





#### LIFESTYLE OPTIONS FOR THE MATURE WESTERN AUSTRALIAN

PRINT POST 100022543

VOLUME 31 NO. 2 ISSUE NO. 354 SEPTEMBER 2021

# THIS ISSUE



Let's go travelling - WA Wildflowers

- Armchair travel - Lee Tate's trip to Collie



Have a Go News' Josephine Allison speaks with author Susan Midalia



Allen Newton interviews Ernie Dingo



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# Master crafters unite for inaugural festival













Clockwise from left; Andile Dyalvane © Adriaan Louw & Southern Guild & Friedman Benda - Jason Lim Day 4 Under The Shadow Of The Banyan Tree Performance Installation - Pierre Fouche - Jan Griffiths in front of her father's work - Liz Williamson - Sarah Elson in her studio © Eva Fernandez - Sharyn Egan © Daily Telegraph

#### by Josephine Allison

IN a North Perth backyard Melissa Cameron has created a largescale work from galvanised steel salvaged from her demolished garden shed to include in the upcoming inaugural Indian Ocean Craft Triennial (IOTA21). The new Perth arts festival aims to celebrate and highlight the talents of skilled craftspeople in the region.

IOTA21 is an international exhibition of significant works by 35 artists from WA, NSW, India, Kenya, South Africa, Malaysia, and Singapore to be held at Fremantle Arts Centre and John Curtin Gallery from September to November.

Another 30 or more exhibitions and activities are presented by major institutions, galleries and art spaces in collaboration with craft artists and craft-specific groups. All demonstrate how the practices associated with crafting materials such as clay, glass, fibre, wood and metal are shared

across cultures.

Cameron's 4.2m high work, created in response to the destruction of the Juukan Gorge rock shelters, called for around 1000 hours of hand-cutting and sawing tough metal, a far cry from her usual work creating jewellery. The challenge also was to transport the work to the John Curtin Gallery for the exhibition.

Lombadi-Another artist. Darrell Sibosado na-based made 2000 fish from carved pearl shell, assisted by his nephew, also Darrell.

exhibition sparked when Garland, an online magazine, launched an issue focusing on WA artists looking out to the Indian Ocean," said festival co-ordinator Carola Akindele-Obe. "A bunch of us thought it would be good to get together and do more things like this. Some of us had been involved in startups that focus on promoting quality WA craft.

"One of these was Jude van

der Merwe who had completed a research report in 2015 about mapping the craft sector in WA. She contacted Maggie Baxter, who had worked with artisans in India for many years, and they came up with the idea of an international craft exhibition. They approached me to join in too and I enthusiastically, possibly unwittingly, agreed to assist.

"We approached Fremantle Arts Centre and John Curtin Gallery and they loved the idea, so we put feelers out, bringing in Chad Creighton from the riginal Δrt Centre Hub as an Indigenous adviser, Gerald Sanyangore, originally from Zimbabwe, and Qassim Saad, a lecturer at the School of Design and Built Environment at Curtin University.

"It was quite a diverse group. We set up a partnership and went from there. After some research, we started to travel to seek extraordinary craftspeople, and then Covid hit, which

changed everything.
"There are 35 international and Australian artists exhibiting across two venues, with the artists supported by several hundred craft artisans. Most of the works have been specially made for the triennial, but many artists can't attend so we have made every effort to make sure we bring their works here.

"We are organising some Zoom hook-ups so artists can talk about their works. Fingers are crossed there will not be any more lockdowns. Logistically it has been a big exercise getting works to Perth.

"We are a small group of voluntary founding curators and project directors. We are not an established organisation, just a partnership created to present the exhibition, now a festival. We didn't have a shipping and freight partner, so we've had to learn international art freight from the ground up.

continued on page 9







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# From the editor's desk



Listen to Tod Johnston and Jen Merigan every Friday night on 6PR's Nightshift program to hear what's happening in Perth

WHAT does Australia Really Think About Old People? Is an episode from a fascinating documentary television series covering disability, age and obesity. Aired on SBS late last month, the ageing episode was hosted by Noni Hazlehurst. These explorations into the Australian psyche are thought provoking. I have long believed and campaigned that our society should be celebrating our elders, utilising their experience more and cheering the fact that lifespans

are now so much greater.
Survey data in the TV
show pointed out that 31
per cent of Australians over
the age of 55 sometimes
feel invisible to society. In
our supposed 'woke' culture, age discrimination is
one which will eventually

affect us all. I remember saying when I began my career at *Have a Go News* that I was insuring my future. Some 20 years later and with a massive cohort of older people, I don't feel we have made many breakthroughs in ageism.

Perhaps this is due to a lack of policy and planning from governments and an overall nonchalance to the demographic. Perhaps we've all been far too silent about age discrimination and we need to bring this to the fore more. Let's have more conversations about ageism, which hopefully can lead to a change in attitudes throughout the community. I would love to hear your thoughts on this topic.

Another interesting statistic from that documen-

tary is the high incidence of homelessness among women aged 55 and over, often with little superannuation, high divorce rates and other factors. I was pleased to see Lottery-West funding \$2.2 million into housing to assist older women. The project in East Fremantle is a partnership between St Patrick's Community Support Centre and My Home Australasia which will see 18 prefabricated homes built. I wonder whether some of our seniors' groups who fundraise for various charities could work on helping older homeless women more. Food for thought about where we put our charity dollars

Vale to British Pensions International Association vice president Jim Tilley who passed away last month. Jim was an absolute Trojan when it came to campaigning to unlock frozen pensions for UK expats in Australia and I was saddened to hear of his passing.

This month we have extended our letters to the editor section to allow us to print more of the letters we receive each month. See pages 14 and 15 for the new section. If you would like to share an opinion, please keep the correspondence to no

more than 200 words.

Every Friday night I join Tod Johnston on his Night Shift program on Radio 6PR with an entertainment segment promoting a variety of events for the weekend. Tod is a long-time friend of *Have a Go News* and we have a lot of fun doing the segment together, take a listen.

If you are on Facebook flick to the Have a Go News page and join us there. We have a lot of fun, promote a variety of competitions and provide interesting information. It allows us to be in contact with readers throughout the month. Like or follow our page at www.facebook.com/Haveagone

Each month we offer a service to email an electronic copy of the newspaper on the day of publication to your inbox. If this appeals to you then email readers@haveagonews.com.au for a sign up.

I hope the start of the spring season brings good health and you enjoy reading this month's edition.

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

Phone 08 9227 8283

Ageing research snippet

#### Imagination the key to a more rewarding life

PEOPLE struggling to motivate themselves to engage in activities that are good for them should tap into their imagination to visualise themselves carrying out the activity, according to new research from the University of Western Australia.

Forrest Fellow Dr Julie Ji and her colleagues from UWA's School of Psychological Science compared two strategies for motivating people to engage in pleasurable and achievement-oriented activities that they wanted to do more of in daily life.

Dr Ji said making use of the human

capacity to imagine future experiences was more successful at motivating desired behaviour.

"Our findings suggest that vividly imagining yourself actually doing the activity in the near future and pre-experiencing the most rewarding moments of that activity, appears to boost motivation." she said.

"Making sure we are keeping up regular engagement in rewarding activities is crucial for staying mentally resilient during times of stress and hardship, including living with repeated lockdowns in this current pandemic."

#### Have a Go News Quick Quiz

- 1. Where is WA's prominent jetty Underwater Observatory?
- 2. Which CPD presenter worked on actional TV a
- 3. Which 6PR presenter worked on national TV current affairs?
- 4. Which WA author wrote Cloudstreet?
- 5. Who hosts TV's Under Investigation, Liz...?
- 6. Who won the 2021 Australian Open men's tennis? 7. What nationality is he?
- 8. Which WA university is named after a former Prime Minister?
- 9. Name two of three *Have a Go News* writers who worked on 6PR.
- 10. Geographe Bay borders Dunsborough and B...? See answers on page 42

#### Noongar Words

**Birds** - Djert (general term)

Darmoorluck - '28' green parrot Djiti Djiti - Willy wagtail Gooljak/Kooljak -Swan

#### Noongar Season

**Djilba** - August and September - the second rains

# Word of the month

Pulchritude

Puhl – kruh-tood

Noun

Means – physical comeliness or attractiveness.

A descendant of the Latin adjective pulcher which means beautiful. Other

terms include pulchritudinous, an adjective meaning attractive or beautiful. The verb pulchrify (a synonym of beautify), the noun pulchritudeness (same meaning as pulchritude), and the adjective pulchrous (meaning fair or beautiful) are other pulcher offspring.

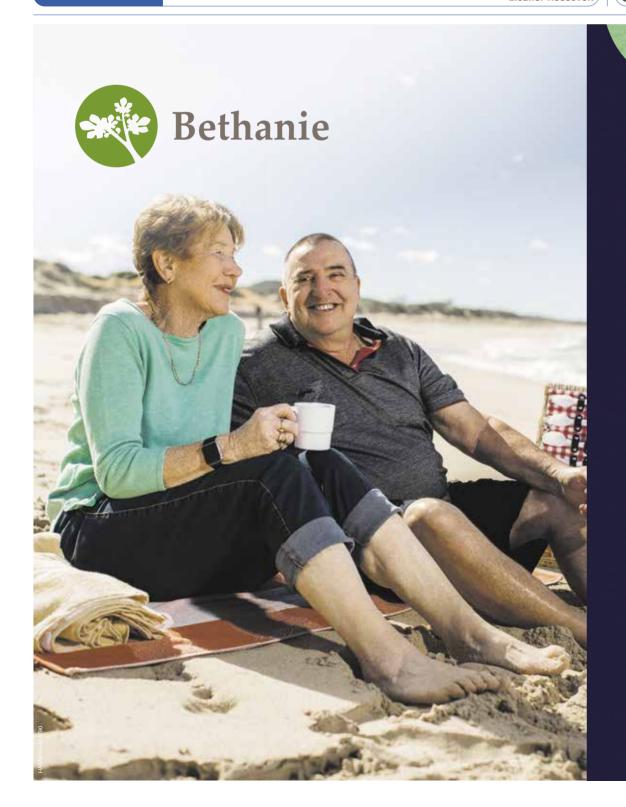
# **Great West Aussies - Did you know?**

ROSS Dunkerton was Australia's greatest rally driver in the 1960s-70s, winning 33 international events, with an Australia Cup win in 2004 at Australian rally championships.

# Quote of the month

A MATURE person is one who does not think only in absolutes, who is able to be objective even when deeply stirred emotionally, who has learned that there is both good and bad in all people and in all things, and who walks humbly and deals charitably with the circumstances of life, knowing that in this world no one is all knowing and therefore all of us need both love and charity.

**Eleanor Roosevelt** 



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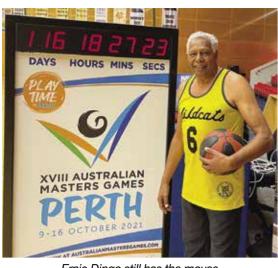
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# The talented Ernie Dingo returns to his basketball roots



Ernie Dingo still has the moves

#### by Allen Newton

ACTOR and TV presenter Ernie Dingo was a gun basketballer in his day, playing the game at a State level for the East Perth Eagles and for the Perth Wildcats in the

"I was a hero," he laughs, chatting over the phone from location in Willare in the West Kim-

The 65-year-old Ernie

is not quite as sprightly as he was in those days, but that won't stop him having a good crack when he gets together with former basketball colleague and

Aboriginal performer Dr

Richard Walley. The pair will be a part of the Australian Masters Games which, due to Covid, will now be held in Perth in April 2022. They will be part of a Wildcats reboot team.

West Australians will

four years with his SBS series Going Places, but we've seen him in everything from the movies Crocodile Dundee, Bran Nue Dae and Heartland, to hosting the long run-

ning The Great Outdoors. He's taking a break from Going Places as the program contends with Covid. Ernie says the program is working to re-invent itself in the pandemic era using presenters in different States.

"I'm a bit towie about going over there all the time, and having to come home and isolate." Ernie

"But I want to do more WA stories.

"You could do a whole series in the South West, a whole series in the Mid-West, a whole series in the Pilbara and a whole series in the Kimberley."

But for the time being Ernie is based in Perth which has given him a great opportunity to be involved in the Masters Games.

"I've had mates talking about the games for

**FUNERALS** 

years, but I've always been too busy - and not that I wasn't old enough."

An opportunity to be a part of a reboot of the 1982 Wildcats team was

As a 10-year-old growing up in Mullewa in WA's Mid-West. Ernie says he loved basketball.

"I played State in '73, and I love the game, I the camaraderie love and it's a part of a lot of Aboriginal communities, and during the seventies it was a big thing."

But is he still fit enough

to play?
"By the time I stand up and get ready to sub-in, I think I'll be ready for a break," he laughs.

"But the boys have been training while I've been on the road and while I haven't had much ball use, I do take a ball with me while I'm travelling and you can always find a hoop, and that seems to be where I get my fitness.

"Fitness at my age is as long as your eyes can move around, that's fine.

"But I still like to get

out there and prove the young fellas wrona.

"That's going to be the fun thing about the games, what I'm disliking so far is that the opposition are going to try and block you, when you are on the court on your own you can be putting up three shots from any-

"In the game there'll be blokes jumping all over vou to try and stop you, I'll have to call a Covid two metre strike and stay out of the zone.'

Ernie savs age has made him a little more circumspect.

"The young Ernie Dingo would have had a crack at anything, but these days, I say 'yeah, done that, and I'll watch from here, thank you'.

"It's not so much about being wiser, it's more about practicality.

"You know there are some things you can't do, it's not a wise move to do them, and while sometimes you have a crack at them, it's more about only doing what vou need to do.

"I don't have to prove to the world how good I am, I know my limits."

While Ernie says he gets branded as an elder, he believes because of his role in the movie Bran Nue Dae he's more often known as Uncle Tadpole.

'It's a bit hard to shake that image. Everywhere I go people call out 'there goes Uncle Tadpole'.

"I just heard a little girl, about eight, at the last community we were at last week. She said to her mother 'there's Stevie Johnson Tadpole', her mother said to her 'no that's Ernie Dingo'.

"She said 'who's Ernie Dingo? And that's the norm in Aboriginal communities.

The adults look and say 'there's Ernie Dingo' and the kids will look and say 'what, that's Uncle Tadpole not Ernie Dingo'.'

The Masters Games Wildcats team will see Ernie reunited with Richard Walley for the return of the 1982 Perth Wildcats team.

The Australian Mas-

around 50 sports, with no qualification criteria. other than meeting the minimum age requirement of 30.

Mike Ellis, captain of the retired Perth Wildcats team, played for them for 10 years, and says that in addition to competing for the gold medal, the team has plans to replicate the original 1982 Wildcats uniform for the special event.

"We're looking forward to joining in on the fun and celebrations at this year's Australian Masters Games, in our home city,' Mike says.

Eight of the 1982 original team's players will take part in the Games.

The Australian Masters Games was due to be held in October but has now been postponed until April 2022.

For more information, visit: australianmasters games.com/.



# Airline expert to address retirees group for a lively session

GEOFFREY Thomas will be the guest speaker at the next meeting of the Perth northern suburbs branch of the Association of Independent Retirees (AIR).

Geoffrey is a world renowned multi award winning writer, author and commentator. He has taken a holistic view of the aviation history for more than 40 years. He is an outspoken, no nonsense but fair critic of many aspects of airline management and is the aviation editor for The West Australian.

The meeting will be held on Thursday 16 September.

All meetings are held at the Penistone Park Community Sporting Facility, 27, Penistone Street, Greenwood, on the third Thursday each month commencing at 9.30am.

The following meeting, on 21 October, follows on from the talk on wills by Emily Nixon and Shirley Tascone of Bespoke Wills and Estates Ptv Ltd. The quest speakers will be from the Public Trustee's office. They will speak about essential information about executor duties, the estate administration process and other issues relating to the subject.

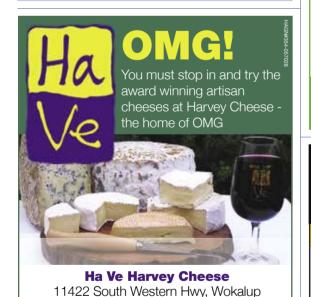
Under the current WA Covid -19 rules we are restricted to the number we are able to have in the meeting room. Therefore, if you wish to attend as a guest, please reserve a seat by registering your interest.

All AIR members and any interested guests are most welcome and we look forward to seeing you there. Cost \$4 per person including raffle, tea or coffee.

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

Dec

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

The Have a Go News OCTOBER edition will be published on Friday 8/10/21



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

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# People urged not to travel to Wittenoom... ever



#### by Allen Newton

WHILE Karijini National Park in Western Australia's Pilbara region has earned an international reputation for its remote, rugged splendour, there is one deadly blemish on its bor-

The Asbestos Diseases Society of Australia (ADSA) says the former asbestos mining town of Wittencom, which borders the national park, is a potentially deadly threat to tourists and Aboriginal communities in the region.

ADSA CEO. Markey says that despite health warnings as early as 1948 and the closure of the mine in 1966, people are ignoring the threat of contracting incurable mesothelioma cancer from asbestos dust particles at the former townsite.

Social media images of 'adventure tourists' playing in the deadly dust have led to a community education campaign by ADSA urging travellers not to visit Wittenoom.

'Sadly, we know the death toll from Wittenoom won't stop until the visitors stop," Ms Markey says.

There is no safe level of asbestos exposure, especially in relation to mesothelioma.

"It appears that many people today are unaware Wittenoom's legacy that it continues to kill.

There are still 14 properties with three owners in Wittenoom, yet to be acquired by the State Government, but Ms Markey does not know if any of them are living in the town.

She was very concerned though for the Traditional Owners of the Land the Banjima People who use the land as part of their cultural heritage.

"How do we protect them and respect their culture?" Ms Markey asks.

The Wittenoom Asbestos Management Area covers more than 46,500 hectares and includes the former townsite, Wittenoom Gorge and Joffre Floodplain and is classified as a contaminated site under the Contaminated Sites Act 2003.

Western Australia has one of the highest incidences of malignant mesothelioma per capita in the world. Nationally one person dies every 12 hours.

With a booming wildflower season under way Ms Markey said it was tempting for Pilbara residents and tourists to visit Wittenoom.

Based on ASDA's monitoring of social media it was clear that tourists. photographers, campers, and even young families, are visiting Wittenoom every day.

"The mine and mill is the greatest example of workplace negligence in Australia, and second in the world to date," she says.

"The contamination of the town and its surrounding gorges continues to kill traditional owners and visitors to the region.

Wittenoom was established as a blue asbestos mining town in 1937 and since then asbestos dust has killed thousands of workers, their families and town visitors.

Alison Xamon MLC said in a 2018 speech to the WA Legislative Council that asbestos has been used primarily in WA's building and manufacturing industries since the 1920s.

From 1943 to 1966 more than 20,000 people lived and worked at Wittenoom.

In 1993, it was estimated that 40,000 tourists were still visiting the area. This led concerned members of parliament to establish an inquiry into Wittenoom and Tourism.

A report tabled in 1994, by Larry Graham MLA found that Wittenoom was contaminated; 34 recommendations were subsequently made including 'cleaning up the township and surrounding areas'.

"The report did not gain traction and today the town and surrounding areas are so contaminated, we are potentially looking at a new generation of asbestos diseases victims. Ms Markey says.

"It is the microscopic fibres that you can't see, that cause the most harm. People think if they stay away from the mountains of asbestos tailings or wear a Covid mask, that they're protected - they are not," she says.

Fibres lodge in the pleura of the lungs and/or in the gut if ingested, for decades, until mutations occur causing asbestos related cancer.

"These diseases would be preventable but for the indifference and the lack of corporate governance in allowing CSR to close the mine without cleaning up the environment.

The thousands of victims and their families of the Wittenoom asbestos tragedy have never been formally recognised.

ADSA is hosting an online petition for a permanent memorial to be erected in Karijini National Park with the names of the thousands of Wittenoom workers, residents, traditional owners and their family members who lost their lives to asbestos-related diseases.

As the time between initial asbestos exposure and the onset of symptoms is from 20 to 50 years, ADSA will also be allocating space on the memorials for the hundreds, even thousands, of victims that have yet to be diagnosed.

Ms Markey says the memorial will serve a dual purpose: to acknowledge the sacrifice of lives in the desire for WA mining development and a meaningful deterrent for those tempted to visit Wittenoom.

Ms Markey says ADSA is exploring several ideas of what the memorial will look like, but what is most important is that any memorial will contain the names of all the victims and leave space for those continuing to emerge from the contamination created by Australia's worst industrial disaster.

The memorial of HMAS Sydney in Geraldton is something to aspire to, she says.

The memorial is expected to cost around \$250,000.

Ms Markey says there is no need to visit Wittenoom with many, much safer camping grounds near beautiful gorges and watering holes in the Karijini National Park.

To sign ADSA's petition for permanent memorials in Perth and the Pilbara. visit www.change.org/Wit tenoomMemorial.

More than 3500 people have already signed the petition, which Ms Markey says is making an impact, but she would like to see a minimum of 10,000 signatures.

People wanting to register a loved one's name for the memorial can do so at www.asbestosdiseases. org.au.

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Letters to the editor - See page 14 & 15

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# Terri Charlesworth looks back on a full life filled with ballet

were interested in Aborigi-

nal dance and so I danced

the Brolga theme and story

by Harry Butler.
"I was awarded the pres-

tigious Ulanova award. I also performed in China

and ended up in London

before going to Italy where

I performed in the north of

the country. I eventually re-

turned to WA, rejoined the

WA Ballet and became its

principal ballerina touring

around WA and helping fur-

ther develop the company.

her own ballet school while

continuing to dance with the WA Ballet until 1966.

"I started in a church hall

in Nollamara finally estab-

lishing a program funded by the Commonwealth

Tertiary Allowance Scheme

in 1973. But when the WA

In 1960 Terri established







L-R; Terri Charlesworth with young student - Terri in Petrushka - Terri in Swan Lake

#### by Josephine Allison

PERTH ballet teacher Terri Charlesworth was doing what she loved best, teaching dance with the added bonus of living in Monaco, driving to the ballet school each day from her home in the hills above the principality.

"They were great times," Terri said. "I spent three years in Monaco at the Princess Grace Academy as a tutor and choreographer.

"I even choreographed a work based on the circus for Prince Rainier, whose family has a deep love of the art."

Terri, now 85 and still teaching, is looking back on a life dominated by dance. Charlesworth Ballet celebrated 60 years in dance in 2020 but, because of Covid, the event to commemorate the mile-

stone did not happen until recently, when an anniversary gala featuring classic and contemporary works by dancers from Youth Ballet WA delighted a big crowd at Crown.

Terri was joined on stage by dance contemporaries Colleen Reynolds, Diana de Vos and Margaret Atkinson.

Perth born, Terri grew up in Melbourne and recalls she was about six when she saw children dancing in the street.

"I said, 'I would love to do that' and my first teacher, Miss Lawrence, suggested I go to an established ballet school which

"I finally ended up living in East Malvern with my grandmother and attended class for talented students at Malvern Town Hall. Laurel Martyn, the director of the Ballet Guild of

Victoria, contracted polio and engaged Kira Bousloff to teach. Kira was a member of the Ballets Russes whose members became stranded in Australia in 1939 when war broke out.

"Kira was ballet artistic director of the National Theatre in Melbourne which covered opera, drama and ballet and I was invited to join the youth ballet. She then went overseas and eventually settled in Perth."

