207 8555 Plenty of free parking. Swan Active Beechboro.

332 Benara Road.

Beechboro.

MORNING MARKET First Saturday of the month

St Peter and Emmaus Church Corner Banksia and Green Street Joondanna

BASSENDEAN MELODY CLUB

Bassendean Community Hall Meets Fridays 10am-12pm. Sing-a-long entertainment and friendship New members welcome. Carol 9279 3718

ARMADALE HIGHLAND GATHERING AND THE PERTH KILT RUN Sunday 4 October

8.30am-4pm Scottish arts and crafts.

Highland dancing and all things Scottish This is a family friendly, smoke and alcohol-free event. Minnawarra Park, Jull Street, Armadale.

ROSE SOCIETY of WA SPRING SHOW

Ph 9394 5410

Saturday 10 October 1-5pm. Sunday 11 October 10am-4pm. South Perth Community Centre Corner Sandgate Street and South Terrace. South Perth Enq. Kerry Bradford 0413 747 985

People are invited to join a special worship event Beethoven: Symphony No.9 -Ode to Joy. Sunday 20 September 12pm **Trinity Uniting Church** 72 Street, Georges Terrace. Perth

GREAT MUSIC AT TRINITY



PERTH UPMARKET Perth's original and best design market, featuring more than 180 of Perth's most

talented artists, designers, craftsmen and foodies. There is something for evervone. Sunday 13 September 10am-4pm Winthrop Hall. 35 Stirling Higway, Crawley.

WANTED! AWESOME ARTS **FESTIVAL VOLUNTEERS**

Gain event experience and work with industry professionals in a fun festival atmosphere. Recruiting volunteers for the 2020 AWESOME Festival from 21 September - 4 October. Interested?

Please email volunteer@

awesomearts.com

Thommo keeps fit and healthy as he clocks up 60 this year



Michael Thomson at the newsdesk, cupcakes to celebrate his 60th birthday

by Allen Newton

CHANNEL 9 news presenter Michael Thomson turned 60 in August, but he still cuts a sprightly figure on our TV screens each evening and hopes there'll still be a role for him on Perth television screens for years to come.

Thomson has always liked to keep in shape, but health was brought sharply into focus when his brother, who is 18 months older, had a major heart attack at the age of 51.

Thankfully, his brother has fully recovered.

"We don't have a family history of heart problems and that was a massive shakeup to my family and friends," Thomson says.

"Everyone went and got their heart checked."

Thomson swims in the ocean almost every day and runs on the beach two or three times a

week, often with his old mate and Channel 9 colleague Liam Bartlett.

He says he has no intention of retiring. Staying fit and well will hopefully keep Thomson going in the cutthroat television industry.

Growing respect for older news reporters, particularly in the United States, gives Thomson incentive to keep going.

"I feel I have a lot to of-

"I think even in my mid-60s I'd like to get back on the road doing some really nice feature pieces.

"American TV has gone through a phase of looking more to reporters, particularly female reporters, because it was very heavily slanted towards males with a lot of credibility and seasoned years behind them.

"They really have lot of clout so it's not unusual to see feature pieces being done by people in their 50s, 60s, or even in their 70s, because they've been around and they tell a story in a really nice

At the same time, he says it is crucial to get younger people involved in the industry to get fresh minds and enthusiasm into the game.

"When people say I don't want to turn 50 or 60 or 70, I always say if you can get there with reasonable health it's something to celebrate."

Thomson is one of six children who grew up in Como, right next to the Collier Pine Plantation, near where Penrhos College is now.

He says it was a wonderful childhood.

His dad was a keen fisherman and camper and would take the children around the State.

Thomson played for the Collier junior football team, played a lot of cricket and learned to swim in the Swan River.

"We would go prawning at night with the family, light a fire and cook the prawns.

"I was lucky, I had a fantastic upbringing."

Thomson says he was a pretty adventurous youngster and was very much into his sport and loved the outdoors.

"I was probably pretty cocky, and I certainly liked talking, which helped me in media."

Looking back at the way he has changed, Thomson says when he got married and had children it changed his perspective on what was important.

"With me, in the media, there would be a story I would be covering, and I would think something was very sad, but move on.

"I think as you get older you become warmly emotional about things, which I enjoy, you want to really appreciate things and can quite happily go along for that emotional

At a professional level Thomson has also seen remarkable change in the way the media works.

"When I started at the Daily News, then Perth's afternoon newspaper, there were six newspapers in Perth – the West, the Daily News, Western Mail, Sunday Independent, The Sunday Times, the Weekend News and even the Sports Review.

"I remember vividly, hearing the telex machine go off. A bell would ring if something big was on. Betty, who used to run the telex room at WA Newspapers, and I went in to have a look.

"She said this must be a big story because the machine was going flash, flash, flash. John Lennon is dead. I'll never forget that. I found out about it on the telex machine."

It was an era when newspapers were printed using hot metal.

"There was no such thing as a mobile phone, laptops and computers, or social media.

"It was a very different time, but a really nice time, I loved working in newspapers and then getting into TV when the six o'clock news was really starting to move at a very fast rate.

"I feel like I've been really lucky. I've been through a good time with the media, but it has changed dramatically now with social media.

"Everyone's a reporter, they see something happen and get their phone out and take some video, put it on their Facebook page, it gets seen by someone else and before you know it our social media team has found it and vou're off"

Anything happening can generally be found on social media whereas in the past camera opera-

tors had to go out and get the pictures.

While Thomson says he's always been able to adapt well to new technology, these days he's not as quick to adapt as he was.

"Our children and the young people at work are brilliant at adapting and understanding those things and moving very quickly."

"I certainly appreciate it and try to keep up with it to a reasonable degree, but I could be better."

Something else he is keen to do is to share his knowledge with younger members of the Nine News team.

That includes encouraging people to talk with others face to face.

"Some things now require less face to face contact which can often be a very good way of getting a story, but in some ways we don't get as much of a chance to see someone or talk to them."

We want to know what you think about *Have a Go News*See page 20 for our 2020 Readers Survey

The information will help us to provide better quality content for readers.







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

We're asking that you take a moment to complete this reader survey.

The information will help us to provide better quality content for readers.

We will use your responses to improve areas of our newspaper and our digital channels.

Plus, everyone who completes a survey goes into the draw to win.

First prize - \$200 Visa Card Second prize - 5 x prizes of \$20 scratchies.

Complete online at https://www.surveymonkey.com/r/ZCDDSQ7

This survey will be available until Wednesday, 30 September 2020.

Please only enter once!

	Please, only enter once!	
1. What is your gender?	18. Have you used any of the companies that advertise in	41. How often do you buy lottery tickets or scratchies?
Female Male	Let's go Travelling? Yes No	More than once a week
Gender neutral Other		Once a week Monthly
2. What is your age? 34 or younger 35 – 44 45 – 54	19. Do you intend to travel in the next 12 months? (assuming restrictions are lifted) Yes No	Once every few months
55 – 64	20. Where to?	Every 6 months
85+	Western Australia Interstate	Yearly
3. What is your postcode?	Overseas	Never
4. Do you work?	21. How many times a year do you travel in Western Australia?	42. What free-to-air television channels do you watch most often?
Full time Part time	Once Twice Three times	ABC Channel 9
Self employed Casual	Four times Five or more times per year	Channel 7 Channel 10 SBS
Retired Volunteer	22. What is your favourite travel destination in WA?	Other (please specify)
Unemployed		43. Do you intend to move house in the next 12 months?
5. How do you feel about retiring?	23. Do you own a caravan or camper trailer?	Yes No
Already there and not enjoying it Already there and loving it	Yes No	44. Would you consider downsizing?
Counting down the days	24. Where is your dream holiday destination?	Yes, it's going to happen soon
Happy to retire, when the days comes		Yep, once the kids are gone Maybe, I need to learn more
Nervous	25. Would you recommend <i>Have a Go News</i> to a friend as a	No, I'll stay in my family home
Do not want to retire	good source of information?	45. Would you move to a retirement village?
No plan to retire	Yes No	Yes No
6. Have you created a retirement plan for budgeting, finances and income strategies?	If no, why not?	46. If yes, why?
Yes No	26. Do you have any of the following:	
7. How many people read your copy of <i>Have a Go News</i> ? (circle)	computer smartphone - Apple tablet smartphone - android	47. If no, why not?
1 2 3 4 5+	27. How often do you visit the <i>Have a Go News</i> website?	48. Are you considering renovating your house in the next 12 months?
8. How long do you keep each issue of <i>Have a Go News</i> handy?	Daily Weekly Monthly	Yes No
Less than a week 1 week	Less than once a month	49. Do you own a car? Yes No
2 weeks 3 weeks 4 weeks or more	You have a website?	
9. How often do your refer back to the paper?	28. Did you know our website offers information and special	50. Will you purchase a new car in the next 12 months? Yes No
Regularly Sometimes	competitions between editions of the paper? Yes No	
Rarely Never		51. What will be your biggest purchase in the next 12 months?
10. How often do you use companies that advertise in	29. How often do you read the digital version of <i>Have a Go News</i> ? Daily Weekly	
Have a Go News?	Monthly Less than once a month	52. How often do you exercise?
Regularly Every 2-3 months Every 4-5 months Every 6 or so months	There is a digital version available?	Daily 2-3 times a week
Rarely	30. Do you use social media? Yes No	Once a week
I have never used one of the paper's advertisers	31. If yes, which platforms?	A few times a month
11 What types of advertisements get your attention?	Facebook Twitter Instagram	When I can
11. What types of advertisements get your attention?		
Call to action	Other (please specify)	Rarely
Call to action Educational / informative		53. Do you feel that the state government addresses the
 ☐ Call to action ☐ Educational / informative ☐ Subtle delivery of messages in pretty advertisements 	Other (please specify) 32. Have you liked the <i>Have a Go News</i> social media pages? No	53. Do you feel that the state government addresses the needs of the mature demographic well?
Call to action Educational / informative	Other (please specify) 32. Have you liked the <i>Have a Go News</i> social media pages?	53. Do you feel that the state government addresses the needs of the mature demographic well? Yes No
 Call to action Educational / informative Subtle delivery of messages in pretty advertisements Product and service descriptions Brand reminders 	Other (please specify)	53. Do you feel that the state government addresses the needs of the mature demographic well?
☐ Call to action ☐ Educational / informative ☐ Subtle delivery of messages in pretty advertisements ☐ Product and service descriptions ☐ Brand reminders 12. What types of products and services would spark your interest if they were advertised in Have a Go News?	Other (please specify)	53. Do you feel that the state government addresses the needs of the mature demographic well? Yes No
 Call to action Educational / informative Subtle delivery of messages in pretty advertisements Product and service descriptions Brand reminders What types of products and services would spark your 	Other (please specify)	53. Do you feel that the state government addresses the needs of the mature demographic well? Yes No
Call to action Educational / informative Subtle delivery of messages in pretty advertisements Product and service descriptions Brand reminders 12. What types of products and services would spark your interest if they were advertised in <i>Have a Go News</i> ? EG cars, supermarkets, sporting goods, medical devices	Other (please specify) 32. Have you liked the Have a Go News social media pages? Yes No If no, why not? 33. Do you respond to digital advertising? Yes No Sometimes 34. If yes, what products or services spike your interest?	53. Do you feel that the state government addresses the needs of the mature demographic well? Yes No If no, what areas do you feel need attention? 54. Do you feel that the federal government addresses the
Call to action Educational / informative Subtle delivery of messages in pretty advertisements Product and service descriptions Brand reminders 12. What types of products and services would spark your interest if they were advertised in <i>Have a Go News</i> ? EG cars, supermarkets, sporting goods, medical devices 13. What types of competitions do you like to enter?	Other (please specify) 32. Have you liked the Have a Go News social media pages? Yes No If no, why not? 33. Do you respond to digital advertising? Yes No Sometimes 34. If yes, what products or services spike your interest?	53. Do you feel that the state government addresses the needs of the mature demographic well? Yes No If no, what areas do you feel need attention? 54. Do you feel that the federal government addresses the needs of the mature demographic well?
Call to action Educational / informative Subtle delivery of messages in pretty advertisements Product and service descriptions Brand reminders 12. What types of products and services would spark your interest if they were advertised in <i>Have a Go News</i> ? EG cars, supermarkets, sporting goods, medical devices 13. What types of competitions do you like to enter? None Shopping vouchers	Other (please specify) 32. Have you liked the Have a Go News social media pages? Yes No If no, why not? 33. Do you respond to digital advertising? No Sometimes 34. If yes, what products or services spike your interest? 35. If no, why not? 36. To keep Have a Go News a free newspaper, we need to	53. Do you feel that the state government addresses the needs of the mature demographic well? Yes No If no, what areas do you feel need attention? 54. Do you feel that the federal government addresses the needs of the mature demographic well?
Call to action Educational / informative Subtle delivery of messages in pretty advertisements Product and service descriptions Brand reminders 12. What types of products and services would spark your interest if they were advertised in <i>Have a Go News</i> ? EG cars, supermarkets, sporting goods, medical devices 13. What types of competitions do you like to enter? None Shopping vouchers	Other (please specify) 32. Have you liked the Have a Go News social media pages? Yes No If no, why not? 33. Do you respond to digital advertising? Yes No Sometimes 34. If yes, what products or services spike your interest?	53. Do you feel that the state government addresses the needs of the mature demographic well? Yes No If no, what areas do you feel need attention? 54. Do you feel that the federal government addresses the needs of the mature demographic well? No
Call to action Educational / informative Subtle delivery of messages in pretty advertisements Product and service descriptions Brand reminders 12. What types of products and services would spark your interest if they were advertised in Have a Go News? EG cars, supermarkets, sporting goods, medical devices 13. What types of competitions do you like to enter? None Shopping vouchers Travel Lifestyle products eg movie tickets Food & wine products 14. Generally, what do you think about the editorial content	Other (please specify) 32. Have you liked the Have a Go News social media pages? Yes No If no, why not? 33. Do you respond to digital advertising? No Sometimes 34. If yes, what products or services spike your interest? 35. If no, why not? 36. To keep Have a Go News a free newspaper, we need to attract advertising. Are you more likely to respond to: Ads in print Ads on a digital platform	53. Do you feel that the state government addresses the needs of the mature demographic well? Yes No If no, what areas do you feel need attention? 54. Do you feel that the federal government addresses the needs of the mature demographic well? Yes No If no, why not?
Call to action Educational / informative Subtle delivery of messages in pretty advertisements Product and service descriptions Brand reminders 12. What types of products and services would spark your interest if they were advertised in Have a Go News? EG cars, supermarkets, sporting goods, medical devices 13. What types of competitions do you like to enter? None Shopping vouchers Travel Lifestyle products eg movie tickets Food & wine products 14. Generally, what do you think about the editorial content featured in Have a Go News?	Other (please specify) 32. Have you liked the Have a Go News social media pages? Yes No If no, why not? 33. Do you respond to digital advertising? No Sometimes 34. If yes, what products or services spike your interest? 35. If no, why not? 36. To keep Have a Go News a free newspaper, we need to attract advertising. Are you more likely to respond to: Ads in print Ads on a digital platform 37. Do you have a current will? Yes No	53. Do you feel that the state government addresses the needs of the mature demographic well? Yes No If no, what areas do you feel need attention? 54. Do you feel that the federal government addresses the needs of the mature demographic well? Yes No If no, why not? 55. Do you feel your generation is generally respected by the mainstream media? Yes No 56. Do you feel your generation is generally respected by
Call to action Educational / informative Subtle delivery of messages in pretty advertisements Product and service descriptions Brand reminders 12. What types of products and services would spark your interest if they were advertised in Have a Go News? EG cars, supermarkets, sporting goods, medical devices 13. What types of competitions do you like to enter? None Shopping vouchers Travel Lifestyle products eg movie tickets Food & wine products 14. Generally, what do you think about the editorial content featured in Have a Go News? Love it, keep it up. I read it all	Other (please specify) 32. Have you liked the Have a Go News social media pages? Yes No If no, why not? 33. Do you respond to digital advertising? No Sometimes 34. If yes, what products or services spike your interest? 35. If no, why not? 36. To keep Have a Go News a free newspaper, we need to attract advertising. Are you more likely to respond to: Ads in print Ads on a digital platform	53. Do you feel that the state government addresses the needs of the mature demographic well? Yes No If no, what areas do you feel need attention? 54. Do you feel that the federal government addresses the needs of the mature demographic well? No If no, why not? 55. Do you feel your generation is generally respected by the mainstream media? Yes No
Call to action Educational / informative Subtle delivery of messages in pretty advertisements Product and service descriptions Brand reminders 12. What types of products and services would spark your interest if they were advertised in Have a Go News? EG cars, supermarkets, sporting goods, medical devices 13. What types of competitions do you like to enter? None Shopping vouchers Travel Lifestyle products eg movie tickets Food & wine products 14. Generally, what do you think about the editorial content featured in Have a Go News?	Other (please specify) 32. Have you liked the Have a Go News social media pages? Yes No If no, why not? 33. Do you respond to digital advertising? No Sometimes 34. If yes, what products or services spike your interest? 35. If no, why not? 36. To keep Have a Go News a free newspaper, we need to attract advertising. Are you more likely to respond to: Ads in print Ads on a digital platform 37. Do you have a current will? Yes No 38. How is your health? Poor Average Good Excellent	53. Do you feel that the state government addresses the needs of the mature demographic well? Yes No If no, what areas do you feel need attention? 54. Do you feel that the federal government addresses the needs of the mature demographic well? No If no, why not? 55. Do you feel your generation is generally respected by the mainstream media? Yes No 56. Do you feel your generation is generally respected by the public? No
Call to action Educational / informative Subtle delivery of messages in pretty advertisements Product and service descriptions Brand reminders 12. What types of products and services would spark your interest if they were advertised in Have a Go News? EG cars, supermarkets, sporting goods, medical devices 13. What types of competitions do you like to enter? None Shopping vouchers Travel Lifestyle products eg movie tickets Food & wine products 14. Generally, what do you think about the editorial content featured in Have a Go News? Love it, keep it up. I read it all I have my favourite sections that I read regularly	Other (please specify) 32. Have you liked the Have a Go News social media pages? Yes No If no, why not? 33. Do you respond to digital advertising? No Sometimes 34. If yes, what products or services spike your interest? 35. If no, why not? 36. To keep Have a Go News a free newspaper, we need to attract advertising. Are you more likely to respond to: Ads in print Ads on a digital platform 37. Do you have a current will? Yes No 38. How is your health? Poor Average	53. Do you feel that the state government addresses the needs of the mature demographic well? Yes No If no, what areas do you feel need attention? 54. Do you feel that the federal government addresses the needs of the mature demographic well? Yes No If no, why not? 55. Do you feel your generation is generally respected by the mainstream media? Yes No 56. Do you feel your generation is generally respected by the public? Yes No
Call to action Educational / informative Subtle delivery of messages in pretty advertisements Product and service descriptions Brand reminders 12. What types of products and services would spark your interest if they were advertised in Have a Go News? EG cars, supermarkets, sporting goods, medical devices 13. What types of competitions do you like to enter? None Shopping vouchers Travel Lifestyle products eg movie tickets Food & wine products 14. Generally, what do you think about the editorial content featured in Have a Go News? Love it, keep it up. I read it all I have my favourite sections that I read regularly and that's all I skim through it because there isn't much that interests me	Other (please specify) 32. Have you liked the Have a Go News social media pages? Yes No No If no, why not? 33. Do you respond to digital advertising? Yes No Sometimes 34. If yes, what products or services spike your interest? 35. If no, why not? 36. To keep Have a Go News a free newspaper, we need to attract advertising. Are you more likely to respond to: Ads in print Ads on a digital platform 37. Do you have a current will? Yes No 38. How is your health? Poor Average Good Excellent 39. What health issues would you like to read about?	53. Do you feel that the state government addresses the needs of the mature demographic well? Yes No If no, what areas do you feel need attention? 54. Do you feel that the federal government addresses the needs of the mature demographic well? No If no, why not? 55. Do you feel your generation is generally respected by the mainstream media? Yes No 56. Do you feel your generation is generally respected by the public? No
Call to action Educational / informative Subtle delivery of messages in pretty advertisements Product and service descriptions Brand reminders 12. What types of products and services would spark your interest if they were advertised in Have a Go News? EG cars, supermarkets, sporting goods, medical devices 13. What types of competitions do you like to enter? None Shopping vouchers Travel Lifestyle products eg movie tickets Food & wine products 14. Generally, what do you think about the editorial content featured in Have a Go News? Love it, keep it up. I read it all I have my favourite sections that I read regularly and that's all I skim through it because there isn't much that interests me 15. What is your favourite section of the newspaper?	Other (please specify) 32. Have you liked the Have a Go News social media pages? Yes No No If no, why not? 33. Do you respond to digital advertising? Yes No Sometimes 34. If yes, what products or services spike your interest? 35. If no, why not? 36. To keep Have a Go News a free newspaper, we need to attract advertising. Are you more likely to respond to: Ads in print Ads on a digital platform 37. Do you have a current will? Yes No 38. How is your health? Poor Average Good Excellent 39. What health issues would you like to read about? 40. Which of the following are you interested in (pick as many as you like)?	53. Do you feel that the state government addresses the needs of the mature demographic well? Yes No If no, what areas do you feel need attention? 54. Do you feel that the federal government addresses the needs of the mature demographic well? Yes No If no, why not? 55. Do you feel your generation is generally respected by the mainstream media? Yes No 56. Do you feel your generation is generally respected by the public? Yes No Name Address
□ Call to action □ Educational / informative □ Subtle delivery of messages in pretty advertisements □ Product and service descriptions □ Brand reminders 12. What types of products and services would spark your interest if they were advertised in Have a Go News? EG cars, supermarkets, sporting goods, medical devices 13. What types of competitions do you like to enter? □ None □ Shopping vouchers □ Travel □ Lifestyle products eg movie tickets □ Food & wine products 14. Generally, what do you think about the editorial content featured in Have a Go News? □ Love it, keep it up. I read it all □ I have my favourite sections that I read regularly and that's all □ I skim through it because there isn't much that interests me 15. What is your favourite section of the newspaper? □ Travel □ Food & Wine □ Health	Other (please specify) 32. Have you liked the Have a Go News social media pages? Yes No Sometimes 33. Do you respond to digital advertising? Yes No Sometimes 34. If yes, what products or services spike your interest? 35. If no, why not? 36. To keep Have a Go News a free newspaper, we need to attract advertising. Are you more likely to respond to: Ads in print Ads on a digital platform 37. Do you have a current will? Yes No 38. How is your health? Poor Average Good Excellent 39. What health issues would you like to read about? 40. Which of the following are you interested in (pick as many as you like)? Books Craft Gardening	53. Do you feel that the state government addresses the needs of the mature demographic well? Yes No If no, what areas do you feel need attention? 54. Do you feel that the federal government addresses the needs of the mature demographic well? Yes No If no, why not? 55. Do you feel your generation is generally respected by the mainstream media? Yes No 56. Do you feel your generation is generally respected by the public? Yes No
Call to action Educational / informative Subtle delivery of messages in pretty advertisements Product and service descriptions Brand reminders 12. What types of products and services would spark your interest if they were advertised in <i>Have a Go News</i> ? EG cars, supermarkets, sporting goods, medical devices 13. What types of competitions do you like to enter? None Shopping vouchers Travel Lifestyle products eg movie tickets Food & wine products 14. Generally, what do you think about the editorial content featured in <i>Have a Go News</i> ? Love it, keep it up. I read it all I have my favourite sections that I read regularly and that's all I skim through it because there isn't much that interests me 15. What is your favourite section of the newspaper? Travel Food & Wine Health Arts and Entertainment All of the above	Other (please specify) 32. Have you liked the Have a Go News social media pages? Yes No Sometimes 33. Do you respond to digital advertising? Yes No Sometimes 34. If yes, what products or services spike your interest? 35. If no, why not? 36. To keep Have a Go News a free newspaper, we need to attract advertising. Are you more likely to respond to: Ads in print Ads on a digital platform 37. Do you have a current will? Yes No 38. How is your health? Poor Average Good Excellent 39. What health issues would you like to read about? 40. Which of the following are you interested in (pick as many as you like)? Books Craft Gardening Festivals and events Movies	53. Do you feel that the state government addresses the needs of the mature demographic well? Yes No If no, what areas do you feel need attention? 54. Do you feel that the federal government addresses the needs of the mature demographic well? Yes No If no, why not? 55. Do you feel your generation is generally respected by the mainstream media? Yes No 56. Do you feel your generation is generally respected by the public? Yes No Name Address
□ Call to action □ Educational / informative □ Subtle delivery of messages in pretty advertisements □ Product and service descriptions □ Brand reminders 12. What types of products and services would spark your interest if they were advertised in <i>Have a Go News</i> ? EG cars, supermarkets, sporting goods, medical devices □ 13. What types of competitions do you like to enter? □ None □ Shopping vouchers □ Travel □ Lifestyle products eg movie tickets □ Food & wine products 14. Generally, what do you think about the editorial content featured in <i>Have a Go News</i> ? □ Love it, keep it up. I read it all □ I have my favourite sections that I read regularly and that's all □ I skim through it because there isn't much that interests me 15. What is your favourite section of the newspaper? □ Travel □ Food & Wine □ Health □ Arts and Entertainment □ All of the above 16. Do the stories in Let's go Travelling (our travel section)	Other (please specify) 32. Have you liked the Have a Go News social media pages? Yes No Sometimes 33. Do you respond to digital advertising? Yes No Sometimes 34. If yes, what products or services spike your interest? 35. If no, why not? 36. To keep Have a Go News a free newspaper, we need to attract advertising. Are you more likely to respond to: Ads in print Ads on a digital platform 37. Do you have a current will? Yes No 38. How is your health? Poor Average Good Excellent 39. What health issues would you like to read about? 40. Which of the following are you interested in (pick as many as you like)? Books Craft Gardening Festivals and events Movies Dining out Exercise Wellbeing	53. Do you feel that the state government addresses the needs of the mature demographic well? Yes No If no, what areas do you feel need attention? 54. Do you feel that the federal government addresses the needs of the mature demographic well? Yes No If no, why not? 55. Do you feel your generation is generally respected by the mainstream media? Yes No 56. Do you feel your generation is generally respected by the public? Yes No Name Address Suburb
Call to action Educational / informative Subtle delivery of messages in pretty advertisements Product and service descriptions Brand reminders 12. What types of products and services would spark your interest if they were advertised in <i>Have a Go News</i> ? EG cars, supermarkets, sporting goods, medical devices 13. What types of competitions do you like to enter? None Shopping vouchers Travel Lifestyle products eg movie tickets Food & wine products 14. Generally, what do you think about the editorial content featured in <i>Have a Go News</i> ? Love it, keep it up. I read it all I have my favourite sections that I read regularly and that's all I skim through it because there isn't much that interests me 15. What is your favourite section of the newspaper? Travel Food & Wine Health Arts and Entertainment All of the above	Other (please specify) 32. Have you liked the Have a Go News social media pages? Yes No Sometimes 33. Do you respond to digital advertising? Yes No Sometimes 34. If yes, what products or services spike your interest? 35. If no, why not? 36. To keep Have a Go News a free newspaper, we need to attract advertising. Are you more likely to respond to: Ads in print Ads on a digital platform 37. Do you have a current will? Yes No 38. How is your health? Poor Average Good Excellent 39. What health issues would you like to read about? 40. Which of the following are you interested in (pick as many as you like)? Books Craft Gardening Festivals and events Movies	53. Do you feel that the state government addresses the needs of the mature demographic well? Yes No If no, what areas do you feel need attention? 54. Do you feel that the federal government addresses the needs of the mature demographic well? Yes No If no, why not? 55. Do you feel your generation is generally respected by the mainstream media? Yes No 56. Do you feel your generation is generally respected by the public? Yes No Name Address Suburb State Postcode Email address
□ Call to action □ Educational / informative □ Subtle delivery of messages in pretty advertisements □ Product and service descriptions □ Brand reminders 12. What types of products and services would spark your interest if they were advertised in <i>Have a Go News</i> ? EG cars, supermarkets, sporting goods, medical devices 13. What types of competitions do you like to enter? □ None □ Shopping vouchers □ Travel □ Lifestyle products eg movie tickets □ Food & wine products 14. Generally, what do you think about the editorial content featured in <i>Have a Go News</i> ? □ Love it, keep it up. I read it all □ I have my favourite sections that I read regularly and that's all □ I skim through it because there isn't much that interests me 15. What is your favourite section of the newspaper? □ Travel □ Food & Wine □ Health □ Arts and Entertainment □ All of the above 16. Do the stories in Let's go Travelling (our travel section) provide you with holiday inspiration?	Other (please specify) 32. Have you liked the Have a Go News social media pages? Yes	53. Do you feel that the state government addresses the needs of the mature demographic well? Yes No If no, what areas do you feel need attention? 54. Do you feel that the federal government addresses the needs of the mature demographic well? Yes No If no, why not? 55. Do you feel your generation is generally respected by the mainstream media? Yes No 56. Do you feel your generation is generally respected by the public? No Name Address Suburb State Postcode Email address Phone number
Call to action Educational / informative Subtle delivery of messages in pretty advertisements Product and service descriptions Brand reminders 12. What types of products and services would spark your interest if they were advertised in Have a Go News? EG cars, supermarkets, sporting goods, medical devices 13. What types of competitions do you like to enter? None Shopping vouchers Travel Lifestyle products eg movie tickets Food & wine products 14. Generally, what do you think about the editorial content featured in Have a Go News? Love it, keep it up. I read it all I have my favourite sections that I read regularly and that's all I skim through it because there isn't much that interests me 15. What is your favourite section of the newspaper? Travel Food & Wine Health Arts and Entertainment All of the above 16. Do the stories in Let's go Travelling (our travel section) provide you with holiday inspiration? Yes No	Other (please specify) 32. Have you liked the Have a Go News social media pages? Yes No Sometimes 33. Do you respond to digital advertising? Yes No Sometimes 34. If yes, what products or services spike your interest? 35. If no, why not? 36. To keep Have a Go News a free newspaper, we need to attract advertising. Are you more likely to respond to: Ads in print Ads on a digital platform 37. Do you have a current will? Yes No 38. How is your health? Poor Average Good Excellent 39. What health issues would you like to read about? 40. Which of the following are you interested in (pick as many as you like)? Books Craft Gardening Festivals and events Movies Dining out Exercise Wellbeing Local community clubs Charity Travel Theatre, the arts and music	53. Do you feel that the state government addresses the needs of the mature demographic well? Yes No If no, what areas do you feel need attention? 54. Do you feel that the federal government addresses the needs of the mature demographic well? Yes No If no, why not? 55. Do you feel your generation is generally respected by the mainstream media? Yes No 56. Do you feel your generation is generally respected by the public? Yes No Name Address Suburb State Postcode Email address

Let's GO MOTORING













Left to right; Kia Seltos is a smart looking SVU - interior - seven year warranty - smart grille - Nissan Juke



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

LISTENING to a top

rating talk radio program recently, I was reminded that most of us care little about the car we own, drive, maintain and only occasionally wash. And don't start me on the dozens of different ways we pronounce Hyundai.