Terri had left school, wanted to continue ballet and was invited by Bousloff in 1952 to join the fledgling WA Ballet.

"I ran home and told my mother I was returning to Perth which I did on board a 12-seat Fokker aircraft.

"It was a wonderful time establishing the WA Ballet and I was part of its first season in 1953. In 1957 I was invited to go to Mos-

cow for its international arts festival. Both Kira Bousloff and her music director husband James Penberthy

Academy of Performing Arts evolved that funding was cut."

Terri then headed over-

Terri then headed overseas to travel and study on a cultural exchange program, visiting the Bolshoi Ballet in Moscow. Back home in 1979 she estabdance course with luminaries including Tonya Batalin (now McCusker), Miranda Coney and Sian Stokes, later to join the Australian Ballet as soloists and principals. She founded WA's first professional contemporary dance company Kinetikos Dance Theatre.

In 1981 Terri was invited.

lished a junior professional

In 1981 Terri was invited by Dame Maggie Scott to join the Australian Ballet School in Melbourne as a senior classical teacher where she remained for five years. She then went to Japan, Hong Kong and Monaco, also teaching in Greece and Italy.

"I came back to WA from overseas because I wanted to start a full-time dance program for talented students. The program commenced at Swanbourne Senior High School and we organised a full-time course with half a day devoted to dance and the remainder for academic study.

"When the school closed, the course moved to purpose-built ballet studios at Subiaco's Perth Modern School. In 2002 my daughter Sonya Shepherd privately established

another full-time program with a non-profit organisation Youth Ballet WA."

For years, Terri took groups of talented young dancers overseas to audition for leading dance companies in Europe. She was included in the Order of Australia honours for her services to dance in 1994 and in 2006 was made WA Citizen of the Year for arts, culture and entertainment. She was also awarded the Australian Dance Lifetime award in 2016 and the Australian Independent Dance Teachers award in 2015.

These days Terri coaches young dancers at Youth Ballet at Burswood three or four days a week and is currently working with Diana de Vos to establish a Classical Ballet Teachers Association in WA.

She has four children, eight grandchildren and two great-grandchildren. Granddaughter Briana Shepherd, formerly a dancer with the New York City Ballet, is now a journalist and presenter with the ABC.

"It has been a wonderful life," says Terri who names Giselle as her favourite ballet

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# A real life and death event spurs Western Australian family into action



Left to right; Jordana Paioff, Con Paioff, Judy Paioff and Alex Paioff

#### by Lee Tate

CON Paioff, 57, has bounced back from the dead with a mission to save WA people who, like him, suffered a cardiac arrest.

At the same time, the Perth father-of-two is

spearheading a campaign to protect St John Ambulance from being taken over by the State Government.

Following his death of 16 minutes, property specialist Con changed direction in his life, becoming a public campaigner and distributor of heart-starting defibril-

When his heart stopped, Con hit the floor at his home and wasn't breathing. was dead. When his wife, Judy, heard the thump, she sprang into

lators.

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action, phoning 000.

Con explains: "The St John WA officer guided my son, Alex (32) and daughter, Jordana (26) on how to give me CPR.

"They took turns providing chest compressions. The operator reassured them that they were doing the right thing and not to give up on me.'

Con was medically 'dead' when the ambulance arrived but, vitally, his family's compressions kept his heart in a rhythm. St John Ambulance paramedics used a defibrillator to restart Con's heart before rushing him to hospital.

"This could have been the end of my life but thanks to St John WA and my children, it wasn't.'

Con has set-up a website, calling for names on a petition to lobby government. With thousands of names, it's continuing into next year.

"St John is being called into question by a Parliamentary Standing Committee Inquiry into the delivery of its ambulance services."

The committee has begun work and its report is expected next March.

"My fear is the St John WA services will be negatively impacted if we try and emulate other states that aren't the same as WA," Con said.

Some States control ambo services through departments health whereas St John WA has been independent for 125 years.

"Why would we risk a disruption with the ambulance service that's saved so many lives and we've come to trust," Con said.

Premier Mark Mc-Gowan and Health Minister Roger Cook, have praised St John's, but Con said this didn't mean they wouldn't support a change-ofdirection.

St John Ambulance responsible for receiving all 000 calls requiring ambulance attendance, covers the largest landmass in the world with one single ambulance service. Every year they handle more than 335,000 ambulance cases.

"It's now our turn to support St John," says

Kalgoorlie-born Con and his retired father, John, were familiar faces around Mount Lawley where they ran a property management business, after John retired as a prominent tailor in Kalgoorlie.

Con believes work stresses contributed to his cardiac arrest and realises that many others are, and will be, in the same position he was confronting death.

"Fire extinguishers are far more common than defibrillators at WA work and public places, yet 'defibs' just as important - probably more important - but aren't that widespread.

"Most doctors' surgeries don't have a defib. despite evidence that those with them have saved many lives," he

Con said that while heart attacks have warnings and allow more time to act, cardiac arrests are sudden when systems shut down, requiring immediate action

"Defibs are easy to use, can be transported and cost about the same as a flat screen television set (\$1,900 to \$3,000). They are easy to maintain, needing only a new, cheap battery every four or five years," he said. "What saved my life

was quick action by Judy calling 000, the St John operator talking through procedures, my kids maintaining the CPR rhythm and paramedics using the defibrillator.

"Otherwise, I wouldn't be here. You never think it will happen to you," he

Con said all his family members had taken St John courses and he and Judy would take more in support of their new venture, distributing life-saving defibrillators.

The petition is at www. change.org/supportst

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## Drug free therapy for seniors' health issues The aim of the asso-

THE guest speaker at the next meeting of the Association of Independent Retirees (Perth branch) is Sandra Finnerty who will speak about Niagara Therapy, drug free therapy which specialises in seniors' health conditions such as arthritis, bad backs,

diabetes, mobility, fluid retention, anxiety and more.

The next meeting will take place on Friday 17 September and the October meeting on Friday 15 October, with a spokesperson from Consumer Protection speaking about scams.

ciation is to protect and advance the interests of retirees who wholly or partly fund their own retirement. They meet on the third

Friday of each month from 10am to noon at the Cambridge Bowling Club, Chandler Avenue West, Floreat. Besides the meeting and morning tea they have a guest speaker, and over the year embrace many interesting topics

related to finance, travel, health, community and special interests of members.

Members and visitors are invited to attend. Visitors are very welcome and enquiries can be made to Graeme (gralin@iinet.net.au) or Margaret (marghw@ iinet.net.au).

It is appreciated if attendees bring their own coffee mug, and correct money (members \$2, visitors \$5).



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# Volunteering post retirement is good for the soul and the community



National chair and national strategy coordinator for the Citizens' Climate Lobby Australia, Rod Mitchell

#### by Serena Kirby

BEING retired doesn't mean being redundant. person's skills. experience and time still extremely valuable outside of the workforce. Rod Mitchell, who is national chair and national strategy coordinator for the Citizens' Climate Lobby

Australia, says retirement is an opportunity to do even more than you did before but in a way of your own choosing.

"Volunteers are incredibly valuable to society and it's not a oneway street as there great personal rewards that come from volunteering," Rod says. **Before** retirement Rod worked а number roles including community development, stress. related counselling and training through various government and local government bodies. He also lectured at Curtin University and provided vital counselling asvlum seekers. While Rod has always had a keen interest in environmental issues he found that, as retirement drew nearer, the issues surrounding climate change were becoming a growing concern for him.

"I wanted to engage more with the climate crisis issue and was frustrated extremely that the topic was being ignored by politicians and decision makers, Rod explains. "I met a woman at a 'Care of Environment' conference in Canada and she told me about the Citizens' Climate Lobby and I could see it was something worthwhile to be involved in. Not long after that I trained as a volunteer with them and in 2014 I took on the role of establishing a branch of the CCL in Australia and became the national coordinator."

Rod says the primary objective of the Citizens Climate Lobby is to create the political will for a livable world. To do that, the group focuses on key areas that will have the greatest influence on democracy. CCL refers to these as the "five levers of political will"; lobbying, media, grasstops grassroots, and groups. Volunteer activities within these areas can be anything from writing letters to the media, writing to local members of parliament and other politicians, helping organise local community events promoting CCL

messages and events on social media. Members also meet regularly to discuss climate change issues and gain further information from guest speakers.

"All our volunteers receive training via a workshop on Zoom and through that we identify their key skills and interests so we can match them with various opportunities to be involved. We have people of all ages joining us and we currently have around 4000 volunteers across Australia.

A growing number of people are feeling frustrated by the lack of government action on

climate change and that frustration can lead to a sense of hopelessness, to depression and anger. Volunteering, regardless of the organisation, can provide a great sense of purpose and satisfaction. In the case of volunteering with CCL it's about boosting hope and hope is an antidote for hopelessness."

adds Rod retirement often leads to the loss of the social network that work and careers create.

"When disengaged your energy levels drop and you become more prone to illness. Volunteering creates connection and

fellowship which inturn works to re-energise you. People often refer to the mental health benefits of volunteering but I see it more as emotional health. We really appreciate our volunteers and in that comes a sense of feeling valued. For those of us with grandkids, we worry about the state we're leaving our planet in for them so by volunteering in the realm of climate change you can feel pride in knowing you're doing something to improve that future.

For more information on Citizens' Climate Lobby and how you can be involved, visit au.citizensclimatelobby.org



#### Retirees group in Dianella welcomes people to attend their meetings

THE SPEAKER at the next meeting Association of Independent Retirees (AIR), Dianella branch, will be from Council of The Ageing (COTA) who will explain "Navigating the Aged Care System." The aged care system is complicated and this talk is a must for all current or soon to be retirees.

The following month's meeting will be held on 3 November when Bespoke Wills and Estate Lawyers' Emily Nixon and Shirley Tascone will speak about the importance of having a will and revising your will regularly to ensure it still reflects your wishes.

They will also talk about estate planning, trusts, enduring powers of attorney and guardianship.

AIR is an organisation interested in the rights of self-funded and partself-funded retirees. They have branches around WA and this month the Dianella branch is joining the pages of this newspaper.

The north central districts branch members get together once a month and include a guest speaker at their meetinas.

All meetings are held in recreation

room 2, Living Grace, 68 Waverley Place, Dianella on the first Wednesday of the month starting at 9.30am.

All AIR members and any interested quests are very welcome to come along and listen to the speaker, have some refreshments and to hear about coming guest speakers and social gatherings planned for the rest of the year.

Cost is \$5 per person which includes a raffle and refreshment.

For further information please contact Joy Rourke on 0419 9444 32 or email joysrourke@iinet.net.au.

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#### **Volunteers required for seniors' exercise programs in Peel region**

SENIORS Recreation Council of WA Inc. a non-government, volunteer run organisation has coordinated special exercises for seniors who have mobility is-

The Strong on Your Feet Program has been highly successful, running since 2012, with ten classes now held weekly for people over the age of 50 years at various venues within the Peel Region.

Twenty people participate in classes with two volunteer peer leaders. This year, three long standing peer leaders are leaving from Mandurah, Pinjarra and Lakelands areas, because of changed family circumstances. This necessitates the need to train more leaders so these vital exercise classes can continue.

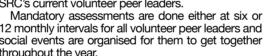
to hear from you.

Peer leader training is provided by Mandurah Community Health physiotherapists and mentoring by SRC's current volunteer peer leaders.

12 monthly intervals for all volunteer peer leaders and social events are organised for them to get together throughout the year.

Please email Jan McGlinn OAM, Peel branch president SRCWA for more information on dmc56456@ bigpond.net.au or telephone 0427 088 615.

#### If you are reasonably fit and healthy and would like a satisfying volunteer role as a peer leader of an exercise mobility falls prevention program, SRC would like



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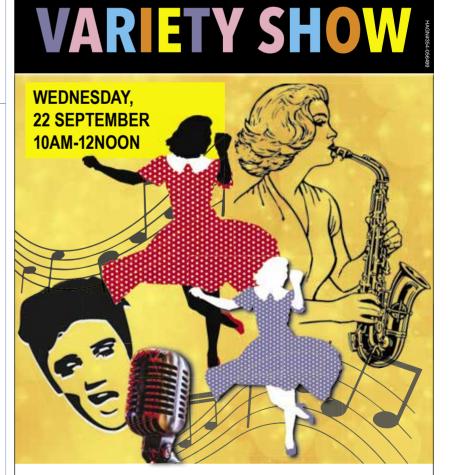
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# Where opinions matter - seniors are entitled to a stronger voice



by Lee Tate

SENIORS, with plenty of acquired wisdom, often feel they can't speak out or are mostly ignored.

Two recent round-ta-"Nobody ble responses: wants to listen.'

'You'll be called old fud-

tattoos or keep left when

dy-duddies". "Don't dare say you hate you're walking," laughed a friend, half-jokingly.

Largely, seniors are not listened-to by politicians, employers and, of course, younger generations. It's an ages-old complaint.

This newspaper, course, and talkback radio are two regular forums where seniors are not only heard but encouraged to give opinions, spread their words, ask their questions and advance their concerns.

But, with our ageing population and the ranks of seniors burgeoning, seniors are entitled to a stronger voice.

Who is prepared to listen and take seniors' views into account in planning the future? Seniors are part

of the immediate future and carry knowledge and lessons from the past.

Yes, some viewpoints will be out of touch or wrong but so are the viewpoints of many younger people, planners, politicians and employers. Seniors' input ought to be in the mix.

From personal knowledge, in workplaces few seniors are asked to talk to the younger brigades. Or asked to come back after they've retired to give briefings. Fertile knowledge withers on the proverbial

Of course, not every senior person makes a good lecturer. Nor does every younger person. Nobody wants to hear repeated. long-winded lectures. Managers need to select the right people.

Managers need to monitor proposed senior speakers, as they should do for all speakers, overseeing content (to be concise and relevant) and length of talk.

Seniors carry experience and knowledge and many make entertaining social speakers. Many seniors have a good sense of humour and can poke fun at themselves.

Seniors' gems can lift spirits and break down age barriers. With the ice broken, younger people may feel open to approaching seniors for advice and information.

Effectively, seniors are discriminated against. With their voices not taken into account, they are being cut out of the big picture in

Starting full-time work at age 16, I didn't have a clue about anything and nobody gave instruction or background briefings. Young workers in all departments on the newspaper learnt on-the-job by bumbling along. And we were introduced to just one or two other workers.

Mistakes were made, lessons learnt.

Nothing was explained: What's the job about? Where did it end up? What was the deadline? Who are all these people in the building and what do they do? What's the company's objective?

weren't Newcomers asked for their opinions and were just left to fend for themselves. Youngsters need to be included, to feel useful and encouraged to stay with the firm.

This is where seniors can be brought in - those still working or recentlyretired - for periodic, short briefings. Light-hearted chats with all questions encouraged.

The result: More inclusive workplaces, fewer age barriers and smoother. more effective integration of staff.

Seniors are being discriminated against and tokenism won't do it. Seniors don't want to be set-up to make it look good. They need to be treated with respect by colleagues, authorities and social organ-

Younger people might be surprised what value can come from seniors. Many seniors leave workplaces, sports clubs, social groups and education institutions carrying valuable knowledge and experi-

Many are happy to volunteer to return to workplaces, schools, hospitals, sports and social groups to explain what they have learnt and experienced; the pitfalls and the lighter moments.

You only have to ask.

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vealed in Fascinating, Fun Facts: WA and the WA and the World

World, including: didgeri-The WA doo player who has performed for Barack Obama, Chinese President Xi Jinping, the Queen and at the funerals of Gough Whitlam and Bob Hawke.

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# Advice on navigating government websites to access information

THE present pandemic and associated lockdowns and quarantining of the population has

ENTERTAINING and in-

formative gems are re-

shown the importance of being able to access online information regarding a wide range of available government services.

With this in mind the Western Australian Self Funded Retirees Association (WASFR) has invited a representative from the Government's

Digital Health Team to their October meeting. She. will explain what services are available and how best to access them.

My Health Record and My Aged Care websites are examples of what is available online and represents Government's use of technology aimed at improving health and the quality of

The My Health Record website is a convenient, safe and secure digital facility where key healthcare information can be stored, with personal information and other data able to be accessed by the individual, by healthcare providers and by other authorised persons when required.

The My Aged Care facility is the Government's starting point in the provision of information that can help maintain quality of life as one gets older.

Government funded able will enable older people to remain in their own homes for as long as possible.

Where residential care may ultimately be required, information regarding eligibility, what accommodation is available and how it may be financed is also provided. This will be a main feature of the presentation.

The meeting will be held at 10am on Friday 8 October at the usual venue, the Cambridge Bowling Club. reat Sporting Precinct, Chandler Avenue, Floreat. Visitors are always welcome.

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



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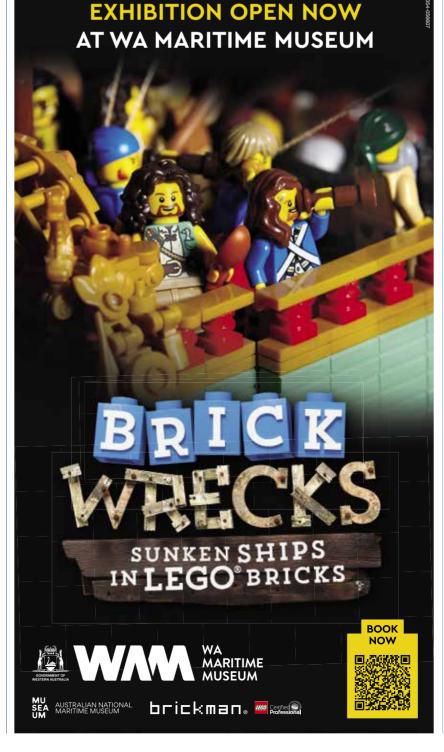
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# Proposed Retirement Income Covenant may change the way we use our superannuation



Council on the Ageing (COTA) chief executive, Ian Yates

#### by Frank Smith

NEARLY 30 years ago compulsory superannuation was introduced.

This led to many people reaching retirement age with a substantial nest egg. In 2019 the median superannuation held at retirement was about \$180,000 for men and \$137,000 for women.

Superannuation has proved an effective way to create wealth, but this has not translated into retirement income. Most people die with 90 per cent of their superannuation unspent - superannuation benefits our descendants, not ourselves.

That was never the government's intention.

Groucho Marx As "Why famously said: should I care about posterity? What's posterity ever done for me?

Retirees tend to be conservative about monev. As a result, most of us take only the minimum income from our super, especially during a travel ban.

The government plans to change this. The treasury is currently framing a Retirement Income Covenant. This is expected to come into operation on 1 July 2022. It will set out the obligations of superannuation trustees (including trustees of self-managed funds) to assist their members to increase their retirement incomes.

In a submission to Treasury, COTA's CEO, lan Yates said the purpose of superannuation is to generate optimum retirement income, rather than ending up as bequests. Yet the popular understanding of superannuation remains that of a nest egg for old age.

One COTA member commented: "It's a nest egg for old age, but when we get to our old age, we don't use it because we might need it at a yet older age. Then we die and can't use it anyway.'

Most superannuation

funds at present do not support retirees to effectively manage their superannuation when they retire. Retirement involves multiple decisions and difficult trade-offs, such as: when to retire; whether to keep their money in superannuation and how to invest their

savings, both in and outside of superannuation. When and how to draw down savings and plan for their future expenditure and capital needs.

The long-term implications of these decisions, and their interactions with other systems like tax, social security, aged care and housing, make it very challenging for retirees to determine an optimal retirement income strategy on their

The Covenant focuses on how superannuation funds might balance the need for income, manage risk (specifically investment and longevity risk), and allow flexible access to member's funds for out-of-the-ordinary purchases such as new vehicles, age-friendly housing, residential aged care or overseas trips.

It requires super funds to refer retirees to a retirement solution or recommend a retirement solution for the them to consider. Other retirees might want to be referred to a financial planner or to choose their own retirement solution them-

COTA says that the proposal that trustees should have the option to provide their members with income projections is unacceptable.

"Reporting on estimated retirement incomes is fundamental to cultural change and should be a prescribed component of all Trustees strategies.

"We strongly believe that the provision of highquality financial advice is critical to the objective of this legislation," said Mr Yates.

Retirees have only ever been encouraged to save as large a lump sum as possible. Therefore, people often do not use the savings accrued by members through the superannuation system to provide retirement income.

Superannuants need help to balance uncertainties such as how long they will live and what financial storms lie ahead. especially the potential cost of residential care, with their need for present consumption.

# continued from front cover Master crafters unite for inaugural festival by Josephine Allison









L-R; Susie Vickery's Botanist and Ship - Garry Sibosado - Audrey Fernandes Satar ceramicist Uday Singh's cows

"There have been challenges as some works are created in remote locations. For example, some fantastic woven mats created on an island off Sabah in Borneo. The weavers were in lockdown and couldn't get their works off the island.

The artists taking part in the triennial, range from internationally famous artists to traditional artisans working with artists and designers, but they all make works using craft practices. During Covid there has been a big resurgence in home craft from knitting to crochet, recycling and repurposing.

"It has been fantastic to see this. When they do so, people gain an appreciation of master crafts people, taking craft to another level."

Akindele-Obe says craft aspects reach further

than people might think - for example into fast fashion, sustainability and economics. A conference during the opening days of the event will discuss some of these big issues, at Fremantle's Maritime Museum and Curtin University with a fashion parade at Boola Bardip, the WA Mu-

"We had hoped international artists would visit

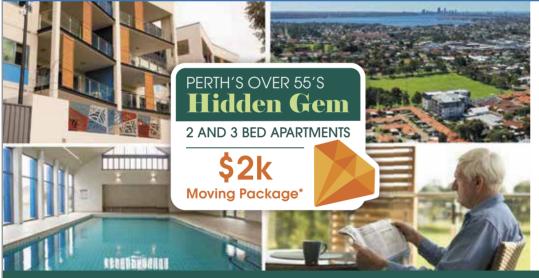
Perth and work collaboratively with local artists, but realised last year this would not happen. So, for example, we have two artists from South Africa, Andile Dyalvane and Zizipho Poswa, working with fibre weaver, Fiona Gavino, here in Perth, based on conversations through Zoom.

"People can pick up an IOTA21 festival guide (or browse the online program) and choose specific venues where exhibits involve minute stitching to metalwork, woodwork and weaving. Embedded in these works are stories of our times and the issues people face in these countries, such as gender politics, and environmental is-

"It's a pure celebration of how we live today, with most artists using traditional techniques and materials in a contemporary way. Dig deeper and there are rich and diverse stories," she said.

IOTA 21 opens at Fremantle Arts Centre 17 September with the Futuring Craft Conference at Curtin University 17-19 September, The fashion event, Curiosity and the Cloth, is at Boola Bardip, the WA Museum 6.30pm Sunday, 19 September.

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# September sports and it's time to get with the picture and get Stan



by Rick Steele

"GOTTA get Stan," I said.

"Stan died years ago," "Not that Stan, the Stan on TV. The one where you get to see the All Blacks play. It's a channel on smart TV. We gotta get with the times."

I thought I was. I sold my old car last year, which had a cassette player, and bought a new old car that has a CD player. Now I'm up with the play, I thought. Apparently not. I have been told I've got to find somewhere to stick my thumb drive. Stick what where? Crikey, now I've become the proud new owner of a smart TV.

Yesterday I had to call the computer hotline. I need to be made to feel ignorant by someone much younger than me. I found out the hard way. There is only one satisfying way to boot "The remote control

doesn't work," I said. "It seems like the batteries are flat."

"Sir, it doesn't have batteries; it has a solar panel. Just put it in the sun with the panel window thing face up."

Hey, you can learn something every day.

I'm very pleased to report that my arthritis has been improving lately.

I had some repartee with a Catholic priest last week. With passion he informed me: "You know it's caused by immoral living, too much drinking, smoking and sins of the flesh. How long have you had it my son?

"Oh, it's not me, father, it says here the Pope's

Last month we all had to fill in the census. My neighbour from far far away in answer to the question: length of residence in Australia?

His response was. Ten metres fifty five, with veranda out the front and back.

"On yer bike mate." West Australian cy-

cling has made it to the world's greatest races. I have been fortunate to have been up and awake to see Ben O'Connor, from Freo win a stage in the Tour de France. He claimed fourth place at the finish of the iconic international challenge. Another West Ozzy, Michael Storer claimed a mountain stage win last week at the Tour La Vuelta through the rugged outback regions of Spain. Congratulations to these guys, our Olympians and our Paralympi-

The Dockers and Eagles can start resting, healing, regrouping, and watching as the footy tragics salivate with finals fever. At least it's not too infectious and you shouldn't need a hospital bed. If the stress gets too much, take two beers, and have a lie down.

I saw an advertisement on TV last week that really caught my eye and awakened my senses. It was for a retirement villa, I think. It was so novel; I went into a form of shock. A concept that may change humanity. The message said, "Buy your villa and own it."

Blimey, I thought that's an idea that could take off faster than a rat up a drainpipe.

Please take note seniors and Have a Go News readers, if you're looking to move to a retirement village or similar, you can now buy one and own it. That sounds fair dinkum to me.

Finally, a warning to those who maybe thinking of doing something new and challenging in later life.

Maaate, I tried to tell you. My old cobber wanted to try parachuting. Unfortunately, he had a bad stutter. They told him to count to three and pull the cord. Tragically he hit the ground going," Wwwwone!"

Cheers dears.

# Making sense of so much information - when all we seek is the truth

by Jon Lewis

LOTS of information is currently being shouted from the rooftops and delivered with bright smiles;

demanding the public's attention.

I notice that there are rarely any accompanying and supporting facts.

Our community is par-

ticularly safe and that's the way I like it. I love living in a community that's well led and I love following the rules of that community. I find it simple

But I am troubled by other communities who don't seem as safe as ours. Those that are only guided by an agenda, that is loosely explained by ideas and opinions; backed up with nothing but good intentions.

It's a start I suppose. I patiently await informa-tion – the facts to back it up, but none follow. Perhaps that was why the talking continues, but with so many of the options just opinions.

It saddens me that our leaders are not challenged in a meaningful way. It is not enough to accept what they say and just repeat it.

If you tell me one option is better than the other, I want to know why? I want to know what were the other, discarded, options.

I want to know what is the source of supporting evidence. I want to know what are the consequence is if it is wrong. There are always consequences and I want to know what they are.

It's not enough that leaders can say 'it is obvious, trust me' or 'it's backed up by experts'. I would like the facts.

Next time you hear or read something, look for a fact. Then ask yourself where did it come from and does it make sense to you or is it just what we want to hear?

Notice if someone is brave enough to quietly ask - why?

On my 6PR radio show I love to be challenged



about my ideas and information. All too often this most helpful critique ensures I am true to myself and true to you.

All the best.

# PACKINSON'S WESTERN AUSTRALIA

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www.parkinsonswa.org.au

For people diagnosed with Parkinson's within the last 5 years

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Ave, Nedlands

Cost: Members \$15 Non-Members \$20

(includes morning tea)

**RSVP**: by Tuesday, 12 October, 2021

Phone: 6457 7373

Email:info@parkinsonswa.org.au Website:www.parkinsonswa.org.au

PHONE lines have now opened at Indigo for the Australian

An Australian Government initiative, geat2GO is a funding source for people eligible for the Commonwealth Home Support Programme. It offers older people access to up to \$1000 worth of helpful devices and equipment each year (price can include health professional services), to help them maintain or increase their independence.

The aim of the service is not only to supply helpful devices and equipment but also to offer support and advice to meet an individual's independence goals.

Indiao chief executive officer, Steve Glew, said running the national geat2GO program is a natural fit for Indigo.

"Since we evolved into Indigo from the Independent

# Funding to help aged care recipients remain independent



was on national programs that link in with Indigo's National Equipment Database (NED), which is Australia's largest assistive equipment and device database.

Living Centre about 18 months ago, a key focus for us

"This makes it a seamless addition for Indigo to offer the national geat2GO program across Australia, because of our considerable experience helping individuals live more independently with assistive technology.

"We are thrilled to be assisting to close gaps in the Goods Equipment and Assistive Technology (GEAT) service offering and getting more helpful devices and equipment to the people that need it most," he said.

Some of the items older people can access under geat2GO include devices and equipment that provide short-term or ongoing support and can assist with mobility, communication, and personal care. This could include personal alarms, communication aids, medical care aids, reading aids, self-care aids, support and mobility aids and

Indigo will be supplying GEAT across all areas of Australia and should be used when no other GEAT provider is available. Australian geat2GO will be available in all Aged Care Planning Regions on an 'as needs' basis.

To access the geat2GO program, occupational therapists and assessors can request equipment for eligible

consumers by registering at: www.geat2GO.org.au Consumers need to register for an assessment through

the My Aged Care Portal: www.myagedcare.gov.au/assessment/apply-online

Hearing aids shouldn't have hidden prices

0

Should've gone to Specsavers

Some hearing care providers may tell you that the cost of hearing aids can only be determined in an appointment. They really shouldn't, because this simply isn't true.

For upfront prices and straight up expert advice, visit specsavers.com.au/hearing



# Susan Midalia writes about people coping with life's pitfalls



Susan Midalia

#### by Josephine Allison

PERTH author Susan Midalia's path to her latest novel, Everyday Madness, took on a different trajectory involving one of the characters from an earlier short story.

"I had three collections of short stories published between 2007 and 2015, but one of the stories in my third collection is about Bernard. He is a very cynical, arrogant, condescending man who has a kind of contempt for his wife Gloria. But he takes on a different persona in my new book.

"For some reason I went back to that story and started thinking. could I give this man a second chance; is there any possibility he might redeem himself and might become a better

person?
"That was the first chapter of my novel and then I thought what am I going to do with this man? I also wanted to give his wife Gloria a

Born in Perth but raised in the wheatbelt, Susan Midalia has been writing full-time since 2007. She says she doesn't plan her novels but writes and sees where it takes her.

"Everyday Madness is set in Perth. I wanted to see what might happen if a crisis came. There is one when Gloria suffers a nervous breakdown. The other is when Bernard loses his job.

"This precipitates a change in both of them, Bernard starts to understand how his wife might be feeling devalued with no purpose in life. It also changes when Gloria comes out of the clinic, she is more assertive and has more self-respect.

"I fundamentally left it to Gloria to push things along, to change things. Gloria is a real chatterbox and can be profoundly irritating, but Bernard starts to look beyond that and to recognise that fundamentally she is a good person, she is kind, generous, not highly educated, but smart intuitively and smart about people.

"Bernard looks beyond the surface of her personality to recognise her value as a person and Gloria

difficult life has been for him as a working man stuck in a series of fairly unrewarding jobs to support her and a baby."

Midalia says a couple in a long term marriage like Bernard and Gloria can sometimes overlook the other person; take them for granted and fail to see what is there.

"The word kindness from kindred means family. I was interested in exploring of a couple miserable in their marriage with a former daughter-in-law Meg who had a messy divorce.

"They are estranged from her and there is a granddaughter Ella, so there is four different characters who aren't a family, but are fractured and broken apart.

"When I first start-ed writing the novel, I thought it would be quite dark and bleak, but as I proceeded, I wanted to have some hope about people understanding one another, reconnecting and ending up as a

about two years to write the book. A former teacher, she writes almost every day.

"I have an undergraduate degree and PhD in literature which helps enormously when editing my own work.

"I have been a great reader since I was a child. You learn a lot when reading. I wanted to write about Perth where I have lived most of my adult life. A few people have said I don't put much emphasis on what Perth looks like.

"I am really not a visual writer, I'm a listener to what people say and what they might be thinking. I'm more interested in what a place feels like and how characters live in it. I always put myself in the esteemed company of novelist Jane Austen who rarely describes what places look like, but we do gain a strong sense of place in her novels because of the way characters speak and interact; the rituals and events in society."

Midalia says the urge to write seriously happened after giving up teaching and the death of her father.

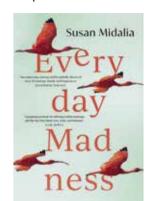
"It made me think about a lot of things, I wanted to sit down and write about my feelings and thoughts.

"That story got published and I ended up winning several short story competitions. My dear husband, Dan, who was working at the time but now retired said: 'if that is what you want to do, go for it'. He has been a great support emotionally and psychologically."

Midalia has a new book of short stories coming out next year which she has enjoyed writing after the hard slog of writing a novel.

"I'm very excited about

Everyday Madness by Susan Midalia (\$29.99, Fremantle Press) is available from good bookshops.



# Come and try kayaking event in Mandurah

MANDURAH residents who are keen to expand their horizons are invited to come along and have a go at kayaking with the Mandurah Over 55s Kayak Club.

The club has around 100 members and this year celebrates its 25th anniversary.

just a recruitment drive for new members but an opportunity for locals to learn what is involved in recreational kayaking and whether or not it would suit them as a fitness, leisure and social pastime.

Participants can try out kayaks with coaching and one-on-The come and try event is not one support from experienced paddlers. A sausage sizzle follows for all involved.

The event will be held on Sunday 19 September from 10am to 12noon at Mandurah's Estuary Bridge, Osprey Waters Foreshore via Egret Point.

If this interests you then contact Greg on 0498 647 925 to register for the event.



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At an Information Session

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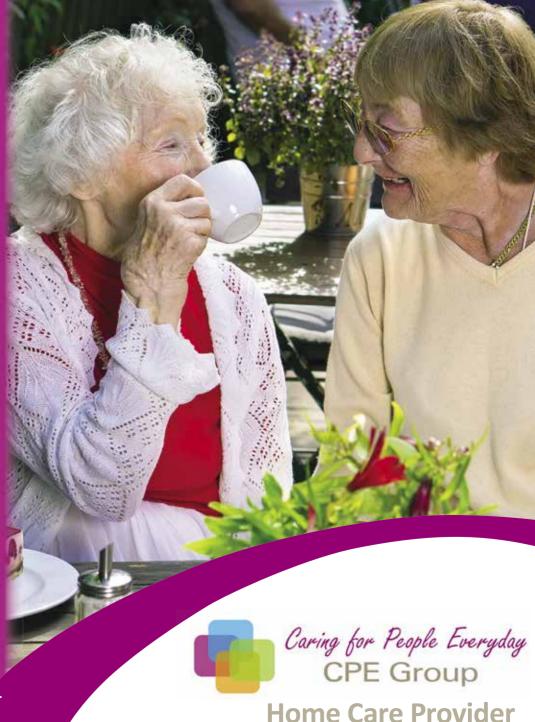
Who are they for What can they offer How do I apply for one

How do I get the most out of my package

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# Discover the surprising secrets of the forests' wood wide web



Discover the wood wide web © Boyd Wykes



by Karen Majer

IF you are a *Dr Who* fan, you might remember the episode in which tree spirits enlist the help of a human mother to escape the impending doom of acid rain on the forest. The idea that trees are sentient beings may be a

stretch for most people, but research has shown that there is much more to a forest than meets the

Back in 1997, Suzanne Simard, a Canadian PhD student, made a famous discovery - the 'wood wide web'. A network of tree roots and mycorrhizal fungi transfer food throughout the forest, sharing nutrients, carbon and water between the trees. The web is complex, with different types of fungi in the network playing different roles. The often-beautiful fungi we see are just the tip the underground iceberg, a vast network of fungi and microscopic organisms living in and around tree roots. They are a key indicator to the health and variety of life above the ground. Understanding that makes it easy to see how disturbing the litter and soil by machinery, chemicals or too-frequent fire can disrupt the health of the intricate community we call a forest.

Since then, scientists around the world have mapped these webs to find out how they vary in different environments and what influence they may have as our climate changes.

In a recent article published in New Scientist, Dr Simard, now professor of forest ecology at the University of British Columbia, talked about her latest research. The wood wide web carries information as well as food, using chemical transmitters through a biological network that has analogies to the human brain. Certain pathways are triggered by disturbance, so for example insect damage to a tree is communicated

to others, and if the damage is bad enough the tree will start transferring its carbon via its roots to its neighbours.

The physical network, and ways that individual trees store and communicate information, make the forest a true community. The older trees can hold information gathered over centuries.

Those of us who feel grief at the felling of a forest giant that may be hundreds of years old, empathise with the idea that those trees are indeed elders in their community. Dr Simard calls them 'mother trees' and says that they are crucial to the well-being of the entire forest. She and her colleagues have made some astonishing discoveries that provide a scientific basis for ideas that we may once have

considered fanciful.

They found that mother trees are the hubs of information and nurture their own offspring. Researchers traced radioactive carbon transfer to show that the mechanism whereby a parent tree preferentially promotes its own progeny is through signals transmitted between the seed and the tree via the fungal web. The parent tree's response changes the seedling's rooting behaviour, nutrition and response to disease.

Nurture indeed.

As well as providing a fascinating insight into the complexities of nature, the research has fundamental relevance for forestry practices. Protecting the forest elders, in the way that original foresters selectively harvested some trees rather than clearfelling, provides great benefit to

the recovery of the forest.

We have tragically destroyed so much of our unique jarrah, marri and karri forests – and are continuing to do so – that I believe the time has come to stop logging native forests altogether. If we respect them as an important heritage, and acknowledge the huge benefits they provide in terms of carbon storage, in a climate emergency they will help protect us.

With spring upon us and the wildflowers in bloom, why not get out into the forest and ponder the miracles of nature. Then check out the Nannas for Native Forests and find out how you can help.

Find out more: The wis dom of the woods, New Scientist, 1 May 2021.

Nannas for Native For ests www.facebook.com/ Nannas4NativeForests/

# Walking club provides an opportunity to keep fit and expand social horizons...



Over 55 Walking Association enjoying their mid-year lunch at the Carine Tavern

A LARGE group of the Over 55 Walking Association recently attended a mid-year lunch at the Carine Tayern.

It's one of the annual events the club runs each year and was well organised by the club's social coordinators Lorraine and Marilyn, who go out of their way to make everything perfect.

Everyone scrubbed up well and it was nice to see 96 of the club's members in a change of attire from the regular walking gear of jeans and club T shirts.

The food was delicious and Carine Tavern staff provided impeccable service. Website manager Mike organised an entertaining photo display for the event on large screens showing members participating in club activities during the year.

This event was just one of several subsidised by the club for members to enjoy, other than walking.

Details of the next five walks are as follow:

**Tuesday 7 September** – Whitfords Nodes Park, Whitfords.

**Tuesday 14 September** – Darlington Park, corner. Darlington and Owen Roads.

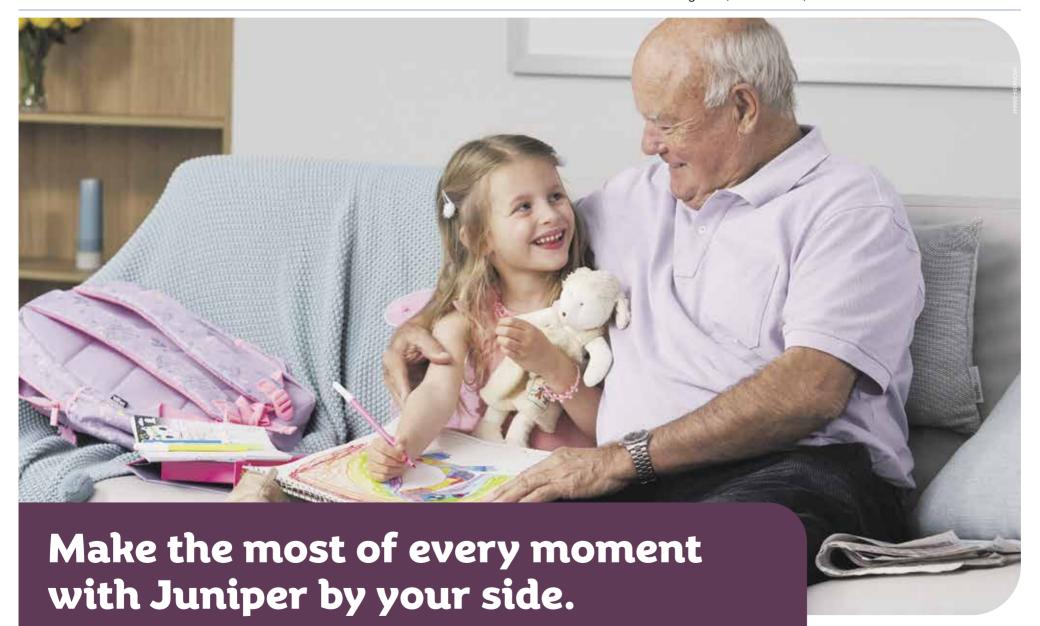
**Tuesday 21 September** – Manning Park, Azelia Road, off

Hamilton Hill Road. Hamilton Hill. **Tuesday 28 September** – Sandy Bay Reserve, end of West Road. Bassendean.

**Tuesday 5 October** – Mundaring. Jacoby Street Scout Hall. Mundaring.

Come, join the Over 55 Walking Association (OFFWA) for friendship and exercise at 10am. Bring a folding chair, a sandwich and a flask of tea or coffee.

(Membership is only \$10 a year). For further information see our comprehensive website (www. over55walkingassociation.org.au) or phone club president Shirley on 0400 577 738.



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# Up to date information on selling and downsizing and how this affects pensions



by Hank Jongen. General manager, Services Australia

IF you're a retiree, there might come a time when

you decide to sell your home. There may be financial reasons, or you might want to move closer to family. Or perhaps your current home is too big and doesn't meet your needs anymore.

When you're selling and buying, there may be a time when you've got the money from the sale of your home, but you haven't found where you want to buy yet. You could have a lot of cash sitting in a bank account ready to purchase your new place. Usually, if you have

money in a bank it can affect your pension. The good news is Services Australia has a special rule for how the proceeds from the sale of your home are considered, while you're waiting to buy or build your new home. The money you get from the sale, which you plan on using to buy or build your new home, doesn't count

towards the assets test for 12 months from the date you exchanged contracts. The funds can be exempted for an additional 12 months under special circumstances.

This means the funds you've set aside for your new place may not affect your pension under the assets test for a possible 24 months.

So, if you sold your home for \$700,000, and are looking to buy a new home for \$500,000, only

\$200,000 is able as an asset for 12 months from the date of exchange. All \$700,000 is sitting in the bank though, so we'll deem interest on the total bal-

Services Australia will still consider you to be a homeowner while you're looking for your new place during the exemption period, but you may be eligible for Rent Assistance if you have to pay for rental accommodation while looking for, or building, your new home. There are other things

you might need to consider when selling your home. There is the possibility of injecting funds superannuation into through downsizer contributions, or you may have capital gains tax implications depending on how you used the property in the past. If you are thinking of selling, I would strongly recommend you make an appointment to speak to one of our Financial Information Service (FIS) Officers. If you'd like to speak to a FIS Officer, call Services Australia on

That's all for this month.

See you 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

## Competition winners become victims of Facebook scams

ENTRANTS in Facebook competitions are warned that they could be targeted by scammers with the aim of stealing personal and financial information.

WA ScamNet at Consumer Protection reports that competitions being run by legitimate WA businesses on their Facebook pages are being hijacked by scammers who create a bogus page using a similar or only slightly modified name of the real business.

Competition entrants are promised the possibility of winning a prize if they share, like or comment on the competition post and that's when the scammers strike.

Entrants then receive a message from the fake profile saving they have won but they need to register their details by clicking on a link. The link goes to a fake website confirming the win but the 'winners' must provide their personal and financial details first to get the prize.

Competitions targeted in recent months are mostly run by tourism and hospitality businesses and include hotels, resorts, restaurants, bars and breweries.

Commissioner for Consumer Protection Gary Newcombe said these businesses are being hit with on how to collect the prize. a double whammy.

"Operators in this industry are already struggling with the effects of COVID-19 lockdowns and restrictions, so now they have to contend with social media scammers disrupting promotions that aim to

boost their business," he said. A common marketing ploy is to increase the number of followers of a Facebook page by running competitions offering prizes of free accommodation, meals and liquor. But things soon turn sour when entrants are targeted by scammers.

"Our warning is for people who receive these 'congratulations, you're a winner' messages to be very suspicious and check that the message is from the actual business. Send a message via the original page or call them if in doubt before being led to a fake website and giving away vital personal information that could be used to steal your identity or money.

"It's also worth knowing that business pages can't message users direct, so that's another reason to be wary. Normally, the business will announce the winner in the original post and provide instructions

"Businesses should also be aware of these scams and post warnings as soon as possible if they find out entrants are being contacted in this way."

Other tips to protect yourself against these scams:

· Do not accept random friend requests or messages from pages claiming to be from a business - a business page cannot send you a direct message, they can only respond to a message you have sent; · Do not click on links in social media sent by someone you don't

· Get in touch with the legitimate company, using its official contact details, to check if an offer is genu-

 Never enter your personal, credit card or online bank account information on a website that you are

not certain is authentic; · If you have already provided details, contact your credit card provider or bank immediately for advice, as you may need to cancel credit cards and accounts.

For further information or to report a scam, go to the WA Scam-Net website or call 1300 30 40 54.

# Who doesn't love spring? Joondalup libraries certainly do

CHECK out hundreds of events and activities on offer in the spring events guide at joondalup.wa.gov.au.

Copies are also in local cafes, community facilities or the library. You don't have to be library member to join in, and many events are free, or for a small

From searching your family history to coding, playing Mahjong or meeting an author, even learning Auslan and finding out why it is important to have a Will, there is something for all ages and interests.

The guide also lists useful tips and services unique to a City of Joondalup Library located in Duncraig, Joondalup, Hillarys (Whitford) and Woodvale. Any questions? Call 9400 4751.



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# Have a Go News' Letters to the editor Submissions may be edited for clarity and space.

KAREN Majer's piece "Who can we really trust for reliable information on climate change?" in the July edition raises some interesting points, but is it the aim of the article to gain a complete endorsement of the theory?

In an age when the media can convince us of virtually anything, isn't it OK to be a bit sceptical, especially when the scientific and medical experts change their minds periodically and why, if one disagrees with the polemic, is there such an intolerance to any dissenting voice?

the first was a David Attenborough two-parter, which, as is the norm blames carbon dioxide and the actions of mankind. The second was a Channel 4 production The Great Global Warming Swindle, which took a diametrically opposed viewpoint.

This unorthodox film pointed out that since the 1850s the temperature of our planet has risen by a little over half a degree Celsius, but this warming started way before cars and planes were invented and during the economic boom of the post war years temperatures

The program continues by saying that most of the temperature rise occurred before 1940, when industrial production was comparatively insignificant and there were relatively low CO2 emissions.

If these facts are correct, why didn't economic growth see an increase in warming?

Some scientists believe that there is a correlation between sunspots and temperatures and the sun is now glowing brighter by 0.1 per cent than it did a hundred years ago. If this is

actually fell and only stopped falling around true, could it really be the sun that drives global change?