As a motoring enthusiast, it's difficult to understand why others don't share the car passion. Why many only see a car as simply a necessary mode

of travel is perplexing in the extreme. Yet there has never been a better time to own and drive a car, often dripping in safety gear, creature comforts and reliability; most with long warranties. What's not to love?

Build quality and classy design is important to many. A case in point is the Kia Seltos compact SUV.

Kia loves models to start with the letter S. Sportage and Sorrento. Why not? For years it worked well for Toyota with the letter C. Corolla, Corona, Cressida, Crown.

The Kia Seltos is pleasant enough to look at; a lovely front grille with a jamboree of smart looking LED headlights. Kia is certainly doing some fantastic designs, contemporary and very stylish. The poaching of some of the finest car designers from Europe is paying dividends. Kia

has moved upmarket and people recognise the value.

The most affordable of Seltos variants are front-wheel drive, the two top-spec models push power to all four wheels.

Inside, the Seltos's interior is pretty much what you'd expect from a conventional compact SUV; modern and packed with features. The general cabin character is more upmarket

than price would suggest. For models above the base specification, there is a giant 10.25inch infotainment screen one of the clearest and best designed in any car.

You will easily fit in four large adults for longer drives with no trouble. Variants tend to do the head in; Kia Seltos offer five, with engine choices. Most will pick the spread front-drives,

across the S (around \$25,990) Sport (around \$29,000) and Sport+ (around \$32,500). Moving up in price, the options are Sport+ in AWD (around \$36,000) and GT Line

AWD (around \$41,000). Or you may fancy the curious Nissan Juke. Dark, mysterious and windblown.

But that's a topic for my forthcoming movie script. For now, I'm off to wash the Seltos.



Volunteer for Epilepsy WA's annual street appeal

EPILEPSY WA is calling for volunteers to raise funds during its street appeal for vital epilepsy support services.

The charity's annual street appeal will be held in Perth CBD on 20 November as part of national Epilepsy Awareness Month.

Epilepsy affects more Western Australians than cerebral palsy, multiple sclerosis, Parkinson's, muscular dystrophy and blindness combined.

One in 20 children will experience a seizure and one in 200 WA schoolchildren lives with the common neurological condi-

About 26.000 Western Australians live with the daily challenges of epilepsy, and 1500 new cases are diagnosed each year. Epilepsy WA doesn't receive any government funding, instead relying upon public donations.

To volunteer, or to hold a fundraiser for epilepsy at your workplace, school or community, contact Epilepsy WA on 1300 852 853 or epilepsy@epilepsywa.asn.au.

KEEP UP TO DATE DAILY with your favourite newspaper



READ US ONLINE Join us on Facebook

Have a Go News provides mature Western Australians with quality lifestyle information for them to live a healthy and fulfilling life

Receive the *Have a Go News* E-edition direct to your inbox...

We now offer readers the service to deliver the 'E' edition of *Have a Go News* directly to your inbox each month. It's free.

*Be the first to read the news, enter our competitions and get up-to-date on new information.

To register, please email readers@haveagonews.com.au

*Conditions apply. May also include offers and promotions throughout the month.

NOW PRINTING 70,000 hard copies!

Visit www.haveagonews.com.au or www.facebook.com/Haveagonews/ 😝 💟 🧿







DOC and be merry... ADVERTISING FEATURE CONTROL AT A BE

ooking to the future...what wine will we drink in 2030?



Department of Primary Industries and Regional Development's Richard Fennessy

by Frank Smith

FINDING emerging grape varieties that will produce premium wines in West Australian wine regions is an important research activity of the Department of Agriculture (now Department of Primary Industries and Regional Development).

Richard Fennessy and Kristen Kennison

have been testing alternative varieties at Manjimup since 1988, both in terms of yield of fruit, disease resistance and quality of wine

"Most emerging varieties will remain on the periphery of the mainstream French varieties but things can change - like Pinot Gris for example," said Mr Fennessy.

"I expect there will be some of these varieties that meet the interest of the consumer and also importantly a variety that is pliable in the vineyard and winery may become one of a second tier of varieties.

"From an aroma and flavour perspective see these varieties showing distinctness and uniqueness which will grab consumers attention. Specifically I see great potential in white varieties that feature textural attributes on the palate which will also lend themselves to food pairing.

"With reds I'm excited by medium to light bodied varieties that express primary fruit characters, lend themselves to being served slightly below room temperature, best enjoyed a year or two from the year of vintage and again align themselves with being food friendly.

Our Australian lifestyle of being outdoors in beautiful weather eating an array of cuisines is perfectly suited to these styles of wines," he

Six emerging grape varieties from the Manjimup trial (four red and two white) appear to have high potential for wine making in WA. These are:

Arneis from Piedmont in northern Italy. The vines produce moderate yields with low disease susceptibility wine styles vary from light-bodied, fine and delicate wines to a fuller style with distinctive peach flavours when lightly oaked. Wines from late-harvested wines are rich and viscous. Wines are rather dry with lifted musk, floral and lime aromas, fine mineral, lime, peach and melon flavours.

Pinot Gris is a popular white wine grape from the Burgundy region of France, although widely grown in Italy where it is known as Pinot Grigio. In Australia it is rapidly becoming mainstream. It produces white wines ranging from light and crisp with citrus characters to a richer style with greater body, perfume and flavour. Wine may also vary from a straw to light copper in colour. The wines showed distinct pear and apple aromas which continued onto the palate with subdued berry flavours.

Tannat, a red wine grape from south-west France produces wine noted for its very high

tannin levels. Wines range from full-bodied deep in colour, with spicy berry characters to concentrated medium body wines with soft tannins and sweet cherry, raspberry, plum and currant aromas and flavours

Saperavi is an intensely coloured and flavoured red wine grape from Georgia and my personal favourite. Saperavi wines are medium bodied and inky in colour, with soft tannins. The aroma is lifted with floral violet tones and blackberry and cherry. The palate is intense with flavours of ripe berry, strawberry, plum and spice with grassy skins and fine tannins.

Lagrein is a red grape from Italy that typically produces medium-bodied table wines that show intense colour, good body with cherry, dark berry, violet and plum aromas and a palate of cherry, plum and dark chocolate with chalky tannins. Made into a rosé style wine Lagrein is elegant, fruity and floral.

Barbera is a red grape from Piedmont in northern Italy. The variety is naturally high in acidity and anthocyanins. The wines are medium-bodied with a firm acid structure, fine tannin and display spicy plum and dark fruit (ripe cherry, currant and prune) aromas. The palate adds raspberry and cherry flavours.

Look for these in your local liquor store.

Embrace spring with Vince's delicious yin and yang soup...



Have a Go News' Reader Special

Have a Go News' Mondo Meat Pack;

1kg chicken drumsticks, 1kg beef mince

1kg diced beef, 1kg lamb shoulder chops

and 1kg bbq sausages.

Included in pack Vince's book

The Flesh In My Life - while stocks last!

(normal price \$78.50 per pack)

Use voucher code HAVEAGO

(Limit 2 packs per person)

For online orders visit

For telephone orders phone

9371 6350 and quote

and Saturday 9am-2pm

Same day dinner pick up orders

call and order before 11am

by Vince Garreffa

MY mother once or twice said to me: "Dopo chi mangie stu brodo u mundo e megio" After you eat this soup the world is a better place.

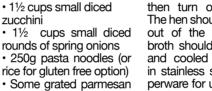
Good food - good karma - balance is restored in your stomach. It's good for you, so try it. It can also be gluten free too. Frozen free range hens are available in Perth.

This recipe is best done over two days and is perfect for spring when it's still cool outside. If you really wanted this could be done in an afternoon but this way is I think is easier for cooks with training wheels still



Ingredients for 4-6 people DAY ONE

- 1 free range hen 3 celery stalks
- 1 medium bunch Italian
- parsley · 2 brown onions skin on,
- cut into quarters
- 12 litres of water
- Salt and pepper DAY TWO
- · Finely chopped or minced cooked meat
- from day one (no bones) 500g fresh minced
- chicken (breast and thigh)



cheese 1/4 cup Italian parsley

Method

Day one - put the fro-zen hen (with no plastic) into a very large pot with 12 litres of water and the roughly diced celery, parsley and skin on onion. Bring to a boil then lower to a medium simmer and skim any foamy scum that floats on top of the water. Simmer with a lid 80 per cent on, cooking for two hours, then check with a fork if the flesh is really tender. If it isn't, cook for about 30 minutes more

then turn off the heat. The hen should be cooled out of the broth. The broth should be strained and cooled then stored in stainless steel or Tupperware for use next day. Remove all the flesh from the cooled hen and keep the clean skin but discard feathery skin and all bones. Finely dice flesh and skin or mince it to mix with the fresh chicken on day two.

Day two - bring the cold chicken stock out of the fridge and discard any fat on top. Now bring five litres of this stock to a boil slowly while you make the meatballs. Mix the hen meat and fresh chicken mince with nutmeg, paprika and a good pinch of salt and pepper and the diced parsley leaves. Mix

thoroughly to make meatballs the size of small walnuts. If it's not binding too well add some bread crumbs and one egg before rolling into meatballs.

Put the meatballs and diced vegetables into the boiling stock, raising the heat to a rolling boil and cook for 10 minutes then add pasta and cook for five to six minutes if using thin spaghetti.

Now add salt and pepper to taste and remove from heat to rest. Add 1/2 cup of parsley leaves stirring through.

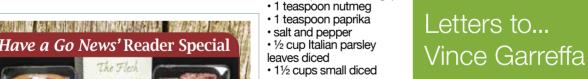
Serve immediately with parmesan in a small bowl on the side. Enjoy some without the parmesan to fully taste this delicious comfort food and like me you just might decide to have all the first bowl without cheese.

May you live with many pleasant moments!

PS: Freeze excess stock for another recipe.

Have a Go News readers can receive a great value Mondo's meat pack which includes chicken drumsticks, sausages, chops and mince, diced beef and as a very special gift for you, a copy of my book The Flesh in My Life. This beautifully presented hard copy book contains many of my family reci-

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





hesitate to drop a line to Have a Go News. Address your enquiry to Vince Garreffa c/- Have a Go News PO Box 1042, West Leederville 6901, or email your question to vince@haveagonews.com.au. Please include your phone number.

What's fresh in the market place for the start of spring

Afourer Mandarins: Local mandarin varieties continue to evolve through the winter seasons. The

Afourer variety is now in season, giving citrus lovers a fresh new variety to look out for. The medi-



Place your order online or call us Steve 0432 877 984 Email: info@poppetspantry.com.au um/large-sized fruit has a highly attractive deep orange-red colour and is easy to peel. Like most mandarins, they are usually seedless or contain few seeds and lots of fresh flavoursome superbly sweet juice. Make sensational oil for drizzling over meats and veggies by leaving mandarin zest to infuse for two to three days in some extra virgin olive oil. Add salt and pepper and some fresh, floral mandarin juice before serving. Divine!

Cumquats: Marmalade lovers, listen up. Cumquats are ripening up and are waiting for you at your local produce store, ready to be turned into all sorts of lovely preserves. The cumquat tree is a particularly pretty, not to mention useful, addition to a backyard. Try the fruits whole for their sweet rind and sharp juice or macerate cumquats in vodka or another clear spirit for an unusual, citrusy twist.

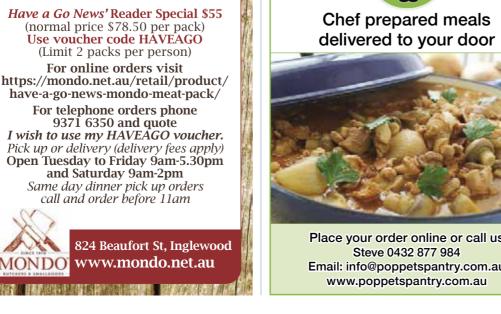
Rosy red oranges: This new member of the navel

orange family has a beautiful rosy pink glow to the skin and flesh, which is very sweet and, best of all, seedless. It's grown right here in WA - spot the local branding stickers for your reassurance you're buying local - as its WAaay fresher! Perfect to enjoy as a snack or add to a salad for a refreshing touch. Globe artichokes: Do

they look bit daunting? Fear not, they're easy to handle once you know how. To prepare whole artichokes for cooking, slice off the stem to form a flat base. Snap off the tough outer leaves closest to the stem. Trim about 3cm off the pointed top, and then use scissors to snip off the prickly tips of the outer leaves. Rub all cut edges with lemon to prevent discoloration. It's easier to remove the fuzzy choke (use a teaspoon) after cooking, but it can also be done beforehand. Anchors away to boil, steam, roast or braise - you'll know they are cooked when the out-

er leaves pull away easily and the bottom can be easily pierced with a knife. You eat artichokes with your fingers, pulling out the leaves and scraping the fleshy side against your teeth. The heart itself is entirely edible, as is the inner part of the stem. Artichokes are often served with sauces such as a hollandaise, vinaigrette or melted butter to dip the leaves in.

Red and green chillies: These fiery bursts of flavour from Carnarvon are utterly delicious, mildly addictive and a lynchpin of a huge range of cuisines worldwide. A ripe red chilli has a different flavour to an under-ripe green chilli, just as we recognise the difference in flavour between a tart green and a sweet red capsicum. There are no rules, however, regarding difference in heat, so proceed with caution! Always taste for pungency and adapt recipes according to just how hot you like it...



Basic muffin mix

Preparation: 15 mins; cook: 20 mins; makes 12

- 2 cups plain flour
- 1 tablespoon baking powder
- ½ teaspoon salt
- ½ cup sugar
- 1 egg, lightly beaten
- 1 cup milk
- ½ cup melted butter

Preheat oven to 200°C. Combine flour, baking powder, salt and sugar in large bowl. Add lightly beaten egg, milk and melted butter. Mix all ingredients together but be sure to leave quite lumpy as this will help rising. Add your favourite fruits and nuts at this point, if desired. Divide mixture into a greased 12-cup muffin pan. Bake for 15-20 minutes

Low-fat apple and

Preparation: 35 mins; cook: 30 mins; makes 12

and satisfying.

- 1½ cups fresh apple juice
- 2 teaspoon vanilla extract
- 11/2 cups wholemeal flour
- 2 apples, grated with skin
- 1 teaspoon cinnamon

Apple wedges to garnish (optional)

Top with sliced apple wedges if desired and bake for 25 - 30 minutes or until muffins are cooked through and golden. Cool.

Strawberry coconut crumble muffins

Preparation: 10 mins; cook: 30 mins; makes 12-16 muffins

350g chopped strawberry

- 3 cups self-raising flour
- 34 cup caster sugar
- 1 cup coconut milk 150g melted butter or
- macadamia nut oil
- 2 eggs lightly beaten
- 2 teaspoon vanilla essence Crumble (optional):
- 1 cup desiccated coconut
- ½ cup plain flour
- ½ cup sugar

1/3 cup butter, softened

Preheat oven to 180°C. Combine flour and caster sugar into a bowl. Add the milk, butter, eggs and vanilla. Mix through lightly until combined. Lastly fold through the strawberry chunks. Spoon into muffin cups about 3/3 full. Combine the crumble ingredients and sprinkle over the top of the muffins. Bake for 30 minutes until golden and cooked through. Enjoy warm or cold.

Grapefruit and orange muffins

Preparation: 10 mins; cook: 25 mins; makes 12

½ cup sugar ½ cup butter

2 eggs

½ cup yogurt or ¼ cup milk Rind and juice of 1 orange

Rind and juice of 1 pink grapefruit

1½ cups self-raising flour

Preheat the oven and prepare the muffin pans. Blend the sugar and butter. Beat in the eggs. Thoroughly mix in the yogurt, citrus rind and one cup of the juices in total. Lightly combine flour with the wet mix. Spoon into muffin pans and bake at 180°C for 20-25 minutes.

oatmeal muffins

DELICIOUS high fibre muffins that are very moist

- 1½ cups cooking oats
- 34 cup sugar
- 2 teaspoon baking powder
- 4 egg whites, beaten to soft peaks

Preheat oven to 170°C. Soak the oats, apple juice, sugar and vanilla for 30 minutes. Mix in the flours, grated apple and cinnamon.

Fold in the egg whites. Spoon into muffin tins.

The smell of delicious spring home baking...



by Noelene Swain

"YOU don't get tired of muffins, but you don't find inspiration in them.' George Bernard Shaw (British playwright and critic).

I BEG to differ Mr Shaw. A freshly cooked muffin brimming with chunks of fresh fruit is a source of much illumination. Oh, look, it's just inspired me to reach for another

Try one of these fruity combos to get you inspired for a light fruity snack on a sunny afternoon.

Being low in fat they are best eaten fresh or freeze a few to enjoy over the days ahead.

Prepared by Fresh Finesse Food Promotions www.freshf.com.au

Banana muffins or loaves

Preparation: 10 mins; cook: 25 mins; makes 12 muffins or 3 mini loaves

¼ cup oil

1 egg

1/3 cup raw sugar 1/2 cup Greek yogurt

½ cup milk

1 teaspoon vanilla 300g ripe banana (peeled)

2 cups SR Flour

1 teaspoon cinnamon

1 cup flavouring of choice - blueberries, walnuts, choc chips etc

Preheat the oven and prepare the muffin pans. Blend the sugar, oil, eggs, yogurt, milk, vanilla and bananas in a food processor. Sift flour and cinnamon into a medium bowl. Add the wet mix and additional flavourings. Fold mixture lightly until just combined. Spoon into muffin pans and bake at 180°C for 20-25 minutes.

Alternatively bake in mini loaf tins for about 35 minutes.

WEEK DAY LUNCH SPECIALS

Information correct at going to press

BAYSWATER HOTEL

\$19.95 seniors lunch specials Mon-Fri 12-2.30pm Railway Pde Bayswater

SEAFOOD NATION BAR AND GRILL

\$14.95 lunch specials Mon-Fri 11-3pm 28 Southside Drive Hillarys 9203 6689

THE KINGSWAY BAR AND BISTRO

\$18 seniors lunch deal Mon-Thu 11am-3pm 211 Kingsway Darch 9303 9144

BAR AND KITCHEN \$15 and under lunch

special Wed-Thu-Fri 11.30am-1.30pm Shop 10 Wesley Quarter Behind the church 93-95 William Street,

Perth 9321 4685

SHARKYS

\$19.90 lunch specials Mon-Fri 11am-3pm Excluding public holidays Complimentary drink choice (see menu) Shop 1 Dolphin Quay. Ocean Marina Mandurah 9534 8825

THE SAINT GEORGE

\$15 seniors meals Mon-Fri 12-2.30pm Excluding public holidays 2 Morris Place Innaloo 9446 2424

HYDE PARK HOTEL \$15 lunch special

Every day 11.30am-9pm 331 Bulwer Street North Perth 9328 6166

TWO40THREE **BAR AND GRILL**

\$14.95 lunch menu Mon-Fri 11am-3.30pm 243-253 Morley 9275 3665

THE SHIP INN

\$15 seniors lunch (present seniors card) Every day 11.30am-2.30pm 8 Albert Street Busselton 9752 3611

THE CARINE GLADES TAVERN

\$14 seniors meal (seniors card holders) Mon-Fri 11.30am-3pm 493 Beach Road Duncraig 9447 7400



by Judith Cohen and Pat Paleeya

TUCKED away on High Street Fremantle is a modest and unassuming Japanese restaurant called the Modern Eatery.

We chanced upon this little gem whilst strolling around Fremantle and decided this could be a contender for a Diva Dine, fried slice of lotus root.

as they were offering eight choices for lunch all priced under \$20. We each had a Bento

Box - a Wagyu Yakiniku Bento at \$18 and a Cheesy Tofu Bento at \$14.50. Both Bento boxes came with green salad, pickled seaweed, a little cauliflower and rice, and a nice light and crunchy

ciously tender and juicy and served in a tasty Japanese barbecue sauce. The cheesy silken tofu tempura with dashi melted cheese was utterly delicious. The addition of egg and seasonal mushroom in this extremely light batter added to an already mouth-watering delicacy. How they kept the tofu in one piece must be an art form.

Fremantle knife and fork talk with the Dining Divas

The thinly sliced grilled

Wagyu beef was deli-

This is quite a small place but already there were three reserved tables and by 12 noon it was becoming very busy. Depending where you sit, you're able to observe the chefs working in the kitch-The place is simple, un-

adorned and very clean. The staff were attentive. efficient and not short on really big smiles. There is also another branch located in Mount Lawley on Beaufort Street just in Chelmsford Street and the food there is great too.

4 forks

Modern Eatery, 6/124 High Street, Fremantle -9335 7296

1/595 **Beaufort** Street, Mount Lawley -9328 3661

Open Tuesday to Sunday 11.30am to 2.30pm and 5.30pm to 9pm.

www.themoderneat ery.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 im-

Two forks - food and service needs improvement

To fix your pantry, Call Brett Gaffin. The Inner Drawer Specialist at Easy Access Kitchens. Make your kitchen DON'T CHANGE YOUR DOORS







BUILT IN CORNER PANTRY PANTRY-MICROWAVE





PULL OUT CORNER



DEEP DRAWERS NARROW PANTRY









Brunch with T - a rustic holiday brunch at Hill Shed Winery in the south west



Clockwise from left; mushrooms in a sweet sherry cream with toast Hay Shed Hill NV sparkling - crumbed eggplant served with confit of garlic in a romesco sauce - roast pork belly with pear rocket parmesan salad - Abrolhos Island scallop served on cauliflower cream, topped with candied jamon (Spanish ham) and a serve of deep-fried goat's cheese with orange blossom honey - dessert platter - local oysters



Guest writer Jen Merigan

I'VE taken over Tahlia's column again this month to share the delights of a recent visit to Rustico at Hay Shed Hill in the Margaret River region.

As many of us are wandering out yonder, local restaurants are heaving, so to ensure you can enjoy a meal, bookings are a must. We were lucky enough to score a sitting at 11am on a Sunday on a recent trip.

We knew from previous visits that if you are attempting the dégustation menu at Rustico, it's a no breakfast day, so by the time we sat down we were ready with a good

Since our last visit a few years ago they have changed the menu, it used to be each diner would choose from two dishes per course but now you get both tapas and share options.

And because this was our first break in more than a few years we decided to go all out and share some local oysters to kick off our meal and take up the wine pairing

Half a dozen creamy and salty natural local oysters (\$21) came freshly shucked to our table with a tangv vinaigrette, making the perfect start to this dazzling degustation.

Course one began with a glass of Hay Shed Hill NV sparkling which perfectly complimented the Abrolhos Island scallop served on cauliflower cream, topped with candied jamon (Spanish ham) and a serve of deep-fried goat's cheese with orange blossom honey. The scallops were sweet, and the orange blossom honey brought out the gamey tartness of the goat's

cheese.

Second course was a crumbed eggplant served with confit of garlic in a romesco sauce. The eggplant was smoky and topped with a crunchy crumb. The garlic and tomato sauce just heightened the flavours of this Mediterranean vegetarian delight. The second dish with this course was tempura prawns served with an avocado, tomato salsa and a chipotle aïoli. The batter was light and crispy and the salsa and gave the prawns a zip. The smoky eggplant dish was my favourite and both dishes paired well with the 2018 Semillon

Sauvignon Blanc.

I think one of my all-time favourite dishes is roast pork belly and when it's served with burnt apple sauce and the crispiest crackle, well you couldn't do much more to win over my heart. Oh, except add in a fresh pear rocket parmesan salad with candied walnuts and a beautiful 2020 Pinot rose wine.

Tapas dishes have a way of sneaking up on you, so my partner and Í took a little break to savour the different taste sensations before course the final two courses.

cheeks

made a comeback in recent years and this tender slowly braised beefy morsel in red wine served with cauliflower and beetroot chutney just melted in your mouth. The second dish was mushrooms in a sweet sherry cream with toast and although it was tasty it was probably the dish, we liked the least. Both of these were paired with a 2018 Malbec.

Our final course was a choice between a dessert or cheese platter; me having a sweet tooth we chose the dessert platter which was oddly paired with a Cabernet Sauvignon.

The selection of sweeties was yummy and included a very tasty brulée and mini lemon meringue tart. It was the perfect way to finish off a deliciously long holiday brunch. We went for a walk afterwards and enjoyed the beautiful surrounds of Hay Shed

Service here is always friendly and efficient. If a dégustation is not your thing you can order a selection of tapas dishes and pizzas from the menu.

The five-course dégustation is \$70 per person and the pairing of wines from Hay Shed Hill is an extra \$45 per person. For us it was our only meal out during our four-day break, so we were happy to spend a bit more and savour some south west cuisine. Rustico also have a tapas bar on the foreshore in Rockingham.

4 spoons Rustico, Hill Winery, 511 Harmans Mill Road, Wilyabrup 9755 6455

www.rusticotapas.

Open Friday to Sunday 11am to 5pm, Monday to Thursday 12noon to 5pm. Bookings es-

「's spoon ratings



You may miss out on the Royal Show but you can still buy your favourite showbags

THE IMPORTANCE of keeping the WA community safe from COVID cannot be underestimated and therefore the decision was made last month to cancel this year's Perth Royal Show.

The show had been scheduled to go ahead

SIGN UP

MEMBERSHIP

ONLY \$20

and many businesses including showbag suppliers were planning and stocking for the event.

The uniquely Australian showbag has been bringing iov to families for more than 50 years and Chicane Showbags has been involved with the Royal Perth Show for 20 years.

Co-owner of Chicane Showbags, Emily Williams, said she was devastated to hear the sad news that the Show won't be going ahead this year.

"The Royal Perth Show is a significant event on our calendar and we have been planning for the last six months.

"We were so excited to bring our best range of showbags ever to the Show including the much-loved Bertie Beetle showbag.

"While this is a huge blow for our small business, we understand the health of Australians is the most important consideration.

"We know many West Australians will be wondering if they can still buy their favourite showbags and how.

"We are pleased to announce that our full range is now available

"You may miss out on the Royal Perth Show, but you can still get your showbags - delivered to direct your door," said Ms Williams.

Delivery starts at \$7.14 to Perth metro areas, but it is free for orders over \$100.

More than 65 showbags are available online, with options for all ages and price points across fashion, beauty, confectionery. entertainment and kids. Chicane's Showbag brands include the iconic Bertie Beetle showbags, as well as Roxy, Nude by Nature, Stella Athletic, Nerf, Home and Away, AC/DC and The Beatles,

"Like many small Australian businesses, we are doing what we can

to name just a few.



Showbags © John Kruger Photography

EXPRESSIONS OF INTEREST: Meals on Wheels \$10 *conditions apply, advertised prices are for members Walking Group

LIFESTYLE ACTIVITIES:

SERVICES AVAILABLE

Bridge, scrabble, mahjong and chess.

(bookings essential - members only*):

Podiatry - Thursday 9am-1.30pm*

Hairdresser - Tuesday 8.30am-12.30pm*

NEW ACTIVITIES:

Tuesdays - Pilates, Zumba 6pm, Thursdays - Book Club, Indoor Bowls, Fridays - Sound Healing & Meditation

SENIOR CITIZENS CENTRE

Come and join the South Perth Senior

Citizens Centre for some activities

TUESDAY LUNCHES: \$15 members; \$20 non-members



53 Coode Street, South Perth Phone 9367 9880 Email spsc@bigpond.com

Find us on 🚯

We want to know what you think about Have a Go News See page 20 for our 2020 Readers Survey

The information will help us to provide better quality content for readers.

to adapt to the current situation.

"We hope that we can still deliver a little bit of joy to West Australian families over the coming weeks during these uncertain times," said Ms Williams.

Please support Australian business and buy Chicane Showbags at www.showbagshop. com.au

WIN WIN WIN Thanks to Chicane

Showbags we have 10 showbag vouchers valued at \$30 each for some lucky readers to win. The vouchers also include free shipping. An email address is required for this competition as the vouchers are only available online. To be in the draw simply email win@ haveagonews.com.au with Showbags in the subject line. Closes 30/9/20

Come and experience the Real thing

Gathered over 50 years of astute selection at their source.

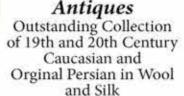
No other collection even comes close to the fine imported carpets you'll see at these unbeatable prices in the Persian Carpet Gallery showrooms and in our touring Connoisseur Collection. You'll choose from Australia's largest and most respected collections. All handcrafted and guaranteed authentic with assured trade-in value. In fact many are rare masterworks of excellent provenance, heritage and heirloom quality. Like fine wine, this is an investment that will improve with age and continue to reward you every day. We even invite you take one home to try before you buy.

TAKE ONE HOME TO TRY. BEFORE YOU BUY!!

Buy original handmade Rugs from as little as \$50 per month pcgpayafter.com

Nain

Original Persian Mahal





1800 200 028

Toll free

181 Stirling Highway, Nedlands

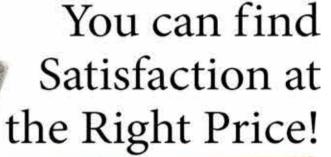
entrance through Napier street

OPEN TODAY, SATURDAY AND SUNDAY UNTIL SOLD OUT 10AM - 5PM



CLEANING & RESTORATION BY THE EXPERTS Leave your rug with the professionals you can TRUST!

all sizes, priced to be sold





Quashquai 3.0x2.0m - \$1,500



Kazak 2.4x1.5m - \$1,450



Gabbeh - ava. in diff sizes - from \$900



Qum Silk 3.0x2.0m - P.O.A



Nain 3.0x2.0m from \$1,650



Saffron Collection

DARWIN

Runners up to 12m from \$390

U3A four ready for Rottnest Island visitor surge



Peter Alcock (back left) and Graham Ezzy; Nigel Ridgway (front left) with Peter Merralls.