Yes, who can we really trust?

**David Rudman Port Kennedy** 

Editor: Last month's recent Intergovernmental Panel on Climate Change (IPCC) report says the evidence that impact of human activities is already affecting climate across the globe and in every continent, region and ocean is now unequivocal.

Dear Editor,

I CONCUR with Margaret Ayrton (July Issue).

My wife and I moved from NSW to WA in 2018 and went to the Department of Transport to obtain my WA drivers licence. I had with me my NSW driver's licence, along with my birth certificate, passport, Medicare card and my Centrelink card.

They refused to change my licence, due to not

having an original birth certificate.

I said I had used this birth certificate to obtain my passport. Their comment was I had to have an original birth certificate. I then mentioned that I had lived and ran a bus and coach business in Mandurah WA in the 1980s. of which they had no records of me either operating a transport business, which had to be licensed by the Transport Department, as well as the drivers licence that I had to have to drive and operate the business.

I then had to pay a lot of money to obtain an original birth certificate, and when it arrived, I took it to the Transport Department, along with the one I already had. They were identical, with the person at the office saying they could not tell the difference. I was not very happy, but they issued me with my licence.

But since then I have been told by one of my friends who came from South Africa that all he did to get his WA licence was to have his photo taken at the Transport Department. Makes me wonder why we do not have a national licence.

I held a national heavy vehicle driver's licence in the 1980s. I have now driven over 13 million kilometres, over a period of 69 years, without causing any accidents, and cannot understand why we have to have different regulations for the operation of vehicles in different states.

We are one island country. **Don Davis OAM** 



Dear Editor,

DOROTHEA Morris certainly hit the nail on the head over the need for the federal elections to go to a fixed term of four years.

It would definitely give any elected party a chance to actually get something done instead of half-heartedly doing things that were not terribly important, yet were done purely on the basis that they knew the particular piece of legislation would get passed and the activity started, maybe even finished.

> **Margaret Anne Ryan** Ballajura

Dear Editor.

servations include:

Dear Editor,

IN reply to the letter (August *Have a Go News*) from Benedict Hodsdon let me first acknowledge I am not an Anti-Vaxxer, I am in the 60+ age group and am forced to have the Astra Zeneca (AZ) injection although I suffer from a blood clotting problem.

I was informed that it shouldn't be a problem. Scott Morrison, after singing his praises of the AZ and urging all to be vaccinated with it, then granted immediate indemnity to those administering the doses should something go wrong.

Not something that would fill one with confidence if you were prepared to roll up your sleeve as the ads tells us.

He then went off and got himself a shot of Pfizer. Banning those over 60 from getting their preferred dose is discrimination, something that I believe is illegal in this country.

We now see that another vaccine, Moderna, will be available in Australia as from the middle of September but once again only available to those under the age of 60.

Once again discrimination. For Benedict to suggest that we oldies should have the AZ and leave the Pfizer for those that really need it, I take as an insult to all of us.

Thought we all counted. I congratulate Benedict for being brave enough to take a punt and have the jab which I presume was the AZ.

If it was, I suggest he stops buying Lotto tickets as he may have used up all his luck on that decision.

Jim Holborn

Editor: People with blood clotting disorders can check their vaccination risk with the Thrombosis and Haemostasis Society of Australia and New Zealand (www.thanz.org.au).



Sorrento





# **Seniors and Carers**



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Motobility



People don't say excuse me when walking in front of somebody else.

People don't know the meaning of the word 'share'.

I AGREE with Lee Tate's article in Au-

gust about standards slipping. My ob-

People tell their children to 'shut up'. What happened to the words 'be

When I was young and the family was walking along the footpath, dad walked near the kerb, mum next and the children away from the road. But not these days, I have seen many parents who let their children walk next to the kerb.

People who don't know how to carry an umbrella or even scissors. I remember my mother saying to me 'pointy objectives face the ground' when not using them.

Regards

Joy Henry Via email





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Submissions may be edited for clarity and space

Please keep submissions to 200 words or less. Email jen@haveagonews.com.au

# Have a Go News' Letters to the editor

Dear Editor,

LIKE many others I enjoy the celebrations surrounding Australia Day – new citizens – barbecues and so on. But I cringe at the ongoing/growing protests under the heading 'invasion'.

I believe we are celebrating the wrong day.

ebrating the wrong day.

The date 26 January is born of a fleet of convict ships arriving on the

east coast of Terra Australis in 1788.

The day/date we should celebrate is Federation when we became one nation.

The Federation of Australia was the process by which six separate British, self-governing colonies agreed to unite as the Commonwealth of Australia. It was proclaimed on 1 January 1901

The constitution is one of the Commonwealth of Australia's founding documents. After many years of debate and drafting it was passed by the British Parliament and received Royal Assent in July 1900.

The name Australia is derived from the Latin word australis, meaning southern and specifically from the hypothetical Terra Australia recorded in pre-modern geogra-

We became Australia on 1 January 1901 and I firmly believe that this is the Australia Day that we should all celebrate accordingly.

Robert (Bob) Tyler Rockingham Dear Editor.

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

"I have had a fire in my lounge room for many years. It has been lovely and warm so I have kept it burning all year round by adding more and more fuel such as some petrol, some gas and some coal.

"Unfortunately, my fire got out of hand, burnt my house down and has spread to the nearby bush land, destroying my neighbour's homes, the trees and the animals that live there.

"I tried reducing the fuel load by one third but it has still kept burning more and more and getting hotter and hotter. It has become an emergency!

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

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

Paula Samson Applecross

Dear Editor,

FIRSTLY, thank you for publishing many of Come Out Camping Older Adults' (COCOA) activities and adventures.

We received the following from a new member and would like to share it with other readers to encourage them to join our group.

"Busselton camp was my first encounter with the COCOA crowd. I packed my bag feeling both excited and somewhat apprehensive. Many questions came to mind; will I fit in and will I find people friendly; will they be cliquey?

"I need not have worried. From the first moment to the last was joyful, pleasant and thoroughly inclusive.

"Sharing a dormitory brought back memories of school days with much laughter, story telling, exchanging of tips, advice and special life moments.

"In the dining area, the food was tasty and plentiful. It did not matter where one sat, there was always a warm welcome and I felt genuinely accepted.

"I made many new friends, learned a few things, laughed a lot, relaxed and spent five wonderful days away.

"Thank you COCOA."

Michele Ellis

If you would like to join COCOA for one day adventures and extended camps (no tents) call Judy on 0450 735 415.

Rose Hope North Beach Dear Editor,

I AM involved with a carer support group, members of which have wives or husbands with Alzheimer's disease, most of them in aged care facilities (nursing homes) in Mandurah.

The primary concern of the carers is the welfare of their loved ones.

There has always been a shortage of aged care workers. These shortages have resulted in an increased burden on existing staff, requiring them to work extra and sometimes double shifts.

The carers in our groups are most concerned that the quality of care may suffer, due to the staff being overworked and tired.

In late June, I sent an email along the above lines to Andrew Hastie, our local federal MP. The email asked if he could do something to speed up government action to meet the recommendations of the Royal Commission, particularly in regard to the training and recruitment, and minimum pay rates of aged care workers.

He simply forwarded the email to the Minister for Aged Care, who sent me a copy of the relevant bits of the budget, which I already had.

There has been little or no change evident at the shop floor level, so I asked when all the wonderful things in the budget were going to be implemented. The answer was 'these measures will roll out over three years from 2021–22'.

Action is needed now to avert a major problem in our nursing homes.

Doug Sparks Erskine Dear Editor,

We live in very stressful times. We may be asset rich but we are time poor. This often leads us to neglecting our emotional and mental health.

It is more important than ever to Act, Commit, Belong.

It is worth stepping back for a minute and

reconnect with our communities.

To build bridges with our friends, relatives, workmates and neighbours. Reconnect to those we may have lost contact with after retir-

Many in the Eastern states must be feeling isolated and stressed by the rolling lockdowns. It would be great to give than a call or write them a letter. This will ease some of the pressures they are now enduring with these viral lockdowns. Together we can make this a better place.

Ben Hodsdon Nedlands

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# South west artist keeps it real with an emotional connection to her work

#### by Serena Kirby

YOU could describe Robyn Lees as a traveller and a teacher and while she's been both these things, she is more importantly a well-respected artist whose personality is reflected in her work.

Robyn's sculptures and paintings are vibrant,

Have a Go

slightly left of centre and generously uplifting. And, like many artists, she felt the pull towards a creative career from an early

"I was in Grade one when the teacher asked what I wanted to be when I grew up. I said, 'an artist'. I don't think I really knew what an artist was

today.

"Travelling exposed me to an amazing array of art and people. I actually met my husband when I was travelling through Greece. He was living in a cave; bit of a

hippy commune actually.

but it felt so natural to say

After leaving school

Robyn trained as an art

teacher before hitting the

Hippy Trail in the 1970s,

backpacking and hitch-

hiking through Asia,

North Africa and Europe.

It's something she says

you certainly wouldn't do

it." Robyn says.

That may sound strange but back then it wasn't that unusual. The next big life event was having children."

Robyn says she became highly aware of the female identity when she became a mother and even more so when she started making ocarinas, an ancient wind instrument made from clay, which she sold at local markets.

"I really enjoyed working with a potter's wheel. It's very meditative and quite seductive. But I certainly didn't want to make bowls so I decided to do a visual arts degree with a major in ceramics. That led me to explore the female identity and the expectations society puts on women. This exploration still continues to underpin everything I create."

Robyn says most of her artwork is autobiographical and as the years passed she began to focus on playing with female stereotypes; the concept of women being either non conforming bad girls or virtuous mothers.

All Robyn's paintings, sculptures and teapots, and even the bowls she said she didn't want to make, are inspired by female shapes and stories. Voluptuous and brightly



L-R; Robyn Lees - Tea Tree, one of Robyn's pieces Pic: Serena Kirby

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The **Stay Sharp Program** is an 8-week progressive program for the over 55s introducing you to the basics of eccentric exercises coupled with cognitive and memory exercises to aid in reducing a persons relative risk of developing dementia related diseases and improving overall health and wellbeing.

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

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

NEXT 8-WEEK PROGRAM COMMENCES: Tuesday 19 October 2021 SESSIONS RUN: 1.30pm - 4pm @ Perth & Tattersall's Bowling Club, 2 Plain Street, East Perth

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coloured, Robyn's figurative sculptures are unique in every sense of the word.

"I've seen a shift in my work in recent years as I've become more conscious of the Australian bush. Nature is so seductive and you can play on the edges of it."

With scores of WA retail art galleries closing down over the last decade, Robyn has been fortunate to still have pieces in a handful of galleries. Currently her largest selection of work is at the Butter Factory Studios in her hometown of Denmark.

Unlike many artists Robyn doesn't take commissions nor does she sell online. This may sound counterintuitive for a regionally based artist but Robyn has good reasons for this.

"Commissions are risky as you can never really know what's in someone's mind and you only want your work to go to people who are going to love it. Selling work online can also end in tears as there's always the risk of breakage during postage."

But more importantly than the practicalities, Robyn says a relationship is created when you buy a piece of art in person. She says it's an emotional connection that's worth far more than any monetary price.

"When you buy from a gallery, especially a regional gallery, it places the artwork in context with where in it was created. A locally produced piece has been influenced by the local environment so, in essence, you're buying a piece with a sense of place."



# As it happened... beyond the stories - the corridors of Parliament House in the 1970s



by Lee Tate

IN the 1970s, in the corridors of Canberra's Parliament House, I'd occasionally run into Billy McMahon. In that old, cramped building, everybody would run into everybody.

Having served his time

as 20th Prime Minister of Australia (1971 to 1972), the little bloke was happy to find an ear to bend.

At the press boxes, squeezed into a corridor in the old Parliament House, we media members would muster to collect government press releases.

If the former Liberal leader was passing, he'd immediately latch onto a spiel, usually about eco-

Sir William was hard of hearing, so to question him you had to make sure he was facing you. But it was hard to get in a word anyway with Billy.

While he's not remembered for anything of great importance. Mc-Mahon served as a government minister for 21 vears, which was the longest continuous ministerial service in Australian history.

But back to the old, temporary Parliament House. It was small enough for our leaders, their advisers and senior public servant to be cornered by media types.

Like journos and support staffs from around Australia, many West Aussie journalists, including the late Mike Willesee, would attest to the good old days in the smaller Parliament House.

Life for the provisional Parliament House began on 9 May, 1927, after Parliament was moved from Melbourne to the new capital, Canberra.

The site of our national capital was touch-andgo. Sir John Forrest was among the influential leaders who favoured the town of Dalgety, close to the Victorian border.

Warring Victorian and NSW factions had resolved that the federal capital had to be at least 100 miles from either State capitals and Dalgety was marked. But eventu-

ally, after lobbying, Forrest and others were swayed towards the vast expanses of open land that was to become Canberra.

In 1912, the government announced an art competition for paintings displaying panoramic with midday effects where the new building would arise. Ten large paintings were chosen to tour Australia's capitals.

An international design competition for the new Parliament House had been announced in 1911 and a watercolour by Charles Coulter was sent to architects. From 137 submissions, the winning commission went to Walter Burley Griffin who included a city central lake.

But the design was modified and the new city emerged without its watery feature. In 1960, Sir Robert Menzies demanded a lake: "You can't have a great city unless you have water in it.'

In the wash-up, Menzies looked out over Lake Burley Griffin in 1964, recalling the years of obstacles and opposition to the project.

1909, survevor Charles Scrivener envisaged a city in an amphitheatre of hills. Those surrounding hills are topped with winter snow, providing quick access to the snowfields.

The airport is prone to winter fog with frustrating flight delays but Canberra-Sydney flights are so short that passengers have to rush their tea and coffee before starting the descent into Sydney.

Our first Parliament House served 61 years faithful and eventful years until 1988. Its replacement cost a billion dollars (equivalent to about \$4.3 billion today) with materi-als selected from every State including magnificent WA timber for showpiece flooring.

# Melville residents ignite climate change action within council and you can too



Melville City CAN Supporters at ordinary council meeting 15 June showing appreciation for the declaration of a Climate Emergency

by Brian Spittles and Paula Samson, committee members of Melville City **Climate Action Network** 

MELVILLE City Climate Action Network (MCCAN) is a group of community

residents that formed in January 2020 with the primary aim of encouraging the City of Melville to declare a climate emergency and to review its policies and practices accordingly.

growing effects of cligovernments at all levels to reduce C02 emissions. We had all seen cata-

are concerned about the present and mate change in Australia and the limited actions by strophic bushfires around the country destroying homes, businesses, habitats, and billions of native animals.

There is also a growing global incidence of intense floods, droughts and storms which scientists attribute to weather pattern changes induced by human activities. In our view, this called for an emergency-type response from all tiers of government and their respective communities, beyond 'business as usual'.

The Council unanimously committed to the following actions:

- · the declaration of a climate emergency
- the reduction of the carbon emissions by the operations of the City of Melville Council to Net-Zero by 2030

· working with state and federal governments, the community and local businesses to ensure that the carbon emissions within the geographical area of the City of Melville reach net-zero by 2050 · the preparation of a Cli-

mate Action Plan. This decision speaks to the concerns of many City of Melville residents. As eloquently stated in an email to the Council by 18-year-old resident, Kate

Lovedav:

"I know some people might be worried that declaring a climate emergency will cause alarm, but I speak for my whole generation when I say: we are already alarmed. We are, in fact, terrified.

'So, few people in power are taking climate change seriously... rising temperatures, rising

sea levels, more intense and destructive natural disasters, mass extinction, ecosystem collapse, dwindling resources, large swathes of land rendered uninhabitable - this is what our future holds if we all continue with business-as-usual.'

We extend our thanks to the City of Melville for declaring a climate emergency. Doing so sets the right tone and intention for incorporating climate considerations change into all aspects of the council's responsibilities, including fostering community engagement.

There are now more than 100 local councils in Australia and 10 in WA that have declared a climate emergency.

of Examples mate Action Plans include the Mornington Peninsula Shire Climate Emergency Plan, the Town of Victoria Park Climate Emergency Plan and Bayside City Council, Victoria, Climate Emergency Action Plan.

There is also a generic Local Government Climate Emergency Toolkit so councils do not have to reinvent the wheel entirely that can be read online at www.lgcet.com/

MCCAN would like to share our success and the experience we gained during our campaign with the readers of Have a Go News with the hope that more local councils pass motions to take on these goals.

If you would like more information to take steps to facilitate a Climate Emergency Declaration in your local council then please email us at Melvil leCityCAN@gmail.com.



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# Finding new adventures in retirement through paddling



L-R; Over 55 Canoe Club's adventurous Sam - Sam at Mt Everest Base Camp

#### by Karen Finlayson

YIN AND YANG are a concept of dualism in ancient Chinese philosophy, describing how seemingly opposite or contrary forces may actually be complementary, interconnected and interdependent in the natural world.

Sam found taking up a water sport in retirement, despite having no previous interest, has led to many adventures he never would have once imagined.

His choices in life from an early age have always support this concept of dualism. He has seem-

ingly decided on two opposing lifestyles and brought them together in great harmony. Sam opts for an uncomplicated routine, simple comforts and strives for good health. He also unexpectedly displays enthusiasm for extravagance and excess, a side his mates tease him about.

Entering high school as a table tennis champion Sam played cricket and soccer. Lily, a fellow classmate played baseball and could match Sam at running. By the time friendship became a courtship as they entered tertiary studies, they found they

both loved dancing.

For their first date Sam collected Lily on the family's 150cc Vespa. With both loving history, it had been easy to agree on a movie – The Longest Day, a Second World War epic. They would later laugh and claim the title as a metaphor for their lives together knowing their destiny had been sealed.

Marrying at 20 with the blessing of both sets of parents, they moved immediately to a small house of their own - a stipulation of Sam's. He still believes two closeknit families living under one roof for an extended time is a recipe for disas-

Moving to WA with three children, Sam bea thirty-six-year career with the Health Department. Once established, they developed a love for luxury cruising. They took a holiday overseas every second year, visiting many countries over the years.

Sam and Lily always did everything together, from shopping and cooking to socialising and dancing - until Lily was no longer able. Then they would have their meal together at home, ready for TV dance shows. Sam amused Lily by making her laugh with his interpretations of the dance steps they were watch-

ing. Retirement brought about a change of life for Sam - he tried what was unfamiliar and had never before considered - a water sport. A column in the Have a Go News had jumped out at him -Come and join our Kayak Club. He did.

Occasionally he would get his feet wet, or worse still be covered in mud, but he found he actually enjoyed it. He loved the gentle exercise and the camaraderie of the club five years later, he knows it's been a great decision.

Noticing pictures of Mt Everest on a restaurant wall, Sam decided to visit Base Camp. Family and friends joined him to make up a team. At 78, Sam was already fit, having spent the previous eight years doing HIIT repetitive high intensity combinations of fast movement, with lower recovery jogging until too exhausted to continue. Despite that, Sam trained specifically for the climb, anticipating challenges. He wasn't wrong - two of the climbers were hospitalised after being evacuated by helicopter.

They flew from Kathmandu to Tenzing-Hillary, the most dangerous airport in the world - a mountain on one side and a cliff on the other, the runway only 500 metres long! They experienced foggy heads with oxygen levels around 60 per cent of sea level - but the views were fantastic and the experience was wonderful. Over eighteen days, bodies were tested, minds thrilled and souls renewed.

Ying and yang in Sam's life have allowed him to adhere to his regimented, set routine apart from when he allows himself to deviate to the exciting and extreme, bringing about harmony and balance, to create a life well lived.

If you are interested in paddling with the 055CC please contact: club president Chris Cocker on 0410 479 024 or club secretary Dale Winn on 0420 733 024.





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Contact: Kim Barkla on 0499 900 798 or

11am, in Kings Park at May Drive near the Viet-

Bring a picnic lunch or the café is nearby.

to come along and reminisce.

nam memorial and Zamia Café.



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. RSPCA
- 2. All in One Book Design
- 3. Parkinson's WA 4. Next Generation

- Physiotherapy
- 5. Melvista on Broadway City of Joondalup
- 7. Bayswater Hotel
- 8. ADSA
- 9. Jurien Bay Adventure Tours
- 10. Tour de Force Travel 11. Mandurah Scooters

Entrants can enter via email with Adwords in the subject line at win@ haveagonews.com.au or write to Ad Words Competition c/- Have a Go News PO Box 1042, West Leederville 6901. Don't forget to include the word, your name, address and phone number. Closes 30/9/21.

Congratulations Jayavanti Lad, of Butler, our July Ad Words







Home Care is designed to help you stay in your home as you get older. Funded by the Federal Government, Home Care packages are made up of individually selected services that make life a little easier. Some of those services include cleaning, gardening, meal preparation, home maintenance, shopping, medication administration and more.

Our local Home Care team can help you choose the services you need and have your package ready to start within 48 hours of signing your Home Care agreement.

For an obligation-free quote, find your local Home Care Manager at acacialiving.com.au/homecare



acacialiving.com.au



# All that glitters is not gold - especially when it comes to UK pensions



by Mike Goodall

SEVERAL UK newspaper articles suggest that if you defer claiming your UK State Pensions you could increase. even double, your pension. Many of these articles

have appeared in social media and have been reproduced in Australian publications.

I've received several calls recently from people considering deferring their pension in the hope of receiving a much higher pension later.

These articles are misleading because the examples quoted are based on ladies who reached State Pension Age when they were age 60 (before April 2010) or before April 2016 when they were able to claim at age 63.

Until 2016 the UK gov-

ernment paid a whopping 10.4 per cent per annum interest on deferred pensions. A person, if they had deferred could claim the 'back-pay' either as a lump sum or as additional weekly income.

Nearly everyone I've spoken to in Australia has taken a lump sum, since that does not affect their Australian pensions.

However, if a lady living in Australia, who was due to claim her pension at age 60, deferred claiming it for 10 years, because we don't receive the annual increases, it would take her until age 80 before she would be ahead.

Since 6 April 2016 the interest rate has been reduced to 5.8 per cent annually. Moreover, people who defer cannot claim the deferred amount as a lump sum, only as an additional weekly amount. Therefore, it will take someone living in Australia over 17 years before they were ahead. As the current State Pension Age is 66 and they chose to defer for say eight years until age 74, they would have to live past age 91 to recover their

investment.

It appears that post the Covid big spend, the UK Government are attempting to reduce expenditure on pensions, because a retiree could die before claiming their deferred pension or before they have recovered their full amount.

If it sounds too good to be true it usually is; I wonder how many people will defer and eventually be conned out of their pen-

Because the system in Australia is different to the UK, there are other

strategies that can be applied for those living here. So don't defer claiming your UK State Pension without financial advice as it could prove to be an expensive waste of money.

I am not able to give financial advice but I can refer you to someone who understands both the UK and the Australian systems.

**Åm I UK State Pension** Age?

UK Expats and Australian citizens born between 6 October 1954 and 5 April 1960, who have worked for a minimum of 10 years in the UK, can claim their UK State Pensions from their 66th birthday.

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

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

# Win a scratchie pack



EVERY month we cross our fingers that one of our readers will have a big win from our scratchie pack competition.

This month there are five, \$20 Lotterywest scratchie packs to give away to some lucky peo-

To be in the draw, simply email win@haveagonews. com.au with scratchie in the subject line or write to scratchies c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 1/10/21.

# Help to tackle seniors' tax returns in Margaret River region TAX Help is now available on Tuesdays

and Thursdays until October at Marga-ret River Community Centre (MRCC).

"It was warming that a number of locals responded to the recent 'tax help' call out for volunteers, allowing this free service to be delivered in our town,' said Leanne Sutton from MRCC

Tax Help volunteers are trained by the Australian Tax Office and may be able to help people who earn less than \$60,000 per year to complete straight forward tax returns.

"It can be confusing trying to navigate

the online tax forms if you haven't done a tax return for a while or if you don't have a computer. Not attending to yearly tax requirements can result in fines and prevent people from getting some government benefits and any tax refund they may be owed.

'Our volunteers are patient and experienced and can help with getting people onto myGov to lodge their yearly tax, or with the steps when you're not required to compete a tax return" said Ms Sutton.

"It's also an opportunity to catch up if

you've missed a year or two."

MRCC also has two organisations on site helping with financial counselling services. Financial counselling is available on Mondays and Fridays and can provide a pathway out of debt and guidance with managing income.

To book an appointment for Tax Help or financial counselling please call Margaret River Community Centre on 9757 3200, between 9am and 1pm Monday - Friday or email bookings@mrcc.com. au. For more information on Tax Help visit www.ato.gov.au/taxhelp

# **Tour** cancelled

IT'S unfortunate due to the Covid situation in the eastern states that we have been advised that Marina Prior and David Hobson's encore tour The 2 of Us Up Close and Personal to Western Australia has been rescheduled.

Current tickets are still valid for the new show dates however people can also request a full refund.

The new show dates

Thursday 30 March 2023 - Albany Entertainment Centre

Friday 31 March 2023 - Bunbury Entertainment Centre

Saturday 1 April Astor Theatre, Perth Sunday 2 April Mandurah Performing

Arts Centre.

The promoters will also be adding Broome. Kalgoorlie and Esperance dates for the 2023 tour, with those dates to be announced.

Our thoughts are with those in the entertainment and travel industry during this tumultuous time.

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# Seniors Recreation Council Jottings



#### **LiveLighter Metropolitan Aged Care Games**

A FINE but cold morning saw 14 teams from Perth's metropolitan aged care facilities take part in the annual Metro LiveLighter Aged Care Games at the Belmont Oasis on the 12 August. SRCWA executive officer Dawn Yates and City of Belmont councillor Jenny Davis, representing Cassie Rowe MLA officially opened the Games. SRCWA's state president Phil Paddon was the MC for the day and he explained to the volunteers the intricacies of playing and scoring and then invited all the participants to come and have a go.

Teams competed in a range of games which were organised and facilitated by staff and volunteers from SRCWA. It was amazing to see people well into their 90s willing to have a go at seated hockey, pass ball, bean bag toss and skittles.

The team taking out first place was Umbrella Rock Stars, second place Hall & Prior Kensington Park and was closely followed in third place was Umbrella Mexicans. The oldest competitor at the games was 98-year-old Giovanni Bongiorno from the Umbrella Pirates. Best presented team was Rosewood Vigilantes who went to a lot of trouble theming the whole team in super hero

Our thanks go out to the volunteers from SRCWA, Over 55 Walking Association, Square Dance group, friends, family and the team from Wooroloo who helped set up, pack down and officiate at these games. A special thank you to the participating team's staff who train and support them during the months of preparation prior to the games.

Many thanks to our entertainment by *Jim and Jenny*, everyone loved the music and sang along.

As you will see from some of the images participants had a great day and there were smiles all round. Thank you Gideon and Martin for capturing the event. The games would not be possible without our naming rights sponsor LiveLighter Healthway and support from the Government of WA. Everyone in attendance voiced their thanks to SRCWA for facilitating the LiveLighter Aged Care Games.

And remember in line with our naming rights partner LiveLighter Healthway, eat a rainbow of fruits and vegetables in every meal to live lighter.

# Expression of Interest to join the volunteer management team at SRCWA

Expressions of Interest are sought by persons interested in joining Seniors Recreation Council of WA (SRCWA) which promotes the wellbeing of seniors throughout Western Australia. Anyone interested in contributing to this well-respected organisation is invited to apply (especially those with business/financial acumen). Details of the organisation can be found on the SRCWA website www.srcwa.asn.au - All positions are voluntary.

Interested persons can apply by phone: 9492 9773 or email:info@srcwa.asn.au or Post: PO Box 8349, PERTH BC 6849.

#### Notice of Meeting SRCWA ANNUAL GENERAL MEETING Wednesday 29 September 2021

Seniors Recreation Council of WA is holding its annual general meeting at 10am on 29 September 2021 at the Dept of Local Government, Sport & Cultural Industries building in Leederville. The meeting will include election of officers, reports from SRCWA branches and project officers and a guest speaker. The 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 further information call 9492 9773.

#### DIARY DATE - Have a Go Day 2021, a LiveLighter Event

#### 10 November at Burswood Park 9am to 3pm

Have a Go Day is a FREE activity/information event for over 50s.

This year there will be a wide range of activities, health checks and static displays with a focus on seniors' participation, also three hospitality tents serving free tea, coffee and bottled water will be at the grounds with a range of food vendors available.

For further information please call 9492 9773.

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

# Superfins coach to be swimming ambassador



Carys Munks (left)

by Tarquin Bateman, Communications and Events Coordinator Masters Swimming WA

SUPERFINS WA Swimmer Carys Munks 27, will represent Masters Swimmers across the State as

an Ambassador for Swimming at the Australian Masters Games.

Carys lives with a neurological disability, but she doesn't let anything hold her back.

"I have been a swimmer all my life," said Carys.

"Due to my disability I can't participate in any contact sports, but swimming is a sport I can use as therapy for my muscles and compete in, without worrying about getting hurt.

"I feel so free in the water, that's my happy place," she said.

At the Australian Masters Games swimming competition, Carys is most looking forward to having the opportunity to connect with and inspire others.

"Participating in the Australian Masters Games will be a chance to prove myself, and to unite as a community after Covid, coming together to swim for fitness, friendship and fun."

Carys has been a member of Superfins WA for the past 15 years. The club provides specialist coaching and swim squads for swimmers with disabilities including pathways for beginners to progress to competitive ranks.

"We have a very dedicated team of coaches who always go the extra mile to help. They always take time out of their own busy schedules to accompany us to events," said Carys.

Another aspect of Superfins WA that Carys adores is the social opportunities that keep friendships strong away from the pool. Many of the younger swimmers view Carys as a role model – a part she is very keen to continue playing.

While Carys never made the State team or reached an elite level in swimming, her ambitions of spreading positivity about participation, community and inclusion continue. She now swims as a form of low-impact fitness, and mentors younger swimmers at her club

When not swimming, Carys works as a receptionist at Royal Lifesaving WA, enjoys art and music, sings in the Variety Choir, and has plans to open her own business selling customised hampers.

Masters Swimming WA is very proud to have Carys as an Ambassador for Swimming at the Australian Masters Games. You can catch Carys on day one of competition singing the National Anthem at HBF Stadium and competing in her favourite events like the 200m backstroke and the Individual Medley.

If you'd like to learn more about Masters Swimming, or join a club, please visit www.mswa. asn.au.



# **Learn new skills and make great friends**

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

Entry is \$10 to see members' designs and demonstrations, with afternoon tea and raffle.

Meetings at 12.45pm for 1pm start and are held at Osborne Community Hub, 11 Royal Street, Tuart Hill on the second Saturday of the month.

Please note parking is available under the venue behind BP Garage. Take the lift to Ground Floor.

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

Time: 3PM to 5PM

Carol. **0420 525 232** 

**RSVP:** Kathleen, **0409 111 927** 

Sponsored by Kelmscott SDA Church

**Cost**: \$5



Design by Kay Robinson

# Springtime stargazing



© Jillian Carlson - www.nyxeldigital.com.au

by Donna Vanzetti

STARGAZERS, we've recently had a lot of

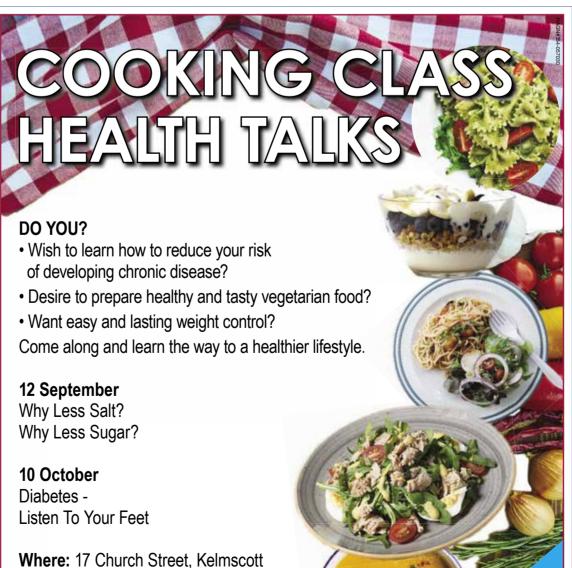
stormy weather, awesome for the farmers but not so great for sky watchers. Springtime stargazing means the weather is warming up, the wildflowers are in bloom and it's the perfect time to get out under country skies.

Spring is a great time to find the constellation Scorpius. Learning to point out constellations is lots of fun, and one of the easiest to find is Scorpius, the Scorpion. It's a lovely, large constellation that really does form the shape of a scorpion. It is currently visible throughout the evening, lying directly overhead at around 8pm.

When and where to look: A great night to find Scorpio will be at 7.30pm on the 10 September. Look for a brilliant conjunction of Venus and the Moon in the west. Higher in the sky look for a reddish star, Antares, that lies in the centre of the constellation, known as the heart of the scorpion. See if you can find the curve of Scorpio's body and the sting in its tail stretching up to the centre of the sky.

Enjoy natures astronomical wonders of the night sky.

Stargazers Club WA runs telescope classes and stargazing events: www.stargazersclub wa.com.au.



# Western Australian epidemiologist says that Covid infections can last months



University of WA epidemiologist Dr Zoë Hyde

#### by Frank Smith

COVID-19 is a short sharp illness for most people, especially healthy young people. They usually recover quickly with no lasting ill effects.

But this does not tell the whole story. Many people who have had Covid-19 and survived do not return to their previous state of health for a long time.

This condition is known

as Long Covid. University of WA epidemiologist Dr Zoë Hyde says everyone who

of developing long Covid. "In England, they've found that about one in

catches the virus is at risk

seven people who get infected will go on to develop the condition. It seems to be more common in adults, but some children can be affected quite badly as well.

"We don't yet know what causes long Covid, but there's evidence that the coronavirus can cause changes similar to some autoimmune diseases. We also know that fragments of the virus can remain in the body for months, even after a person is no longer infectious. It's possible that these fragments confuse the immune system and lead to a persistent state of inflammation.

"It's not clear if some of the new variants of Covid-19 are more likely to cause long Covid, but we know they increase the risk of ending up in hospital. I wouldn't be surprised if they make people more unwell generally," she said.

People recovering from Covid report a range of symptoms, some due to the after-effects of ventilation in intensive care.

Others have organ damage caused by the virus, including lung scarring and increased blood clotting, boosting the risk of heart attacks and stroke. It can also cause an overreaction of the immune system, which can damage or-

gans such as the heart or kidneys.

Another common symptom is post-viral fatigue. People feel tired after only minor exertion, this is sometimes seen after other viral infections.

There is no proven drug for long Covid, but that doesn't mean there is no help for people living with it.

"We don't really understand how best to care for people with long Covid yet, although doctors are working on treatments," said Dr Hyde.

"It's best to avoid getting infected in the first place, and that means vaccination is really important.

"But while the vaccines work extremely well at stopping people from getting sick enough to need hospitalisation, they aren't foolproof, and some vaccinated people will still get infected.

"So we're still going to need things like face masks until we've got a really high level of vaccination in the community. The more people that are vaccinated, the less chance of you coming into contact with the

"Unfortunately, it's still possible for vaccinated people to get long Covid if they have a breakthrough infection. We don't know how common this is, but it happens," said Dr Hyde.

"I think we'll develop better vaccines in the future, but until that happens we'll need to continue to rely on some simple precautions like wearing a mask in public.

"The coronavirus is an airborne virus, which means it lingers in the air like cigarette smoke. That means that being indoors where there's little ventilation is much more risky than being outdoors.

"But even simple things, like opening a window, can reduce the risk a lot," she said.





# Be in the running for the marathon writing trophy...

ON your marks, get set, go! No need to wear lycra or running shoes for this marathon. All you need is a pen. The Society of Women Writers WA is hosting another Marathon Writing Competition on Saturday 9 October at Citiplace Community Centre, Perth Railway Station Concourse from 12.30pm to 5pm.

Helen lles, author of *Bit-*

ter Comes the Storm, Fire in the Heartland, and The Horse Keepers, will give you a series of writing prompts: a word, a phrase, an image or a song to spark your imagination and generate ideas for writing stories, poetry or articles.

There will be ten challenges, each lasting 20 minutes. The winner will receive a trophy and certificate. There are also prizes for second and third places.

Helen, the chairperson of The Society of Women Writers WA says: "The aim is to produce first drafts, fresh new material for writing projects. Don't worry about grammar, punctuation or spelling. Let the words spill out onto the paper. You will be amazed at how much writing you can produce."

Bring your favourite pens.

Notepaper will be supplied.

The cost of the marathon is \$30 and it is open to all writers, men and women, young and old. Bookings are essential due to limited seating. First come, first served. Please email sww wabookingofficer@gmail.com for a booking form.

For more information, visit the Society's website: www.sw wofwa.com.au



**EXCLUSIVE REGISTRATION AND INFORMATION DAY** 

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Sign up and save up to \$32,000\* on your new home PLUS stamp out up to \$50,000\* in stamp duty costs, exclusive to off the plan purchasers.

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- ✓ Close to CBD and local amenities
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- Expected completion late 2022

Be quick! The magic is for one day only. Reservations must be made on 9 October 2021.

Information and reservation open day

Saturday 9 October 2021 10am – midday 52 Bickley Crescent, Manning

All welcome. No need to RSVP.

9032 6489 / enquiries@mankara.com.au www.mankara.com.au

\*T&Cs apply, see website or ask your consultant for details.

# Reminiscing of old cars and a simpler life... then comes the new Jaguar









The Jaguar XE delivers an elegant and sporty sedan

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

GROWING up in the 60s, it seemed we were surrounded by cars with names like Rover, Daimler, Humber Super Snipe, Wolseley, Austin, Morris, MG, Bentley, Rolls Royce and Jaguar. Not because we were wealthy, but because our dad was an Irish/UK trained mechanical engineer. He paid our school fees from being the person who would repair and maintain other people's beautiful motor cars.

Our street was lined with Ford and Holden cars, but they never held the same appeal as say a classic Daimler or sporty MG. As an eight or nine year old, I loved spending hours, sitting in Doctor O'Brien's old Mk 10 Jaguar, when in for service, looking at the glorious dials in the impanelled woodwork. My God, how much would a car like this cost? The leather, the clock, the huge coloured steering wheel plus the massive size and space was overwhelming to a young Anthony McMa-

Years later I even named my cat Jaguar, which tellingly spent an unusual amount of time visiting the vet.

But what they all had in common was a marvellous smell. It seemed peculiar to those higher end marques.

Was it the timber in the dash? The leather seats or the stunning roof lining? I was certain all doctors smoked in their cars; the ashtrays, (remember them?) were often full.

So, with a heightened sense of anticipation, I spent a week or so in the latest Jaguar XE. And like Jags as I remember, an elegant but sporty sedan, not an SUV. Low, sleek, glorious just to look at.

I imagined its heritage stemming from a 1960's Jaguar Mk 11. But like all things, it has evolved; no sign of timber, but there are elements of heritage. You can feel it as soon as you get behind the wheel. It's something I never get in a BMW or Benz.

The latest Jaguar XE R-Dynamic Black P300 exhilarating when standing still. With 221kW, powered by a smart 2.0 litre, turbocharged mild hybrid engine. All priced from around \$70,000 plus onroad, the so-called 'black' looks fabulous in white. Resembling a white shirt and tie, a classic look.

Where there may have once been lashings of wood, there is now a 10-inch infotainment screen and even larger HD instrument panel. It's all very clean and sleek, housing rear vision video and controls that will delight and engage for hours. Gone is the clock with which I was once so enamoured. The minimalist look is modern understatement and works accordingly.

However, it's the drive that is where the charm now lives. Smooth, but not soft. Quiet and silky around suburban Perth but throaty should you floor it. You'll be surprised what these smaller, but

exhilarating engines can do Fuel consumption is around 6.8L/100 km. You know you're alive and not just part of a crowd driving yet another boring SUV.

And the smell? It's still there, just enough to invoke the memory of a bygone era.

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

# New collection of apartment homes offering a great lifestyle



THE popular western suburb of Nedlands will soon be home to Melvista on Broadway, an innovative new collection of apartment homes offering luxury lock-and-leave living adjacent to Kings Park, UWA and the Perth CBD.

The striking design, by award-winning architects MJA Studio, will be enhanced by specialist landscape architects REALMstudios and FIRM Construction, who will assist in creating what will be a beautifully landscaped and architecturally stunning

Comprising 16 two-bedroom and nine three-bedroom apartments, along with two

luxurious four-bedroom, three-bathroom penthouses, Melvista offers spacious, light-filled living with high ceilings, premium inclusions and either a balcony or garden terraces. All homes include two car bays.

Added features are a generous hotelstyle lobby and a rooftop garden with views to the Perth city skyline and Swan River.

Along with its innovative design and exceptional features, Melvista will deliver on a variety of green credentials, including a rooftop solar installation and solar passive design that will provide an estimated eightstar NatHERS energy efficiency rating.

Project leader Exal Group's managing

director, Bay Yeo said construction will begin later this year.

"This is an excellent opportunity to buy into a highly sought-after suburb with an innovative apartment that is destined to continue to grow in value and desirability for many years to come," he said. "Melvista offers a hot option in the Perth market right now and is not to be missed.

For more information visit melvistaon broadway.com.au.

Sales enquiries can be directed to John Hunter at William Porteous on 0427 654 352, or Ticia Juniper at Mint Real Estate on 0417 669 384.

# ST WATCH



#### **9NEWS AT 5.00**

A familiar face with Perth viewers for more than three decades, Monika Kos brings the important stories of the day, developing news with insight as well as lifestyle, entertainment, sport and weather.

LIVE & LOCAL 5.00PM



#### **9NEWS AT 6.00** MADE IN PERTH, FOR PERTH Join Michael Thomson, Matthew Pavlich and Scherri Lee Biggs weeknights at 6.00pm for the latest in news and events that affect you.

FULL STORY NIGHTLY 6.00PM



# **TODAY**

Today informs, entertains, inspires and sets the agenda each morning for viewers across Australia. Hosts Karl Stefanovic and Allison Langdon bring you the latest news, current affairs, sports, politics, entertainment, fashion, health & lifestyle.

WEEKDAYS FROM 5.30AM



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**FANS V FAVES** Australia's most successful renovation

reality program is back with a twist. Three unsuspecting, yet hopeful, couples face two sets of very experienced returning all-stars in a setting never attempted before - a traditional Aussie cul-de-sac

SUN 7.00PM, MON TUE WED 7.30PM



# UNDER

Liz Hayes leads a gripping landmark investigative series, with exciting and innovative storytelling techniques. Solving crimes, uncovering new evidence with interviews from people who have never spoken publicly.

MONDAYS 8.40PM



# **A CURRENT**

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

WEEKDAYS 7.00PM



## THE HUNDRED

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

TUESDAYS 8.40PM



## **PARAMEDICS**

The compelling factual series, where Australia's dedicated ambulance crews rescue people on their worst days, returns for another thrilling season Bringing new compassionate faces, more confronting drama and inspirational patients.

WEDNESDAYS 8.40PM



#### **FOOTY SHOW GRAND FINAL EVE:** MY ROOM TELETHON

On the eve of the biggest day on the AFL calendar, the Sunday Footy Show teams up with the My Room Children's Cancer Charity to raise critical funds for kids fighting cancer and look back on this years footy.

FRIDAY 24 SEPT 7.30PM







# Perth couple salute their Italian heritage with new cookbook



Simone and Dan Agostino

#### by Gail Williams

THERE'S some comfort for those dreaming wistfully of a trip to Sicily as overseas travel remains on hold in Australia.

And it's all in the pages of a beautiful new cook book produced in Perth.

Armchair travellers might just get a fix of seratonin through authentic Italian recipes and photographs to transport them to an instant holiday on the sun-drenched island.

The Table of Us, is the first publishing venture from Perth couple, Simone and Dan Agostino, who pay tribute to their Italian heritage in this work which is much, much more than just a recipe book.

"We wanted it to be something that is a beaupictures of our children, pics of my Mum, to create a very family feel."

Simone says her Nonna, Maria, had a magical ability to unite people around the dinner table.

"She was an amazing cook," she says. "She would prepare a three-course meal seemingly effortlessly using quality ingredients. There was no such thing as fast food."

Dan, who is head of design at The Brand Agency, was a natural choice for the overall layout of the hard cover book which spreads over 208 pages.

The pair have enjoyed several trips to the regions in Italy where their families came from – Sicily, Abruzzo and Calabria – where Simone also collected many recipes.

Along with lovinglyprepared dishes such as slow-roasted goat, pesto made with bread, milk and walnuts and cannoli, both fondly remember their childhoods in suburban Perth taking part in family traditions such as tomato sauce bottling, sausage making, pasta rolling, tending the vegie garden and producing wine in the garage.

They are serious about passing on those traditions to their three sons who are already helping out in the kitchen.

"We are very conscious of preserving those traditions," says Simone. "A lot of these things are slipping away now. It is important to keep them alive. Hopefully, the book will do that as well."

The book has been five years in the making and the couple spent the past 18 months putting it together.

Simone, who has her hands full with three young boys, also finds time to run cooking classes and does corporate workshops with small classes.

"I just illustrate how easy it is to put together a meal from scratch," she says. "Cooking doesn't have to be hard. I am just giving people the skills to make things like a fresh handmade pesto. So easy. Nobody entertains any more, thinking it is too hard or they don't have the time. These classes and this book show how easy it can

One of her favourite recipes is a very simple roasted goat dish (see below) which is cooked in an oven bag with oil, rosemary, bay leaves, sea salt and wine."

Says Simone. "I serve it with caramelised beans and balsamic vinegar. I just put it all on the table and open up the bag and all the aromas come out. People just help themselves and go back for more."

The Table of Us is on sale for \$59.95 at 35 outlets around Australia including Dymocks, Empire Homewares, some wineries and other independent book stores.

The couple had planned to tour Italy with their boys and Simone's Mum and Dad last year but Covid stepped in. So they sent copies of the book to relatives in Italy and Germany where it

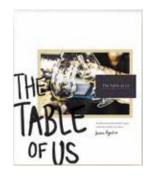
was received to glowing

praise.
"Everybody is so proud and overjoyed at the trib-

ute," she says.

And Simone is already planning her next book which will focus on regional recipes and the traditional Italian fare that she serves on her table.

"One of the most important aspects of many European cultures is the idea of the feast and sharing of food amongst friends and family. This book will help demonstrate, not only how to make simple, yet remarkable, regional dishes, but how to combine them together to share and create your own feast."