FOUR members of North Coast University of the Third Age (U3A) are gearing up for the activity they enjoy most – sharing Rottnest Island with summer visitors.

Retirees Peter Alcock, Nigel Ridgway, Peter Merralls and Graham Ezzy are all official yellow shirted Rottnest Island guides; all graduates of an intensive training program to ensure an allround knowledge of the island's unique features, including its geology and geography; its history, flora and fauna

flora and fauna.

"U3A is an organisation which emphasises the importance of lifelong learning and this has equipped us very well for our training," said

Peter Alcock.

Peter is a former geologist and 10 year veteran as a guide.

"As every visitor to Rottnest knows, you never stop learning about the island's constantly evolving features," he says. "We have to be at the ready to answer any number of challenging questions — especially

from smart school kids.

"My initial interest in volunteer guiding was the natural history of the island. It has so much to say about ancient and modern history, with evidence of sea level and climate change as well as the amazing lake ecology.

"You can see it all laid out before you from the Wadjemup lighthouse in the centre of the island.

"So many interesting people from all over the world come to the lighthouse for our tours and to hear about the daring sailors as well as the intricacies of a working lighthouse.

A fascination with maritime history prompted Nigel Ridgway to train as a Rotto guide.

"Being a sailor myself and one who's sailed the Indian Ocean in small yachts, I'm immensely impressed by those early mariners and how they navigated the waters near Rottnest," he says.

"The achievements of

the early Dutch navigators (among the first to explore our coast) are little short of amazing when you consider their rudimentary instruments, equipment and knowl-

edge.
"Then the British had real problems navigating around the island, even with the advent of the sextant for better positioning. With 13 wrecks scattered around Rotto, it's easy to see why early skippers called it 'The brick on the landing' – very easy to stub your ship on.

"Of course, some of their ships did leave their bones on our wild coast," says Nigel.

Peter Merralls has watched numerous visitors take a quokka selfie, with Roger Federer and Hugh Jackman among those treasuring selfies with the world's happiest animal, as the quokka is known.

As Peter explains: "When Dutch sailor Wil-

lem de Vlamingh landed on the island way back in 1696, he described the little creature as 'a kind of rat as big as a common cat' and he named the island 'Rotte nest' meaning 'rats' nest'.

"The name 'quokka' was given to the animal by Aboriginal people living in the south-west of Western Australia whereas those living in the Perth area called it 'Ban-jup'.

"A quokka weighs between two and five kilograms and being a marsupial the females suckle their young in a pouch. Although they look similar to a wallaby they are unique, having their own genus Setonix. The quokka reaches maturity at about one and a half to two years and lives to about ten years.

"For many reasons, including the introduction of feral animals, loss of habitat due to farming and bush fires, quokkas are considered an

endangered species on the mainland, whereas on Rottnest, where they have no predators, their numbers are increasing.

Graham Ezzy says: "As a novice guide, I have developed a passionate interest in the little-known Aboriginal history of the island and am only just beginning my journey of historical discovery.

"What stood out to me more than anything else in the training was the depth and spread of knowledge of all guides, from the changing face of Rottnest including its geology, flora and fauna, and its ecological and environmental issues, to its past and present historical significance.

"Learning, learning and learning – and I am looking forward to the time when international and interstate tourists will return to share the island with us and experience the knowledge and friendliness of the Rottnest volunteer guides," he said.

Prepaid funeral funds to be placed in secure investments

A NEW mandatory code of practice for Western Australia's prepaid funeral industry has been approved by the McGowan Government. This aims to safeguard the estimated \$170 million being held to pay for future funer-

The new code will ensure that the funds will be managed within secure investments under the name of the client until they are required.

Payments received by the prepaid funeral seller must be forwarded within 16 days of receipt to specified investment managers.

These are life insurance companies, friendly societies, licensed trustee companies or the Public Trustee of WA.

There will also be greater clarity and certainty surrounding contracts with all goods and services provided to be detailed and the individual cost of each component and any fees to be included. Prices in the contract will be fixed at the time of signing, so they will be immune from future cost increases and inflation. A cooling off period of 30 days will apply and the contract can only be changed if both

parties agree.

Seniors and Ageing Minister Mick Murray said the new code of practice should give older Western Australians some peace of mind knowing that the money being put towards a future funeral is protected in secure investments.

"With such a large amount of money being held by the industry, and the amount is growing with an ageing population, it is necessary to put safeguards in place to prevent any potential misuse," he said. Under the code, the contract must outline what happens in the event of insolvency of the funeral organiser's business; if the client moves interstate; when payments are missed or are late; if the client dies before full payment is made; and under what circumstances a refund is payable.

Sellers of prepaid funeral plans, who are mostly funeral directors, will have a period of six months to change their business practices before the new code comes into force in March 2021.

KEEP UP TO DATE DAILY with your favourite newspaper



READ US ONLINE Join us on Facebook

Have a Go News provides mature Western Australians with quality lifestyle information for them to live a healthy and fulfilling life

Visit www.haveagonews.com.au or www.facebook.com/Haveagonews/





T 600

Name:

Address:

Phone:

Have a Go News Subscriptions

For 30 years we have been supplying this newspaper free to readers thanks to our advertisers. Due to the coronavirus crisis many advertisers have had to pull out as their business changes due to government restrictions aimed at managing the pandemic. Thank you to the many readers who have contributed to our appeal over the last few months, which has helped us to continue publishing. In these COVID-19 times we cannot continue to subsidise subscriptions as we have done for many years. Anyone who would like to make a small donation or would like to receive the newspaper posted to their home is welcome to contribute. Be assured that all necessary hygiene practices are being executed.

ш	\$20
	\$50 (includes 4 months of postage to your
	\$100 (includes 8 months of postage to your

Email:

nome) home)	

Margaret To 100

METHOD	OF	PAYMENT:	

Credit Card Cheque* EFT
*Please write cheques out to Concept Media



____/ ____/ Expiry: __/_

EFT - your donation Concept Media NAB BSB 086 136 Account No - 476617452

Ref: Your name

Please tick the box if you are happy to have your name published so we can say thank you to the people who support us.

If you need to post your completed form and/or payment details, send mail to: PO Box 1042 West Leederville WA 6901

let's go travelling





ALTHOUGH we cannot travel outside of Western Australia at the moment, people have taken up the Wander out Yonder campaign with gusto. I spoke to several visitor centres across regional WA and they said they are experiencing an influx of visitors like never before. It really is exciting to see so

WA and supporting our local businesses.

I attended a smoking ceremony at the WA Visitor Centre to launch the Kambarang wildflower dreaming mural last month. I look forward to promoting some indigenous tours in the coming months. It's exciting to see much work being done in the indigenous tourism sector. Surveys have shown that international tourists want more Aboriginal experiences and it's great to see there are now quite a lot of tour companies coming into this space.

Travellers heading to the outback this spring could face a \$10,000 fine if found travelling along Western Australia's State Barrier Fence. The Department of Primary Industries and Regional Development (DPIRD) has advised it is illegal to travel on the track that runs alongside the fence. Only authorised vehicles requiring access for government or commercial purposes are permitted.

Travellers can only drive on roads that transect the fence. There are surveillance cameras in place to record unauthorised vehicles that turn onto the fence track.

unveiled a limited edition silver quokka coin celebrating the world's happiest animal. There are only 30,000 Quokka 2020 coins and they make an ideal keepsake or gift. The coin is available to purchase from Perth Mint shop at 310 Hay Street East Perth or call 1800 098 817.

The State Government has opened two new campgrounds near Jurien Bay to help meet the needs of nature-based tourism in the Turquoise Coast region.

Karda Campground is 20km east of Jurien and

includes 31 campsites with picnic table, firepit and toilets.

Wanagarren campgrounds is alongside Jurien Bay Marine Park between Wedge and Grey reserves. There are 15 campsites suitable for those who are completely self-sufficient. Bookings for both campsites can be made at www.ex ploreparks.dbca.wa.gov.

Also, under construction in the area is a 27km walk trail in Lesueur National Park which will be completed later this year. The trail will take hikers through hills, valleys and woodlands

and will offer a walk-in campsite about the halfway mark of the trail.

We have loads of

great information about wildflowers and travel stories on WA in our pages and we hope you enjoy this month's Let's Go Travelling section.

We would love to see your wildflower photographs so please send them in.

If you have a travel issue, or share some information, don't hesitate to contact me on email

or share a photo from a trip for our Facebook page. Our website also has a selection of great travel information which is updated regularly, Visit www.haveagonews. com.au

Happy trails

Jennifer Merigan **Travel Editor**



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

cycle the Riesling Trail,

stopping in at wineries and farm gate stores.

The Eyre Peninsula of-

Start planning a visit to beautiful South Australia when borders open



Fleurieu Peninsula Coriole Vineyards

SEEING is believing in South Australia. Plan a getaway to taste the flavours, hear the wildlife, touch the culture and experience it for yourself.

In Adelaide, taste the delights of world-famous wine regions only minutes from town or indulge in award-winning restaurants in the heart of the

Fifty minutes north east of Adelaide is the Barossa, an internationally acfers luxury accommoda-

tion and abundant wildlife, but it's best known for its aquatic activities. Hop aboard a shark cage dive or swim with sea lions off the coast of Port Lincoln. Watch whales and frolic under towering, wave-ravaged cliffs then sink your teeth into the Eyre Peninsula's legendary oysters and freshly caught seafood.

There's an unmistakable sanctity about Kangaroo Island. With its raw and rugged coastline, and impeccably clear waters, Kangaroo Island is known as nature's playground. As you step off onto the island, it's impossible not to relax. Follow the road less travelled and discover unique fauna, mouthwatering food and wine

and a laid-back lifestyle. Five hours from Adelaide are the Flinders duction and unparalleled Ranges and South Ausgastronomic experiences. tralian outback, where South Australia's Riveryou'd be forgiven for land makes a great place thinking you were navifor a family holiday with fishing, house boating, gating the unexplored face of Mars. Amid ancient mountain ranges

cruising or kayaking along the Murray River. The redochre cliffs along the river and spectacular gorges, marvel at Wilpena Pound, are best viewed at sunrise a mighty amphitheatre or sunset when the light created by millions of turns the limestone into towering golden curtains. years of erosion, or look up at the night sky for a

To book your trip to see South Australia, contact your local Travellers Choice consultant on 1300 78 78 58 or visit trav ellerschoice.com.au.



Discover & explore Mandurah's beautiful wetland reserves







Ways To Nature www.waystonature.com.au hello@waystonature.com.au 0439 264 942 WYYAA AA WAAAA AA AAAAAA

Seaside Villas Book your family

show you have to see to

lies the Fleurieu Peninsula,

home to some of South

Australia's finest coastal.

scenic and culinary ex-

McLaren Vale, known for

its sustainable wine pro-

periences. Indulge

Just south of Adelaide

believe.

friendly seaside 3 bed 2 bath villa 150m to beach Close to Albany golf course and cycle/walk trails.

Book direct receive 10% discount

0417 965 573 gmbrockway@wn.com.au



KALBARRI

5 DAYS, 12 TO 16 OCTOBER 2020

STAY 4 NIGHTS IN KALBARRI AND ENJOY THE NEW SKYWALK, NATURE'S WINDOW, A MORNING CRUISE AND MORE.

MARGARET RIVER

^{\$}2390

PP TWIN SHARE SINGLE \$2750

PP TWIN SHARE

5 DAYS , 16 TO 20 NOVEMBER 2020

STAY 4 NIGHTS IN MARGARET RIVER AS WE TAKE YOU AROUND SEEING THE SIGHTS, CRUISING THE DONNELLY RIVER AND ENJOYING THE TASTES OF THE REGION.

CHRISTMAS IN ALBANY \$2490 PP TWIN SHARE \$100 SINGLE \$2990

STAY 5 NIGHTS IN ALBANY, ENJOYING CHRISTMAS, THE HERITAGE, TASTES OF THE GREAT SOUTH & NATURAL LANDMARKS.

DAY TOURS & LUNCHEONS

WILDFLOWER DAY TOUR **15 SEPTEMBER** \$95PP **30 SEPTEMBER** \$85PP **ARALUEN TULIPS & LUNCH** KINGS PARK, RIVERS & FISH N CHIPS IN FREO **\$85PP 8 OCTOBER PINNACLES & THE LOBSTER SHACK** \$125PP **TOUR & LUNCHEON** 21 OCTOBER MILLBROOK WINERY LUNCHEON \$150PP **& WINE TASTING** 12 NOVEMBER

CALL US ON 9380 6656 WWW.KINGSTOURS.COM.AU FLEXIBLE BOOKING CONDITIONS APPLY



WE CARE ABOUT THE LITTLE THINGS. THAT'S OUR DIFFERENCE.



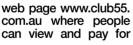
Chris Hadland

CLUB 55 Travel Club has several convenient departure locations around Perth and membership is free. Its a great way to get out and about, meet and make new friends.

Spring is shaping up to be a great wildflower season and they have several tours which will be visiting some of the local hot spots.

Larger groups such as Probus clubs, bowling clubs and retirement villages are very well looked after and have a choice from more than 100 specially designed outings with a minimum of 18 passengers.

All tours are done at a leisurely pace. Phone 1300 653696 or visit the



claimed region boasting

more than 80 wineries

and some of the best

drinking and dining ex-

periences. Meet culinary

legends and local wine-

makers then slip away to

unique accommodation

surrounded by beautiful

Further north, the Clare

Valley is studded with

five-star wineries show-

casing its signature drop,

Riesling. Pick up a gour-

met picnic basket and

Make new friends on a Club 55 tour

scenery.

tours online. See the

advertisement on page

"Get caught in the travel web" with **Aussie Redback Tours**

Day Tours 2020

Sun 13 September Northern Wildflowers - New Norcia Sun 27 September York Festival Sun 18 October **Penguin Island Sun 15 November Chittering & Avon Valley** Sun 20 December **Christmas Mystery Lunch**

picnic lunch or restaurant meal as stated. Day tour pick-ups Joondalup, East Perth and Rockingham **Extended Tours 2020 - Fully accommodated**

\$105 Seniors \$115 Adults includes morning tea,

Southern Parks at Wildflower Time 11-16 October Mt Augustus - Walga Rock 25-28 October **Albany - Esperance**

Email: info@aussieredbacktours.com.au

www.aussieredbacktours.com.au

1-7 November 15-18 November 6 days from \$1690 pp 5 days from \$1399 pp 7 days from \$1970 pp 4 days from \$1180 pp



et's go travel options for the mature west





Meandering around the Great Southern and discovering the delights of this region









Left to right; An array offresh produce is onsale at the Albany Farmers Market each Saturday - Guests aboard the Brig Amity for a Taste Great Souther nevent - The Gap is part of the regions rugged coastline - The old whaling station is now open to visitors as Whaleworld

by Allen Newton

MY earliest memory of visiting Albany was as a young reporter working on the long-gone Sunday Independent newspaper covering the final days of the whaling industry.

It was not pretty. These days my wife and I get down to the Great Southern pretty regularly, working on public relations for the food and wine festival. Taste Great Southern.

We get to see a very different side of this spectacular southern corner of our State.

The whaling station is still there, now providing an intriguing interactive insight into the history of whaling, which ended there in 1978.

These days the whales are returning in increasing numbers with the whale watching season running until early October.

But whales aren't the

only thing this diverse region, around the same size as Switzerland, has to offer people looking to get a little off the beaten track.

The region is a hop. step, and a jump further south than Margaret River, around a four-and-a-half hour drive from Perth, but the vibe is very different. It's cooler. I remember

driving south a few year ago when Perth was sweltering through a 40°C plus day and glancing at the temperature on the car which had dropped by more than 10 degrees by the time we hit Denmark.

Laid back, friendly, dif-ferent, maybe less sophisticated than Margaret River, but extraordinary with

its scenic beauty, so different to the rest of Western Australia. Its lush forests and granite outcrops, even set in the front gardens of Albany homes, create a very different feel to the flatiands of Perth.

While the drive does make it a little long for a weekend getaway, Great Southern has plenty to offer for visitors who have a few days to spare.

While the big tourism experiences are well known. watching the waves crash in at The Gap, towering karri and tingle trees in the Valley Of The Giants, Green Pool and Elephant Rocks and the remarkable National Anzac Centre on Mt Clarence, there's a lot to discover in food and wine. wildflowers, fishing, heritage buildings and Aboriginal culture.

A 30-minute drive from Albany, the spectacular Porongurup range also provide a fabulous backdrop for several wineries where wine lovers will find some of Australia's best Rieslings and Pinots from Duke's Vineyard, Castle Rock Estate, Abbey Creek Vineyard and Zarephath Wines.

The Porongurups are part of the rich and varied Great Southern wine region which produces outstanding Shiraz and Cabernet wines.

While it's a three-hour drive east to the Fitzgerald

River National Park from Albany, the huge range of wildflowers at this time of year are spectacular.

A little closer to Albany the rugged peaks of the Stirling Range, occasionally covered with snow, also provide a home for beautiful flora with many of the 1500 species not found anywhere else. It is especially noted for the more than 100 species of orchids which grow there.

For those with an interest in maritime history the replica of the Brig Amity on the outskirts of Albany follows the intriguing story of the sailing ship which carried the first settlers to Albany from Sydney in 1826.

There are also plenty of historic buildings from the region's colonial days. Among them is the 1872 Werburgh's Chapel with its adjoining cemetery containing the graves of early settlers, just to the south of Mt Barker; WA's oldest home, Old Farm Strawberry Hill in Albany, built in 1831; the restored Princess Royal Fortress in Albany; the Old Gaol Museum in Albany, Elverds Cottage in Kojonup, built in the 1850s and decorated with implements of the era; the Old Gaol at Mt Barker; and the Residency Museum in Albany.

Kodja Place in Kojonup is a splendid architectdesigned building that incorporates a café, visitor centre, gift shop and a wonderful museum incorporating European and Aboriginal history. It's well worth booking in to yarn with the Aboriginal elders about the history of their people. When I was last there it was a delight to hear Noongar elder Jack Cox telling some very funny and heart-warming stories. It's also an ideal spot to take a break on the drive to Albany.

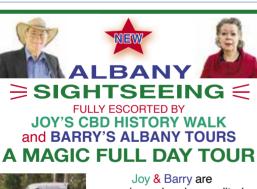
Or for those wanting a little luxury head to the boutique Premier Mill Hotel around half-an-hour's drive east of the town

Until the 108 room Hilton Garden Inn is completed at the end of the year there isn't any large hotel style accommodation in Albany, but the Great Southern does offer a raft of accommodation options from caravan and camping to large motel style developments and a host of bed and breakfast options.

And for those looking for a glorious food and wine experience put 18 to 28 March in your diary and keep an eye on www. tastegreatsouthern.com. au as a host of talent and events are rolled out.







For info visit www.esperancewildflowerfestival.com



experienced and accredited guides with a delight in showcasing Albany's natural beauty, iconic sites and history.

TOUR ITINERARY & DETAILS

9.45AM pick up & return to your accommodation by Barry your host and driver for the day today and yesteryear brought to life.

11.30AM-NOON an orientation drive of Albany city and surrounds plus a visit to Kurrah Mia indigenous art & craft gallery

12-1.30PM We farewell Joy and via scenic Marine Drive to view monuments and learn of the ANZAC connection at Mt Clarence, and Mt Adelaide TIME NOW FOR A PICNIC LUNCH

1.30PM-5PM returning to the scintillating panoramas of Marine Drive exploring picturesque Middleton Beach, Emu Point and Ovster Harbour then to the iconic sites and scenes of Torndirrup National Park's ocean splendour

TOUR FEATURES

Tea, coffee and water on board Includes entry to Old Goal and Patrick Taylor Cottage

Tour can be tailored to suit



BOOKINGS - CONTACTS & ENQUIRIES FOR BOOKINGS OF THIS TOUR CALL **BARRY DIRECT 0427 475 522**

OR EMAIL INFO@BARRYSTOURS.COM.AU for all tours details go to www.barrystours.com.au Day and ½ day tours available across Great Southern Small group 1 to 6 persons

ALBANY WALKING TOURS Step back in time - A ghostly tour at the Old Gaol Call Joy 0448 187 835

email: albanywalkingtours@gmail.com PRICES - The more on board less per person eg. 2 persons \$150 p/p 4 persons \$125 p/p

Esperance Getaway



Clean, comfortable and affordable **ATTRACTIVE SPRING RATES!**

Group bookings



Tours **b**

31 DEMPSTER ST, ESPERANCE PH: 9071 1533

Email: reception@bavviewmotel.com.au



Four Southern River Cruises

4 DAYS/3 NIGHTS 17-20 NOVEMBER 2020 COST \$1550 twin/double, \$165 single supplement **TOUR INCLUSIONS:** Wannadoo

4 days fully escorted luxury coach travel

2 nights accommodation The Ace Motor Hotel, Albany 1 night accommodation Best Western, Pemberton

3 breakfasts, 2 lunches, 3 dinners Wannadoo Tours morning teas

Entry fees and attractions as indicated in itinerary Complimentary home transfers

UPCOMING DAY TOURS: September Mystery Tour, 11 September, Garden Lovers Tour, 21 September and October Mystery Tour, 13 October

DAY TOUR PICK-UPS: Mandurah, Rockingham, Kwinana, Willetton For more information or bookings please contact Wannadoo Tours

Wannadoo Tours, PO Box 864 Mandurah WA 6210 (Phone) 1300 146 757 (Email) wannadoo@westnet.com.au





RAC Your tranquil adult retreat in a picturesque riverbank setting 2 kms from

Bridgetown CBD featuring Spacious, self-contained, luxury accommodation

• Stunning riverside location

• Bird lovers' paradise with late afternoon feeding

 Unit for disabled available with king size or twin bed configuration

View our website and/or give Julian and Jenny a call

Tel: 9761 2828 www.tweedvalleylodge.com.au



Our tours include:

Transfers

Courtesy pre and post home/hotel transfers (Perth/Mandurah metropolitan areas)



Transport



Meals

Attractions



Tour Leaders



Local Guides









Departing November 2020

Majestic Southern Forests Featuring Pemberton, Manjimup & Donnelly River	4 DAYS	3 – 6 Nov	\$1,255pptw
South West Cruising	6 DAYS	9 – 14 Nov	\$1,890pptw
Delightful Denmark	4 DAYS	10 – 13 Nov	\$1,140pptw
Esperance & Bremer Bay	7 DAYS	16 - 22 Nov	\$2,310pptw

Departing December 2020

20009200001			
Cherry Time Getaway, Busselton	3 DAYS	1 - 3 Dec	\$815pptw
Christmas Lights in Mandurah	4 DAYS	2 - 5 Dec	\$1,220pptw
South West Cherry Time, Busselton	5 DAYS	7 - 11 Dec	\$1,310pptw
Just for Singles South West Cherry Escape	3 DAYS	8 – 10 Dec guard	\$910pp anteed single room
Manjimup Cherry Harmony Festival	5 DAYS	9 - 13 Dec	\$1,455pptw
Christmas in Albany	5 DAYS	23 - 27 Dec	\$1,590pptw
Christmas in Esperance	6 DAYS	23 - 28 Dec	\$2,215pptw
Christmas in Busselton	5 DAYS	24 - 28 Dec	\$1,620pptw
New Year in Busselton	4 DAYS	30 Dec – 2 Jan	\$1,250pptw
New Year in Albany	5 DAYS	30 Dec – 3 Jan	\$1,540pptw

Ask about our single options

You're invited to our next free Travel Presentation in Perth!



Thursday, 24 September 2020

Venue: The Geographe Room, State Library of Western Australia Address: 25 Francis Street, Perth Morning session: 10am – 12pm Afternoon session: 1pm - 2.30pm

Refreshments will be provided.



Places are limited. RSVP is essential. Please call **1800 066 272** or email **travel@villa.com.au** to secure your place.

FreeCall 1800 066 272 or Visit villa.com.au to subscribe to our travel alerts

Conditions: Tour prices are per person twin share, ex Perth unless otherwise stated and include home collection (Perth and Mandurah metro only). Villa tours are escorted and include accommodation, most meals and attractions. Prices correct at time of printing. Tours are subject to change. Full terms and conditions can be found on villa.com.au or ask us for them when you call.















et's go traveloptions for the mature west australian



Cruising in a crisis - an up-to-date report on the cruising industry



by Chris Frame

THE 2020 cruise season is facing an unprecedented crisis, with cruise ships subject to a global pause for six-months now.

Cruise lines started to feel the impact of COV-ID-19 as early as February, when itineraries were im-

pacted on voyages that included Asian destinations. At this time, Australia saw an influx of cruise ships, as vessels heading to Asian ports diverted to Australia due to travel restrictions being implemented by governments worldwide.

Visitors to our ports included the iconic

149,500-tonne Queen Mary 2, which took on a circumnavigation of Australia in place of a voyage to Singapore and Hong Kong. P&O's 85,000-tonne Arcadia spent extra time in Australian waters, while the 90,900-tonne Queen Elizabeth's redeployment to Japan was cancelled in favour of additional Aus-

tralian voyages. However, the influx of cruise ships in Australia was short lived. By mid-March the global situation had changed dramatically, while locally Australia was experiencing growing CO-VID cases.

In mid-March, cruise lines entered into an unprecedented global pause of operations. QM2 prematurely ended its 2020 world cruise in Fremantle on 15 March, with all but a few hundred passengers (who were unable to fly) leaving the ship and making alternative journeys home by air from Perth.

On the east coast, P&O Australia's fleet, as well as Carnival Spirit, ships of the Princess Fleet and Queen Elizabeth left Aussie waters when the Australian Government implemented a never-before-seen cruise ship ban.

These ships all made their way north to the Philippines, where they anchored off the coast of Manila in a huge cluster of laid up vessels that at one point included more than 20 cruise ships!

The cruise pause was initially set at 30 days. But as COVID-19 continued to spread globally, it has been extended and at the time of writing the pause stretches to the end of October - with some cruise lines pushing sailings out to the end of 2020 or even into early 2021.

In August, leading luxury cruise brand Cunard cancelled all of its 2021 Australian voyages, with the fleet not expected to resume cruising for the rest of this year.

However, despite the ongoing challenges facing the industry, in recent weeks, some cruise lines have recommenced cruising in specific geographic locations.

River cruise lines in Europe were among the first companies to restart sailings, with A'Rosa and Nicko Cruises recommencing voyages on European rivers. These ships set sail with reduced passenger numbers, as well as new social distancing and cleaning measures in place on board.

Some ocean-going cruise lines have also reitineraries, commenced with a number of these voyages already hitting major hurdles.

Norwegian-based cruise brand Hurtigruten was among the first ocean cruise lines to return to passenger cruising. The company implemented a series of health and safety protocols to facilitate voyages during the COVID pandemic. despite this, there has already been a significant outbreak aboard the ship Roald Amundsen.

In August, the Paul Gauguin cruise ship (which had recommenced cruising in the Pacific) had to cut a voyage short after a single case of COVID-19 aboard; with the journey terminating in Papeete, French Polynesia.

Sea Dream Yacht Club was also subject to a Coronavirus scare, with one person testing positive in Denmark after a vovage aboard Sea Dream I. Fortunately, no other guests aboard the ship tested positive.

These COVID scares did little to improve the public image of cruising, which has been under the media spotlight in recent months.

However, there remains significant support for cruising and cruise lines. with many travellers eager to take to the seas once again.

In response to this demand, European cruise operator MSC is sailing again, with the 181,500-tonne Grandiosa departing Genoa, Italy carrying 1,000 passengers. A further 1.500 people joined the ship at other Italian ports, allowing 2,500 people to enjoy an ocean voyage on one of the largest cruise ships in the world.

Grandiosa's maximum passenger capacity is 6,300 people. But the lower passenger count isn't due to lack of interest. Rather it is to enable social distancing, as well as enhanced health and safety measures on board.

MSC's plan to put a second ship back to work has been delayed. The 95,100-tonne Magnifica was due to set sail on 29 August, but that ship's voyages to Greek ports involve additional testing and screening, which has led to softer passenger demand, while Germanbased AIDA cruises had to cancel two planned voyages due to regulatory hurdles.

brand Costa Italian Cruises will put two ships to work in September, with the 92,700 tonne Costa Deliziosa and the even larger 132,500-tonne Costa Diadema sailing from Italian ports on western Mediterranean voyages.

These 2020 cruise voyages are very different from travel in the pre-CO-VID world - with reduced capacity on board those ships that are sailing, as well as enhanced health screenings - both at embarkation and throughout the vovage.

This includes temperature checks, health questionnaires and changes to the way food and beverage is served during the cruise.

While cruising is reopening in some regions, cruise voyages for Australian travellers are some way off Australia's international border remains closed, while foreign-flagged cruise ships are banned from entering Australian waters until at least 17 September - though this will likely be extended.

Joondalup Caravan Repairs



Servicing • Repairs • Spare parts Insurance work • Accessories Solar Systems • Alterations • Awnings We also manufacture composite panels

For all your Caravan, Motor home, or Camper trailer needs. Secure indoor accommodation if your van needs to spend the night. **PHONE 9206 4933**

Unit 13/21 Warman St, Neerabup WA 6031 admin@joondalupcaravanrepairs.com.au

Visit Trayning Hotel Motel!



All rooms have been recently updated and re-carpeted. Motel units are self contained and include ensuite, air con/heating, TV, fridge. Laundry facilities are available. Meals served from 6pm-8pm. Salt lakes and fauna surrounds. Rooms from \$95 per night inclusive of complimentary breakfast trays Trayning Hotel Motel Phone: 9683 1005 Cnr Railway & Mary St (opp post office)

Enjoy outback hospitality - you deserve it

Visit the historic gold mining town of Cue and spend a day or two in our spacious and relaxing two storey Guest House.

Built in the good old days when ceilings were high and jarrah was used extensively. Secure off-street parking, air-conditioned for your comfort, guest tv lounge, free continental breakfast. Book direct on-line.