Slow cooked capretto in white wine serves four

# Enjoy slow cooked capretto in white wine

#### Ingredients:

tiful gift," says Simone, a

natural home cook who

features her beloved late

Nonna's recipes along

with others collected

from the couple's travels.

ing, evoking memories,

bringing laughter and joy

to the table. And that's

what we wanted to do in

the book. There are lots

of photographs from our

trips in there along with

"Food is all about shar-

1kg baby goat

¼ cup extra virgin olive oil 1 large handful flat-leaf parsley leaves, roughly chopped

4 garlic cloves, peeled and crushed

4 small whole shallots, thinly sliced

1 punnet cherry tomatoes, left whole

2 baby leaves 200ml white wine ¼ cup sea salt freshly ground black pepper

**Directions:** 

PREHEAT the oven to 160°C. Ask your butcher to cut the baby goat for you in the most even and perfect-sized

pieces for slow roasting.

Marinate the pieces of goat with the extra virgin olive oil, parsley, garlic and shallots. Season generously. Marinate the meat for at least two hours, ideally over night, to allow the flavours to re-

ally infuse. Allow the meat to come to room temperature before cooking.

Transfer the goat and all its remaining marinade into a large oven bag placed in a heavy based roasting dish. Toss in the cherry tomatoes, bay leaves, white wine and a splash of water. Seal the bag and, using a sharp knife, pierce a small hole in the top to allow the steam to escape.

Place the roasting dish into the preheated oven

and slow roast for 1½ to 2 hours. Check the goat every 30 minutes and shuffle the pieces around amongst the juices to avoid the top layer drying out.

Remove from the oven. Carefully transfer the oven bag onto a shallow serving plate. Cut the bag open to release the tender pieces of goat and all of its juices. Be careful of the steam. Discard the bag and serve immediately.

# 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.

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

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, DiskBank 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 format

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 4/73 Troy Terrace, Jolimont or call 9388 0800

# Don't miss the funky jazz in the city



Awakenings Ensemble Source @TheAwakeningsEnsemble

AWAKENINGS Ensemble presents a night of high energy grooves from

around the planet designed to make you move from the first note to

the last.

The group has shared its dynamic music in Asia, the US and the Middle East and plans to take its upcoming Perth show to a new level by showcasing new versions of classic tracks with a punchy eight-piece line-up.

The show will be held at the Sewing Room in Murray Street, Perth on Saturday 2 October at 7.30pm.

Tickets available now at moshtix.com.au/v2/ event/the-awakeningsensemble-world-jazzfunk-show/131025

# Add these Western Australian books to your collection...



Nan



Awesome WA, 1001 Fair Dinkum Facts about Western Australia - Journalist Lee Tate has compiled this book about the weird and wonderful of Western Australia.

Fascinating, Fun Facts: WA and the World - The sister publication to Awesome WA, journalist Lee Tate uncovers an array of interesting facts from Western Australia and the world. A great book for anyone who loves trivia and facts. Perfect for quiz nights.

Photographing our brilliant West Australian Birds & Wildflowers - Author Chris Tate provides tips and tricks to capture nature on any device. Includes a beautiful selection of photographs.

Post completed form to <i>Have a Go News</i> PO Box 1042 West Leg	ederville WA 6901
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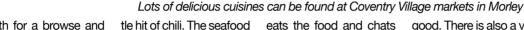
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Fascinating, fun facts: WA and the World		1 book \$25	x \$25 (inc gst)
Photographing our brilliant West Australian Birds & Wildflowers		1 book \$25	x \$25 (inc gst)
POSTAGE & HANDLING	1 x book \$6 2-3 x books \$8 4-6 x books \$15		
		Total	\$

METHOD	OF PATIVIE	NI:		
Cash	Cheque	☐ Money Order	☐ Credit Card (VISA/	Mastercard/AME
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For further information contact *Have a Go News* on accounts@haveagonews.com.au or 9227 8283 - Books can be purchased from the office Monday to Friday 9am-5pm.

# Brunch with T - a visit to Coventry Village puts you in a holiday zone







by Tahlia Merigan

LIKE most of us I am missing the opportunity to travel and as this pandemic drags on it doesn't seem that travelling anywhere outside WA will be on the horizon for the foreseeable future.

So, my mum (editor Jen) who is always keen to discover the multicultural eateries of Perth, suggested we visit Coventry Village markets last month for a browse and

We ended up spending quite a few hours there and enjoyed it so much we went back the following weekend.

Mum has visited most countries in Southeast Asia many times and loves all things Asian. I have been to a few countries and my favourite cuisine is Japanese.

The first week we decided to go Japanese and have the ramen (noodle soup) from Ramen Eki. Mum chose the seafood ramen and I had pork and added extra sweet corn and fungus and we both had a green tea.

You can choose how spicy you like the soup base - we both went for mild, which still gave a little hit of chili. The seafood ramen included prawn, squid and fish and was fresh and was not over cooked. I liked the barbecued pork slices in mine and felt the extra sweet corn and fungus was a

necessary addition to it.

I've had ramen in Japan, and I thought the soup base could have been a little more flavourful (more umami) but overall, we enjoyed them and would order again. Total cost was \$39.10 for the meal.

The week after we went to D'Big Mamas which serves Malaysian cuisine which is where mum really feels at home. I am sure she was Malaysian in another life – she cooks it well, speaks a little and smiles a lot when she eats the food and chats to her Malay friends.

We didn't hold back here - spring rolls (\$3.80), satay chicken with rice (\$12.50), fried kway teow (fried noodles \$13.80). For drinks and dessert, we had a pot of green tea, a delicious cold sweet soy milk and a serve of Kuih (bite sized delicious Malay desserts – \$10.70 for drinks and dessert).

D'Big Mamas have a huge variety of dishes on the menu, and it seemed to be the busiest spot in the markets with diners coming in all throughout

There were lots of delicious things to do at Coventry, we did stop and sample the dumplings from David Dumpling King and they were

good. There is also a variety of Asian bakeries but we liked Breadtop the best. (The little bread rolls stuffed with sausages are

so good). We also found a delicious patisserie in one of the laneways called Layerz which made lots of very pretty pastries and cakes at really good prices. A strawberry tart was \$5.50 and was as delicious as it was pretty. Our diets went out the

great adventure and felt like we had been on hol-There's so much to discover at Coventry Village

window but we had a

drop in and have a look. Coventry Village, 243 - 253 Walter Road, Morley Open 7 days; 8am - 7pm (Thursdays to 9pm) 9275 7711 www.coventryvillage.

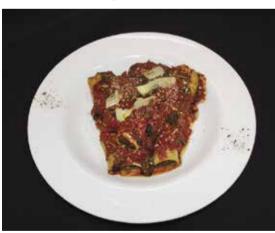




#### 's spoon ratings

com.au

# Have a go at Vince's easy and deliciously garlicy lazy cannelloni ripieni



Cannelloni ripieni



by Vince Garreffa

IF you are not a fan of garlic forget about this one. Although I must remind you that cooked garlic is a lot less intense than raw garlic when served in a dish. I call this

'lazy' because I threw this together in about 30 minutes, baked it for 20 minutes and we ate it in less than 10 minutes, on a day that we needed a pasta fix.

Ingredients for four 250g lasagne sheets (14 sheets) 400g minced beef steak 10 garlic cloves 2 x 100g fresh spinach leaves

100g fresh breadcrumbs West Australian extra virgin olive oil (EVOO) 2 x 375ml cans chopped tomato

grated Parmesan 2 eggs West Australian organic lake salt freshly ground black pepper

#### Method:

To prepare your pasta filling, mix your mince, eggs, breadcrumbs, half of the spinach, 50g parmesan, 50ml EVOO, four cloves of thinly sliced garlic and a touch of salt and pepper to taste, in a blender. Try to achieve a well-mixed rough paste (about two to three min-

utes of blending). While you are doing this, boil a large pot of salted water and cook your lasagne sheets until they are tender to roll. Drain them and put them into cold water until cool. Rest the pasta sheets on paper or cloth towels to dry both sides, but not too dry.

Now, in a large frypan add some EVOO and thinly slice six cloves of garlic. As soon as the garlic starts to fry add your tomatoes and cook with the lid on, stirring occasionally.

Add a little salt and pepper and cook till reduced by half, but do not allow it to dry out and burn. Now that it is thick and tasty add 375ml water and the other half of the spinach and bring to a boil, mixing well so the spinach wilts. Then turn off and set aside.

Put a thumb thick sausage of the filling onto one end of each pasta sheet and roll up. Do not

be a perfectionist, the filling should not be even and the pasta roll should be loose not tight. Put a little of the tomato sauce to wet the bottom of a rectangle baking dish, then arrange the pasta rolls in the tray side by side but not tight. Fill any gaps with bits of pasta rolls if you have to. Cover all the pasta rolls with your liquid tomato and spinach sauce, sprinkle with parmesan, cover with alfoil and bake in a pre-heated oven at 225°C for 20 minutes.

Rest for 10 minutes and serve. Oh, what fantastic foreplay to a fantastic night for you.

Buon appetito!

Vince is the am-bassador 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

To fix your pantry, Call Brett Gaffin. The Inner Drawer Specialist at Easy Access Kitchens DON'T CHANGE YOUR DOORS BUILT IN CORNER PANTRY PANTRY-MICROWAVE Make your kitchen PULL OUT CORNER DEEP DRAWERS NARROW PANTRY better with inner drawers from Easy Access Kitchens JUST FIT INNER DRAWERS The Kitchen and Pantry Drawer Specialist For your safety we only use blum 65kg drawer runners & Guarantee our drawers will make your life easier. Call Brett for h Read what our customers have said at www.easvaccesskitchens.com.au

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

# food & WINE werry... ADVERTISING FEATURE CONTROL AND BE WERRY...

# Wildlife rescue - save wombats while enjoying a glass of wine



by Frank Smith

YOU can have affordable, drinkable wines and help save wombats, one sip at a time.

Little Giant Barossa

Shiraz 2019 This wine is dep red with typical aromas of this variety: plum, red liquorice, chocolate and mocha characters. Additional fruit from the cooler Eden Valley adds spice and freshness. Time spent maturing in older oak adds flavours of vanilla and earthy nuance. The finish is soft and long. RRP \$22.

Fourth Wave Wines provide funds from the sale of Little Giant wine (with a wombat on the bottle) to WIRES Wild-life Rescue. WIRES have helped more than 1100 wombats affected by mange, which if left untreated can cause a slow and painful death. Other wombats are treated for injuries from bushfires and vehicle collisions.

Carillion Wines Lovable Rogue 2021 Skin

ON our last visit to Guild-

ford we were looking

around for lunch options.

The Lounge Room On

James looked tempting

and encouraged us to

revisit this historically in-

teresting and popular little

We were a bit early as

usual and filled in some

time meandering through

smelling some of the ear-

ly roses and we popped

into the Guildford Pot-

ters before heading off to

It's an easy access to

the Lounge Room from

the railway station, just

a hop and a skip across

James Street once you've

mastered the steep walk-

The restaurant offers

quite a few choices from

the \$19 menu seven days

We chose seafood ri-

seafood risotto

sotto and warm Thai beef

from 12-2pm.

salad.

The

way from the platform.

garden

gem of a suburb.

the memorial

lunch.

Contact Vermentino is from the scenic Tallavera Grove vineyard in the Hunter Valley. Vermentino is native to Sardinia and Corsica, islands in the Mediterranean. It has slightly metallic and lemongrass aromas. Skin contact during fermentation increases the strength of flavours making the palate zingy with apricot followed by custard apple, melon, preserved lemon and sherbet characters. The finish is flinty acid and refresh-

ing. RRP \$30.

Taltarni Old Vine Estate Shiraz 2019. The Old Vine Series was cre-

ated to showcase the traditions of Taltarni winery and the elegance and flavour intensity in old vines grown in the Victorian Pyrenees. The Old Vine Shiraz has layer upon layer of flavours complemented by a solid core of currants, plums and spicy aromatics. The palate is medium weight with succulence and seamless silky tannins and lingers long after the wine. This wine is expensive, but well worth it to accompany a special dish or occasion. RRP \$50.

And now two interesting and unusual sparkling

Koonora wines the Guardian Angel 2020 sparkling Chardonnay is made from fruit grown in Mount Gambier, the coolest region on the mainland of Australia. This allows flavours in the grapes to develop longer while still keeping their crispness. This climate produces a rich lemon and lime Chardonnay with complex minerality, flavours and a long finish. Strong aromas of ripe Fuji apples with a hint of citrus peel provide sweetness on the front palate with lively ripe apple flavours and just a trace of

musk on the finish. A long

lasting mousse, unusual and yummy. RRP \$28.

**Fox Creek Wines Arc**tic Fox sparkling Grand Cuvee from the McLaren Vale of South Australia is pale straw in colour with a fine sparkling bead. It is made from a blend of Vermentino, Verdelho and Sauvignon Blanc shows aromas of citrus blossom and lemon curd, hints of fresh dough, nectarine and pineapple. The palate is fruity with a complex mix of lemon, lime, grapefruit, white nectarine, mango, pineapple. The mousse is long lasting as is the flavour in the mouth. RRP \$29.

## **WEEK DAY LUNCH SPECIALS**

Information correct at going to press

#### **BAYSWATER HOTEL**

\$21.99 seniors lunch buffet. Mon-Fri 12-2.30pm Railway Parade Bayswater 9271 7111

#### **COLLIER CAFE**

\$25 and under menu 7 days 7am-2pm Hayman Road Como In Collier Park golf grounds 9474 0981

#### COTTAGE TEA

\$16 and under light lunch 10-4pm 7 days 8560 West Swan Road Henley Brook 9296 6886

#### LAVENDER BISTRO

AND BOUTIQUE \$25 menu 11.30am-3pm 7 days 6 Cranleigh Street West Swan 9250 7711

# MOUNT HENRY TAVERN

\$20 and under lunch and seniors specials Mon-Sat 11am-2pm 27 Manning Road Como 9450 7709

#### **ROSE HOTEL**

\$18 express lunch 11am-2pm weekdays. 27 Wellington Street Bunbury 9721 4533

#### TASSELS PLACE BAR AND BISTRO

\$25 and under lunch menu 7 days 11am-5pm 8 Tassels Place Innaloo 6444 7997

# THE LOUNGE ROOM ON JAMES

\$19 menu 7 days 12-2pm 187 James Street Guildford 9378 3791

# Win a \$100 Mastercard

EVERY month *Have a Go News* gives one lucky person the chance to win a \$100 Mastercard.

This can be used anywhere and offers the winner an opportunity to treat themselves to something special.

To be in the draw to win email win@haveagone ws.com.au with Master in the subject line or write to Mastercard Competition c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 1/10/21.

# SOUTH PERTH SENIOR CITIZENS CENTRE



Come and join the South Perth Senior Citizens Centre for some activities

#### SERVICES AVAILABLE

(bookings essential - members only\*): Hairdresser - by appointment only Podiatry - by appointment only Meals on Wheels \$11 \*conditions apply, advertised prices are for members

ARRIVED! DELICIOUS MEALS SERVED FOR LUNCH ON TUESDAYS

#### LIFESTYLE ACTIVITIES:

Bingo, Bridge, Scrabble, Mah-jong and Chess. **Tuesday;** Pilates **Wednesday;** Yoga and Tea Dance **Thursday;** First Thursday of the month - Book Club **Friday;** Zumba, Bingo and afternoon tea.

TUESDAY LUNCHES: \$15 members; \$20 non-members



**53 Coode Street, South Perth**Phone 9367 9880
Email spscc2@bigpond.com
Find us on

gpond.com www.stpatricksmtlawley.com Father Stephen Conway 0478 514 516

# Knife and fork talk with the Dining Divas



was served with cherry

tomatoes, spinach, fish.

prawns and calamari

rings. The mix resem-

bled a marinara with quite

small prawns and cala-

mari rings, unfortunately

although the menu stated

spinach in the mix none

was found. The meal was

ample and the creamy

consistency of the rice

wasn't too heavy or rich.

The addition of the cher-

ry tomatoes topped off a

The warm Thai beef

salad was made up of

rocket, noodles, carrot,

onions, peppers and

cherry tomatoes in a Thai

dressing. The noodles

and salad were very tasty

and underneath were four

thinly sliced round pieces

of beef that melted in the

mouth. A lunch thorough-

ly enjoyed and filling, to

If you choose to sit

outside be aware that it

can quite noisy owing to

the traffic along James

say the least.

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** 

Buy Father Steve's organic raw honey

satisfying meal.

#### Knife and fork talk ratings

Five forks – excellent food and service

Four forks – overall good food and service

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

Two forks – food and service needs improvement
One fork – would not recommend

Street but there is plenty of seating inside.

Three forks



The Lounge Room On James 187 James Street, Guildford www.theloungeroomonjames.com.au 9379 3791

Open Monday to Wednesday 6.30am to 2pm; Thursday to Saturday 6.30am to 2.30pm and 5pm to 8.30pm; Sunday 6.30am to 3pm

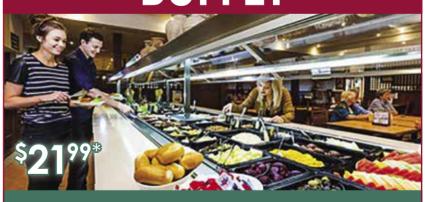




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BAYSWATER HOTEL

BUFFET



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Bayswater Hotel 80 Railway Parade, Bayswater Tel 9271 7111 or bayswaterhotel.com.au



# It's time to spring into the 'dear ones' a new Western Australian orange

by Noelene Swain

CITRUS, apples and pears certainly dominate the winter fruit scene. The local citrus season has been in full swing with an abundance of delightfully scented mandarins, navel oranges, grapefruit, lemons and limes at their absolute best. Yet as winter gives way to spring, we are treated to new and exciting varieties of oranges to lift our mood.

A new addition to the orange world is the Rosy Red navel or Cara Cara. These have beautiful salmon pink coloured flesh, a difference that you will notice as soon as you slice one open.

Being named Cara Cara - which means "Dear One" in Italian - is truly fitting. Don't confuse these gems with blood oranges which have a red blush to the skin and a variegated red flesh inside.

The bright orange skin of the Cara Cara covers a deep, rich pink pulp, which is super sweet, with few to no seeds. The pink flesh is especially juicy, low acid and packed with natural nutrition and minerals to power a healthy immune system. An excellent source of vitamin C, A and fibre; a good source of foliate and potassium, and a natural source of lycopene. the disease-fighting antioxidant, they

will certainly help put a spring in your step. This power-citrus is gaining in popularity and with its lower acidity; it is a great treat for kids.

Being very sweet oranges, they are most commonly used for desserts, sweet sauces, and for pretty displays. They work well in citrus salads with other citrus colours such as its friend the blood orange and fragrant man-

Shoppers have come to expect access to any fruit or vegetable they may desire at any time of the year. With this comes a loss of understanding of the true season of locally produced food. Thankfully, over recent years, shoppers have become more interested in the provenance of their food and are demanding the information to be able to buy local seasonal produce.

Research regularly reiterates that local shoppers definitively want fruit which is: locally grown; great tasting; premium quality; fresh and healthy.

Local fresh fruit growers have stepped up their effort to ensure consumers can easily spot local fruit with the use branding stickers showing its West Australian origin.

So, when shopping for your citrus. be sure to pause a moment and look at the branding sticker and in-store signs. Choose fruit heavy for its size, as weight gives a good indication of high juice content. Don't be too concerned with outer beauty; any markings seen on citrus are generally insignificant branch scratchings and have no effect on the flavour or quality, but avoid fruit with bruises or cuts. Once home, keep in a cool dry place if eating within a day or two, or in the refrigerator if you choose to keep longer.

Get cracking on putting a spring into your step with plenty of WA cit-

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

## Orange and fennel salad



Preparation: 5 mins; cooking: nil; serves: 4

THIS classic flavour combination makes a wonderful spring salad - especially with pink flesh navels or even blood oranges. Get creative.

1 tablespoon white-wine vinegar

2 tablespoons olive oil

Coarse salt and ground pepper 5 navel oranges

3 fennel bulbs, ends trimmed, quartered lengthwise cored, and thinly sliced,

¼ cup roughly chopped fennel fronds (optional 3 radishes, ends trimmed, finely sliced

Whisk together vinegar and oil In a large bowl; season with salt and pepper. Using a sharp knife, slice off both ends of each orange. Following the curve of the fruit, cut away the peel and white pith. Halve orange from top to bottom; thinly slice crosswise.

Transfer oranges, along with any juices that have accumulated on work surface, to bowl with dressing. Add fennel and, if desired, fronds. Toss to combine.



Preparation: 12 minutes; cooking: 15 minutes; serves: 6

# Orange custard tarts

100g butter 11/3 cups plain flour 1½ tablespoon sugar 1/3 cup ground almonds 2 tablespoon water Filling: 3 eggs 1/₃ cup sugar

150ml thickend cream 2 teaspoon grated lemon rind 2 oranges, peeled, cut into slices

For the pastry:

Pre-heat oven to 200°C. Rub butter into the combined flour, sugar and almonds. Add water, mix well and knead together on a

lightly floured surface until combined.

Divide into six portions and roll each out to fit the base and sides of 6 x 12cm loose bottomed tart tins. Bake for 10 minutes or until firm, gently pressing down the centre halfway through if the pastry rises up.

For the filling: whisk the eggs sugar, cream and lemon rind until combined. Spoon into the pastry shells. Bake for 15 minutes or until just set. Stand five minutes before turning out to cool. Arrange the orange slices on top of the tarts to serve.

# What's fresh in the markets in September

**Afourer Mandarins:** Local mandarin varieties continue to appear through the winter seasons. The Afourer variety is now in season, giving citrus lovers a fresh new variety to look out for. medium/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.

Marmalade Cumquats: 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 macerate kumquats in vodka or another clear spirit for an unusual, citrusy twist.

Rosy Red oranges (Cara Cara): 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 it is WAaay fresher. Perfect to enjoy as a snack or add to a salad for a refreshing touch.

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

Globe artichokes: Do they

be done beforehand. Anchors away to boil, steam, roast or braise - you'll know they are cooked when the outer 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. They are often served with sauces such as a hollandaise, vinaigrette or melted butter to dip the leaves into.

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.

# Orange cardamom polenta cake

#### Preparation: 20 minutes; cooking: 45 mins; serves 12

FRAGRANT moist cake with middle eastern ori-250g unsalted butter 250g raw sugar 4 large eggs 140g polenta 200g Self raising flour zest and juice 2 oranges

(hold 100ml juice for the

alaze)

For Orange glaze 100ml orange juice 100g caster sugar 3 cardamom pods, (bruised)

Heat oven to 160°C. Line the base and sides of a round 23cm cake tin with baking parchment. Cream the butter and sugar together until light and fluffy. Add the eggs one at a time and thoroughly. Once the mixture is combined, add all the dry ingredients and the zest and juice (remember to reserved 100ml for the glaze).

Transfer the mixture to the tin, spread evenly. Cook for 45 minutes or until a skewer inserted into the centre of the cake comes out clean. Remove from the oven and turn out onto a wire rack to cool.

To make the glaze, put the juice, cardamom and sugar in a medium saucepan and bring to the boil. Let it simmer for five minutes, then remove from the heat and allow to cool. Remove the cardamom pods. Drizzle the orange glaze over the top of the cooled cake. Sprinkle with icing sugar to serve.

# Host a WA's Biggest Breakfast event...

FOODBANK WA is calling on the community to host WA's Biggest Breakfast fundraisers during September and help provide nutritious breakfasts to Western Australians who need it most.

A healthy breakfast does so much more than just fill hungry tummies, it gives us the energy to work, learn and thrive. One of Foodbank WA's key programs is the School Breakfast Program which helps provide breakfast to more than 21,000 students each week in 475 schools across metro, regional and remote WA as far north as Kalum-

At Woodlupine's Breakfast Club, Ms Du Preez is always looking for ways to make breakfast special.

"I'm from South Africa, so I make

them South African porridge and they love it," said Ms Du Preez. "We call it mieliepap. It's made from maize meal or cornmeal, but it's not yellow like polenta. We mix it with water, a little bit of salt, some sugar, butter and milk and we heat it up in the microwave."

But it is not just children Foodbank WA helps. Foodbank WA provides food assistance through their charity partners to adults, kids and families who need it most.

WA's Biggest Breakfast raises funds through hosts organising a breakfast event at their, home, workplace or school. Breakfast could be a simple cereal or a fancy feast and there a plenty of breakfast inspiration recipes at foodbank.org.au/biggestbreakfast.

# **COMMUNITY NOTEBOOK**

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

#### **GUILDFORD VILLAGE POTTERS CLUB THE BIG '40'**

An exhibition by the members of Guildford Village Potters Club 24 September - 25 October 22 Meadow S Guildford 9279 9859

#### NORTHERN FRIENDSHIP GROUP INC

Friendly group aimed at age 55 plus. Monthly events calendar is varied with many weekend events. For more information please text or phone Barbara on 0404 283 246.

#### **CHAIN REACTION DUO**

Saturday Night R 'n' R Dance Party at the Fremantle Workers Club Saturday 2 October 7pm-10pm Entry \$10 pay at the door. Food on sale. Fremantle Park Sport & Community Centre 36 Ellen Street, Fremantle.

#### THE ROSE SOCIETY OF WA SPRING **SHOW**

2 and 3 October 1pm-4pm South Perth Community Centre Corner of Sandgate Street and South Terrace, South Perth

#### **BEDFORDALE BUSH MARKETS**

Art, literature, and photography market Saturday 25 September 9am-2pm. Free event A wide range of stalls and activities for kids Bedfordale Hall. 40 Admiral Road, Bedfordale

#### **WILDFLOWER SOCIETY OF WA**

60th year celebration of the Armadale branch (1961-2021)

11 September, 10am-5pm Kim Fletcher Gallery Juli Street, Armadale

A celebration of wildflowers, wildflower art and photography to recognise the founding of the branch.

www.wildflowersocietywa.org.au

#### **RAVENSTHORPE WILDFLOWER SHOW** AND SPRING FESTIVAL.

13 -25 September. Town Hall 33-35 Dunn Street Guided wildflower walks, nature excursions, photography and art competitions and more Ph 9835 7034 or 0428 580 737

#### THE YORK FESTIVAL

25 September 10am - 10 October 10pm A weekend of family friendly entertainment jam packed with renowned performers lots of fun and laughter. 81 Avon Terrace, York

#### **TOODYAY PICNIC RACE DAY**

Sunday 26 September Adults \$25, under 18 free.

Tickets can be purchased online or at the gate. Thoroughbred racing, Vernice Fashion on the field plus free activities for the kids, live music after the race.

Lauren Prater. Ph 0488 904 723

#### **BUNBURY BRANCH OF THE ASSOCIATION** OF INDEPENDANT RETIREES

Tuesday 28 September 2pm Meeting followed by guest speaker lawyer Chris Garvey then afternoon tea. New members welcome. St Augustine's Uniting Church, Mangles Street Bunbury. Contact Richard 0429 342 222.

#### **NORTHERN ORCHID & GARDEN FAIR** John Septimus Roe School,

Mirrabooka Ave, Mirrabooka 10 October, 9am to 3pm

Gardening groups & societies, herbs, Orchids, African Violets, bromeliads, gerberas, cactus & succulents, pots, fertiliser, gardening books, demos, talks, raffle, free parking. Entry includes a cuppa. Adults \$5, seniors \$3.

Tony 0481 967 471 or Bruce 0417 903 280

# let's go travelling travel of travel of the state of the







Winners of the Elite Tours enjoyed a fabulous day out

WILDFLOWER season is well underway and we have a great feature in this month's section. Frank Smith went wildflower hunting in the Wheatbelt, albeit a little early he said. Lee Tate checks out the Collie mural and Chris Tate discovers the blooms in the mid west. With our borders closed off to NSW and many other states we continue to focus on Western Australian travel options. I know many people are hesitant to book trips out of the state with so much uncertainty and Covid-19 highly embedded in the eastern states. The pandemic certainly is taking its toll

on many businesses and none more than the travel industry. I do hope that vaccinations provide an opportunity for us to find a new normal and hopefully be reunited with friends and family across the country and the world.

As the Covid vaccine program ramps up across the country Tourism Council WA is calling for the introduction of a requirement for all interstate arrivals to Western Australia to be vaccinated from 1 December. At its meeting last month, the Tourism Council WA board voted to support mandatory vaccination for

all arrivals to the State, which CEO Evan Hall said would promote safe and responsible travel. The reality that we will have a vaccine passport to be able to travel is becoming more of a reality.

Our lucky winners of the Elite Tours Mystery Tour enjoyed a fabulous day out on Friday 20 August heading to the Swan and Chittering Valley. Sue Uphill from our office went aboard as well and said it was a fantastic and fun day which everyone enjoyed. One of the lucky winners Liz Conner wrote to me and said, "The stops were well

planned with Whiteman Park for morning tea, home cooked by Mike, a delicious roast lunch at Stringybark Winery in the Chittering Valley and finally a stop at Mondo's Nougat in the Swan Valley. All in all, a great day in the welcome sunshine and definitely a lovely prize. Thank you!"

We so appreciate the generosity of Elite Tours owner Mike Mascall who made this wonderful trip available for our readers. Elite Tours run a variety of day and extended coach tours and can be contacted via email at mike@elitetours.net.au or call him on 0432 247

Guilderton Holiday Park will also receive major upgrades at the end of the year including a glamping experience. Renovations for the general store are expected to completed in time for the 2021 summer holiday season. Another local spot to put on the list to visit.

Busselton Jetty is searching for the best 100 ever photographs taken above and below the structure. Amateur professionals are welcome to submit up to five entries across five different themes; earth, fire, water, air and space. The competition closes on 17 September and winners will be announced on 21

October. Find out more by visiting www.busseltonjetty.com.au.

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We always encourage our readers to support the advertisers as these businesses allow us to bring you this newspaper each month for free.

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

Happy trails

Jennifer Merigan Travel Editor



Tweed Valley Lodge
On the Blackwood River, Bridgetown

RAC Your tranquil adult retreat in

a picturesque riverbank setting 2 kms from

Bridgetown CBD featuring · Spacious, self-contained, luxury accommodation

View our website and/or give Julian and Jenny a call Tel: 9761 2828

· Bird lovers' paradise with late afternoon feeding Unit for disabled available with king size

Stunning riverside location

or twin bed configuration

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



tique wines and beers.

The Guilderton Gen-

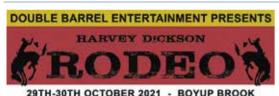
eral Store is having an

upgrade with plans to

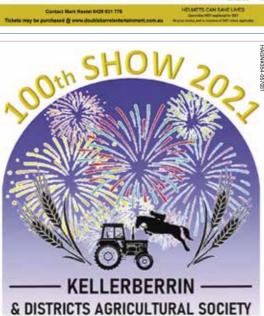
transform the location

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





# Virtual reality armchair travelling takes seniors to new destinations



VR traveller, Terry Walton

TRAVEL restrictions have hit home for everyone, so Community Vision has created an opportunity for their customers to travel the globe, with a fully immersive and interactive virtual reality (VR) experience called Getaway Woodvale at their Woodvale Social Centre.

Woodvale Getaway seeks to emulate the real thing when it comes to travel; it uses immersive technology to positively impact customer health and wellbeing. The journey begins with 'travellers' creating their own passports which are then checked and stamped before they are escort-

Vildflower Country

ed to a pre-boarding bus stop. Once they hear their name and flight number. it's off to the sensory room where they use the latest in VR goggle technology to travel the world.

Since the program started, participants have explored the wonders of WA like the Gap and travelled abroad to New Zealand, France and many other destinations. Each week more destinations are added as they eventually see the wonders of the world through the incredible Rendever VR platform.

74-year-old Terry Walton said, "I went to New Zealand and saw the Eiffel Tower. I've also been to the jungles and seen the snow and the glaciers. It's an interesting experience traveling the world through VR. I spent most of my life travelling, I love it. With the VR goggles I get to do it from the armchair.'

Community Vision Aged Care manager Michelle Tan says: "Some of our customers may not get the chance to travel again with the unpredictability of Covid-19, so we can show them the world and take them on new adventures they may never get to experience otherwise."

Getaway Woodvale is available at the Community Vision Woodvale Social Centre or the experience can also come to the customer with a one-to-one experience in the comfort of home via the Community Dementia Bus. It can be offered via a fee for service or can be accessed under government funding as a domestic or



Getaway Woodvale team

personal service. Community

Vision's Woodvale Social Centre is open to customers and provides recreational, social activities, classes,

events, and outings designed for anyone. Morning tea, lunch and afternoon tea are served, and home pick up and drop off can be arranged. For more

information regarding the VR services or how you or your loved ones can access this community service contact 1800 YOUR LIFE (968 754).

# Medieval fayre to be held in WA's oldest inland town



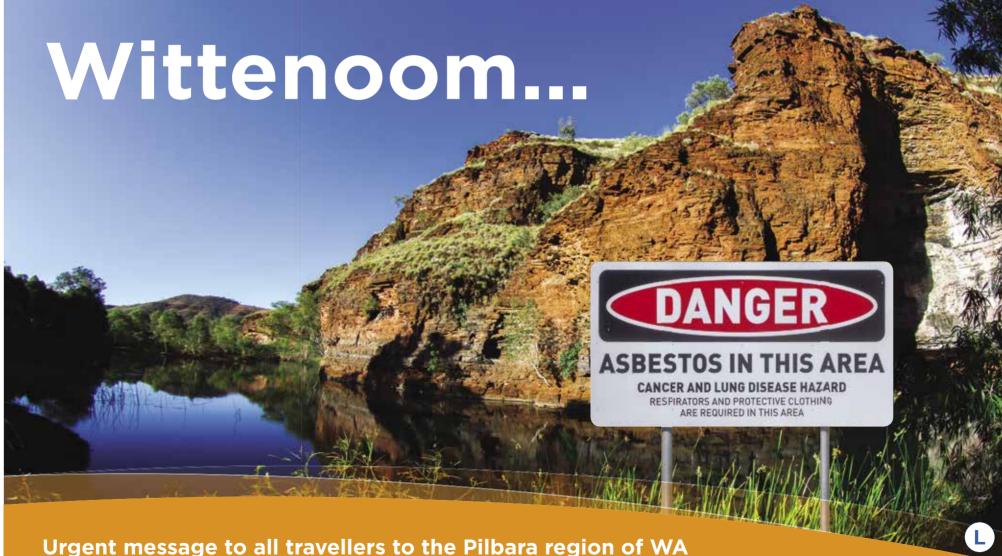
YORK Friendship Club plays host to the seventh medieval Fayre held in beautiful York.

The fayre is organised by a small group of ladies from the area. They make a great effort to present an exciting day of medieval festivities, which compliments the ambience of York and its historic attractions.

Mark your diary for Sunday 26 September and come dressed as a knight or maiden and go in the street parade

Enjoy this family day out which includes diverse stalls, vintage cars, camel rides, great food. Don't miss the horse archery, raptor and reptile displays.





Do not visit Wittenoom, not even to take a photo, it is NOT SAFE. The town and surrounding areas are heavily contaminated with blue asbestos fibres from CSR's mining and milling operations. Scientists have established that there is no safe level of asbestos exposure. Sadly the death toll from Wittenoom won't stop until visitors stop.

www.asbestosdiseases.org.au www.facebook.com/AsbestosDiseasesAus



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# Awaken Your Senses

in the Southern Forests



# Albany Great Southern

#### 6 DAYS > 13 to 18 October 2021

#### **Highlights**

- Denmark and Greens Pool
- Chocolate, toffee and tastings
- Darrel Radcliffe's Bush Gallery
- The National Anzac Centre
- Wildlife and history cruise
- Albany's Historic Whaling Station at Discovery Bay
- Torndirrup National Park







# Delightful Denmark & Picturesque Pemberton

#### 7 DAYS > 10 to 16 November 2021

#### **Highlights**

- **Greens Pool**
- Lunch at The Lake House
- Chocolate, truffles and preserves
- Walpole cruise
- Walpole Wilderness Discovery Centre
- Valley of the Giants Tree Top Walk
- South Coast Woodworks Gallery Pemberton Tramway Co ride
- D'Entrecasteaux National Park
- Donnelly River cruise
- Lost Lake wine tastings
- Drakesbrook Hotel

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#### 4 DAYS > 13 to 18 November 2021

#### **Highlights**

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- Beedelup Falls and Bicentennial Tree
- Manjimup history and heritage tour
- Donnelly River cruise
- Dingup Homestead







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**Accommodation** 







# et's go travel options for the mature travel options for the matur





# Going fishing... King George whiting are always in the top ten fish to catch



Chunkv Kina George whiting like this beauty landed by Ray Wilson are a joy to catch and eat

**GUIDED WILDFLOWER** 

WALKS

by Mike Roennfeldt

ASK any ten people their favourite eating fish and chances are at least three of them will answer King George whiting. Almost everybody will include King George in their top ten. If these great fish grew to 10kg I doubt I'd ever fish for anything else, they really are that good.

On the subject of King George size, the biggest I've caught was not much over 1kg. I've seen photos of fish to 1.5kg and could well believe they grow to 2kg. The Australian Anglers Association record for the species is 1.856kg, caught by Mick Cruikshank at Two Rocks in May, 1976. But you do hear some extravagant claims of fish in excess of 3kg. Mind you, the next time someone tells me they know of a place where the King Georges grow as big as gummy sharks, the grain of salt I was going to take with the story will probably turn into a handful.

I used to think of King Georges in terms of anchoring on or drifting over broken weed and sandy bottom in 7-12m of water, because that's where I'd always caught them. But, like just about everyone else who fishes for King George, I came to learn over the years that there is good fishing for them over a much wider depth range than that. I'm talking about quality fish here, not the little pencils that can be prolific in some southern estuaries. People target them from depths as great as 35–45m right through to 50cm

At the deep end of things, several offshore anglers l've known have had secret spots where they could regularly find schools of big fish. These spots were quite finite from the sound of things and accurate anchoring was apparently critical, but when they returned with bag limits of 45-55cm fish almost whenever they wanted, it had to be worth the trouble. Most of the spots were in around 35m and they were scattered between Mindarie and Rockingham. I can understand why people who find one of these mother lodes of King George keep the location pretty secret.

The opportunities for fishing the shallows for King George are becoming better known. One example is the Dawesville Cut at Mandurah. Yellowfin whiting were once the darlings of the winter fishing brigade in the Cut but King Georges now share the limelight. This year, the whispers have it that most of the fish are size and not much more, but my neighbour did well on them one winter a few years back, catching as many as he wanted around 40-45cm each.

The bays at Rottnest have long been known to turn up a King George or two, but I don't know of many who specifically target them from shore over there, perhaps because the fish appear to only be in limited numbers. Generally, the Rottnest King Georges are of decent size, usually 40-50cm, but catching just a couple during a morning's fishing would be considered a pretty fair session.

A piece of shelled prawn on a No.2 hook works well, although the prawn can be subject to the ravages of other small reef species. A running sinker is a good idea and use the lightest weight that is practical.

Super fish those King George, and if anyone does really know of a spot where they grow as big as gummy sharks, I want in on it

# Club members enjoy a fabulous trip to Camp Geographe



Picturesque Camp Geographe

#### by Rose Hope

THE worst time was day six when our bags were packed, and it was time to bid farewell to my COCOA (Come Out Camping Older Adults) friends and Camp Geographe.

I'd had a magical six

days, from my first glimpse of our cabins situated in a wooded Glen only metres away from a white sandy beach. I fell in love with the place and its calm waters stretching out into the horizon offered reflections of the most dramatic sunrises and sunsets as a clouded sky became pink, red, and grey

There had been a day tour with Gannaways where we'd explored some of the best that Busselton has to offer.

As we sped past dense scrub the like of which our pioneers would have encountered, I imagined them carving their way through to find a place to call home.

I thought about them and the hardships they would have endured. We passed a place cleared of all undergrowth with only tall gum trees as a natural garden, the perfect setting for a country cottage.

Vineyards, farms, and forests flashed by before we turned into Cape Lavender tea rooms. Some of the group opted for coffee in the charming café where one could also purchase various bric-a-brac.

I chose to wander around admiring the surrounding peaceful countryside. passed a steep roofed European style home that blended so well in the surroundings. Arriving at a

your camera for more info

Tours 📦

pond I was met by a convoy of ducks, headed full steam towards me. However, they soon lost interest when they realised that I did not come bearing gifts.

Finally, I settled down for a pot of tea in the barn house, established in 1978. Outside of which a statue of a haughty looking camel looked down upon us mere mortals.

We travelled onward to the Yallingup Maze where we enjoyed our lunch on a huge veranda overlooking a valley in which there was a lake with a small bridge which led to a tiny island on which grew a few gum trees. After lunch some of us brought items from the store while others worked out various puzzles placed around the grounds.

We drove down a meadow to the Colony Concept where we were able to purchase honey and other items.

The day finally concluded with us dropping into Simmos for a huge icecream.

During the camp I attended craft lessons held in the outdoor kitchen where we were learning to knit a decorative sleeve. Mindful that I would never complete it in the time granted for craft, I took mine to happy hour, a standard evening event where armed with a goblet of ruby red I

got stuck into knitting. So, it was a case of knit one, purl one, have a few sips, knit one, purl one, have a few slips. I finished the job... the ruby red and the sleeve.

A conglomeration of disasters resulted in the most unusual sleeve of the lot.

At our fancy dress evening we all became hippies, dressed in the fashion of the flower power era and wearing wigs. And I could see what they had been before they became bogged down in phony respectability.

One morning three of us drove to Busselton to ooh and aahh over the wares in various op shops. Another afternoon we caught a bus to Dunsborough. So you see why I really didn't want to come home. The COCOA club holds

several undercover camps every year, fully catered for and affordable. They also enjoy regular day outings.

For information about the club contact Judy Hampson on 0450 735 415.



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# A last minute journey into wildflower country leaves a blooming trail



L-R; Paterson's Curse amongst yellow everlastings - Di Tate at Jibberding Reserve - The Lookout at Coalseam Park - Everlastings

#### by Chris Tate

WE heard that this is the best wildflower season in 20 years.

Planning our last-minute self-drive trip from Australind to the Midwest to see the wildflowers was limited by the availability of accommodation. Fortunately, we managed to book into Dalwallinu, Morawa and Geraldton.

We drove up the South West Highway through Armadale and Mundaring continuing on past Toodyay and Goomalling until we reached the turn-off to Wongan Hills. I remembered there used to be an interesting, old stone building known as Slater Homestead only a few hundred metres east of the turn-off so we decided to take a look.

There are now several beautifully restored stone buildings, neat gardens and a car park surrounded by paddocks of bright yellow canola. Inside we met Wendy Williams, a volunteer manager and tour guide, who is also an excellent cook. We ordered lunch and without doubt the homemade chicken, leek and bacon pie was the best pie I had ever eaten, so I ordered a second one.

After a chat to Wendy and a good look around we left for Wongan Hills. Although I knew there were some outstanding orchids and wildflowers around Wongan, my mission this time was to photograph the carpets of everlastings. We continued on to Dalwallinu for our first overnight stav.

Next morning, we dropped into the Dalwallinu Discovery Centre in the main street.

Award-winning for its architecture, it is a great resource for wildflower information, maps, brochures and is open seven days a week during wildflower season.

Moving on to Wubin we stopped by Jibberding Reserve just 25 kilometres north east. It has a stone well with permanent water and huge expanses of flat granite rock. People can camp here although there are no facilities. I had previously seen wild budgerigars, zebra finches and cockatiels seeking a drink. The everlastings were really sensational with white, pink, yellow and even some blue wildflowers. We spent some time taking it all in and getting photographs along with numerous intrepid wildflower enthusiasts.

Then we headed along the Latham-Coorow Road to see the infamous Wreath Leschenaultia, the location being well sign-posted by a forty-four-gallon drum on the side of the road. I had been there in previous vears but this time there were fewer Wreath Leschenaultia and although in flower, they were much small-

er. Closer to Coorow we called into the Community Farm which forms part of the Coorow Farm Wildflower Walk and Bart Mailey Trail. There were masses of yellow and white everlastings and various orchids to discover.

We drove on through Carnamah and on to Morawa for our next overnight accommodation. Like most inland towns Morawa has an old two-storey hotel on the corner with some newer motel units alongside. It was totally

booked-out by construction workers and grey nomads looking for wildflowers. Unfortunately, we didn't have enough time to visit the local wildflower hotspots.

From Morawa we drove on to Mingenew and Coalseam Conservation Park which was the highlight of our journey. The wildflowers really did put on a spectacular show.

There were carpets of white, yellow, pink and purple flowers leading into the camp grounds beside the Irwin River. At the lookout we ran into friends, Susan and Peter Unwin from Eaton who had been coming to Coalseam for 20 years. They commented that it was the best wildflower season they had ever seen. And I would have to agree.

There were plentiful yellow acacia shrubs all along Indian Ocean Drive

between Geraldton and Perth and no doubt many other species, but our time was limited, so we will have to return another time for a closer look.

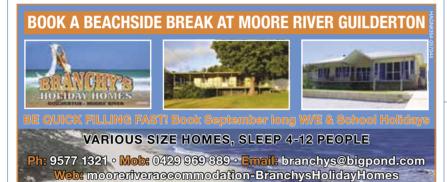
Chris Tate is the author of *Photographing* our brilliant West Australian Birds & Wildflowers, a 90-page book offering tips for enthusiastic photographers to capture photos on their camera, phone or other device. The book costs \$25 and contains a collection of superb photographs taken by Chris along with a wealth of tips and tricks. See page 23 to order or buy direct from the Have a Go News office at 137 Edward Street, Perth during business hours. Call 9227 8283.



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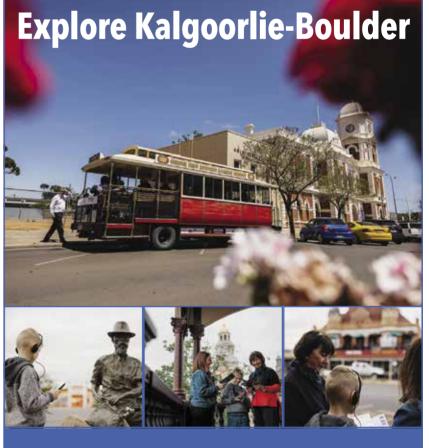
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L-R; Everlastings - Gnammahole - Marshall rock - Pergande sheepyard Inset; Spider orchid

#### by Frank Smith

MY wife and I have just returned from a 1000km road trip looking at wildflowers and historical venues in the northern Wheatbelt.

followed the We Wheatbelt Way drive trail for most of the distance, deviating mainly due to

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Located in the

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limited accommodation options in north and eastern parts

Most of the flowers we saw were dense paddocks full of yellow flowering canola and others with white lupins just beginning to flower, while pasture paddocks were dominated by the invasive South African plant

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Our first night was spent in a bed and breakfast at Wyalkatchem

capeweed.

following a visit to the Korrelocking Reserve. Signage is patchy at the best and we were only able to find the reserve with the aid of Siri and GPS. Clearly, we arrived too early in the season; September or even early October would have been better. Acacias and some everlastings were in bloom but there was little sign of orchids in the

woodland. The following day we travelled north to Koorda and the Koorda Native Flora Reserve famous for the Koorda Rose. They too were still not vet in full bloom.

salmon gum and gimlet

On our way to Bencubbin, our next town, we visited the Pergande sheep yards, constructed

about one hundred years ago from granite slabs laboriously formed by heating local rocks and quenching them with water. Surely the local Jam Wattles would have been an easier construction material.