QUEEN OF THE MURCHISON GUEST HOUSE & CAFE 53 Austin Street, Cue

Phone 9963 1625 www.queenofthemurchison.com.au Email info@queenofthemurchison.com.au

LUXURY DAY TOURS

Mandurah & Canal Cruise From \$100 12/10/20 | 10/11/20 | 30/11/20 | 15/12/20

Gingin Wildflowers & Local Produce From \$110 06/10/20 | 27/10/20 | 20/11/20 | 26/11/20 | 09/12/20

New Norcia & Chittering Valley From \$110 08/10/20 | 29/10/20 | 18/11/20 | 17/12/20

Explore The Pinnacles & Lancelin From \$110 16/10/20 | 06/11/20 | 24/11/20 | 11/12/20

Discover York From \$110 01/10/20 | 22/10/20 | 12/11/20 | 03/12/20

Gingin Stargazing From \$130

14/10/20 | 04/11/20 | 01/12/20

Busselton Jetty Day Out From \$140

20/10/20 | 02/11/20 | 16/11/20 | 07/12/20

PHONE +61 8 6270 6060 www.adamspinnacletours.com.au



ALL TOURS INCLUDE LUNCH OR DINNER



W: www.hospitalityinnkalgoorlie.com.au



BIG4 DONGARA DENISON BEACH HOLIDAY PARK is located 350km north west of Perth at the mouth of the Irwin River - the 'Rock lobster capital of Australia' and adajacent to the Marina.

With accommodation and sites to suit all tastes and budgets. From our Beach Houses and Chalets which have absolute ocean frontage, to our caravan and camping sites, en-suite sites and cabins. Enjoy the wide variety of activities on our doorstep such as swimming, surfing, fishing, paddle boarding and wind surfing.

Or...just sit back, relax and enjoy the magnificent sunsets.

Why not stay with us whilst you explore the magnificent Wildflowers. And yes, we are a pet friendly park (off peak only).

T&C's apply. Phone bookings only. Phone: 08 9927 1131



BIG4 DONGARA DENISON BEACH

Holiday Park

ENQUIRIES & BOOKINGS 08 9927 1131 250 Ocean Drive, Port Denison WA 6525

Email: contact@big4dongara.com.au Website: www.ddbeachholidaypark.com.au



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





Fishing in the north of Western Australian provides an array of exciting species



This beautifully marked coral trout took a 40g Twisty fished as a jig at the Mackerel Islands

by Mike Roennfeldt

THIS is a great time of year to be up north fishing. There are just so many exciting species that either provide fantastic sport or are superb on the table. Some fish fit both descriptions and one that stands out, because it does both brilliantly well, is the much-loved coral trout. As well as being top of the list for catching and eating, trout are spectacular looking individuals, their sides beautifully decorated with violet spots against an orange/red background. They have short, strong teeth that are made for grabbing prey and not letting

Coral trout are generally found north of Geraldton, although there have been one or two caught in Perth waters over the years. Heaps of people have thought they have landed a trout locally, but the fish almost invariably turns out to be the superficially similar harlequin.

Trout are true ambush species, given to charging out from their hiding spots amongst the coral to smash a hapless baitfish or passing lure. Trolling a deep running minnow style lure over shallow reefs at places like the Abrolhos, Exmouth Gulf shoals or even way out at the Rowley Shoals, is a sure way of getting a bit of attention. Some of the very deep trolling lures such as the RMG Scorpion Crazy Deep, which can run down to 8m or more, are ideal for working depths of 9-15m.

The fight from a coral trout is usually a knock-em-down, hard-as-nails affair, but relatively short lived. They grab the lure or bait and bolt back for cover. If they make it, you can kiss that bit of terminal tackle goodbye, but if you can keep the fish out of trouble for a few seconds, chances are you will come out on top.

One of the most enthralling ways to fish for trout is with poppers in shallow water and it can be great fun to watch as dark shapes flash up from a colourful tangle of coral below to smash the lure in an explosion of foam. Just be ready to put the pressure on from the word go before they charge back home.

Of course, coral trout are also taken by bottom fishing at anchor or on the drift, but these are less interesting ways to catch them than on lures. Jigging is another method of getting trout that is growing in popularity. Jigs can be anything from as simple and cheap as a big Halco Twisty to something from the dazzling array of sexy looking but much more expensive models on tackle shop shelves these days.

Trout grow to around 15kg and reportedly even a bit more than that at the Rowley Shoals, but we don't get to see many each year over 6-7kg. They are particularly good eating in small to medium sizes, with firm white flesh that lends itself to either immediate consumption or freezing. With fish of this quality, simple preparation is the way to go. Trophy fish over 10kg tend to be a little tough, so far better to release such prime breeding stock to help ensure the future of these magnificent fish.

Camp out in style with Cool Beans classy new trailer

FREMANTLE camper start-up Cool Beans has taken the curvy teardrop trailer to a new level - queen size bed in their first class cabin, gourmet kitchen, smartphone monitoring and plenty of storage.

Company owners Josh McLernon and Wade Ellis spent three years developing the bright, funky teardrop with reverse D-shaped doors with tinted-glass porthole windows and double dust and weather seals.

McLernon was previously involved with full-scale timber boat-building projects including the HMB Endeavour replica and the Duyfken projects built in Fremantle, while Ellis runs Ellis

Carpentry and Joinery making furniture and kitchens.

"A lot of people don't have the places to store their caravans anymore and they don't want to be towing these big vans all around the place, McLernon said.

"Towing is a breeze with a Cool Beans Camper - no pop-up/popdown, no messing around - just hook up, head out and get after your adven-

"Our campers' cool shape and design not only look fantastic but also makes them super economical and easy to tow.'

The plywood and aluminium body

sits on a heavy-duty, fully welded Australian-made steel frame with leafspring suspension and mechanical brakes. Underneath are two 50-litre fresh and waste water tanks and a spare tyre.

It has a ventilated, insulated roof with skylight and the fittings and hardware are marine-grade stainless steel.

The rear kitchen includes top-of-the range appliances, including an Engel Platinum 60-litre fridge, marine-grade stainless sink, two-burner cooktop running, LED lighting, multiple USB and 12V charging points for smart phones and electronic devices, 1500mm benchtop and loads of storage drawers.

Inside is a queen-size bed with builtin stitched padded headrest, storage in three large cupboards and three drawers, overhead and reading lights.

The campers come with a 12V/240V power system, including AGM battery and solar and Anderson plug connections, contained within a drawbarmounted aluminium box, that can be monitored remotely via a smartphone

People who would like a little more space can add awnings or annexes. The campers can be customised with the option of 42 exterior colours.

Available factory direct, the Cool

Beans Retro camper is priced at \$33,000 + GST drive away and the off-road option is only \$36,000 + GST drive away. Both come with 12-month licence.

Cool Beans Campers won the best new product award at the 2019 Perth Caravan and Camping Show and then went on to take out the Best New Commercial product for design and quality at the 2019 Perth Royal show.

Cool Beans Campers are available to view seven days a week by appointment call 0438 946 449 www. coolbeanscampers.com.au or contact by Facebook, Instagram and Linkedin.















CHECK OUT COOLBEANSCAMPERS.COM.AU FOR MORE INFO











Support the Advertisers



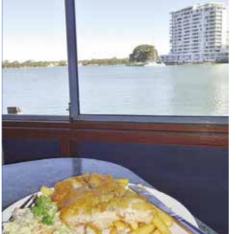
ESCAPE TO AUSTRALIA'S

Includes: Return flights from Perth

14 days car hire + Tours*

lisa@indianoceanexperiences.com.au

WWW.Indianoceanexperiences.com.au



Heading out and about for a day utilising the Seniors Card

GARY Tate wants to share with readers a day trip which he sometimes takes on the train, utilising his Seniors Card, from the northern suburbs to Mandurah. He says this journey is just over an hour and makes for an interesting day out.

Arriving in Mandurah he hops aboard the shuttle bus to the waterfront, again utilising his Seniors Card.

Gary says that there are several alternative walks to be enjoyed along the estuary, Dolphin Quays and through the canal developments.

Quite often the arts centre is also worth a visit with many exhibitions occurring throughout the year.

There are also many dining options around the estuary and Dolphin Quays to suit all tastes and budgets and picnic facilities are numerous and well maintained by the council.

Recently Gary opted to dine at the iconic Cicerello's to partake of fish and chips (pictured left).

He chose the 'seniors special' which represented great quality and value. This deal started with a delicious seafood chowder, followed by a huge piece of fish, generous serve of chips and coleslaw and to finish black forest cake with choice of coffee or tea. All for \$16.95.

Cicerello's Fremantle also have 'seniors specials' for those who do not want to travel to Mandurah.

Gary says it is a great day out and he was home in time for afternoon tea.

Find your way to nature and discover a connection with the natural environment





Finding ways to nature on a guided walk

WAYS To Nature is all about connecting people with nature. Operated by Mandurah-based zoologist Sarah Way, Ways To Nature's walking tours inspire a sense of wonder

through unique experiences with nature.

Spending time in nature inspires and connects people - family, friends and community. Being in nature offers a mentalcircuit breaker and is a valuable way to ground us and strengthen our sense of place and well-being.

Sarah has spent her zoological career working on threatened wildlife conservation programs and her knowledge of Australian wildlife is what makes a Ways To Nature walking tour such a unique experi-

A Ways To Nature guided nature walk encourages people to slow down, observe and really take in their surroundings. noticing and experiencing things they might have overlooked otherwise helpfully pointed out by your own zoological

Sarah leads guided nature walks in the reserves of the internationally sig-Peel-Yalgorup

wetland system - the largest, most diverse estuarine system in south west Australia. Its coastal saline lakes, samphire swamps and freshwater marshes provide important habitat for many threatened waterbirds. A walk with Ways To Nature provides fantastic bird-watching opportunities, with boardwalks and bird hides allowing observations with minimal disturbance.

So come and experience a wetland wonderland in Perth's own backyard with Ways To Nature.

Call 0439 264 942 for more details.

GOLDFIELDS GETAWAYS Discover Us First

	Free Pass	Pen/Sen	Adult
Hospitality Inn	\$329	\$423	\$526
View on Hannans	\$368	\$461	\$565
Quality Inn	\$360	\$454	\$558
Ibis	\$434	\$528	\$631
Rydges	\$374	\$468	\$571
Allora House (no bfast incl)	\$320	\$424	\$528

Explore Kalgoorlie-Boulder

Unearth the history and heritage of the outback City, to discover a wealth of treasures. Package includes three nights accommodation including continental or buffet breakfast, Tours of the Super Pit, Questa Casa Bordello and Kalgoorlie-Boulder Audio Walking tour.





DAY 1. PERTH TO KALGOORLIE

Depart Perth on the Prospector at 7.10am and arrive in Kalgoorlie at 2pm. Transfer to your hotel (at your own expense) and a free afternoon to explore

DAY 2-3. TOURING KALGOORLIE-BOULDER

Over these two days, undertake tours to the Super Pit, Questa Casa Bordello and Kalgoorlie-Boulder Audio Walking Tour. Explore the streets, have a meal in a historical hotel, check out the museum. NB Clothing restrictions apply on Super Pit Tour.

DAY 4. KALGOORLIE TO PERTH

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

Book with Kalgoorlie-Boulder Visitor Centre 90211966

visitors@kalgoorlie.com kalgoorlietourism.com



Visit us online for more travel www.haveagonews.com.au



BOOK WITH KALGOORLIE BOULDER VISITOR CENTRE (08) 9021 1966

	WITH TRANSWA		
	PENSIONER FREE PASS	PEN/SEN	ADULT
HOSPITALITY INN	\$329	\$423	\$526
ALLORA HOUSE (no b/fast inc.)	\$330	\$424	\$528
QUALITY INN RAILWAY	\$360	\$454	\$558
VIEW ON HANNANS	\$368	\$461	\$565
RYDGES	\$374	\$468	\$571
THE PLAZA KALGOORLIE	\$434	\$528	\$631

4 DAY DISCOVER KALGOORLIE-BOULDER

Unearth history and the fascinating heritage of Australia's largest outback city, and discover a wealth of treasures.

PACKAGE INCLUDES: • Return Prospector rail Perth to Kalgoorlie

- 3 nights choice of accommodation with
- continental or buffet breakfast
- 2.5hr Super Pit Tour (or 1.5hr tour depending on mine shutdowns)
- Questa Casa Bordello Tour • Kalgoorlie-Boulder Audio Walking Tour

DAY 1: PERTH TO KALGOORLIE-BOULDER Depart Perth on the Prospector at 7.10am and arrive

in Kalgoorlie at 2pm. Transfer to your hotel (own expense) and enjoy a free afternoon to explore the city.

DAY 2/3: TOURING KALGOORLIE-BOULDER Over these two days, undertake a Super Pit tour*, Questa Casa Bordello tour and Kalgoorlie-Boulder Audio Walking Tour. Explore the wide, gold rush era streetscapes, have a meal in a historical hotel, or discover history at the museum.

DAY 4: KALGOORLIE TO PERTH

Transfer to the rail station (own expense) and depart at 7:05am, arriving in Perth at 1:45pm.





Hurry, book now with Kalgoorlie Boulder Visitor Centre Tel: (08) 9021 1966 Email: fohcoordinator@kalgoorlie.com

WESTERN AUSTRALIA

Terms & conditions apply. Prices correct at the time of publication but subject to increase. All products are subject to availability. Prices per person queen share, extra costs for twin & single accommodation. * Clothing restrictions apply for Super Pit tour. Departs Mondays/ Tuesdays. Valid for travel to 31/12/2020. Not available for travel between 30/9/20 3/10/2020 & 11/10/20-14/10/20. Pensioners & Seniors discounts only available for holders of WA Pension Card & Seniors Card. LIC 91A70

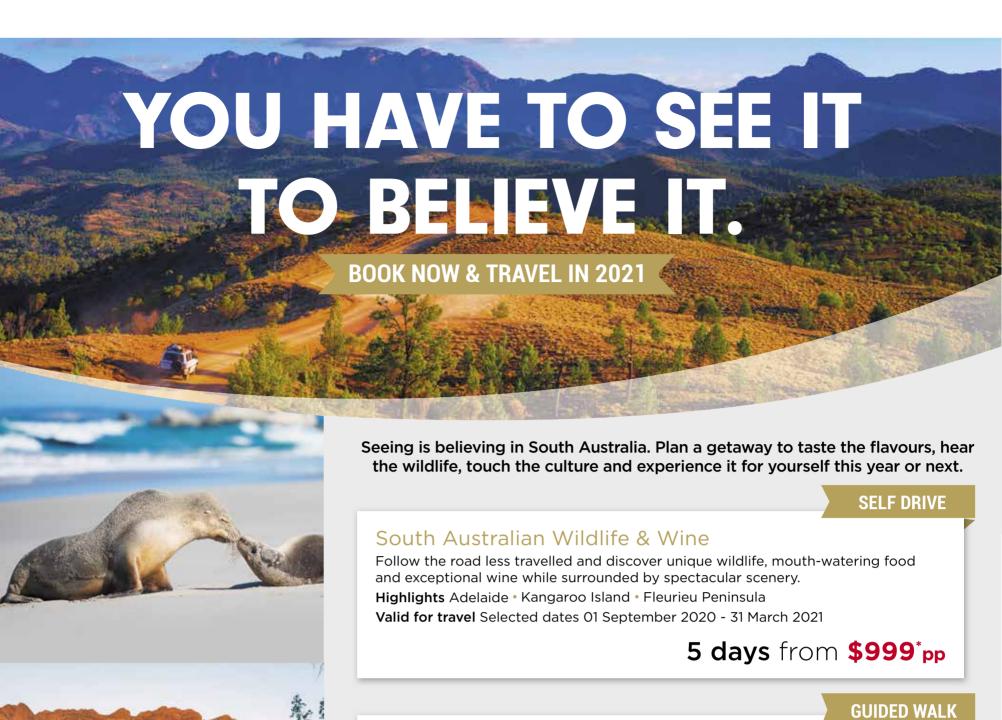
Albany beckons for Have a Go News readers

ALBANY is the vibrant capital of the Great Southern region. It is situated on the shores of one of the world's most beautiful natural harbours and embraced by the mountains three Clarence, Adelaide and Melville. Albany retains many of its nineteenth century buildings, houses, gardens and myriad historic sites, offering the visitor an enriching and exhilarating experience. Albany interlinks

to nearby Torndirrup National Park where surging Southern Ocean vistas and sandy beaches can be found. The stage is set to explore the regions natural wonders, unique flora and fauna, majestic forests. People can also enjoy fine dining, entertaining venues, local arts and crafts and a full range of accommodation choices along with guided tours.

Albany beckons readers to come down for a weekly stay or weekend to

Terms & conditions apply. Prices per person queen share, extra costs for twin & single accommodation. Valid for travel until 31/12/2020. Not available for travel between 2/8/20-5/8/20 and 30/9/20 - 3/10/2020



The Original Arkaba Walk

Experience 600 million years of history on this wild bush luxury experience while exploring the results of active conservation in the company of passionate field guides.

Includes Camping in deluxe swags • Arkaba Homestead stay & safari experience • Full board including trail snacks, beverages & local South Australian wine Valid for travel Selected dates 24 March 2021 - 31 March 2022

5 days from \$2,770*pp

ESCORTED TOUR

Flavours of Adelaide & The Barossa Valley

Discover the hidden gems of South Australia as you journey effortlessly through three of South Australia's renowned wine regions, enjoying food and wine experiences designed especially for you as part of an Insight Vacations' Local Escape.

Highlights Adelaide • Barossa Valley • Adelaide Hills • Fleurieu Peninsula Valid for travel 11 December 2020 | 08 January - 26 March 2021

5 days from \$2,995*pp

ESCORTED TOUR

Taste of South Australia

Celebrate the diverse range of South Australia's flavours, culture, wildlife and landscapes while travelling with Scenic, the ultimate in touring for travellers who seek extraordinary experiences and exceptional service.

Highlights Adelaide • Flinders Ranges • Barossa Valley • Clare Valley • Kangaroo Island Valid for travel 19 November 2020 - 09 April 2021

11 days from \$4,845*pp

Call 1300 78 78 58 travellerschoice.com.au









et's go travel options for the mature west australian





City of Busselton looking for recollections about the first steam locomotive

WA'S FIRST steam locomotive will celebrate its 150th year in 2021 and the City of Busselton is looking for photos, memories and family connections from the

The Ballaarat was brought to WA from Victoria in 1871 and is the oldest Australian built steam locomotive.

The engine hauled logs from Busselton to Yoganup until 1887 before falling into disuse. City of Busselton mayor Grant Henley said it was a combination of luck and tenacity by heritage enthusiasts that it still exists today.

"It had a rough trot before being recognised for its heritage and cultural significance. It was damaged by fire and remained exposed to the elements in a paddock in Lockeville for a number of years."

The engine was donated by landowner Percy Reynolds in 1925 to the Municipality of Busselton and was moved around to the WA Museum and then to the Western Australian Government Railways who took it to Midland for refitting.

"Being exposed to the elements for 75 years left the engine weather beaten and rusted. A Lotterywest grant in 2012 allowed us to coordinate a local machining business, a team of volunteers and a rail heritage consultant to undertake preservation works." Mayor Henley

The engine was restored in 2017 and the city is planning a celebration to mark its 150th year.

Members of the public who would like to share their Ballaarat story can contact the City's culdevelopment officer Jacquie Happ on 9781 0335 or Jac quie.Happ@busselton.wa.gov.au



City of Busselton Mayor Grant Henley views The Ballaarat display

LAVERTON Your Gateway to the Outback









Nambung Station

NAMBUNG Station's annual Nambung Country Music Muster

The Music Muster is a fourday camping and music festival that includes line dancing and food stalls.

Nambung is a working sheep and cattle station two hours north of Perth, near the coastal

towns of Jurien Bay and Cervantes, established in 2014. The park is pet friendly and provides unpowered sites, an ablution block, water and a dump site. The Bed and Breakfast includes two bedrooms and shared facili-

Country music at the Nambung Muster scheduled for spring

The area was discovered by George Grey in the 19th century and a river, which runs through the property, is named after explorer Frederick Smith, who died on the expedition.

The Northern Stock route. which was used to move stock between the north and south of WA in the early 20th century runs right through the property.

The Music Muster will run from 22 to 25 October at the Nambung Caravan Park and Bed and Breakfast, and organisers are confident about the event despite COVID-19 restrictions.

The event features several artists, including Chris Murphy, Terry Bennetts, Moira Scott, Sam Lovell, Ken Lindley, Fred Russ, Rodney Rivers, Lucy Lemann, Merv Alymore Tyson and Katelyn Lansdell, The Accordian Melody Makers and Allysha Cleeman.

Last year, the event raised \$18,000 for several charities, such as the Cervantes Men's Shed, Make A Wish Albany, and the Flying Royal Doctor Service.

Spring brings a multitude of wildflowers in the farmland and nearby Mt Lesueur National Park, and the station offers a tour of the wildflowers and the Pinnacles.

For tickets and information, visit www.Nambungstation.com. au or contact Gloria on 0427 527 153, or Brian on 0427 084 313.



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

3 DAY SELF DRIVE PATHWAYS TO WAVE ROCK

ROE TOURISM



Visit Wave Rock and explore the changing landscapes and charming farming

Day 1: Perth - Wave Rock (Hyden) 340km, 4hrs Head east from Perth, travelling through picturesque farmland to Corrigin (famous for its Dog Cemetery!). At Karlgarin visit Tressie's Museum & Caravan Park with its display of olden day memorabilia and gramophones. Enjoy lunch at Hyden's Bush Bakehouse before taking the short drive to Wave Rock, 15 metres high, 110 metres long. Visit other natural attractions in the area including Hippo's Yawn and Mulka's Cave - home

Accom options: Motels, cottages, cvan park

Day 2: Hyden - Bruce Rock 305km, 3.5hrs Head south to Lake Grace's spectacular salt lakes visit the only remaining Australian Inland Mission Hospital in WA and sample a wine at Walkers Hill Vineyard, Continue to Kulin, popular for its Bush Races, have a chuckle along the Tin Horse Highway – with a series of colourful metal horse characters along 12km stretch of road. Heading north take in 360° views from Yeerakine Rock 10km south of Kondinin. Travel onto Narembeen and visit the innovative displays at the Narembeen Grain Discovery Centre on your way to Bruce Rock.

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

Day 3: Bruce Rock - Perth 250km, 3hrs Take a 45 minute drive west to Shackleton for Steve's Art & Sculptures Park and Australia's smallest bank. Turn off at nearby Kwolyin to Kokerbin Rock with its spectacular views on the Granite Way. Cross the Pink Lake into Quairading with a walk around the town or explore Dangin Heritage Trail 10kms west, then onto York for lunch at one of the colonial-style hotels before heading back to Perth.

3 DAY SELF DRIVE GOLDEN PIPELINE HERITAGE TRAIL





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

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

Day 1: Perth - Merredin 260km, 3.5hrs ing into open farmland of the Central Wheatbelt there will

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

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

Day 2: Merredin - Kalgoorlie 340km, 3.5hrsCross the original Rabbit Proof Fenceline at Burracoppin, visit

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

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

Day 3: Kalgoorlie - Perth

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

Central Wheatbelt Wildflowers: For wildflower hotspots follow the weekly updates wheatbelttourism.com



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

Day 1: Perth - Dowerin 160km, 2hrs the hills to Toodyay. Visit the Newcastle Gaol Museum before continuing on to the pretty farming town of Goomalling to visit historic Slaters Homestead and explore the school museum. At Dowerin 'Rusty' the Tin Dog sculpture welcomes you to take the walk trail for fauna & flora. For more information see Day 1 of the Wheatbelt Way Trail.

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

Day 2: Dowerin - Merredin 155km, 2hrs The drive from Dowerin to Merredin winds through Wheatbelt farmland, bush reserves and delightful small towns. Enjoy the CBH museum or a drink at Wyalkatchem pub, visiting Billyacatting Reserve near Trayning for a bush walk or picnic. Visit Mangowine Homestead, the Nungarin Heritage Machinery & Army Museum or a 1st Sunday of the month Nungarin Market Day. In Merredin hit the walk trails, museums, cafes or take in a show at Cummins Theatre or movie at Orana Cinema

s/c apartments, backpackers, free RV sites.



WHEATBELT WAY



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

Day 1: Perth - Wyalkatchem 214km, 3hrs Depart Perth and head to Dowerin to join the Wheatbelt Way, Make sure you pat Rusty the Tin Dog, the first site on this route Head to Minnivale and Nagning Well, then Wyalkatchem to see Korrelocking Reserve and Wyalkatchem Well

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

Day 2: Wyalkatchem 252km, 3.5hrs

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

Accom options: Cvan park, free camp sites

Day 3: Beringbooding - Mukinbudin 210km, 3hrs

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

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

Day 4: Mukinbudin - Perth 323km, 4 hrs Final day on the Wheatbelt Way taking in sites 20 to 24 wander the walk trails at Billyacatting Hill Nature Reserve as you travel via Trayning, back to the start in Dowerin and then on



Call Central Wheatbelt Visitor Centre 1300 736 283 or visit www.wheatbelttourism.com for information on these self drives or a copy of Australia's Golden Outback Holiday Planner.

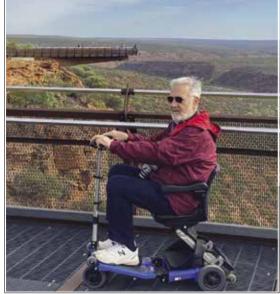
Maps not to scale and are a guide only. Please contact RAC or petrol stations for detailed maps. Driving times and distances intended as a guide only and may vary d







A mini break in Kalbarri makes a welcome change from the cool climes of the south



by Frank Smith

IF YOU are thinking of taking a holiday in Kalbarri, book your accommodation and restaurant meals early. Kalbarri is 590km north of Perth. It is a long way to go without the certainty of finding a bed.

When I was there last month the visitor's bureau told me there were 5,000 visitors. The resident population is less than 1500.

That said, with a little planning we managed to find excellent accommodation, outstanding meals and take three boat trips, as well as visit the spectacular 186,000ha Kalbarri National Park.

There is plenty to do in Kalbarri; safe swimming, surfing, scenery, food and a choice of accommodation from backpacker to multi-star including self-catering apartments.

If it had not been for the pandemic I would have been in Wales. So we ended up watchhumpback whales as they swim up the coast from Antarctica to calve in the tropics, then back down again with their calves to feed on krill during the Antarctic

summer We saw about a dozen whales, although all remained largely submerged. As a bonus two pods of dolphins took a look at our boat. However, leaving the calm waters of the Murchison in a small boat for the open sea is not for those with delicate stomachs.

On another trip we trailed down the coast to see the spectacular seaside cliffs and rock formations the result of millennia of wind and wave pounding the 400 million year old rocks.

A more relaxed boat trip was through the Murchison estuary into unspoiled native landscape with native birds and animals as well as herds of feral goats. The owner of Murchison House station has given up on sheep and cattle and now musters the goats at water points annually for export to the Middle East. We got close up to a







Left to right; Frank Smith at Kalbarri's twin skywalks - fishing on the Murchison - sea eagle - horse riders

white bellied sea eagle and watched a posse of horse riders wade across the river shallows.

Kalbarri was founded at the mouth of the Murchison river in 1951 as a fishing village. There are still wet-line fishing and crayfish boats operating but the bulk of the town's activity is around tourism and with overseas and inter-state tourism banned, Kalbarri seems an obvious choice with good facilities and warm weather even in winter.

Kalbarri National Park is famous for its exceptional wildflowers, sandstone cliffs and variety of recreational activities. While smoke bush, wattles and a few orchids were in flower, there are many more still to come.

The park surrounds the Murchison River. which has the second largest catchment in WA. Over eons the river has cut a deep rocky gorge through the park, creating several spectacular viewing points and walking trails of tain goats. During the cooler months overnight hiking is allowed, but only in groups with experienced hikers.

An iPhone app is available which allows you to inform potential rescuers of your location even in the absence of mobile phone coverage.

Most spectacular is the newly opened twin skywalks with stunning vistas of the Murchison River Gorge's rust-red cliffs, flowing water and bushland from high above. The twin skywalks, built 100m apart at the Invaka Wookai Watju site (the West Loop), project 25m and 17m beyond the gorge rim, more than 100m above the Murchison River.

The complete redevelopment of the existing West Loop Lookout includes parking for coaches, walking trails, interpretative signage about the geology and people. indigenous shade shelters and toilets.

The traditional owners, Nanda Aboriginals, are deeply involved in managing and conserving the park. A café run by the local Nanda Aboriginal Corporation provides employment for Nanda people and the sale of Nanda artwork and souvenirs.

spectacular Other sights in the park include nature's window, Z bend look out, Hawk's head and associated trails.

We were lucky enough to spot a rare black flanked rock wallaby from the Hawk's head lookout. Black flanked rock wallabies were considered extinct from Kalbarri National Park for 20 years, until two were

JJ's Holiday Cottages

Bookings: Jenny 0402 459 915 or 9071 4197 (a/h)

Email: jenny@jjsholidaycottages.com.au

www.jjsholidaycottages.com.au

BUMS ON BIKES

For misty mornings, starry nights

and wildlife on your doorstep.... Fishing, walking trails in the Karri and Redgum Forest

and close to the State forest. Windy Harbour is 26km

drive from the park. AAA Rated 4 star

with private balcony, self contained unit, self contained bungalow and tent sites. Campsites/Caravan bays \$20 per person per night

Phone 9776 7276

www.aroundtu-it.com.au

Bike Hire

Self contained accommodation

Enjoy your stay in Esperance

Pet friendly

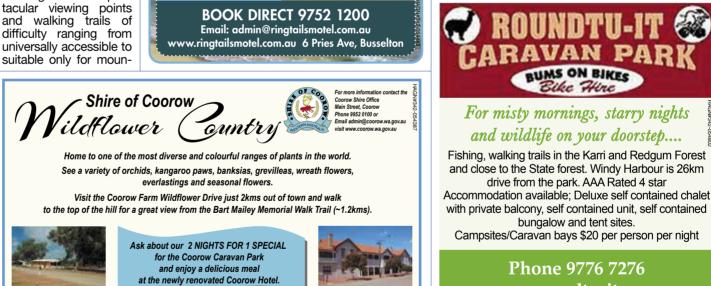
filmed in a gorge in 2015.

With translocations from other parts of WA, and determination to eradicate foxes and feral cats, the population is now thriving

Kalbarri provides facilities, sightseeing and entertainment for all travellers and makes me wonder why one would want to go to Bali. And if you have a few millions handy you could even buy the nearby 'principality' of Hutt River Province and achieve 'royal' status.





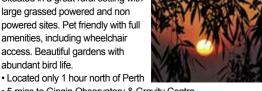






1679 Gingin Brook Road, Neergabby

Situated in a great rural setting with large grassed powered and non powered sites. Pet friendly with full amenities, including wheelchair access. Beautiful gardens with abundant bird life.



- 5 mins to Gingin Observatory & Gravity Centre 15 mins to Guilderton Beach/Moore River and Gingin Township
- · Complimentary freshly baked scones, jam, cream served every Sunday morning A
- · Campfires in season
- Dump point
- · Sheep, cow and alpaca feeding for children daily

Bookings Phone: 9575 7566 Email willowbrook.farm@bigpond.com Web www.willowbrookfarm.com.au 'NO INCREASE OVER PEAK PERIOD



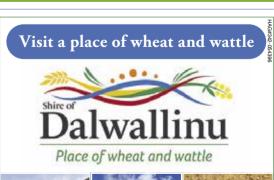
Wongan Hills Visitor Centre

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 30-31 October and 1 November 2020 Special guest - Sabrina Hahn (Saturday only)

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





Dalwallinu Discovery Centre 9661 1805 Email: ecdo@dalwallinu.wa.gov.au



New indigenous artwork unveiled at the Western Australian Visitor Centre

by Clare Varcoe

WESTERN AUSTRALIA Visitors Centre has welcomed a new artwork by artist Rickesha Burdett called Welcome to Coun-

WA Minister for Tourism Paul Papalia and Go Cultural Tours owner, Walter McGuire, unveiled the mural on the centre's ceiling at an event which included a traditional smoking ceremony and a morning tea of local bush foods.

Mr Papalia says the

mural sets an inspirational footprint for other Visitor Centres throughout the state to follow and showcases Western Australia's unique attractions and visitor draw cards.

Mural designer, Noongar artist Rickesha Burdett, said the artwork represents land, community and the wildflower season - which reaches Perth in September.

"[The] coloured flowers represent the wildflowers during the Kambarana Noongar season (October

to November)," Burdett, 25, said.

"Each circle (community) expresses that there are many groups or families that have ties to Noongar Country.'

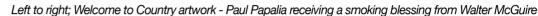
The mural was created in conjunction with the Western Australian Indigenous Tourism Operators Council which offers bushland food and wildflower trails throughout Western Australia.

The trails aim to teach visitors about the medicinal, nutritional and cultural significance of WA's plants and wildflowers, such as what times of year to collect certain species

The south west tours run until December, with Midwest, Pilbara and Kimberley events running until October Brochures about the tours are available at the Visitor Centre.

A wildflower tracker was





also launched at the event, the interactive map allows tourists to take photos, tag and upload them, so others can see what is blooming across the state, when, and where.

"This raft of important

projects all across the cilities and infrastructure." State will enhance the visi-Mr Papalia said. tor experience at many of "We are home to the our unique destinations,

oldest living culture on earth, and the investment in Aboriginal cultural tourism will allow even more tourists to learn about the State's incredible history while having an unforgettable holiday experience."

Brochures and tour information is available from WA Visitor Centre in William Street, Perth or visit www.waitoc.com

CUNDERDIN MUSEUM No.3 Pump Station

Goldfields Water Supply Scheme • Meckering Earthquake Vintage Machinery • Goldfields Railway





Only two hours drive from Perth 100 Forrest Street, Cunderdin, Western Australia ph/fax: 9635 1291 e: museum@cunderdin.wa.gov.au

Jacaranda Guest House

SPRING SPECIAL 20% OFF Mid Week Stays

Conditions apply. Not including Public Holidays

Centrally located in the town of Busselton, Jacaranda

Guest House was the first guest house there in 1961.

Nestled amongst English-style gardens with a BBQ and

outdoor seating. Free continental breakfast served daily.

Ph 9751 5973 30 West Street, Busselton

Email: jacarandaguesthouse1@westnet.com.au

Take a walk on the wildflower side with Villa this spring

ensuring our stunning

landscapes and natural

offerings are properly sup-

ported by quality visitor fa-



Thryptomene Strongylophylla © Photo by Villa's specialist wildflower guide, Wendy Payne

SPRING is in the air and Villa is happy to report viewing some of Western Australia's many species of wildflowers on their winter tours up north.

they're Now ally looking forward to spring touring in southern parts of the state as different species begin to bloom.

Mother Nature has already commenced her spectacular annual wildflower show in WA's Mid-West, with delicate spider orchids and many other species blooming in abundance.

Villa's specialist wildflower guide, Wendy Payne, recently provided an exciting update on wildflowers blooming in the Kalbarri region.

"Oldfield's wattle is starting early in Kalbarri, lighting up the landscape with a golden glow at the beginning of the wildflower season. It is a treat for the senses, including the magnificent scent of Macarthuria australis," Ms Payne said.

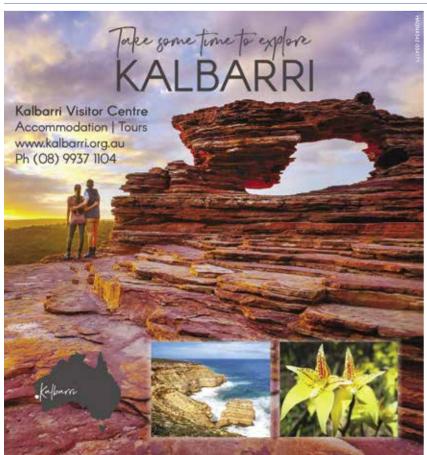
"The first of the early flowering everlastings are beginning to show, with a few pink sticky everlastings opening."

"Stinkwood is promising a good show, with masses of early flowers amid the purple haze of Thryptomene and the deep purple centre of the bizarre woolly lamb's tails."

"Coastal plants are joining in the show, with early Kalbarri rose."

They have a few seats available on some of their upcoming spring wildflower tours. Please call 1800 066 272 to secure a place.







to beautiful Emu Point and Emu Beach 4 Star rated

All studios are air conditioned with fully equipped mini kitchens, WIFI and lots more located in a garden setting. Free WIFI and BBQ

www.emupointmotel.com.au info@emupointmotel.com.au **PHONE 9844 1001**



经验的工作。



Araluen tulips & Dawson's Nursery Tuesday 22nd September 2020, Adults \$85, Seniors \$80

Includes entry fees, morn/afternoon tea, BYO lunch

Wheat Silo Artworks Extended Tour 4 days

\$1000 per person twin share, single supplement \$195

Includes entry fees, morn/afternoon tea, lunch and accommodation

Includes entry fees, morn/afternoon tea, lunch

Enjoy a day out.

Williams & Quindanning Thursday 29th October 2020, Adults \$100, Seniors \$95

Tariffs are per night and include continental cooked breakfast. Seniors get a 10% discount. Reduced rates can be arranged for longer stays and whole house booking.

PH 0409 716 301 www.championbay.com.au § Email: championbay@wn.com.au *conditions apply 31 SNOWDON STREET, GERALDTON



run every Monday that

includes carpets of ever-

lastings, clown orchids,

donkey orchids, dragon orchids, spider orchids,

blue fairy orchid, san-

dalwood trees and vari-

ous species of wattle,

a campfire lunch with

billy tea, honey tasting.

There is also plenty of bird watching with regu-lar sightings of wedget-

ail eagles, budgerigars,

black cockatoos, purple

crowned lorikeets, Ma-

ior Mitchells and mal-

leefowl. There's an op-

portunity to explore

Billiburning Rock, climb

to the top and look out

over untouched land that

stretches all the way to

Wildflower season is

underway and will run

until November in the

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.

147 Invarell Road, Waroona Ph: 9733 3000

Mount Magnet.

Show me the wildflowers in the beautiful golden outback of WA



Teapot sculpture © Sue Leighton Ravensthorpe Wildflower Show

WESTERN AUSTRA-LIA'S Golden Outback is in bloom and it's never been easier for visitors to

see the rare and natural phenomenon with tours on offer and wildflower shows running through-

edge of the lake starting

near the boardwalk.

out spring.

The Esperance Wildflower Festival, held from 22 to 26 September, showcases about 500 wildflower specimens, art exhibits from more than 400 school students, cultural presentations by Nyungar Elders, keynote presentations from internationally renowned Australian botanists, displays from local organisations, an interactive community sculpture project, and more.

This year's theme is 'flowers and feathers: friends or foes?' which is a celebration of local plant and bird species and the important relationships between them.

In Esperance, new operator Discover Esperance Wildflower Tours, offers day tours for up to ten people until the end of September that includes spotting the region's incredible orchids.

The 15th annual Reynoldson Reserve Wildflower Festival will be held from 30 October to 1 November at 'The Station' in Wongan Hills, about 185 kilometres northeast of Perth. The three-day program includes bus tours to spot wildflowers, horticulture talks, wildflower displays, a welcome sundowner, big breakfast, market stalls, Devonshire teas, art displays, vintage car show and demonstrations.

There are several oneday and multi-day tours into wildflower country departing Perth with Villa Tours and Adams.

Beacon, about 300km northeast of Perth, wildflower tours southern parts of WA's Golden Outback.

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

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

For more information on road trips to wildflowers visit www.roadtrip country.com.au.

ake Navarino

Enjoy the coast and lakes of Waroona shire

Lake Clifton Mango

Winery is a short drive

south of the thrombolites

on Newnham Road and



Historic lime kiln site Lake Clifton

est thrombolite reef in the THE coast and lakes of the Shire of Waroona of-Southern Hemisphere at fer a number of historical over six km long and up to 120m wide. These and picnic spots, easy trails and prolific wildliving fossils, easily viewable from the boardwalk, flowers in season. Preston Beach, forty are one of the earliest known life forms on earth. Lakeside Loop meanders along the

minutes south of Mandurah, is adjacent to Yalgorup National Park with its abundant variety of wildflowers, birds and wildlife. Walk trails lead through tuart forests to amazing views of the coast and lakes. It's also just the spot for four wheel driving along the white sands, and for year-round fishing.

The local golf course is bordered by the national park and is a delight with its undulating terrain and mob of kangaroos keeping an eye on the action.

is renowned for its fruit wines. Also on Newnham is the historic lime kiln with a picnic area and interpretive boards. Several orchids have

been found in the area including midge orchids Cyrtostylis huegelii and the western helmet orchid, Corybas recurvus.

MC's Bakery & Patisserie in Lake Clifton is a must and a bonus thta it's open 24/7.

Call Waroona Visi-

tor Centre 9733 1506 for more information or download a visitor brochure from www.waroo na.wa.gov.au

Airport - ferry - train transfers Pre book your ride in comfort

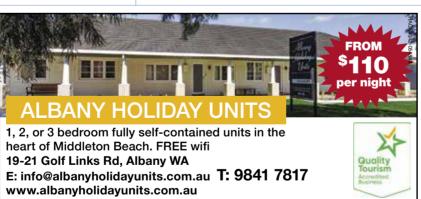
Family Holiday Park only 1 hour from Perth

Like to enjoy life, let us do the driving.. Private chauffeurs Rideshare drivers

Perth Luxe Mini Bus Chaffeurs Services Text: Peter +61400489087 E: rideinluxe@gmail.com



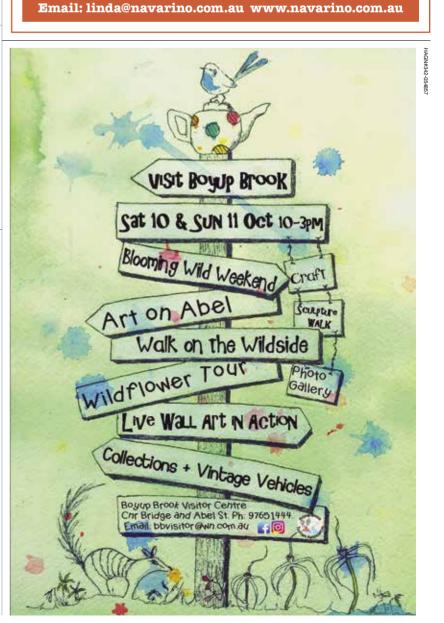
www.pembertondiscoverytours.com.au







5-8 November Inland South West including Balingup, Bridgetown, Greenbushes, Manjimup, Nannup, Pemberton info: 0404 890 300



WA's GREAT Outdoors CARAVANNING · CAMPING · ACCOMMODATION



Explore Kalgoorlie-Boulder with amazing Goldfields getaway packages



TRAVEL in Western Australia has never been better value for seniors and pensioners on TransWA services.

Once a year WA pensioners receive a free pass on any TransWA service. Using this pass on the Prospector rail service to Kalgoorlie is now one of the most popular travel choices

The Prospector is a fabulous trip, offering a comfortable air-conditioned ride through some of Western Australia's most scenic Wheatbelt farm and red earth country. Entertainment is provided on board with easy access to snacks and meals as you travel along.

Now this free pass can be used on a

package holiday to the Goldfields. Visiting Kalgoorlie-Boulder and the surrounding region allows you to immerse yourself in the rich gold rush history and experience historic streetscapes as you wander through the shops and call into some of the fabulous galleries and museums.

There are now great value pensioner packages available starting from \$329 per person, queen share, for a return rail, tours and three nights' accommodation. The four-day Golf Extravaganza Package allows you to play two rounds on the Graham Marsh designed Kalgoorlie golf

For the more adventurous, there is a

self-drive package providing car rental, allowing you to explore further afield and perhaps take in the fascinating Antony Gormley sculptures at Lake Ballard or walk through a living ghost town at Gwalia in the northern Goldfields.

The Goldfields Ancestry Package offers people the opportunity to learn about their ancestors' time in the Goldfields during the late 1800s WA gold

For further information on these holiday packages, call the Kalgoorlie-Boulder Visitor Centre on 1800 004 653 or www.kalgoorlietourism.com/sea

let's gotravelling

Visit us online for more travel www.haveagonews.com.au

KEN PEACHEY **CARAVAN REPAIRS**

- Specialists in all types of caravan repairs and alterations
- Insurance claims
- Canvas, vinyl work and upholstery
- Approved repairer and all warranty work

194 Campbell Street, BELMONT Phone: AVRIL, MIKE, JASON DAVIES

9277 1381

Email: info@kenpeachey.com Web: www.kenpeachey.com

KALBARRI EDGE RESORT



dge resort

3 NIGHT GETAWAY FOR TWO PEOPLE

\$50 Restaurant credit **Bottle of WA wine on arrival** FREE upgrade to a spa suite Local coach pick up (Transwa)



BOOK NOW for NOVEMBER, early DECEMBER & late JANUARY

> www.kalbarriedge.com.au info@kalbarriedge.com.au 1800 286 155

Celebrate spring and the wildflowers in the Chittering Valley



A TASTE of Chittering will make its return in 2020 as an all-weekend spring celebration on 17 and 18 October. The annual festival will celebrate the produce, wine and country lifestyle of the greater Chittering region during the stunning wildflower

Chittering is an easy 50-minute drive northeast of the Perth CBD,

and boasts green rolling hills and valleys, fragrant citrus orchards and cattle and sheep grazing on valley slopes.

A Taste of Chittering will bring the grounds of the picturesque Nesci Estate alive across the weekend with a marketplace that showcases local producers. An expanded farmers and local vendors market will be complemented by live music, food trucks, demonstrations and wine and beer tastings.

The all-ages event is a perfect family day out with attractions such as farm animals and marshmallow toasting for the kids.

Exciting additional ticketed events such as a pop-up dining experience, electric bike tours around the Chittering region, chef masterclasses and a beer brewing competition will be running through the weekend.

Commencing at 10am each day, the fully licensed event runs to

5pm on Saturday 17 October and 3pm on Sunday 18 October. Admission includes a fresh pressed juice, coffee, beer or wine for just \$18 online or \$20 at the gate (concession \$10 and \$12), with free entry available for children (under 18) and local Chittering residents.

Chief executive officer of the Shire of Chittering, Matthew Gilfellon says the event has been rebirthed to benefit the region.

"We thank our community who have been a part of A Taste of Chittering since the inaugural event in 2012, and are excited for this year to be the biggest and best yet.

"The whole weekend celebration will be hosted on a larger scale to enable us to attract more attention and visitors to Chittering," he said.

For more information and tickets and to sign up for program updates visit www.atasteofchit tering.com.au.



AFFINITY TOURS AUSTRALIA



Join us on an exclusive wildflower tour, exploring the Midwest and South Coast. Led by a professional botanist and travelling in comfort in 4wd vehicles we explore off the beaten track and take you to areas other companies can't.







For bookings or info contact 0419 964 791 (Barry) or 0457 573 201 (Kitty) #barryandkittyontheroad www.affinitytoursaustralia.com.au

Double Beach

CARAVAN PARK

We are a very neat and tidy caravan park located 10kms south from the city centre of Geraldton

· Greenough Rivermouth is one minutes walk from the office · Beach is 5 minutes walk · Free bbgs and camp kitchen facilities · Large laundry and drying area. • Swimming pool • Tennis courts, large bird aviary with peaceful surrounds • Excellent fishing Office and mini mart open 8.30am to 5.30pm daily

Fully self contained accommodation Powered sites \$200 for one week or \$350 for a fortnight. We are pet friendly.

4 Hull Street, Cape Burney PH 9921 5845 Email grcp@wn.com.au www.doublebeach.com.au

Forest & Farmland. Coast & Lakes



Waroona Visitor Centre OPEN DAILY 9.30am - 3.30pm















et's go travel options for the mature west australia





Discovering the spectacular and thrilling delights of Western Australia's Ord River







Left to right; Sky-high views - Ord River sunset - Argyle's rock dam Inset; Cruise captain Jeff



by Lee Tate

SPECTACULAR, thrilling, exotic. One of the world's greatest river cruises, here in Western Australia.

The Ord River cruise is a challenge to the photographers and the greatest writers. Few have done it full justice. Many have tried.

We set out from our accommodation in Kununurra, collected by tour coach and, despite having heard the greatest accolades for this part of the world, are staggered at the spectacular range of sights on this day's outing.

Beneath one of the world's greatest dryconstruction freshwater dams, just rock-uponrock, our purpose-built, locally-made cruise boat is waiting with three V8 outboard motors gurgling to go.

This is not only a gentle meander along a tropical, winding river but also an exhilarating joy ride at up to 60kms an hour skimming over shallow sections of a 55km-long journey through a luscious wildlife sanctuary.

The boat stops so we can sight fruit bats, birds of prey, exotic plants, rock wallabies and crocodiles sunning themselves along the river bank or swimming after prev.

If there's time, you can swim in the Ord or in Lake Argyle, sharing it with 30,000 crocodiles. Being the freshwater variety, the 'freshies' aren't interested in human flesh.

Occasional humaneating salties might make it into the area but rangers and tour operators quickly spot them, lay traps and move captives to less humanpopulated areas.

This, Australia's Iongest daily river cruise, is a day of eyeing beauty

with endless sightseeing opportunities and resulting photos which, sadly, seldomly show the Ord's full glory.

Paying \$175 for seniors, \$185 for adults and \$145 for children, the 55 passengers left the Triple J Tours cruise gushing, beaming with satisfaction and shaking the cruise operator's hand.

Cruise operators work-in with Indigenous leaders over areas to be visited, getting the best out of their adventures including, on our trip, a purpose-built stopover by the river bank with rock-formation views to go with home-made pumpkin scones, freshly-sliced fruit and carrot cake and hot and cold

on board, there's an element of serious drama when an elderly passenger suffers an asthma attack. The captain calls over his radio. A car meets us on the river bank and the man is whisked to hospital.

The mighty Ord and lake provides birdwatching trips, fishing expeditions and dinghy and canoe hire on this greatest of humanmade waterways that is so large it is deemed to be an inland sea.

With a 1,000 km² surface area, Lake Argyle carries vastly more water than Sydney Harbour - currently around 14-times - but the 1970s saw it flood to 42-times Sydney Harbour's water

Damming the Ord in 1972 for irrigated cultivation was no immediate success with crops and markets failing and freight costs being prohibitive. Today, the Ord's supports a diverse range of agriculture plus hydro power, drinking water and waterrelated businesses and activities, especially the exploding tourism industry.

Diverting the river flooded important areas including the site of the pioneering Durack family's station and home. The house has been dismantled, stone-by-stone, and reassembled a short distance from the dam and openned to tourists.

Further on, high on a hill, campers can enjoy one of Australia's most spectacular views overlooking the beautiful, blue Lake Argyle from a sky-high swimming pool.

Then it is a short distance down to drive over the towering Ord River dam.

With its natural tropical beauty, pristine water, unique environment, wondrous wildlife and birdsong, the Ord River has to rank as high as anything we have seen anywhere on the globe.

Just when we were working out how we could put it all into words as we were leaving, Triple J boat cruise owner Jeff quipped: "You really have to see it in the wet."

Bring it on!

Australia's missing link in the space race...

OPEN October to March 10am-2pm,

and April to September 9am-4pm PHONE 9941 9901

EMAIL frontdesk@carnarvonmuseum.org.au

Mahony Ave, Carnarvon (next to the OTC Satellite Dish)

Enjoy a unique African Safari

The Festival of Country Gardens is turning 21



TREAT yourself and be dazzled by colourful and innovative gardens at this year's Festival of Country Gardens, the most extensive and impressive edition ever.

People can take a stroll through a selection of exclusive private gardens - large and small - in the Blackwood Valley and Southern Forest regions. Take advantage of the discounts and local products by community gardening experts.

Indulge in some local refreshments while participating in the auction for coveted butterfly and bird feeders, made by the Men's Shed and decorated by talented local artists.

This annual event runs from 5 - 8 November, with the official opening to be held at Bridgetown's Lesser Hall on the evening of Friday 6 November. The guest speakers will pass on a wealth of knowledge to inspire you in enhancing your own gardens.

Prices for entry into individual gardens start from \$8 or book tickets early through Try booking.com for a full weekend pass to avoid disappointment. View details on the website. www.festivalofcoun trygardens.com or visit Facebook, Festival of Country Gardens.

We want to know what you think about Have a Go News See page 20 for our 2020 Readers Survey

HEAD NORTH AND VISIT Horrocks Beachside Cottages

§85 per night \$95 per night'



12 self contained cottages set on manicured lawns among shady trees. The perfect place for a relaxing holiday...



Ph 9934 3031 or 0428 341 222 torrocks horrocksbsc@westnet.com.au

BEACHSIDE COTTAGES www.horrocksbeachsidecottages.com.au

EXPERIENCE in GERALDTON Six luxurious private



ensuite bedrooms Shared and modern self-catering facilities Ample parking with easy self check in

Zebras Guesthouse Ph 0427 089 385 Email info@zebrasgeraldton.com 2 Glendinning Road, Tarcoola Beach Geraldton

WAlbanyGardens

Located just 1km from the town centre in a quiet, well treed garden setting, our park offers convenient access to Albany's top tourist spots, beaches and spectacular coastal scenery.



Call (08) 9841 4616 to book www.albanygardens.com.au

Caretaker couple required

NAMBUNG Station Stay requires an energetic, reliable couple for a small caravan park with 10 powered sites, three on-site caravans, and a B and B, two hours north of Perth in the Dandaragan Shire.

Tasks will include manning the office, taking bookings, some computer skills for recording, laundry, cleaning of ablutions, on site caravans and B and B, yard maintenance, guiding farm tours (training provided), feeding pet animals, mowing (ride on) and other jobs as required.

The couple will require their own caravan and transport and a powered site will be provided for free with power and water. There is a small wage and remuneration by negotiation.

The station is situated 45kms from the nearest town of Cervantes.

Good communication skills are essential and an enthusiastic, positive, cheerful disposition will be an advantage.

Start October 2020 for four to six months. Police clearance and reference necessary. Email to gloria.brian@outlook.com or phone 0427 527 153.

KOJONUP WESTERN AUSTRALIA









Kojonup Wildflowers September - October 2020 Visit local Orchid & Wildflower hotspots Self-drive Wildflower Tours Self-guided Wildflower Trails View the Kojonup Herbarium inside The Kodja Place

KOJONUP VISITOR CENTRE 143 ALBANY HWY, KOJONUP WA Ph: 9831 0500

E: kojonupvisitors@bigond.com



GREAT HOME and GARDENING



Time to spring into action and make the most of your garden for the coming months









Left to right; Fitzgerald National Park - Ravensthorpe - Spring flowering blooms include Dutch Iris and daffodils

by Colin Barlow

WELCOME the joys of spring after a most unusual year, with lots of gardeners thrust into growing veggies and flowers for the very firsttime. The new spring brings new plants, garden jobs and challenges, so let's take a look at the jobs to make our gardens spring into life.

My top tips to care for your spring garden are:

Lawns Spring is renovation time for your lawn. September and October are ideal to get your lawn back into shape. Cut your lawn down as low as you can with a mower, then remove any dead grass or thatch with a rake, or ideally hire a vertimower. Go over the area with a vertimower in

two directions, with the second at an angle of 30-45 degrees from the first. Rake up the grass and then go over the area with your mower to pick up the rest. Aerate the lawn with a fork, hollow tine corer or hire a mechanised corer for larger areas.

 Gradually lower the height of cut on your lawn to remove the seed heads of winter grass and other lawn weeds, and mow your lawn at least every one to two

· Apply a wetting agent to the whole lawn area and then thoroughly wash it into the soil.

 If weeds are a problem or bindii has been in the past in early summer, now is the time to apply a selective herbicide. Be careful if you have a buffalo lawn and only use products with bromoxynil as the active ingredient. Check on the label that it is safe for use on buffalo.

 Fertilise your lawn with a slow release lawn food high in nitrogen and potassium, but with low levels of phosphorous. Products with added iron will make your lawn a deep green colour.

 Check all your pop-up sprinklers, clean and re-

place as necessary. Vegetable Patch

 Now is the time to sow and plant your tomatoes, chillies, capsicums, zucchini, cucumber, eggplants, squash, pumpkins, rock melon, sweetcorn,

Zinc \$185

celery and beans.

 Be on caterpillar patrol particularly on your brassica crop. The cabbage moth, looper caterpillars and cabbage white butterfly can rapidly destroy your vegetable crop. Use organic sprays on a rotational basis including Dipel, Success Ultra, or the Beat A Bug Naturally Based Insect spray.

 Feed your quick growing salad crops like lettuce, Asian greens, English spinach and silver beet with a combined liquid fertiliser high in nitrogen and a seaweed solution every two weeks, to encourage strong growth and a continuous supply of leafy greens.

· Warmer weather and moist condition will have snails and slugs chomping on your vegies, so you need to pick them off by hand. You can try different methods including copper sprays, beer traps, iron chelates based pellets, ducks and

Quality work done quickly

Honest and competitive rates Small and large jobs

Additional Paving Services PL

Call or txt GARY 0418 928 075

• Over 30 years experience

coffee grounds.

· Spring is the time to feed all your fruiting plants with a complete controlled release fertiliser. Apply a handful around the base of small trees and two to three handfuls for larger

· Add an organic fertiliser to the soil around your plants to feed the soil micro-organisms, bringing your soil to life and making more nutrients available to your plants.

 Mulch with an organic soil improver or conditioner, manure and cover with a lupin, pea hay or sugarcane mulch.

· Feed strawberries with a high potash fertiliser to encourage flower and fruit formation. Use liquid potassium sulphate mixed in a watering can every two weeks for the sweetest strawberries.

 Keep a lookout for Mediterranean fruit fly on early crops including loquats and apricots in late spring.

MARANGAROO CEILINGS

Specialising in Decorative

• All sagging ceilings • Maintenance • Painting

• Over 46 years experience • Work guaranteed

Steve 0411 885 473

Office 9247 3925 Fax 9247 5423

STIRLING CARPET CLEANING

Need your carpet cleaned?

10% OFF CARPET CLEANING

Ph 0419 944 034 Email stirlingcc@bigpond.com

www.stirlingcarpetcleaning.com.au REG NO. 94139

WA HARDWOOD FLOORS

★ Installations ★ Sanding ★ Repairs

★ New & Old Floors ★ Decking ★ Skirting

FREE QUOTES 0408 180 074

wahardwoodfloors@gmail.com

www.wahardwoodfloors.com.au

An early baiting system using combinations of the Ceratrap, Eco-naturalure or Nature's Way Fruit Fly Control is recommended. Alternatively, you can net the whole tree using a fruit fly net.

 As the weather warms up, the flushes of new growth on citrus will be prone to attack from citrus leafminer. Smaller plants can be sprayed with Eco-Oil, and larger plants baited with the eco-CLM trap to trap the male adults.

Garden

· Before fertilising or planting, apply a wetting agent to improve water penetration into the soil and also to reduce surface run-off.

Prune your hydrangeas back to two strong and healthy buds. Blueing Tonic (aluminium sulphate) can be used to change the colour of the blooms in alkaline soils or potting mixes.

After flowering, lightly trim late winter and spring shrubs or hedges like azaleas and camellias.

 Mulch any exposed garden soil with pine bark, pea straw, lupin mulch, compost, manure or soil improver to improve the soil and to conserve

Flower Garden

Feed your spring flowering bulbs and annuals with a high potash liquid fertiliser every two weeks to build the bulbs reserves for flowering next year. It will also keep the pansies, Primulas, wallflowers, poppies, Dianthus, Calendula and Lobelia flowering until the very warm summer weather sets in.

· It's time to plant summer flowering annuals in pots and any spare spots in the garden. My favourites for summer spring and summer flowers are petunias, sunflowers, Queen Anne's Lace, Cosmos and Zinnias.

 Feed sweet peas with a low nitrogen and high potash fertiliser and dead head them regularly for increased flowering. Don't forget to cut some for indoors.

Indoor Plants Spring is the ideal time

to pot up your indoor plants. Water them thoroughly first using a wetting agent and allow them to drain, before potting them up into a slightly bigger size pot, using a premium potting mix or specialised indoor potting mix.

 Fertilise your indoor plants with a controlled release indoor plant fertiliser which will slowly feed your plants as the

weather warms up. Plant up some hanging planters with trailing epiphytic cactus like Rhipsalis or the Easter cactus Hatiora gartneri.



TV Wall Mounting

Clean, screened,

recycled sand

\$160 for 10m*

All other sand on request

0408 415 264

Suspended

Plasterglass

Decorative Cornice

Ph: 9356 3322 - Darryl 0411 756 830

E: whitelawceilings@westnet.com.au

DA Whitelaw Ceilings

Replaced

Repaired

Partioning

Sam 0488 808 801



40 Years Experience

ROOF RENEWALS Gutters and down pipes • Domestic/commercial

- Ridge cap repointing All general roof repairs Whirly Birds
 - All work guaranteed
- Re-Roof/Roof extensions Beat any quote

Call Matt on 0439 707 578 or 9398 9861 www.roofrenewals.com.au roof.renewals@bigpond.com

FOR ALL YOUR PLUMBING & GAS



✓ Fully Insured & Licensed ✓ No.1 Service & Quality

Phone Nathan 0488 018 334

www.plumb1services.com

Residential and commercial

RESURFACING FIBREGLASS POOLS AQUAGUARD SYSTEMS USED

MARK 0407 271 007





A WA Family Owned & Operated

Pensioners Discount - 30 Years Experience 20 Year Product Guarantee Available Now

Leaking Showers and Balconies Waterproofing & Tiling **Regrouting Wall & Floor Hob Reductions & Bath Conversions** Free Quote From Your Local Specialist

0488 033 857 - jno73311@bigpond.net.au

Industrial Vacuum Gutter Cleaning it's fast and no mess is left behind.

5% Senior Discount www.chockersguttercleaning.com.au

see our website for more info, or call

0415 484 409

- Bath/shower conversions
- Create functional walk in shower area



BATHROOM RENOVATIONS

- Full renovations



Call Di in the office 9291 6191, 9490 1468 or 0423 255 066

www.lucyjdesign.com.au

Need and affordable solution to make vour sliding door work like brand new?

LOW COST (under \$300) **Uses original framework • Adds safety** No brickwork • No plastering • Guaranteed

BACK2NEW will...

- For under \$300 Install a new steel track • Supply and install quality rollers
 - Check operation
- BACK2NEW 0409 944 538 SLIDING DOOR REPAIRS

Authorised installer for Miracle Sliding Doors Track System mark@back2new.com.au www.back2new.com.au



- Bobcat hire
 Six-wheel Tippers • 21 Ton Excavator • Traxcavator • Roller • 8 Ton Excavator with hammer
 - lauger 2 ton excavator • Mini Dump Truck and Roller **FULLY LICENSED & INSURED**
 - Bruce 0414 755 306 dobson_excavations@live.com www.dobsonexcavations.com.au

Downsizing



Spring brings new opportunities to create your own statement piece





by Zofia St James, Interior Designer Sherlock Homes Group

THIS is a year like none of us anticipated on New Year's Eve. We find that we all must adapt and enjoy each moment. This year has shown us there is even more reason now to take stock of all we want and don't want.

As I write this, I am surrounded by boxes, bags containing my pantry goods, mess and disarray. Yes, I am moving house

imminently.

In order to combat the stress of moving I have applied my mind to the new place where I'm setting up, imagining how I will place the furniture and where and what wall art is to be hung. I'm figuring I'll be all settled in four days... I'll report back next month on how that goes.

You inevitably discover you have so much more stuff than you thought; a cull is necessary which is also therapeutic and charities are more than happy to take the excess baggage.

When writing January's

column I encouraged myself and my readers to
embrace the changes we
may be faced with this
year with an open mind
and to be grateful and see
the positives. Well, to the
best of my ability I have,
although I have never had
so much change in such a
short period of time. The
clouds are dispersing now,
the sun is shining and I'm
enjoying the journey. And

things.

As I announced a couple of columns ago, I have taken on a new position with Sherlock Homes Group as their exclusive interior designer.

of course, it's usually in ret-

rospect we discover these

My rates especially for my readers are still the same and I am happy to offer a chat or virtual consultation free anytime.

I have recently visited a couple of my favourite furniture stores; Trilogy Furniture in Claremont and James Said (pictured above) in Nedlands to see their beautiful array of furniture, soft turnings and homewares as they launch their spring collection.

The little rooms set up in different colour palettes are absolutely inspirational and definitely worth a visit to just breathe in the beautiful atmosphere and music.

Last month I touched on how to introduce more colour. It really starts with a statement piece, it could be a cushion, piece of art or an occasional chair in



your bedroom or living area. Choose the statement piece that you love and add some cushions or a throw rug to tie the look together.

A room generally starts by having a neutral pal-

ette, then it's the statement piece that inspires a colour, then accessories complement it.

I recommend clients to be a little daring or just follow their heart, because it has to be about you and what you'll take joy in looking at every day. I think getting ideas to inspire or even confirm something you have in mind is great.

I always like to keep abreast of what's new and where to find it. Having an informative magazine like *Belle* or *Vogue Living* is fantastic as they show you what's forecast ahead on a global level. This is vital if you are building or waiting on moving into a brand new apartment and designing the interiors from scratch.

Of course I would be in my element if I were designing my dream kitchen and I already know what I'd love.

If you are in the throes

of designing and building, create a mood board of everything you want. Collect fabric samples, carpet, tile and paint colour swatches. It's a great way to see everything on a smaller scale that works best for you or what changes you'd make.

You don't have to be a creative to get creative and it really is quite satisfying and fun when you begin to formulate a plan, even if you need that confirmation from a professional to assure that you are on the right track.

Happy September and happy new beginnings... most importantly happy decorating!

Zofia would like to offer

five potential clients a free consultation this month to celebrate her new role as interior designer for Sherlock Homes Group. The consultation is for a spring makeover, a room styled or even a reno quote from the team's fantastic trades.

Zofia offers an interior style consultation for readers and she would like to offer readers a free 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















The retirement choice is yours...

Ground floor villas or apartments with a view

- Villa prices starting from \$325,000
- Moments away from the Canning River
- 5 star luxury amenities included in the village
- Attractive life lease options available
- Caring Christian Community
- Ideally located















Available for RENT

Various 2 and 3 bedroom villas in a range of well maintaned over 55s complexes in Swan Valley, Kelmscott,
Dianella and Rockingham.
Prices vary according in the location.
For enquiries please phone
Elena on 0409 202 710

9534 9491 www.ibreeze.com.au 15/33 Galbraith Loop, Falcon quality christian care

Owned and managed by



Downsizing ADVERTISING FEATURE



99-year-old Ronald Morrison gives vintage motorcycles new life

HE may be only a year shy of his 100th birthday, but Ronald Morrison's favourite place is still his at-home workshop where he spends hours restoring

vintage motorcycles.

It's why living independently at home has been so important to the spry nonagenarian.
"The best thing for me





289 Sydney Road, Gnangara

www.lakelandsvillage.com.au

about living at home is all my life's here, including my workshop where I like to spend time," said Ronald Morrison, whose weeks are busy with walks, singing groups and restoring the vintage motorbikes that have been a life-long passion.

Mr Morrison relishes the time he spends in his workshop with his sons, who all share their father's love of motorbikes old and new. Some of the bikes they have restored over the years are, like Mr Morrison, almost a century old.

Mr Morrison says it's thanks to a helping hand around the house from Baptistcare Home Care that he's able to continue to live in the Bayswater home he and his late wife Emma built in 1953.

"And if you've been

blessed with good health, why not stay in your own home? There are other people with greater needs than me. I'm not ready to take up a bed somewhere else yet," Mr Morrison

Like many older Western Australians, Mr Morrison, who celebrated his 99th birthday last month, takes advantage of a Government-funded tailored home care package through Baptistcare.

The not-for-profit care provider began lending the former air force engineer and his wife a hand around the house almost 20 years

Mrs Morrison, who died in 2007, had been living with dementia for several years and Mr Morrison had looked after her at home for much of that time.



Ronald Morrison in his workshed

Originally from the UK, the couple, who were married for 64 years, met during World War II when they were both in the Roval Air Force (RAF).

They had been married less than a week when Mr Morrison was called up to fight. It was three years before they saw each other again.

In 1949 the couple moved from the UK to Australia where they built the Bayswater home Mr Morrison still lives in today.

There are lots of memories here. The house has seen a lot of history," said Mr Morrison, the retired managing director of an engineering company. "I'm happy at home; I réceive the help I need and I enjoy life.'

As well as singing at the Girrawheen Baptist

Church and with the Bassendean Melody Club, there are regular family get-togethers to enjoy as Mr Morrison's three sons, his daughter, four grandchildren and five great-grandchildren all live in Perth.

Helping Mr Morrison live independently in his own home is Dorit Fleischer who has been visiting Mr Morrison at home for about 20 years as part of the Baptistcare Home Care team.

"She's a lovely person and has been my main carer all that time," Mr Morrison said. "That's 20 years of really good service. And she irons beautifully. I get lovely ironed shirts to go out in.

While Mr Morrison's relationship with Baptistcare has remained constant over the years, the help he receives has always been personalised to suit his needs at the time.

As well as help with changing sheets, laundry and cleaning, Mr Morrison's home care package has included help around the garden and, most recently, some personal care assistance. His home care team has also helped with home maintenance, replacing old taps with new easy-action ones that are much easier to turn on and

"I have been surprised when I mention something and I'm immediately told there's help available for that. And I do appreciate said Mr Morrison. "It all happens very smoothlv. I only have to mention something and quickly Baptistcare is on the job.'





Aged Care. Reimagined.

Imagine an aged care facility where vou reside in a home, on a street, within a neighbourhood and community.

Located within WA's largest aged care & retirement campus and just 15 minutes from the CBD, this is an address like no other. This is aged care reimagined.

Contact us today for a private tour. Call Leanne on (08) 6250 0250 or email care@swancare.com.au



Downsizing



volved in the decision

making process on every

level, so they can remain

independent and in con-

This also means pro-

viding the choice of care

people WANT and the

Communities working together

WITH many seniors feeling vulnerable during the pandemic, retirement villages like Arcadia Waters have managed to create a haven amidst the uncertainty.

In 2018 DCM Research's Retirement Community Research report, found only two per cent of people aged 60 and over felt lonely or isolated. In the first few weeks of June this year, that number had risen to an alarming 27 per cent.

However, residents at Arcadia Waters have continued to feel safe and supported during the pandemic, all while adhering to social distancing rules.

"We never felt alone or isolated; we always felt we belonged to a community that looked out for one another," one resident said. "We know all our neighbours and identified those who may need a little help."

On ANZAC Day, residents were able to pay their respects from the end of their driveways. At Arcadia Waters Maddington, one resident's talented relative even played *The Last Post* on his bugle.

Physical distance has been no deterrent to people at Arcadia Waters Mandurah, who enjoyed a sundowner event by bringing their chairs onto their driveways and chatting to their neighbours from a safe distance.

Driveway exercises were also coordinated, so residents could keep fit and work out together while observing social distancing.

Weekly pandemic updates were provided to residents, with notes pertaining to how each village was affected, providing much-needed security, knowledge and peace of mind for both residents and their families.

"While the staff had to carry out more duties and bear more responsibility, they were never too busy for us," one resident said. "If something needed doing, it happened."

Staff organised meal delivery and conducted welfare checks from a safe distance to ensure residents were cared for. One village found a local grocer to deliver items such as vegetables, fruit and meat. If a person had difficulty securing essential items, staff were ready and willing to help out.

"Our residents were fantastic," Arcadia Group managing director Roger Kwok said. "They continued to work with our management team over this difficult period and assisted in maintaining the guidelines recommended by the federal and state governments."

While making for a challenging period, Mr Kwok believed the precautionary measures ultimately paid off and he said he was humbled by the efforts undertaken by his team.

"I can't thank my staff enough for their unwavering support," he said. "They have all done a tremendous job in upholding the company values and keeping all our residents and their workplaces safe."

Arcadia Waters has villages across five locations – Bicton, Geraldton, Swanbourne, Maddington and Mandurah. Each is well situated near public transport, shops and medical facilities.

Both two and three-bedroom apartments and villas are on offer, with a variety of renovated floor plans to suit every lifestyle. Prices begin at \$235,000 and flexible payment options are available.

Choosing a home care provider can be a difficult decision



trol.

AS an approved provider of home care services under the federal government's My Aged Care programme, CPE Group has been taking care of clients with understanding, kindness and respect for 22 years.

As a family-owned business, CPE Group Client Relationship Manager Annie Carvell said the organisation understands inviting someone into your home to assist you can be a daunting process.

This is why each member of their team has been chosen not only for their qualifications and experience but also for their kind-heartedness, their ability to listen and empathise with their clients and to truly recognise their needs.

Through a dedicated client-centred approach, Ms Carvell said CPE Group believes the best care plan is one in which the client has been in-

their visit.

By keeping administration costs to a minimum, CPE Group are able to maximise the hours available for client care.

The organisation only charges a management fee of 12 per cent of the package value. There is no basic daily fee, no add on to allied service costs or purchase of equipment and no exit fee.

At CPE Group, they believe the right to choose and transfer to another provider is fundamental to the My Aged Care programme and every client should be able to do this without additional cost to them.

If you'd like to know more about CPE Group please call Annie or Lisa on 1300 665 082 or email info@cpegroup.biz.

PP Maintenance specialise in:

Painting, flyscreen repairs, gutter cleaning, hanging pictures, locks, sliding doors, renovations of home/lease/pre-sale, demolitions and general maintenance.

Phone PAUL 0477 660 703









Move-in ready apartments in Fremantle, from \$405K*

Located in the heart of Fremantle's revitalised East End, Liv offers a selection of modern, low-maintenance apartments with secure lift access that allow you to downsize in style. Boasting ample living and storage space and just a short walk from Freo town centre and the beach, life at Liv lets you make the most of every moment.

livapartments.com.au

*T&Cs apply

Book an appointment to view these completed apartments at Quarry Street, Fremantle.

Christine Majeks: 0402 762 601

Chanel Majeks: 0403 246 377



Friend to Friend







Instructions - Please read carefully

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

Friend to Friend PO Box 1042 West Leederville WA 6901

Each person may submit one entry every month.

Abbreviations used in Friend to Friend

ALA: All letters answered GSOH: Good sense of humour SD: Social drinker NS: Non smoker SOR: South of River

WLTM: Would like to meet

DTE: Down to earth ND: Non drinker NG: Non gambler NOR: North of River TLC: Tender loving care

	•			
 _	_	_	·	_

Please nominate a category for your advertisement.

Tick one box only.

Travel companion

Seeking a friend

Wishing to contact Seeking a partner

Address

..... Email

I am over 45 years of age(Signature)

Obtaining replies to your Friend to Friend Reply Box entry:

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

Seeking a Friend

ACTIVE gent, 62, slim to med build, fin sec, WLTM a happy and healthy lady. Reply Box 8624

AUSSIE happy, easygoing, young thinking lady, many interests, good conversation, caring. WLTM gent late 70 years+, GSOH, fin sec, genuine friend, companion, long term if compatible, metro area.

Reply Box 8619

AUSSIE lady, 60, NS, NOR, postcode 6027, limited finances, WLTM gent 60-65, NS, SD, NOR for coffee, lunch, dinner, walks, drives, movies, companion, friendship. I like reading, craft, TV and computer games. Genuine replies.

Reply Box 8625

AUSSIE male, 71, postcode 6163. Interests; movies, fishing, massage, horse racing, NS, SD, keeping fit, not a world traveller, WLTM slim lady interests, SOR, ALA.

Reply Box 8621

SOLUTIONS MATCHMAKING

"GENUINE MEN AVAILABLE NOW"

9371 0380

BALCATTA gent 76 tall, handsome, active, clean

living, honest, loyal "1 woman man", sk loving lady

to care for & spoil.

BAYSWATER gent 80 down to earth Aussie,

widower, friendly, cheeky sense of humour, loves

his sport & is an animal lover, can dance. Sk fun

loving Oz lady 76-82.

MERRIWA gent 81 very active widower, enj

socialising & travel, very respectful, happy o/look,

sk special lady to enjoy dining, movies & just good

company.

MANDURAH gent 80 tall 183cm, trim, handsome,

young looks, polite, well-spoken/grmd, intell w/ Christian beliefs, enj walks, coffees, drives, dining, seeing things of interest. Sk lady 70-80.

SWANVIEW gent 84 British, widower, friendly, well

read, pride in appearance, sociable w/ old fash-

ioned manners. Enj travel, cooking, garden, the

arts, a good conversation. Sk lady 78-85

MULLALOO gent 85 retired professional, 180cm,

nice looking, active, high spirit, positive, sociable.

Swims, walks, loves music, sport, travel. Sk active,

refined lady 75+.

HAMERSLEY gent 85 retired professional, 176cm tall,

jovial, d.t earth, young at heart, great smile, kind & dependable. Sk e/going lady who likes travel 78+.

MANDURAH gent 85+ ret. farmer/ businessman,

widower, charming, respectable, worldly, well-

travelled, kind heart & lively spirit, a true gentle-

man sks loving, refined lady who's a little country

minded 85+.

EASYGOING gent WLTM a friend. I have a GSOH, SD and 78, also active. I was a former sports person and live NOR, NS

Reply Box 8636

GENT UK/Australian, 70, 180cm tall, presentable, educated, VGSOH, sociable, NS, SD, enjoys travel, gym, family, beach, coastal walks, usual social activities, seeks intelligent, attractive, compatible, easygoing lady, to mid 60s, all travel modes, destinations considered. NOR, coffee?

Reply Box 8634

GUY 30, well presented, fit, widower, tired of drinking coffee alone last three years. WLTM petite, attractive lady in 70s, smart dresser, NOR, near postcode 6066 two mornings a week for coffees, walk

and mutual respect.

Reply Box 8637

NEWS UPDATED DAILY www.haveagonews.com.au **HAPPY** caring lady seeking good man, 75+, NS for love and support in good times or bad. Laughter, adventure, young at heart, share friendship, romance, hobbies, holidays. I am NS, SD, Mandurah or

near areas Reply Box 8629

IS THERE a lady with a disability, 50-70 who would like a friend or partner. I am 63, postcode 6111, living with a disability and would like to spend the best years of my life with someone special. ALA.

Reply Box 8627

LADY 68 WLTM gent, 65 to 75, enjoys doing most things; music, walking, gardening, movies. Let's meet for coffee and see where it could lead. SOR. Reply Box 8628

LADY mid 70s, petite, slim and attractive, WLTM well presented, genuine gent for friend, companion relationship if compatible, NS, SD, NG. I am NOR.

Reply Box 8623

LADY petite 71 English Australian WLTM a kind. loyal, NS, SD, gentleman with various interests who is looking for a friend or companion. Live East Perth ALA.

Reply Box 8617

VERY fashionable and well presented lady in 70s who has been there, done that and got the t-shirt but WLTM a genuine, intelligent gentleman for friendship and company for dinners, outing etc, travel preferably NOR but not

Reply Box 8616

WELL presented senior gentleman, educated, professional, fin sec. Interests; travel, fine dining, classical music, arts, theatre, sports. Live close to Perth, seeking a presentable, no strings attached senior lady for dine out casual fun meetings. ALA. Reply Box 8639

WITTY guy, 68, seeks lady 50-60s. I am 5'6", med build, NS, SD, love music, movies, etc. Baggage free. No longer seek that special someone. Promise you to be a loyal companion. Just give me a try. ALA.

Reply Box 8620

WIN a \$200 shopping voucher... See page ? for details.

WLTM gent in 80s, kind, caring, enjoy company in later years, walk short trips, NG, NS, SD, NOR, cinema, TV, dining in/out.

Reply Box 8638

Seeking a Partner

AUSSIE lady, widow, 68, well presented, loving, fit, plays golf, lives in 6018 area, NOR. Seeking loving, caring, active gentleman around the same age to do things as a couple. Please reply with phone number.

Reply Box 8633

DEAR Santa, nearly Christrmas, don't want another lonely Christrmas. Can you bring me a nice, slim, average, feminine lady like me; fit, active, NS, SD, young, 70, postcode 6038. Don't let Rudolph eat my plants. **Reply Box 8622**

ENGLISH lady, 71, attractive, feminine, educated, build, postocde med 6107, GSOH, ND, social smoker, fin sec, own home, WLTM genuine, well groomed gentleman, 67-72 for long term permanent relationship (not separated). I enjoy reading, walking, music, country drives, good conversation. ALA.

Reply Box 8626

HILLS lady widower, 70 years, med build, NS, NG, ND, honest, sincere, caring, educated, fin sec, own home, enjoy travel, country drives, cooking, walking and quiet lifestyle. WLTM healthy, kind hearted, caring gent, 72-78 for companionship. Genuine replies please.

KNOWLEDGEABLE male, six languages, five, one word each (including Dinglish) at 41 lost two attributes; first the memory, second then...help? Now 71, seeking lady mutually share egalitarian, intrinsic concupiscence, dynamic equilibrium.

Reply Box 8630

LADY NOR, late 70s, WLTM a gent who also is lonely and WLTM a GSOH lady who would like to have some company and bring some happiness into both our lives. Life is too short to be on your own so let's meet for coffee. Please include your phone number in your reply. I'll look forward to hear from you real soon.

Reply Box 8635

PHILOSPICAL, spiritual, romantic Polish Australian, authentic gentleman, 68, fit, slim build, grey hair, personable, Don Quixote seeking fun loving, confident, hills lady or nearby 6073. Wendy please respond again this time leave your phone number, please.

Reply Box 8631

WIDOW 79 soon 80, Croation ancestry, NS, SD, NG, ALA, country lady, dancing, gardening, lots of other interests; Eagles Glory, TV, football. Seeking nice gentleman, GSOH 75-80, friend, partner? I live 6220 area, my biggest hobby is dancing old time and new vogue.

Reply Box 8632

NEWS UPDATED

DAILY

www.haveagonews.com.au

When replying to an **Friend to Friend** entry...

To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to:

eg. Reply Box 4100 c/- Friend to Friend, PO Box 1042, West Leederville, WA 6901. (example only)

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

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

All replies are strictly confidential and are not opened.

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

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.

Add life to your years...



A directory of sport and recreation for over 50s To obtain a free copy of the 20th edition Add Life to your years directory please contact **Dawn at the Seniors Recreation Council on** 9492 9773 or email

	11B size envelope template
Simply	measure your Friend to Friend reply envelope against this template
9cm (h	eight)
	14cm (width)

SOLUTIONS We have your partner

SOLUTIONSMATCHMAKING.COM.AU Matching mature singles since 1995

2020 Seniors Week FOCUS Sunday 8 November to Sunday 15 November











The 2020 Have a Go Day a Livelighter event is on... see you at Burswood Park



WHAT a year it has been! We are very pleased that Have a Go Day - a Livelighter event,

will take place on Wednesday 11 November

Mark your diary to be at the

premier event of WA Seniors Week which is now in its 29th year at beautiful Burswood

This year it will fall on Remembrance Day and the event will incorporate the observances of this important day.

The park will come alive from 9am to 3pm with myriad activities, entertainment and information specifically for old-

Organised by the Seniors Recreation Council of WA, this free event is the highlight of the calendar during Seniors Week and after such a crazy year this will be a good opportunity to inspire people to get back to normal, join a club or a group and meet new friends.

The day provides an opportunity for people to come and have a go at many different activities including the climbing wall, canoeing on the river, petanque, dancing, disc golf, tai chi, boomerang throwing, yoga and lots more.

Enjoy fabulous entertainment on the stage from some of WA's best entertainers, dance demonstrations and so much more.

There will be lots of static displays offering a variety of information from clubs and groups that would love to entice people to join them.

Have a health check at various stalls and find out lots of information from various businesses including many of Have a Go News advertisers.

Have a Go News continues to run the hospitality tents and we look forward to welcoming people to come and enjoy a free cuppa or water and to win a prize on the chocolate

There will be loads of food stalls around the grounds catering for all tastes or bring along a picnic lunch.

Crown Perth will have their

spectacular marquee which will offer great prizes, cooking demonstrations and lots of entertainment.

There is so much to see and do - don't miss the opportunity to celebrate later life at this fabulous event.

Spots are still available for interested organisations to attend the day – call Seniors Recreation Council on 9492 9773 for more information.

Look out for our exclusive guide to Have a Go Day - a Livelighter event, with maps, directory and entry form for the major prizes in the October edition of Have a Go News.

List your Seniors Week event in the Have a Go News' Seniors Week Events Guide



WE are very pleased that Seniors Week 2020 will still be celebrated in Western Austra-

This year the week will be held from 8 to 15 November and in the October issue we will be presenting the annual Seniors Week Events Guide

With our massive print run of 70.000 copies along with our digital issue, this is a brilliant way to highlight a community

This handy guide lists all the

events happening around the state, day by day.

Celebrations to mark seniors and their contribution will take place throughout the week.

Organisations are invited to list events in the daily guide. The form needs to be received to our office by 25 September. Please visit our website to download a form, call the office on 9227 8283 or email seniorsweek@haveagonews. com.au to ensure your event is included in this exclusive

Finding meaningful solace with grief support



SOLACE Grief Support Group WA is a peer led, self-help organisation for those who have lost their spouse or partner.

Solace WA provides a caring environment where people are welcomed and invited to share their story and receive support.

Golf & Utility Vehicles

When one's partner dies normal life as we knew it ceases in an instant. Solace facilitates healthy grieving under the careful guidance of support workers who have a lived experience of grief and loss.

to those in need is in a safe and secure place, allowing people to talk about their loss, what their life now is and how this has impacted on them and in many cases their children.

The organisers have discovered the more that people talk about their loved one the more they then can resonate others in similar circumstances. Feeling understood, knowing

they are not alone in their thoughts, feelings and behaviours, is very important to the long and slow process of adapting to a new life for themselves and their children without their beloved partner.

For further information about the group call 0488 991 084, email: info@so lacegriefsupportwa.org. au or visit the website www.solacegriefsupport wa.org.au

Advocare

Empowering People



Advocare supports and protects the rights of older people in Western Australia through advocacy, information and education.

All of our services are free, confidential and guided by you. Call 1800 655 566 or

visit www.advocare.org.au

Human rights do not diminish with age

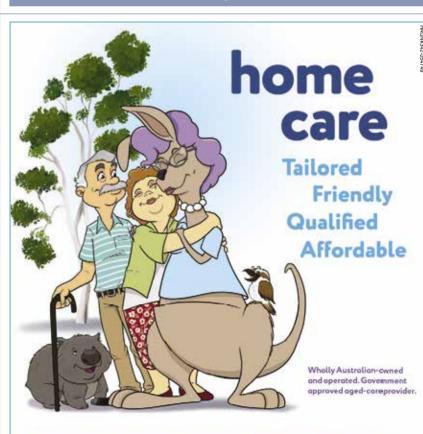
WA Elder Abuse Helpline 1300 724 679







www.adhgroup.com.au



Professional, friendly and affordable in-home aged care tailored to your needs. Qualified nurses and trained health specialists.

Pearl can provide the Cognitive Stimulation Therapy, a dementia specific program as the leading dementia therapy available today.

Book a free care meeting today.

08 6167 5610

38 Adross Street, Applecross 6153 pearlhomecare.com.au



20 Seniors Week FOCUS











Rockingham takes a stand against ageism during Seniors Week



SENIORS across the community are invited to participate in the City of Rockingham's Seniors' Insights project, which is the first initiative of its kind in the City.

Seniors' Insights forms part of the City's Let's Take a Stand Against Ageism campaign, which aims to raise awareness of what ageism is and the negative effect it has

90 HARTFIELD ROAD FORRESTFIELD

CALL PROSHOP ON 9453 9194 OR BOOK VIA THE WEB

www.hartfieldgolf.com.au

BAR & CATERING FACILITIES AVAILABLE

on older people. Ageism is stereotyping, prejudice, and discrimination against people on the basis of their age.

Through Seniors' Insights, the City is encouraging local seniors to share positive and negative accounts of what life is like as an older person. For those who have experienced ageism, the project is an opportunity to share the reality of the impact that ageism can have.

Submissions received will be exhibited in Seniors' Insights during Seniors Week in November 2020, with the exhibition to be held at Rockingham Central Library.

City of Rockingham Mayor, Barry Sammels, said Seniors Insights was an important project that would support the growth of a more socially inclusive community, as outlined in the City's Seniors Strategy 2017-2021.

"Storytelling is a powerful way that we can tackle ageism together and initiatives such as Seniors' Insights play an important role in empowering seniors across the City," he said.

"With more than 21,000 seniors living in the City of Rockingham, it's vital that the City continues to be an age-friendly community that gives seniors the opportunity to express themselves and identify the issues that they face."

To be eligible to participate in Seniors' Insights authors must reside within the City, be a senior (60+ years, or 50+ years if Aboriginal or Torres Strait Islander), and complete an application form which can be accessed on the City's website via rockingham.wa.gov.au/ seniorsinsights. Alternatively, seniors can contact the City on 9528 0333 for an application form to be posted to them.

A People's Choice Award will be available for one community member who votes for their favourite author. Both the nominator and nominee will win a \$100 cash prize each.

Submissions should be no more than 150-200 words and close on Friday 25 September 2020.

Supporting older people



ADVOCARE is an independent, community-based, not-for-profit organisation that supports and protects the rights of older people in Western Australia through information, advocacy and education.

It supports them to make informed choices that best suit them, helps them understand their rights and resolve any issues they have with aged and home care service provision.

A large part of Advocare's work involves advocating for older people or their representative.

Advocacy is the process of walking alongside an individual and speaking out on their behalf in a way that represents their best interests.

Advocare's experienced team of advocates can assist an older person by standing alongside them to help express their wishes, in order to reach the best outcome for them.

Advocare will listen to the older person to best understand their needs and concerns and work with you, providing information and guidance on how you can get the best outcomes with the issues you are facing now and into the future. Advocare will always seek your permission before taking action on your behalf.

For independent, free and confidential information and support, contact Advocare on 1800 655 566, visit www.advocare.org.au or email rights@advo

If you or someone you know may be experiencing elder abuse please contact the WA Elder Abuse Helpline on 1300 724 679. This helpline is operated by Advocare's team of experienced advocates Monday to Friday between 8.30am to 4.30pm.



Prepaid Funerals \$3050 for seniors



Find out all the details by calling Retirees WA on

9362 0100

Staying safely at home





What our member's value when grieving?

To feel safe and supported when expressing their feelings;

To feel connected to others who have been where they are now;

To have their feelings and experiences recognised, acknowledged and validated;



It may not be easy to make contact, so regardless of how long ago your beloved spouse or partner died you and your call will be welcome.

Support meetings are held at: WEST PERTH GOSNELLS CONNOLLY MUNDARING

Email: info@solacegriefsupportwa.org.au Website: www.solacegriefsupportwa.org.au PHONE 0488 991 084



Caring for People Everyday **CPE Group**

Our experienced and qualified team has been caring for clients for 22 years, with understanding, kindness and respect

- Personal care
- Domestic assistance
- Social support and transport
- Podiatry, physiotherapy and other allied services
- Aids and equipment
- Meal preparation
- Gardening



At CPE we believe that the best care plan is one made together with our client and that includes your choice of support person and when they come to you. And our 12% Care Management Fee means more hours of service available for you

> Let us help you make the most of your **Home Care Package**

Contact us on 1300 665 082 or info@cpegroup.biz

CPE Group, 63 Lindsay Street, Perth WA 6000 §

ACCORDING to government's Australian Institute of Health and Welfare (AIHW), in 2017-18 seven per cent of older Australians had given up living independently in their own home for permanent residential aged care. AIHW data also tells us that, in 2019, 49 per cent of people in residential aged care were diagnosed with depression, while 53 per cent had dementia.

The statistics paint a picture of a slippery slope for Australia's ag-ing population. But InteliLiving, a new product developed by Australian technology company InteliCare, helps active and independent older Australians stay that way, in their own homes.

InteliLiving uses discreet in-home sensors and an equally inobtrusive human-like artificial intelligence (AI) to look out for older Australians in their own home and give their families and carers complete peace of mind.

There are no cameras or data privacy issues with InteliLiving - the system gives older Australians more privacy and independence, not less. But the AI, which gets to know how each user likes to live, helps detect falls, accidents and health issues, en-abling users and their families to identify and remedy problems that may otherwise result in hospital care or perma-nent residential aged care.

For more information about InteliLiving, visit intelicare.com.au or call 1800 354 061.

2020 Seniors Week FOCUS ADVERTISING FEATURE Sunday 8 November to Sunday 15 November











Flat out like a lizard drinking...



Rossmoyne Waters' resident, Barbara Silinger

DO you feel social exhaustion or are you rejuvenated after a full schedule of events?

It is possible that a full schedule of events may leave you rocking in the corner and the stress of it could take years off your life. So, is it worth push-

ing through social limits for an introvert or is it better to reserve energy?

An article written by an author at Harvard Medical School says that being connected with other people can be as important to healthy ageing as not smoking or maintaining a good weight. It goes on to say that it's the richness of your social network that's important, not necessarily the amount of social connection you have. The article indicates that a good way to test the richness of your social network is to take a Lubben Social Network Scale test.

Residents of the Rossmoyne Waters Retirement Village can be as busy as they choose with the many activity options on offer. From the pool and gym facilities to movement classes or shuffleboard to quiet reading in one of the lounges by the fireplace; the options are endless. It's possible to be flat out like a lizard drinking, even in retirement.

But it's not the amount of activities, it's their richness that matters at Rossmovne Waters.

Barbara Silinger, a resident at Rossmoyne Waters says: "I enjoy getting to know new people through the different activities we have here.

Barbara's personal favourites are the Tai Chi classes and the table tennis.

If you crave more socially rich connections, contact Daniel Gallop at Rossmoyne Waters on 9253 4456.

Providing professional and affordable in-home care

PEARL Home Care offers the best in professional and affordable in-home aged care so that people and their loved ones can continue living comfortably and independently at home.

Pearl Home Care is 100 per cent Australian owned and founded in Western Australia. Their at-home care plans are highly flexible, developed by the client and the team to suit people's unique situation. There are no lock in contracts, no signup fees or exit penalties, no hidden management charges and a full money back guarantee if not satisfied.

For those who are eligible for government funding the staff at Pearl will help navigate the application process. This

may include funding under the Commonwealth Home Support Program, funding under the National Disability Insurance Scheme, Home Care Packages, or people may choose to pay for private services.

Pearl Home Care provides care up to and including 24 hour seven days a week. They provide 24/7 on call nursing,

post hospital support, specialised dementia care, comfort calls, veterans home care and palliative care.

The team at Pearl celebrates the cultural diversity in our communities and they make sure they do all they can so that people and their loved ones feel included, supported, connected and cared for every day.

Looking for motivation to start a healthy lifestyle today?

SEASIDE Physiology is a fully supervised clinic that specialises in small classes designed for managing chronic health conditions such as diabetes and high blood pressure

People will be supervised by accredited exercise physiologists and be given their own personalised exercise program.

They assess each person individually, prior to developing a program. Clients can be sure that Seaside understands their history

and acknowledges their personal exercise goals.

Did you know the current Australian exercise guidelines for adults state that you should be doing muscle strengthening activities on at least two days each week?

Seaside have more than 30 class times for people to choose from, including Move to Improve, Strength for Life, Pilates or Tai Chi, at their fully accessible clinic to give people the best chance of meeting those guidelines. Their classes are affordable, and may also be eligible for a rebate from private health

Hydrotherapy classes are also on offer.

Come along and attend the free 'Strength for Life' Open Day on 18 September to view the clinic and meet their exercise physiologists. Enquire today to start living longer. stronger and having a healthier, full-

Phone Yvonne or Jess on 0497 065 883.

Preserve your memories by converting old films



BEFORE the days of smart phones and social media, the act of recording on ciné film was reserved for life's most precious moments.

As time passes, old film footage slowly degrades.

In the early twentieth century, film reels were not designed with longevity in mind, often using unstable chemicals to improve the quality of the picture.

Many films shot during the 1930s/40s will eventually succumb to what's known as 'vinegar syndrome', a decomposition process that releases a vinegar-like odour.

As the film ages, it will continue to deteriorate until it is damaged beyond repair.

Older recordings are at greater risk, but even 8 and 16mm footage shot five years ago has already begun to break down and lose quality. Now is the time to take action and ensure your priceless recordings aren't lost forever.

One of the best ways to preserve your footage is to take it to DiskBank. Proudly based in WA for more than 20 years, DiskBank uses innovative technology to convert historic films, videos, images and audio

recordings into modern, digital formats.

If the film has already begun to decay or develop mould growth, Disk-Bank can take steps to revive your footage if the damage has not spread too far.

DiskBank can transfer your recordings to DVD, Blu-Ray, USB or digital files, with the latter being the recommended for-

Have a Go News readers are entitled to an additional 20 per cent off! Simply mention the *Have* a Go name to claim your bonus discount.

Visit DiskBank at 94 Jersey Street, Jolimont or call 9388 0800.

Helping to keep seniors connected



SOCIAL isolation has been an important topic of discussion during the COVID-19 pandemic, specifically amongst seniors. A consequence of protecting our senior population is fewer face-to-face visits and less contact time.

Innogreen Technologies Perth based company that aims to keep seniors connected through voice assistant technology with ongoing training and support.

Voice assistant technology is ideal for seniors as it is controlled using voice commands, meaning there are no buttons or touchscreens to operate. The device can be used to call friends and family, play hours of music, listen to the radio or watch the news and TV. Voice commands are intuitive and easy to use. For example, to call a family member the user may say, "Hey Google, call my daughter" or to listen to music they may say, "Hey Google, play Frank Sinatra".

This technology has been a massive success in alleviating loneliness in seniors. A trial was conducted in 2019 by the University of Reading (UK). Seniors were provided with voice assistants and the results from this project were truly incredible, every single one of the participants involved in the trial reporting that they feel less lonely since starting to use the technolo-

If you'd like more information on Innogreen Technologies or voice assistants, please call 1800 123 000 or email info@innogreentech.

Enhance your mobility



A NEW range of Dutch and Danish premium walkers has just been released on the West Australian market by Choice Living Solutions.

The Rollz Flex is designed to provide those with limited mobility a better alternative than generic walkers. It has a small turning circle that encourages better posture, easier braking and handle height adjustment and a large 20kg capacity shower proof shopping bag. It also comes in a range of colours and two sizes.

The Rollz Motion is a combination walker and true wheelchair for one for those times when you may need seated support. It has larger wheels for a more comfortable ride and comes in a range of colours and two sizes.

Finally, the Carbon Ultralight is the world's lightest seat walker weighing only 4.8kg. It is sleek and unobtrusive, has press button handle height adjustment and is available in oyster white, black or red colour.

All walkers can be customised with a range of accessories.

For more information email: gordon@choiceliving solutions.com.au or phone 0419 958 634.



PATRON-

The Honourable Kim Beazley AC, Governor of Western Australia



A LiveLighter Event Wednesday 11th November 2020
Burswood Park 9.00am to 3.00pm, Great Eastern Highway

Free Activities and Information day for over 50's Be Prepared to "Have a GO"

Featuring Activities, Clubs/Groups, Seniors & Commercial Agencies

08 9492 9773 www.srcwa.asn.au

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

Remembrance Day Observance Ceremony.

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

















































healthy living ADVERTISING FEATURE



health options for the mature west australian





On-line Dr Google check can create false impression



Edith Cowan University masters student Michella Hill

by Frank Smith

MANY of us do a search Google or other search engine when faced with an unexplained pain or other symptom of possible illness, but do we always get the right answer?

Edith Cowan University masters student Michella Hill investigated 36 international English language mobile and web-based

checkers and found they produced the correct diagnosis as the first result just 36 per cent of the time on average and gave accurate advice on seeking further health care (triage) 49 per cent of the time.

Web-based symptom checker varied in their accuracy from 12 per cent to 61 per cent.

Ms Hill created 48 symptom-based scenarios drawn from training material provided to medical students and applied them to each of the symptom checker websites, comparing the results with diagnoses provided by two experienced general practitioners.

"While it may be

tempting to use these tools to find out what may be causing your symptoms, most of the time they are unreliable at best and can be dangerous at worst," she

Sometimes the advice received from the websites was wildly inaccurate. For example the US website Family Doctor recommended self-care for acute liver failure and non-urgent care for

Ms Hill says online symptom checkers may be providing a false sense of security.

"We've all been guilty of being 'cyberchondriacs' and googling at the first sign of a niggle or headache," she said.

"But the reality is these websites and apps should be viewed very cautiously as they do not look at the whole picture - they don't know your medical history or other symptoms.

"People who lack health knowledge may think the advice they're given is accurate or that their condition is not serious, when it may be."

Ms Hill says online symptom checkers could have a place in the modern health system.

"They are not a replacement for going to the doctor, but they can be useful in providing more information once you do have an official diagnosis," she said.

She said a recent Brit-

ish study had shown that health and computer literacy affected the way people used symptom checkers and that this could challenge patient-doctor relationships if the web-site advice was different to that of the doctor.

"Information on the Internet can be helpful, but it is tricky to separate the good from the bad.

"Overseas websites ignore diseases such as Ross River virus found only in Australia and they don't refer readers to Australian resources

"Government regulation of symptom checking websites could be done through the Therapeutic Goods administration but that would only apply to Australian sites.

"There is only one home grown website, www.healthdirect.gov. au/symptom-checker, which only offers triage advice, however all information contained in that website is safe," she said.

"We're also seeing symptom checkers being used to good effect with the current COVID-19 pandemic. For example, the UK's National Health Service is using these tools to monitor symptoms and potential 'hot spot' locations for this disease on a national basis."

The study was recently published in the Medical Journal of Australia.

New research finds heart age test prompts lifestyle changes



RESEARCH into more than 1,300 Australians who took the Heart Foundation's online heart age test show that 50 per cent lost weight and more than 60 per cent increased their exercise and improved their diet just 10 weeks after receiving their result.

The findings, published in the International Journal of Medical Internet Research, provide a first-of-its-kind insight into the profile of Australians' heart health and the impact of the Heart Foundation's heart age calculator on health and lifestyle behaviours.

Co-author of the study, Risk Reduction Manager, Natalie Raffoul, said the findings showed people with a 'heart age' higher than their current age were also more likely to have seen their doctor for a formal Heart Health Check compared to those with a younger or equal heart age.

This shows that completing the heart age calculator worked very well at raising people's awareness of their risk of heart disease," Ms Raffoul

"Almost 50 per cent of people who did the test reported later visiting their doctor, and nearly a third reported having a heart health check in the ten weeks after they received their heart age result and follow-up information.

"Two thirds of people had their blood pressure checked and more than half had a cholesterol or diabetes check.

Two in five (40 per cent) people felt very motivated to reduce their risk of heart attack and stroke and nearly one in three (31 per cent) were less stressed and reduced their alcohol intake.

Since February, one in seven Australians aged between 35-75 have completed the heart age calculator to understand their own risk of having a heart attack or stroke, and what to do next.

The heart age calculator, which was launched in February 2019, is designed for people aged 35 to 75 years who do not have heart disease or have not previously had a heart attack or stroke.

Visit www.heartfoundation.org.au/heart-age-calculator to do the test.

KEEP UP TO DATE DAILY with your favourite newspaper



READ US ONLINE Join us on Facebook

Have a Go News provides mature Western Australians with quality lifestyle information for them to live a healthy and fulfilling life

Receive the Have a Go News E-edition direct to your inbox...

We now offer readers the service to deliver the 'E' edition of *Have a Go News* directly to your inbox each month. It's free.

*Be the first to read the news, enter our competitions and get up-to-date on new information.

To register, please email readers@haveagonews.com.au

*Conditions apply. May also include offers and promotions throughout the month.

NOW PRINTING 70,000 hard copies!

Visit www.haveagonews.com.au or www.facebook.com/Haveagonews/ 😝 💟 🧿











health options for the mature west australian





People with and without dementia needed for trials for Australian researchers...



by Frank Smith

VOLUNTEERS for research trials on dementia are in short supply. So much that some trials have been abandoned, others delayed or curtailed.

Dementia is the sec-

ond highest cause of death in Australia and while funding is a high priority for government, research is hampered by the difficulty of finding the right volunteers for trials.

A review of the Australian and New Zealand Clinical Trials Registry found that three in five dementia clinical trials were prematurely terminated due to recruitment difficulties

"The stigma around dementia means it can be hard to recruit participants, especially those in the early stages likely to benefit most from our research," said Professor Yun-Hee Jeon, of Sydney University. "Many don't want to talk about their symptoms or diagnosis."

She said stigma is also affected health professionals who are often reluctant to talk to their patients about dementia

"They say what does

it have to do with my patient?"

To help solve this problem scientists at the University of Sydney have designed a matching service, similar to popular dating apps that draws on characteristics such as age, location and diagnosis to match volunteers with researchers carrying out studies in dementia prevention, diagnosis, treatment, care and cure.

This new online matching service, StepUp for Dementia Research is designed to revolutionise how people with dementia and researchers connect, fast-tracking more inclusive dementia research across Australia.

The service is also available via post or phone (1800-7837-123).

Initially the app was rolled out for research studies in NSW and WA only, but has now been extended to the whole

"We want everyone to participate," she said.

StepUp for Dementia Research is based on a model already up and running in the UK, which has attracted more than 40,000 volunteers in four years.

The Australian program, run by the University of Sydney, was developed in partnership with researchers from the University of Exeter and University College London. It is funded by the Australian Government Department of Health.

"Importantly, it will also empower people with dementia, their families, carers and the general public to make informed decisions and to have a voice in shaping the future of dementia research," said professor Jeon.

She said people over 18 - both with and without dementia - can register their interest in participating in research via the secure StepUp for Dementia Research webwww.stepupforde mentiaresearch.org.au/ why-sign-up/. They will then be connected with any studies they may be eligible for.

There are many ways people can contribute, from participating in clinical trials to serving as a healthy control or through citizen science

In order to be able to effectively match volunteers with researchers, it is essential to ensure that a large enough pool of volunteers is registered on the service. So, researcher registration will be made available at a later stage than volunteer registration. This means it may take a little while for people to be matched with studies.

But don't worry: as soon as matching commences, the team will let you know.





AGED care is evolving and Hall & Prior is leading the way, prioritising the wellbeing of residents, no matter what their background or beliefs may be, in their 27 homes in WA and NSW.

For more than a quarter of a century, the Perth-based company has provided high quality, clinical care for more than 1,600 residents in their homes as well as over 1,100 community care clients.

Mertome Aged Care and Retirement Village in Bayswater is set in lush gardens with 100 retirement village units on site. The home, which was recently taken over by Hall & Prior, specialises in high-level permanent care and respite, as well as having a full multi-disciplinary resource team available for residents.

Executive manager at Mertome, Laura Currie, said that the home and retirement village's short term rental accommodation offers plenty of social opportunities and keen gardeners will find themselves fully occupied.

"Animal lovers are also very welcome at Mertome," says Laura. "We have chickens and cats in our home which our residents enjoy caring for.'

The popular retirement village, which was named after an adaptation of the renowned former mayor, Mervin Thomas' name, includes a 71-bed home with a dining room, hairdressing and beauty salon and large ac-

'Śince Hall & Prior took over in 2019, we've embarked on a series of refurbishments and continue to hold tours for anybody who's looking for a friendly, sociable and welcoming place for their loved one to live," says Laura.

To arrange a tour, call Laura on 08 6462 7200 or visit www.hallprior.com.au









We've been diligently working behind the scenes for the past 25 years to create excellent aged care facilities in Western Australia and New South Wales.

We are an award-winning aged care provider who understands that aged care is changing and so are people's needs.

Our high quality clinical care will ensure your loved one feels right at home.

Our rates are affordable and pensioners are welcome.

Why not book a tour of Mertome in Bayswater today?

Residential care • Respite care • Dementia specialists 24-hour RNs • Physiotherapists • Pharmacist CNS (Wound & Skin) • Occupational Therapists Speech Pathologists • Dietitians • Aged care specialist chefs

Compassionate people, dedicated to care

30 Winifred Road, Bayswater WA 6152

Tel: (08) 6462 7200

hallprior.com.au



healthy living MADVERTISING FEATURE



health options for the mature west australian





Grief Centre tackles the loss of a loved one with dignity and care



Grief Centre of WA general manager Linda Rawlings left, counselling co-ordinator Kath Budzinska, founder-chair Christine Richardson and treasurer Anne Rollins.

by Josephine Allison

LOOKING back over time. it seems that grief was handled so much better than it is today, according to the Grief Centre of WA general manager Linda Rawlings.

Grief was once experienced as a natural and necessary part of family and community life, like death itself, she says.

"People knew how to support one another when a loved one was ap-

proaching death and, as everything was set in familiar ways, people simply did what others had done before them.

dying is Death and largely medically managed for us now and professionals, rather than family, determine how and where they will happen.

"Along the way we seem to have lost knowing how meaningful and purposeful it is to be part of a loved one's dying process and this is one of the many reasons why grief can be so difficult for us in the Western world."

The Grief Centre of WA was established in 2014 to provide a range of grief services, and to change the way grief is viewed and responded to in our society. The inspiration to create an education and support service for grief came about as co-founder Christine Richardson had been unable to find support for herself or family after a sudden death.

After talking with other grieving women, Christine wrote a book Grief -Mothers' Stories of Heartbreak and Hope, launched the day the Grief Centre opened on Banksia Street in Tuart Hill. The venue is ideally nestled next to beautiful rose gardens and elegant gum trees, a warm welcoming space and perfect for people struggling with grief.

"Today, through our grief support groups, individual and family counselling, creative workshops, information sessions and training, we support almost 1000 people each year to better understand and be supported on their grief journey," Linda says.

"Since so many people and their families now experience distress of one sort of another during a loved one's end-of-life journey, the Grief Centre advocates for everyone to have an Advanced Health Directive so they can have a say in how and where they would like to be cared for, especially if they lose the capacity to speak for themselves.

"It's amazing the relief that comes for all concerned once care options have been considered and someone chosen to exercise Power of Guardianship. Doing so can make such a difference to both the dying and grieving processes. In WA, these decisions become legally binding when the Advanced Health Directive is registered on My Health.gov.au so it's well worth making the effort to complete them."

When people reach out to the Grief Centre thev

are offered a number of options. As different people need different support, individual counselling and attending a grief support group are both offered. People are free to choose either or both, however the counselling costs \$80 a session. Weekly support groups are by donation and are for adults (Wednesday mornings or in the evening online) or for youth (Tuesday evenings).

The Grief Centre also offers workshops designed to help people move forward with their grief towards a renewed well-being. of sense include creative These writing, art therapy and poetry.

Another option proving to be an effective tool for both acute and long-standing, or complex grief, is Psych-K. This modality is about transforming limiting beliefs that can keep people from rediscovering meaning and purpose in life after the loss of a loved one, or after unwelcome change

"At the Grief Centre we recognise that non-bereavement loss is also arief which requires the same level of respect, support and understanding as the heartache associated with the death of

a loved one." Linda says.

"With Covid-19 unwelcome change is now everywhere; job losses, relationship breakdowns, isolation from loved ones, funeral restrictions, cancelled events and travel, no hugs and no smiles. Finding support when change is hard to handle is essential and to make it easy to access, the Grief Centre now offers on-line support groups as well as counselling sessions."

The Grief Centre is an unfunded Australian charity so Linda's main aim is to guide its work toward securing sponsorship and partners. Twelve people are involved in the centre. all volunteers apart from counsellors. The dedicated women on the management committee work pro-bono to support the smooth running of the

Community members come together for special occasions, such as helping plan high teas and end-of-year gatherings. Recently a member launched their own fundraising project to support the Grief Centre as a way to honour the fourth anniversary of their loved one's passing. The centre now has funding for a new sign to be unveiled soon.

'Grief, like birth and death, is such a diverse experience and there is no one way to do it or a length of time it takes, Linda says. "What we do know though is that it is a natural process that is best allowed to take its own course, ideally with the understanding and support of others. That is what we provide at the Grief Centre.

For more information about the Grief Centre and its services visit www. griefcentrewa.org.au or ring Jody to make a booking for counselling or to attend a support group on 0404 658 052.

HYPNOTHERAPY

PAINLESS REMEDIAL THERAPY Smoking - Weight - Anxiety Depression - Alcohol - Pain

Personal Confidential Treatment Senior Hypnotherapist COVID VIRUS SAFE

KEYSTONE HYPNOTHERAPY 0438 249 217



Sandra Barnsley

ARTHRITIS is painful inflammation and stiffness of the joints. Inflammation is part of the body's natural response to protect joints from damaged cells; to remove irritants and infection but also to start the healing process. The most

common form of arthritis is osteoarthritis. This is a degenerative disease and often leads to joint replacement surgery.

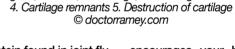
How stem cell nutrition can help to ease the symptoms of arthritis

Osteoarthritis begins in the cartilage and eventually leads to two bone surfaces rubbing directly against each other. This is not only painful, but very restrictive on daily mobility and

How Can Adult Stem Cells Help Arthritis?

Research now shows that the body heals itself via the migration of adult stem cells from the bone marrow. Providing they can get to the tissue, adult stem cells can become new bone cells, cartilage cells and have been linked with an increase of lubricin (a





protein found in joint fluid that acts like a shock absorber).

As we age our stem cells migration naturally declines. By age 50 it has reduced by 50 per cent and by age 65 you only have about 10 per cent the number of stem cells you had in your bloodstream when you were 25.

Stem cell nutrition

encourages your body to naturally release millions of new stem cells which then replace damaged cells anywhere in the body. The more stem cells you have in your bloodstream the better.

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



Denture clinic provides full service for Midland



Home Care Packages

For people living with dementia

If you are living with dementia, you deserve the best home care.

We will work with you to understand your individual needs and develop a plan that suits your goals and lifestyle.

Call us today 1300 66 77 88 alzheimerswa.org.au



the dementia experts

FOOTHILLS Clinic provide affordable professional services to their clients by the father-daughter team of Malcolm and Raynee McArthur.

Denture repairs can be done while you wait, and denture relines are usually a same day service.

The clinic is qualified to make all dentures including part acrylic and metal dentures and they are now registered

Denture to provide implants retained over dentures.

The Foothills Denture Clinic is a Medibank Private preferred provider, HBF participating provider and deals with Veterans' Affairs, pensioner discounts and country clients.

Either Mal or Raynee will be happy to discuss any queries, free of charge.

Visit shop 4, 16 The Avenue, Midland or call 9250 1733.











healthy living ADVERTISING FEATURE



health options for the mature west australian





ECU calling for trial participants with irritable bowel syndrome

PARTICIPANTS are sought for a new Edith Cowan University (ECU) study investigating whether fibre can improve gut health, mental wellbeing and sleep for people with irritable bowel syndrome (IBS).

Recent research has shown that the gut plays a key role in human metabolism, sleep and mental health via the gut-brain axis.

One in five Australians experience the symptoms of IBS at one time or another. Globally, the condition affects 11 per cent of adults, with 40 per cent of these having an associated mental health issue, such as depression and anxiety, and 33 per cent reporting sleep problems.

IBS also has economic and social

impacts in absenteeism, medication and treatment costs as well as reducing sufferers' quality of life.

The study, led by PhD candidate Tina Yan from ECU's School of Medical and Health Sciences, aims to evaluate the effects of the supplement Fibre-fix (a combination of dietary fibre) on gut health, sleep, quality of life and mental health of IBS sufferers on a low FODMAP diet.

FODMAP stands for fermentable oligosaccharides, disaccharides, monosaccharides and polyols. These food compounds are poorly absorbed in the small intestine of some people, which causes the symptoms of IBS.

People with IBS have an oversensitive gut, which causes many digestive symptoms such as recurrent stomach pain, bloating, flatulence, constipation and diarrhoea," Ms Yan said.

'One solution to IBS is a low FOD-MAP diet, which can help control IBS

'Despite symptom relief, emerging evidence suggests that a low FOD-MAP diet may affect gut health negatively in the long term," Ms Yan said.

"Our research aims to determine how to maintain a low level of IBS symptoms, but improve the gut environment by introducing a new dietary supplement.

'Study volunteers who have IBS will take Fibre-Fix, the study supplement, to see if they can improve their gut microbiota, sleep and mental health without increasing their IBS symptoms.

The study will involve 62 people with IBS who are on a low FODMAP diet. Participants will be provided with either Fibre-fix or a control fibre supplement. Before and after the threeweek intervention, subjects in both groups will be asked to provide stool and blood samples, complete a threeday diet record, and questionnaires relating to sleep, depression, anxiety and IBS symptoms.

During the study participants will wear a wristband sleep tracker and complete a bowel symptom checklist.

It may sound like a lot, but a participant in the first study said it was an easy and rewarding experience:

"The study wasn't hard and it made me think about my diet, my sleep and how I feel about things. The study regime was pretty straightforward, user friendly and taking the supplement was easy - it tastes great.

"I really wanted to do the study as I want to help solve this problem and it was good to know that ECU is working towards something that helps other people with IBS. I feel I am making a difference," she said.

ECU researchers have published the protocol of this study in BMJ Open Gastroenterology, a research first for Australia with Fibre-Fix.

To express your interest in the study and find out more, please visit ECU website: bit.ly/3bxUNJC

Time for the ladies to check in on their health this September...

IT has never been more important to look after our health. Women's health organisation, Jean Hailes, is encouraging women and girls to check their health and mental wellbeing.

It's using Women's Health Week as a reminder for women to take positive steps to aim for a healthy mind and body, especially with COVID restrictions leaving many feeling isolated.

Women's Health Week campaign manager, Brenda Jones, says it's a reminder that we need to try to take time out of our lives to check in on our health.

"Whether it's scheduling a health check, setting aside time to check in on your mental wellbeing, or even arranging virtual walking sessions with friends via video.

Jean Hailes also encourages workplaces and communities to get involved by sharing health messages or fundraising for women's organisations and research, to help more women and girls get the health information that they

Jean Hailes is the Federal Government's national digital gateway for women's health and operates on the four pillars of education, clinical care, research and policy.

The organisation aims to bring more research to conditions affecting women.

Take control of your bladder and bowel health



AS WOMEN and men age many health issues may become apparent. For women, menopause causes a change in hormone levels and this can exacerbate bladder and bowel problems. Men can have prostate changes which influences bladder function.

Discussing bladder and bowel problems with a health professional can be difficult and embarrassing but it can also be life changing.

Is your bladder ruling your life? Do you go to the toilet more often than your friends? Are you waking up more than once in the night to use the toilet? Do you search for a public toilet everywhere you go? Are you having to wear pads every day to cope with leakage?

If you answered yes to any of these questions then you may benefit from seeking help. You are not alone. More than five million women and men in Australia experience bladder and bowel control problems.

Another problem women mav experience is vaginal prolapse. This is where pelvic organs (bladder, uterus, bowel) fall into the vaginal canal causing a feeling of a lump and heaviness. Women with prolapse may also experience an increase in frequency and urgency and feel like they are needing to go to the toilet more often. Leakage

from the bowel and poor control of wind is another common complaint.

If your bladder or bowels are a bother then conservative treatment provided by a physiotherapist specialising in continence and women's health can provide many people with long term relief and resolution of symptoms. A thorough assessment of general health, lifestyle, bladder and bowel habits, pain levels, diet, pelvic floor muscle strength and much more is

Contact your local continence and women's health physiotherapist now and take control of your pelvic health.

Bronwyn Trichet is available for a consultation at Attadale Physiotherapy Centre. For information call 93174777 or go to our website www.health520.com.au. A doctor's referral is not required, and private health fund rebates apply.

Take Control of Your Bladder and Bowel Health HEALTH@520 BRONWYN TRICHET, CONTINENCE AND WOMEN'S HEALTH PHYSIOTHERAPIST. IS AVAILABLE FOR CONSULTATION AT: ATTADALE PHYSIOTHERAPY CENTRE 520 Canning Highway, Attadale 6156 For information or bookings 9317 4777 or www.health520.com.au

Keeping up with preventative health checks is important

COVID-19 has placed unprecedented stress on the wellbeing of everyone and the associated risks have prevented many of us keeping on top of vital health checks.

Womens Health Week 2020 is the perfect time for Western Australian women to reconnect with their health and follow-up on important preventative health checks that may have been missed.

BreastScreen WA understands that this continues to be an anxious time for many but is encouraging all women over 40 years to continue to be breast aware.

Having regular mammograms is one of the best things you can do to detect breast cancer early, often before it can be felt or noticed by you or your doctor. Although breast cancer cannot be prevented, the earlier it is detected, the better the chance of successful treatment.

As we continue to navigate our health amidst the 'new normal' of daily lives, be assured that Breast-Screen WA has always maintained the highest levels of hygiene in their clinics with the health, safety and wellness of clients and staff a top priority.

Hand hygiene using

hand sanitiser between clients has always been standard practice for the clinic's radiographer staff, as is wiping down the mammography equipment with hospital grade disinfectant wipes between clients.

Other COVID-19 precautions include physical distancing in clinic waiting rooms and disinfectant wiping down of pens and clipboards between each client.

For more information visit www.breastscreen. health.wa.gov.au

MiChe & ZoLi









We are health-focused and healing driven. All our clients leave refreshed, revitalised and ready for the world. As trained functional medicine practitioners and health coaches we specialise in the prevention of disease and work to finding out where you have imbalances. then to guide you through the maze of promises and pamper you to wellness.

Come and enjoy an all natural facial that will lift your face, boost the collagen and give you an all natural glow, or experience an amazing therapeutic massage to relax you or help those sore spots!



YORK - 137 Avon Terrace Tuesday - Friday 10am to 4.30pm Sunday 10am to 4.30pm

NORTHAM - 74 Fitzgerald Street Tuesday - Friday 10am to 4.30pm



COVID-19 has placed unprecedented stress on the health and wellbeing of everyone and the associated risks have prevented many of us from keeping on top of our vital health checks.

Womens Health Week 2020 is the perfect time for all Western Australian women to reconnect with their health.

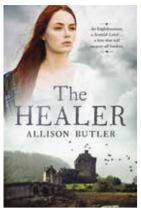
BreastScreen WA is encouraging all women over 40 to be Breast Aware and please remember:

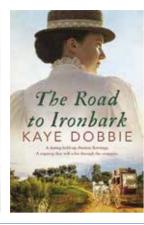
- · Having a mammogram with BreastScreen WA is a COVID safe activity.
- The health, safety and comfort of our clients and staff is a service priority.
- · Hand hygiene using hand sanitiser between clients has always been standard practice, as is wiping down the mammography equipment with hospital grade disinfectant wipes between clients
- COVID-19 precautions include Other physical distancing in clinic waiting rooms and disinfectant wiping down of pens and clipboards between each client.

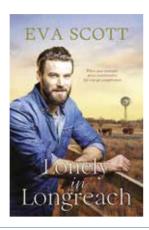
For more information visit www.breastscreen.health.wa.gov au



Chill out and enjoy a selection of new Australian authors' books







The Healer

AN Englishwoman, a Scottish laird... a love that will surpass all borders.

Allison Butler's *The Healer* tells the story of English Lynelle and Scottish William's unlikely relationship and an unexpected foe that threatens to divide them forever. Enemies by birth and circumstance, they can only succeed together.

Published by Harper Collins RRP: \$29.99

The Road to Ironbark

In 1874 in the town of Ironbark, bushrangers steal the Starburst

Mine's payroll. The gang turns on each other and when the dust settles, the money has vanished and so has Aurora.

Journalist Melody Lawson receives a surprise inheritance 150 years later as she prepares for the town annual Gold Hunt. Kaye Dobbie's novel is a story of mystery and danger.

Published by Harper Collins RRP: \$29.99

Lonely in Longreach

Widower Sam Costello is about to have an empty nest, journalist Sarah Lewis has a good job, a nice boyfriend and a safe life in Sydney. But an article takes her to the outback. She wonders if the man behind the dating profile is the key to the passion she has been looking for in Eva Scott's exciting new story.

Published by Harper Collins RRP: \$29.99

WIN WIN WIN

To be in the draw to win a copy of the three books simply email win@haveagonews.com.au with Books in the subject line or write to Books c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 30/9/20.

Thrilling war and crime drama

ACORN Media has released a complete remastered collection of Foyle's War to DVD.

War can take away the finest men, and what it leaves behind can make a wealth of trouble for a detective short on everything but crime. Foyle struggles against a dark world of murder, robbery, sedition, corruption, sabotage and conspiracy



that must be fought at every turn. His job is never easy, but it makes for a timeless, compelling and exciting series.

Michael Kitchen stars as Detective Chief Superintendent Christopher Foyle in this acclaimed, long-running series. Originally airing on ITV between 2002 and 2015, Foyle's War follows the dramatic world of this hardworking detective during WWII in Hastings, Sussex; with the final two series taking Foyle into the murky world of MI5 in London and the perils of the Cold War.

The Complete Remastered Foyle's War includes every episode ever made and retails for \$119.95.

WIN WIN WIN

We have three copies of the complete remastered Foyle's War on DVD to give away to some lucky readers. To be in the draw simply email win@haveagonews.com.au with Foyle in the subject line or write to Foyle's War C/Have a Go News, PO Box 1042, West Leederville 6901. Closes 30/9/20.

City Of South Perth Historical Society Inc



Heritage House, 111 Mill Point Rd, South Perth

9367 9243 southperthhistoricalsociety.org

Artitja Fine Art's spring salon exhibition set to appear in York



Ada Pula Beasley's My Country Inset; Carved Tiwi owls Artitja Fine Art Gallery

A NEW exhibition will feature Indigenous artists from remote areas such as the Tiwi Islands, Arnhem land and the expansive desert regions.

The exhibition will run

from 9am to 3pm daily run until 28 September at 152 Avon Terrace in York.

Director Anna Kanaris says a salon style exhibition is the perfect way of showcasing the different styles and representations of landscape.

"Bush medicine plants, spinifex bush and aerial landscape paintings teeming in colour, are also very descriptive of the artists' knowledge of country which includes plant and animal life as well as creation stories," she says.

The exhibition coincides with wildflower season, with York boasting bright yellow canola fields alongside flowering natives.

The exhibition usually occurs during the York Festival, which was postponed due to COVID, but Ms Kanaris says they wanted to accept the galley's invitation anyway.

"We decided to continue our commitment to Gallery 152's invitation

and hold the exhibition despite the current circumstances. It is after all what we do – hold exhibitions in different spaces."

With travel restrictions limiting West Australians to local travel, the exhibition is a great excuse for travellers to experience WA's oldest inland town and the wildflowers it has to offer.



Alongside paintings the exhibition will include wood and fibre sculptures, handmade fine jewellery and a range of approved, licenced merchandise gift lines, sales of which send royalties back to the artists.

"Since 2004 Artitja Fine Art Gallery has promoted the term making cultural connections – our motto if you like – it's about learning and informing visitors to the exhibition at the same time increasing awareness of the cultural richness of Australia's First Nation's People."

Artitja Fine Art Gallery is a member of the Indigenous Art Code; a system in place to preserve and promote ethical trading in Indigenous art.

It's time to laugh again - enjoy a great night out at the theatre...



Emo

THE PANDEMIC has impacted everyone in different ways. Stress and anxiety have been on the rise, so there is no doubt

that the people of Perth could do with some laughter therapy. Let's take a break from all the chaos. Lockdown is over, we can finally laugh together again.

Can We Laugh Again? is a night of comedy and entertainment people won't want to miss. The lineup of local and internationally touring comedians includes MC Jon Pinder, Jason Wood, Simone Springe, Chief Kosse and special guests, this show is going to be a reckless amount of fun.

To top it off, the night will be headlined by none other than the sensational Emo. After a full run of sold out shows around WA, there is no doubt these tickets will move quickly.

Emo has been quietly making a name for himself in Perth since 2016, developing his style and a strong local following. With a past that includes fleeing war torn Ethiopia as a refugee, and being a minority young face in 90s Perth suburbia, Emo draws upon his experiences to create a style that is both funny and socially relevant.

In his words, his shows are a platform to 'share stories, bring down society's barriers and catch the laughter bug'. Emo has been on fire, winning the WA finals for the 2018 Raw Comedy Festival, and performing in the national finals at the Melbourne

International Comedy Festival, aired on SBS. He has performed in the 2018 and 2019 Fringe Festivals, headlined his own shows and performed in the US. Check out his Facebook and Instagram for details on these and many other shows.

Emo-tainement presents a night of comedy and entertainment you don't want to miss! With the hottest line up of local and internationally touring comedians. One night only, Saturday 31 October, 8pm at the Heath Ledger Theatre, State Theatre Centre of WA. Tickets \$40, available from ptt.wa.gov. au, via phone on (08) 6212 9292 or in person at the box office.

Stories about Western Australia in two books



Name: __

Phone:

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.

Email:



Living Histories:
Stories from the
Swinging 60s
- a collection of
stories from Westerr
Australians who
have recorded a
snapshot of their
lives from the 1960s.

ORDER		Prices	Quantity
Awesome WA, about Western	1001 Fair Dinkum Facts Australia	1 book \$25	x \$25 (inc gst)
Living Histories Stories from th	s: e Swinging 60s	1 book \$20	x 20 (inc gst)
POSTAGE: & HANDLING	1 x Awesome WA \$6 2-3 x Awesome WA \$8 4-6 x Awesome WA \$15 1 x Living Histories \$6		
		Total	\$

						Ψ		
METHOD	OF PAYMENT	T:	·					
☐ Cash	☐ Cheque	☐ Mon	ey Order	Credit Card	OVISA	А О Ма	O Mastercard	
		/	/	/	/ Ex	piry:	/	

Post completed form to *Have a Go News* PO Box 1042 West Leederville WA 6901 Books can be purchased from the office Monday to Friday 9am-5pm. For further information contact *Have a Go News* on accounts@haveagonews.com.au or 9227 8283.

It's Awesome - the Awesome International Arts Festival returns to Perth



WA Ballet will perform The Adventures of Snugglepot and Cuddlepie

AWESOME International Arts Festival for Bright Young Things returns to Perth this month, showcasing a range of activities for children and their families.

The festival will run from the 28 September to 2 October at the Perth Cultural Centre.

Every day of the festival at 11am, the West Australian Ballet will perform The Adventures of Snugglepot and Cuddlepie, the story of the gumnut babies on their quest to meet some humans. 30-minute free The show will also include a 20-minute post show activity.

The Sensetorium Theatre will run Whoosh, a multi-sensory performance for children over six with disabilities, from 29 September to 2 October. The performance will run for 60 minutes at 9.30am or 12noon. \$20 for a child plus guardian and \$16 for an adult observer.

Valentine, a blend of puppetry, animation and physical theatre about a clown's quest for her missing heart, for children over five will run at 1pm 29 September until 2 October.

The Pigeon and the Albatross from the Australian Baroque will run from the 29 September until the 2 October at 12.30pm for children Standard over four. tickets cost \$26, concession \$20 and family passes cost \$21 per person.

The West Australian Opera will perform The Nightingale at His Majesty's Theatre on the 3 and 4 October for children over eight. Tickets range from \$30 to \$40 for the 11am and

2pm shows.

The Nightingale is opera for children, by children, for anyone to enjoy, based on the Hans Christian Anderson story of the same name. There will be a special relaxed performance on the 4 October at 11am for people with sensory issues

The performance will allow the audience to come and go if they need to, a pacing area at the back, dimmed lighting and moderated sounds, and a designated quiet room with beanbags where the performance will be livestreamed.

As well as these performances, a range of other events are on offer, including African dance, clay workshops, public art tours, circus workshops, puppet making, book fairs and launches and 3D paintings.

Celebrate the music of Queen



AT LAST! After months of darkened venues and empty stages, live theatre makes a triumphant return to Crown Theatre Perth with Platinum Entertainment's production of the acclaimed jukebox musical, We Will Rock You, featuring the music of British rock legends, Queen, from the book by Ben Elton.

We Will Rock You tells the story of planet Earth 300 years in the future where society exists under an Orwellian regime designed to ensure that everyone looks and acts the same. A place where music - especially rock music - is virtually un-

But there are some - the Bohemians - who don't conform; their quest to find the music that will defeat the regime and set the people free is framed against a feast of iconic Queen hits including Radio Ga Ga, I Want to Break Free, Killer Queen, Under Pressure, Bohemian Rhapsody and, of course, the eponymous We Will Rock You.

Australian Idol winner Casey Donovan who played Killer Queen in the recent Sydney and Melbourne seasons to much acclaim, will reprise her role alongside a cast of talented West Australians including Matt Dyktynski, Jamie Mercanti AKA Slim Jim and Paula Parore.

We Will Rock You is the perfect musical to get Perth audiences back into the theatre to experience the wonders of live performance.

Tickets www.ticketmaster.com.au

WIN WIN WIN

We have three double passes to the performance on 30 October at Crown Perth Theatre for some lucky readers to win. To be in the draw simply email win@haveagonews.com. au with Queen in the subject line or write to We Will Rock You c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 1/10/20.

New film celebrates Australian country music legends



by Clare Varcoe

DIRECTOR of Red Dog productions, Kriv Stenders beautifully blends past and present Australian music in the new documentary Slim and I.

Released by Universal Pictures, the film tells the story of Slim Dusty and his rise to success. The feature documentary shines the spotlight on 90-year-old Joy McKean, the woman who made much of Slim's success happen and was a star in her own right prior to their marriage.

For more than 50 years, Slim Dusty and Joy McKean trail-blazed their way across Australia performing, writing and collecting songs of the bush and its peo-

They created a musical legacy, recording 107 albums, with more than eight million records sold in Australia alone.

To this day Slim and Joy's music continues to entertain and inspire, a catalogue of plain speaking yet profoundly insightful music documenting the rural Australian experience from A Pub with No Beer to Lights on the Hill.

One of the highlights of the film was the work that Slim and Joy did with remote Aboriginal communities, making regular visits and playing for them.

Some of Australia's biggest artists, including Paul Kelly, Keith Urban, Don Walker, Kasey Chambers and Missv Higgins reminisce about Slim and tell the story of how he and Joy's music shaped their own sound, with several acoustic covers.

Slim and I blends current day interviews with archival footage of concerts and interviews, including never-before-seen family videos.

Whether you're a longtime fan who thought they knew all there was about them, or have never heard of Slim Dusty, there's something in Slim and I for ev-

Slim and I screens in cinemas from 10 September.

(Doors open 11.30am):

November 15, 22, 29;

BOOKINGS ESSENTIAL:

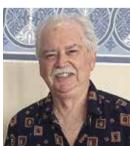
Website: www.tivoli.org.au

Email: tivolibookings@hotmail.com

December 6, 13.

Phone: 9364 5463

Tuesdays have never looked so fun



COME join the Holly Wood Tuesday Morning Show at the Perth Town Hall from 11am to 12 noon Tuesdays.

The free community service is run by the City of Perth, with Bernard Carney OAM as compere.

Have a Go News editor, Jen Merigan will be on the show on 8 September to update you on the news, events and competitions in this month's issue, along with cabaret star Bobby Adams OBE who will dazzle with his musical repertoire.

On 15 September Secret Women's Business will make you laugh with their hilarious musical parodies.

Be transported back to the golden era of jazz, rock, pop and blues on 22 September with the Haze Showband.

about serious homelessness on 29 September with City of Perth project officer, Alicia Kilmister, then let The Two Tenors, Rob Mazoue and Terry Brown delight with a selection of famous tenor songs from popular musicals and the world of opera.

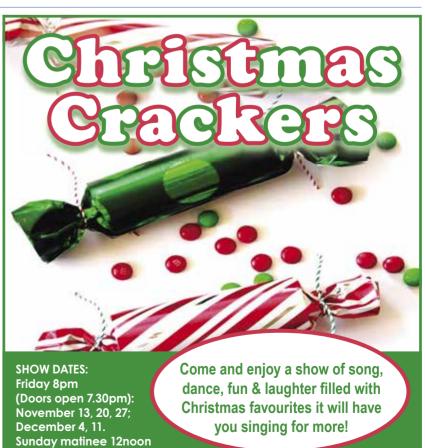
Then on 6 October, Eddie Storm OAM returns with his wonderful variety show and effortless vocal style, paying tribute to the great entertainers from the past, with one or two yarns thrown in for good

Jen Merigan is back on the 13 October, along with Solid Gold, who'll get your feet tapping, your memory jogging and your laughter roaring.

In their special Remembering Holly show, 20 October, Jay Weston will provide romantic love sonas, popular ballads and entertainment drawn from Italian arias.

On 27 October cultural heritage officer Richenda Prall will chat about the events and collections that came together to celebrate Perth Town Hall's 150th year and Joy and Kaye of Sometimes 3 will perform a costumed show of old-time 1950s to 1970s pop, with a few jokes to tickle your fancy.





PRICES:

Adults: \$20

Pensioners: \$17

(Ticket includes show

and chicken & chips)

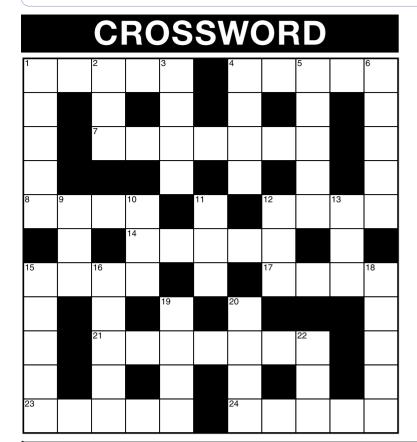
Children: \$10

BYO alcohol



Have a Go News PUZZLES PAGE Have a Go





CRYPTIC CLUES

Across

- 1. Comes across me fixing set (5)
- 4. Satisfies with hearts and diamonds (5) 7. Erica follows Ma back to the US (7)
- 8. Starts off drink, actually (4)
- 12. If he's free there's no punishment on the way (4)
- 14. Business rated poorly (5)
 15. Sad to be found with cheese and chips (4)
- 17. Use outspoken wool producers (4)
- 21. Sows had twisted tails (7)
- 23. Appointments with escorts (5)
- 24. Heaps about mould (5)

Down

- 1. Intends changing names (5)
- 2. Likely arrival time in planetarium (1,1,1)
- 3. Shooed ducks out of hut (4)
- 4. Announce sale of spinnaker (4)
- 5. I, Zack said, am Abraham's son (5)
- 6. Relocate for one day's work(5)
 9. Type of painting burned after midnight (3)
- 10. Dined in chateau? (3)
- 11. In light hours, Daisy is not in (3) 12. Catch glimpse of odd Swede (3)
- 13. Number kept in? Honestly! (3)
- 15. Band admits beginner is lacking in taste (5)
- 16. Disturbed by unexpected defeat (5)
 18. Result of game is movie music (5)
- 19. Forbids entry to saloons (4)
- 20. Digits that feature in photo essay (4)
- 22. Search half the ocean (3)

STRAIGHT CLUES

Across

- 1. Encounters (5)
- 4. Tailored ensembles (5) 7. Continent, South ... (7)
- 8. Cleaning agent, caustic ... (4)
- 12. Kilted Celt (4)
- 14. Exchange (5)
- 15. Once in a ... moon (4)
- 17. Female sheep (4)
- 21. Silhouettes (7)
- 23. Palm fruits (5) 24. Outline (5)

Down

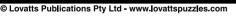
- 1. The ends justify the ... (5)
- 2. 7th Greek letter (3)
- 3. Cast (skin) (4)
- 4. Travel on yacht (4)
- 5. Scientist, ... Newton (5)
- 6. Simple dress (5)
- 9. Lubricant (3)
- 10. Recanted, ... one's words (3)
- 11. Sunup to sundown (3)
- 12. Bishop's diocese (3) 13. Unique, ... of a kind (3) 15. Nondescript (5)
- 16. Shaken (5)
- 18. Twenty (5)
- 19. In prison, behind ... (4)
- 20. Conforms, ... the line (4) 22. Aegean or Caspian (3)

SUDUKO

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

Rating: ★★☆☆☆

							1	
		7		6				3
	5	1	4		8	2		
	1		2			4	8	9
		8	1	9	5	6		
2	9	3			6		7	
		5	3		9	7	6	
7				1		3		
	4							



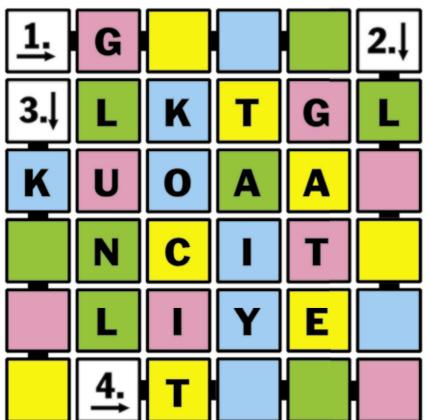


#342 SEPTEMBER EDITION CROSSWORD **PUZZLE SOLUTION FOR PAGE 55**

М	Ε	Α	D			G	R	1	М	М	Е	R			Ι	В	ı	s
Α		כ	Z	O	┙	ш		Z		0		S	Ι	Α	┙	Е		Α
O	0	R	Α	┙		┙		Δ	Ш	8		>		В	┙	Α	В	S
Ш	R	Α		כ	Z	Δ	כ	ш		_	М	Ρ	ш	┙		S	0	Н
	G	┙	Α	O	Е		Р	Е	Z	Z	Υ		М	Е	Е	Η	S	
	Α		S	K	Α	Η	Е	D		G	0	٧	Е	R	Ν		U	
_	Z	O	Ι		R		Z				Ը		ĸ		О	Α	Z	Е
R			Т	R	Ш	Z	Δ	Ø		Ι	ı	Z	G	Е		O		Х
Κ		Р	R	0	Δ		S	0	Z	1	С		Е	Α	O	Ι		1
S	Т	Е	Α	L				Д		R				٧	Ш	Ε	R	s
0		Е	Υ	Е	D		М	Α	Т	Е	D		Р	Ε	Α	s		Т
М		L		s	Α	G	Α	S		О	U	R	ш	s	Ø			Е
Ш	Α	s	Ε		G		K				R		Α		_	O	Е	D
	R		R	Е	G	R	Е	Т		S	ı	Р	Ι	0	Z		כ	
	O	Α	R	Z	Е		R	Α	>	Ш	Ν		ш	Α	G	Ε	R	
W	Е	Т		Т	R	J	S	S		Α	G	Е	Z	Т		Ζ	0	Т
Α	ם	0	R	Е		Z		s	0	S		Е		Τ	Α	R	S	Н
R		М	Α	R	D	ı		Е		0		L	Α	S	S	0		U
М	ĺ	S	Т			Т	Α	L	Е	Ν	Т	S			S	L	Ī	D

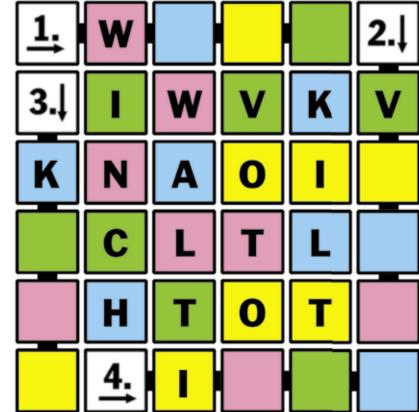
SQUARE SHUFFLE

Take one letter from each colour to make up 4 four-letter words that are all girls names. We have given you the first letter to get you started. Every letter must be used once only. SQUARE SHUFFLE 0022



C Lovatts Puzzles

Take one letter from each colour to make up 4 four-letter words that are all weights and measures. We have given you the first letter to get you started. Every letter must be used once only. SQUARE SHUFFLE 0023

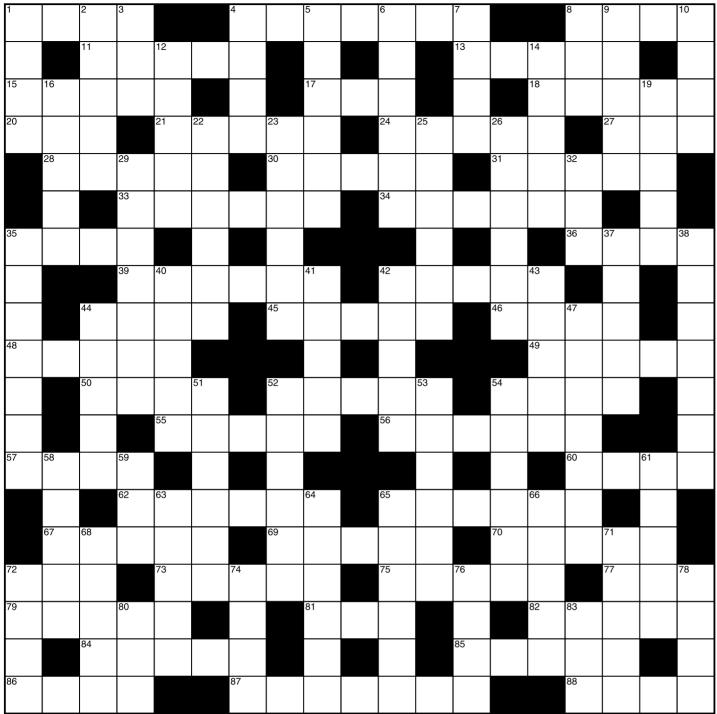


C Lovatts Puzzles



Have a Go News PUZZLES PAGE Have a Go



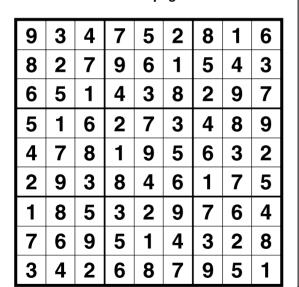


- 1. Spicy honey liquor
- 4. Bleaker
- 8. Wading bird
- 11. America, ... Sam
- 13. Clay-based rock
- 15. Marine growth 17. Morning vapour
- 18. Betrays secret
- 20. Age
- 21. Unnecessary
- 24. Urge to action 27. Fah, ..., lah, te, doh
- 28. Sugar-coated
- 30. Pre-decimal coin
- 31. Bumps into
- 33. Skimmed
- 34. Rule (country)
- 35. Measure of length
- 36. Copenhagen native
- 39. Voguish fads 42. Pivot
- 44. Poke
- 45. Fast jet effect, ... boom
- 46. Apiece
- 48. Shoplift
- 49. Steers off course 50. Looked up & down
- 52. Coupled
- 54. Legumes
- 55. Long tales
- 56. Forcible restraint
- 57. Comfort
- 60. Frosted (cake)
- 62. Rue
- 65. Draining tube
- 67. Chilli con ...
- 69. Crow relative 70. Avid
- 72. Soaked
- 73. Support garment
- 75. Publicist, press ... 77. Negative adverb
- 79. Greatly love
- 81. Morse Code distress signal (1,1,1)
- 82. Stringent
- 84. Fete, ... Gras 85. Cowboy's noosed
- snare
- 86. Low cloud
- 87. Accomplishments 88. Slithered

DOWN

- 1. Self-defence aerosol
- 2. Of the ear
- 3. Forensic ID check, ... test (1,1,1)
- 4. Castrate (horse)
- 5. Truly!
- 6. Cutting (grass)
- 7. Invitation reply (1,1,1,1)
- 9. Monster
- 8. Unwell
- 10. Silk band
- 12. Brooding hen sound
- 14. Cleverer 16. Heart or lung
- 19. Ship's officer
- 22. Approached
- 23. Overturns 25. Short-sighted
- 26. Materialise
- 29. Cigar receptacle
- 32. Demise
- 35. Tedious
- 37. Hurts
- 38. Lived
- 40. Movie parts
- 41. Fizzy drinks 42. Employed
- 43. Overhanging roof
- edges 44. Removes skin from
- 47. Stopping
- 51. Knife
- 52. Builders
- 53. All through 54. Peacock & ...
- 58. Formed a curve
- 59. Blunder 61. European money
- 63. Participate in (competi-
- tion) 64. Cord fringe
- 65. Flavour with herbs
- 66. Promises
- 68. Tiny particles 71. Register
- 72. Quite hot 74. Military subdivision
- 76. Snake-like fish
- 78. Dull crash
- 80. Plague rodent 83. Donkey

Sudoku page 54



Crossword page 54

М	Е	Е	Т	S		S	U	I	Т	S
Е		Т		Н		Α		S		Н
Α		Α	М	Ε	R	I	С	Α		ı
N				D		L		Α		F
S	0	D	Α		D		S	С	0	Т
	J		Т	R	Α	D	Ε		N	
В	L	U	Е		Υ		Ε	W	Е	S
L		Р		В		Т				С
Α		S	Н	Α	D	0	W	S		0
N		Е		R		Ε		Ε		R
D	Α	Т	Е	S		S	Н	Α	Р	Е

#342 SEPTEMBER EDITION PUZZLE SOLUTIONS

Have a Go News Quiz page 2:

1. Whale Shark 2. Blue Whale 3. Governor-General 4. Swan 5. 4 million 6. Zodiac 7. Caribbean 8. Art 9. Sydney 10. Wildcats

SQUARE SHUFFLE SOLUTIONS for page 54: SQUARE SHUFFLE 0022: 1. Gail, 2. Lucy, 3. Kate, 4. Toni. SQUARE SHUFFLE 0023: 1. Watt, 2. Volt, 3. Kilo, 4. Inch.









LUXURIOUS SOUTH PERTH APARTMENTS

Civic Heart features luxurious apartments, a thriving ground floor commercial precinct and a unique collection of world class facilities including private theatrettes, massage & wellness areas and rooftop dining rooms with phenomenal views of the river and city, all in one exclusive, unmatched position in South Perth.

AMENITIES

- 25-Metre Heated Swimming Pool Pool Lounge & Games Room
- Putting Green Outdoor Games Area Library Theatrette Kids Play Rooms
- Sauna & Steam Rooms Female Sauna Outdoor Gym Fully-Equipped Gyms
- Massage Room Electric Charge Bay Car Share Bike Share Consultation Room • Fire Pit • Grilling Station • Dog Play Area • Dog Wash plus many more!

STAGE 1 PRICES NOW RELEASED

Choice of 1, 2 & 3 Bedroom Apartments, Sky Homes & Penthouses

SALES OFFICE OPEN DAILY 12 - 2PM

1 Mends Street, South Perth



SALES ENQUIRIES:

NEIL KAY 0417 333 109 NEHA SHAH 0436 377 333 LILLY WONG 王丽丽 0427 776 601

civicheart.com.au