Next the Marshall Rock reserve, a favourite picnic spot for locals, provided extensive views of the grain and canola paddocks, but few wildflow-

Bencubbin impressed with some excellent coffee as well as displays of a reconstructed sandalwood dray and early electricity generator, but the pub looked decidedly run down.

From there we travelled north to Beacon, still in Mount Marshall shire. The visitor's centre showed us a video of Billburning Rock some 30km north and close to the emu-proof fence. We decided 60km there and back, on mainly gravel roads, was not worth the effort, so we set off for our two-night stay in Mukinbudin.

On the way we stopped and explored Datjoin rock and well. Sandalwood cutters dug the 45m well in the early 1900s. A walk trail led us to spider orchids and several other species in flower.

The caravan park has powered sites, self-contained chalets and a house. We had booked the house, only a little more expensive than the chalets, but with better facilities.

The Mukinbudin hotel supplied our evening meal of freshly roasted lamb, vegetables and salad for \$25. A meal to satisfy even a hungry teenager.

The following day we

set out for Westonia, on the way exploring Weira reserve. This features large gnamma holes (natural water storage in rock holes), a walk trail and plentiful wildflowers and birds. Nearer our destination we explored Bod-

The reserve, known as Westonia Common was carpeted with everlastings but the orchids had only just begun to emerge.

dalin soak, another artifi-

cial water source used by

pioneers and travellers to

the goldfields.

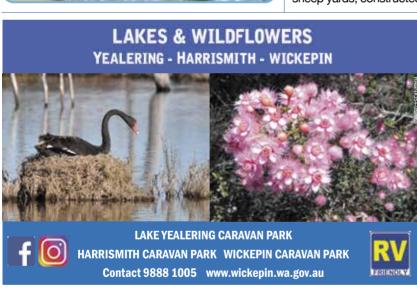
Our last stop was Sandford Rocks just 10km north of Westonia. It was the best walk trail and wildflower display we saw on our trip, including orchids and the endangered silver mallee. The gnamma holes were vibrant with tiny crustacea and miniature meadows of moss and lichens

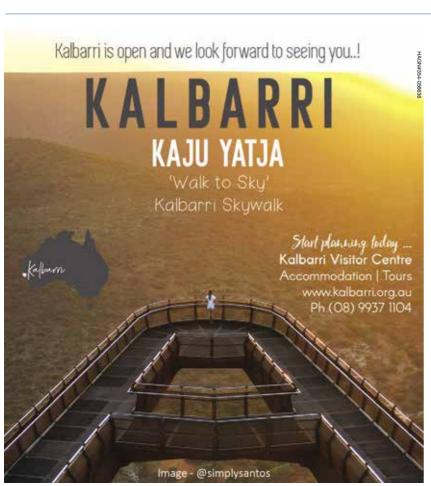
adorned the granite out-

During our travels we met very few other touraccommodation was not booked out and there was little traffic on the roads. We clearly had come too early in the season to see an abundance of wildflowers, but there were still plenty to see.

The northern wheatbelt is not prime tourist country and visitors need to plan ahead for food and provisions. Most retailers shut at noon Saturday for the weekend.



















THE BEATEN TRACK? WE ALSO OFFER TAILOR MADE TOURS TO SUIT GROUPS.



# World's largest mural breathes new life into the town of Collie







L-R; Guido van Helten's 8,000 square metre mega-mural on the Wellington Dam wall - original worker's cottages - Jacob Butler (Shakey)'s mural Collie Underground Coal Miners Pic: Chris Tate

#### by Lee Tate

NOTHING prepared us for WA's incredible tourist attraction that has raised quaint Collie to new heights.

Photographs don't do justice to the world's largest mural, of its type, that stretches 8,000m2 across the Collie River.

Looking down on Wellington Dam at this amazing artwork engenders feelings of wanting to tell everyone you know to come and enjoy it. Cameras clicking.

And you can tell them that, if they've heard any great things about the Collie artwork, it's bound to be understated.

Aussie paintsmith Guido van Helten's creation had its anticipated doubters in the planning stage but, completed, the masterpiece is an artwork they've been proud of.

Even the project's strongest supporters probably didn't expect the fame and fortune that Guido's mural is generating.

Completed earlier this year, the epic artwork created days of tourism traffic jams as cars emerged from the rolling hills and rolled into Wellington Dam. Most of them then trooped into town, which is having a mighty makeover with millions of improvement dollars allocated by the State Government.

Now, the tourist dollars are pouring in, including ours at the modern visitor's centre, with the purchase of a bowl carved from local wood and a tub of distinctive-tasting local honey.

The visitor should make time available to stroll round the town. Collie has an expansive outdoor gallerv. showcasing Australian artists with 40 murals on walls around the town. Duck around the buildings

and carparks and you'll be staggered with what murals you will encounter.

For his dam artwork, artist Guido spent months researching the area, considering ideas and talking to locals, including traditional owners of the land on which the mural trail is located, the Wilman people of the Bibbulmun nation.

The mural germ was planted more than a decade ago when, at the dam wall, future Premier Mark McGowan suggested to then local MP, Mick Murray, that it would provide an excellent outdoor mural 'canvas'. The idea never left Mr Murray and fundraising moves followed.

What Guido has produced against great odds. taking into account the shape of the wall, outside working conditions and needing that materials deteriorate

damage the environment, is a salute to his talents, already applied to overseas murals

Guido also brought-in the \$1.5 million project under budget.

The artwork embraces panels showing migrant dam builders, picnicking Aboriginal children and a family scene with locals used as models.

Seniors may remember as kids walking across the dam wall and, like us, perhaps dropping a stone or a poor ant over the side to see how long it took to hit bottom. (For the record, our research showed ants float to safety on the wind).

There are thoughts of building a walking trail along the dam top. The bottom of the dam is still accessible, behind a wire fence that distracts from the view. The mural looks best from the viewing platform near the carpark on the hill.

Collie's transformation has established the town as a destination in its own right with a recommended stop for local tucker at the range of eateries, especially the bakery, historic pubs, museum and surrounding country with a developing range of cycle and walking paths.

Coal, once the mainstay of the town and a large part of Western Australia's economy, need not even be in the equation for the visitor. Attractions abound for families with play areas for kids. Just over two hours drive from Perth, Collie day trippers will be fully occupied for the whole day or more.

There's no 'dry argument' about the region. The Collie River is widely enjoyed. Minningup Pool, the river's widest point, draws swimmers and canoeists.

Stockton Lake, which can be an intense blue, draws-in locals and visitors for aquatic action and picnics. Lake Kepwari like-

The Collie River makes it way through Wellington National Park. Honeymoon Pool provides jarrah, marri and peppermint trees with a rope for the kids to imitate Tarzan and lob into the river.

For a bigger, or louder buzz, Collie has a motorplex with regular events of V8 Supercars and champions' ride days.

With a long history not to be ignored, a replica coal mine has been created in the visitor centre with a coalfields museum across the road.

While times have changed, Collie salutes its toiling, underground miners and the town's latest ventures are a mighty step forward in a new direction.

Collie is surging up among Australia's tourist

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To view the event program or event bookings visit wildflowers ravens thorpe.org.au



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Enquiries: 08 9661 1551 or admin@theoldconventdalwallinu.com.au www.theoldconventdalwallinu.com.au



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Guided Town Tours: 11am & 1.30pm daily Museum & Art Gallery & Visitor Centre: 9am - 4.30pm For more information: www.newnorcia.wa.edu.au or (08) 9654 8018



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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.

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# New wildflower festival guided bike tours of Kings Park



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DANCING

ON the back of last year's highly successful wildflower bike tours of Kings Park, GoGo Active Tours

**GIDGESTOCK** MUSIC

SUN 10th

has launched dates for the one and half hour guided tours for this month. The tour has been designed

specifically to explore and showcase Kings Park's iconic wildflowers during the spring wildflower fes-

Matt Baldock owner of GoGo Active Tours said: "We are keen to show our guests the rich diversity of WA's spring wildflowers and take them to bushland areas that few visitors and locals see."

The casual guided tour is designed to be taken at a slow pace whilst the tour route has been carefully curated to be as flat as possible, ensuring major hills are avoided. You will travel along remote paths and the more difficult-toreach areas of the Kings Park bushland where you will see everlastings and wildflower groves, tree lined avenues dedicated to our fallen soldiers and views of the city skyline.

The comfortable and easy to ride 'step through' touring bikes along with your guide's informative commentary on the history and flora of the park make this a truly unique experience in one of the world's most beautiful inner city parks.

The tours run twice daily from 1 September to 30 September at 9.30am and 12.30pm with a cost of \$45 per person.

There is a special afternoon tour on selected days which includes a glass of bubbles at the conclusion of the tour overlooking the city skyline. Start is 3pm, cost

Further information and booking link;

gogoactivetours.rezdy. com/400846/wildflowerfestival-bike-tour-kings-

gogoactivetours.rezdy. com/448400/wildflowerfestival-bike-tour-kingspark-including-a-glass-ofsparkling-white



#### Music festival returns bigger and better... THE weekend-long celebration of live thy causes: The West Gidgegannup Vol-

music that is the annual Gidgestock Music Festival returns bigger and better this year, with local charities once again the beneficiaries of one of the most anticipated events on the local music calen-

Flocks of campers and music fans are expected to descend on the Gidgegannup hills for the sixth edition of the family-friendly event, which includes an extra night of action this year at the Treechange Rise venue.

Twenty-four of Perth's top bands and performers will donate their time and take to the stage for hourly slots, with the showcase starting at 6pm on Friday, 8 October and running through until 2pm

This year sees all profits raised from Gidgestock directed to a number of worunteer Bushfire Brigade and Leukaemia Foundation.

The usually quiet Gidgegannup hills are again the epicentre of the Perth live music scene from 8-10 October.

Ticket holders can pitch their tents and keep warm by campfires during the festival, with a host of vendors offering food options and non-alcoholic drinks to purchase all weekend.

As the more laidback daytime vibe rolls into the high-energy nightly headline performances, the unique Gidgestock custom of dancing under the stars is not to be missed.

Places are limited and tickets for entry and camping must be prepaid via the following link: www.eventbrite.com.au/e/ gidgestock-music-festival-2021-tickets-163334145827?aff=ebdssbeac





# Kellerberrin celebrates its 100th agricultural show... don't miss it!



AN interesting little outing a mere two hours drive east of Midland takes you to the Shire of Kellerberrin, where on Saturday 16 October the community celebrates the Health-ways and Live Lighter 100th Agricultural Show to be held in the district. It is also a handy trip via the Prospector or Avon I ink train

Kellerberrin, on the Great Eastern Highway, fits in well with further travels around The Wheatbelt Way if you

feel like extending your journey. A \$10 entry will provide you with a good day and evening of entertainment.

It is more than 100 years since the first show, but with years missed during the two world wars and last year's Covid-19 outbreak, 2021 is the one hundredth event.

Show goers will see the opening of the newly built multi-purpose exhibition hall adjoining the recreation centre, which will showcase all the

usual produce made and grown by proud locals from kitchens, gardens and farms, plus displays of times gone by.

There will be plenty of opportunities for reunions and reminiscing, be it over a cuppa, one of the commemorative wines or a beer made from locally grown barley.

There will be all day entertainment from sideshows, roving entertainers, ring events, fireworks and bands, including ex-locals Blue Shaddy in the evening.

Kellerberrin has a most attractive caravan park below the hill and adjacent to the town, the wildflowers will be blooming, the sun will be shining, the crops will be looking magnificent and it promises to be a truly wonderful celebratory 100th show... see you there.

To help plan your visit check out: The Wheatbelt Way www.wheatbeltway. com.au

Contact Kellerberrin

Shire Shire@kellerberrin. wa.gov.au, call 9045 4006 or visit their Facebook

Accommodation available at the Kellerberrin Caravan Park email caravanpark@kellerberrin.wa.gov.au Ph 0428 138 474; The Prev www.theprev.com.au Ph 9045 5195: The Kellerberrin Hotel Motel www. kellerberrin-hotel-motel. business.site Ph 9045 5000 or Rest Away Cottage Kellerberrin at www.Airbnb.com.

## WA's best kept secret...

A HIDDEN wilderness tucked away on the southeast coast between Albany and Esperance, is the internationally listed Fitzgerald Biosphere reserve. It spans 1.5 million hectares and is recognised as the most important flora area in the world.

With 2,500 plant species; 20 per cent of WA's flora species, many not found elsewhere, this botanical wonderland flowers all year round, but is extra special during spring.

Each year the Fitzgerald Biosphere Coast is home to the Ravensthorpe Wildflower Show and Spring Festival which has one of the largest wildflower displays and is host to celebrity patron Sabrina Hahn.

Festival dates for this year are 13 to 25 September, with more than 700 labelled specimens on display and a jammed pack program of activities including: workshops, exhibitions, escorted wildflower and tag-along tours exploring the breathtakingly spectacular Fitzgerald River National Park, Ravensthorpe Range and coastal landscapes. Discover unique wildflowers like the fascinating Royal Hakea, Sepulcralis weeping gum, Qualup Bell and unique orchids as you take in the stunning scenery and check out the Farm Gate Art Trail.

A variety of accommodation and free RV sites are available in Hopetoun and Ravensthorpe. Plan your road trip adventure today www.fitzger aldcoast.com.au or Festival bookings www.wild flowersravensthorpe.org.au

# Coast to Coorow a gem of a region to explore in the Midwest



THE SHIRE of Coorow offers complete package holiday experiences. Ranging from the magnificent coastline, pioneer settlement and world's most diverse and colourful ranges of wildflowers to national parks, caves, good food and good peo-

The Shire of Coorow is located in the Midwest region of WA, about 270 kilometres north of Perth and is home to three vibrant towns - Coorow, Green Head and Leeman. All waiting for people to explore.

To get you started on your adventure through the Shire, here are just some of the things you can do:

Stroll along the Three

Bays Walk Way in Green

Head and take in the pristine coast line. Go camping at the Milli-

gan Island Coastal Nodes immerse yourself

Enjoy fish and chips on the Leeman foreshore or go bird spotting at Alexander Morrison National

Snap a picture of the Blue Lechenaultia while you either, drive or walk the Coorow farm wildflower

Discover blankets of everlastings at the Bart Mailey Memorial Trail at

Coorow Farm Hill.

And at the end of a busy day exploring, pull into the nice and cosy Coorow Hotel for a yummy meal and

refreshing drink.

For further information to help plan your trip to Coorow head to the website www.coorow.wa.gov.au



Over 500 different flower species on display, local artwork, dance performance, music, presentations by Nyungar Rangers on cultural uses of local plants, Wildflower Cafe.

For info visit www.esperancewildflowerfestival.com



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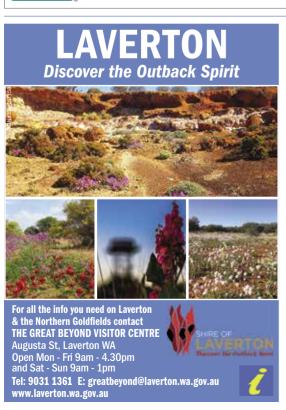
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# let's go travelling travel options for the mature





# Paperwork peace of mind for grey nomads



Anticipate Life founders Paul Kamarudin and Leanne Russell

NEW one-of-a-kind digital locker that stores your life administration information and important paperwork is proving popular with Western Australia's grey nomads.

Called Anticipate Life, the web-based application allows you to gather everything your family will need to sort your affairs when you're no longer around, and keep it safe regardless of where and

when you are travelling. From the streaming services and social media accounts that need to be cancelled, to the music you'd like played at your funeral and who gets the dog, key details can be organised and securely stored online ready for vour loved ones to access when the time comes.

Anticipate Life was created by Perth couple Leanne Russell and Paul Kamarudin after the funeral of a relative prompted them to discuss their

own end-of-life plans.

"We realised it wasn't just our funerals that needed pre-planning, but all those aspects of our lives not listed in our will; those everyday aspects that would take time and a certain amount of sleuthing on our family's part to sort out after our death," Leanne said.

"Dying and the practicalities of what happens when we are no longer here is something people are reticent to talk about. We saw an opportunity to give people the means to not only organise their life-after-death administration, but to also start those important conversations."

Paul says Anticipate Life is resonating with the increasing number of over 55s who are taking off to explore Western Australia in camper vans, caravans, and motor homes.

"We are finding people want to enjoy the freedom of life on the road without worrying about keeping their personal records and data safe and secure.

"Anticipate Life is an affordable way of taking all your paperwork with vou, without carrying the weight or the worry," he

Find out more at www.anticipate.life.

# **Unique rail tours**

TRAIN buff Kevin Pearce has been organising rail tours in Australia and overseas for more than thirty years. Now he has two local tours in WA on offer, travelling on the Kalgoorlie Prospector and

Bunbury Australind trains.
The six-day Goldfields-Esperance tour includes return travel to Kalgoorlie on the Prospector with coach travel to the northern Goldfields towns of Menzies, Kookynie, Leonora and Gwalia.

A highlight of this full day tour is the shanty town miners' cottages at Gwalia, which have been preserved by the people of Leonora. The miners deserted the town when the Sons of Gwalia Mine closed in the 60's.

Turning south the tour heads for Esperance via Coolgardie and Norseman where the locals prepare traditional billy tea and damper.

A highlight in Esperance is a cruise around the

Bay of Islands with lunch on Woody Island. This six-day all inclusive tour departs on 1 No-

Kevin's four-day Christmas in the Southwest tour departs aboard the Australind train on 23 December with accommodation at the first class

Abbey Beach Resort in Busselton. The tour includes all sightseeing and meals including a traditional Christmas Day lunch at the award-winning Flutes Restaurant in the Brookland Valley Winery.

For further information contact travel@ tourdeforce.com.au or call Kevin direct on 9316 1504.

# Train your way in WA with Kevin Pearce

**Explore our historic GOLDEN OUTBACK and** discover beautiful Esperance on the South Coast **GOLDFIELDS-ESPERANCE RAIL & COACH TOUR - 6 DAYS** 



#### **DEPARTS 01 November 2021 TOUR COST from \$1798 Pensioner**

#### **INCLUSIONS**

- Return travel aboard the Prospector train to Kalgoorlie
- Three nights' accommodation in Kalgoorlie and two nights in Esperance.
- Tour the northern ghost towns including Menzies, Leonora, Gwalia and
- Travel to Esperance via Coolgardie and Norseman
- Esperance Bay of Islands cruise including lunch on Woody Island
- All meals and morning teas included
- Meet special guest Jenny Seaton from Curtin Radio







# Celebrate Christmas over four wonderful days in our delightful, green SOUTH WEST **SOUTH WEST CHRISTMAS RAIL TOUR - 4 DAYS**



Tour

de Force

TRAVEL

#### **DEPARTS 23 December 2021 TOUR COST from \$1668 Pensioner**

#### **INCLUSIONS**

- Return travel to Bunbury aboard the Australind train • Three nights' accommodation at the first-class Abbey Beach Resort in
- · Sightseeing tours including a cruise on the Blackwood River inlet in Augusta See the giant murals on Wellington Dam
- · Enjoy a gourmet Christmas lunch at the award-winning Flutes Restaurant in
- the Brookland Valley Winery
- Drinks included with Christmas Eve dinner and Christmas Day lunch
- · All meals included, one with entertainment







Call now 9246 2177 for a brochure or phone Kevin direct on 9316 1504

# **Entwined in the Valley returns**

SPRING is in the air and after a long wet winter, the Swan Valley's wine makers, growers and artisans can't wait to welcome people back to Entwined in the Valley.

It's a great opportunity to rediscover WA's oldest wine region through a three-day showcase of food and beverage offerings not available every day.

More than 25 venues and producers will open their restaurants, cellar doors and grounds for ticketed and free events catering to a range of tastes and budgets.

Get ready to eat, sip and play your way through the curated program of Covid-safe events.

There is also a supporting program of vineyard tours and market days including the chance to meet the acclaimed winemakers from Corymbia and Vino Volta.

Returning favourites sure to sell out quickly include Sittella's Sparkling, brunch, Garbin Estate Wines Sparkling Masterclass and the Craft Cider Alchemist Workshop, this year at the new Funk 2.0.

City of Swan Mayor Kevin Bailey said the Swan Valley had been a safe and popular place for locals to relax and enjoy life during the uncertainty of the past 18 months, but Entwined in the Valley would provide even more reasons to visit.

"Even if you have been to the Swan Valley recently, Entwined in the Valley offers unique opportunities to eat, drink, try, see and do something you can't every weekend," he said.

"For the price of breakfast, lunch or dinner, many of our venues are also including a tour and pick or make your own experience as part of the ticket.

"With sporadic interstate and no international visitors for the past 18 months, Entwined is a great way to show support to our valued Swan Valley businesses.

"At a time when many parts of Australia are in lockdown, we are grateful to be able to continue enjoying the Swan Valley's diverse venues and produce.

"Entwined in the Valley also coincides with the end of the October school holidays, making it the perfect time to turn your visit into a Swan Valley weekend away.

Tickets and full details of Entwined in Valley events are now available at www.entwinedinthevalley.com.au

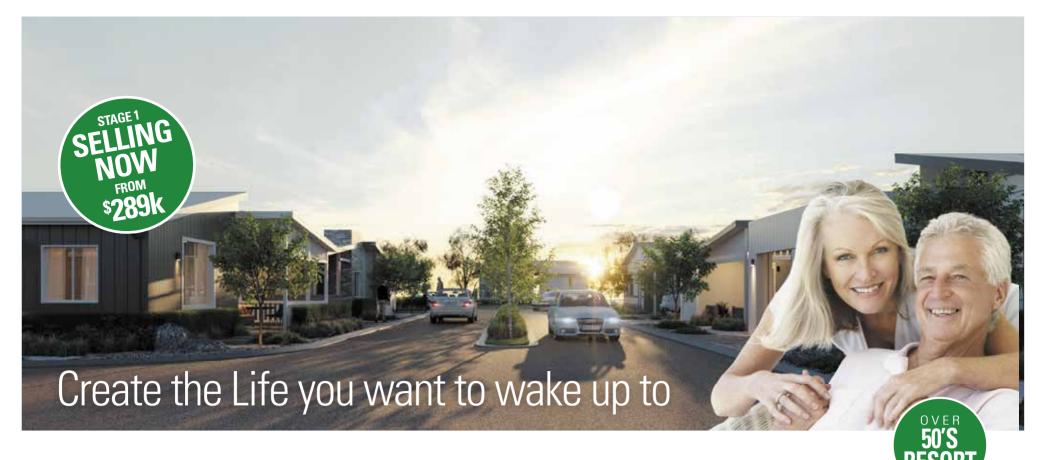




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#### Have your kids left home, and you want something more?

You still feel young and run rings around people half your age, but your house has become too big, empty and time consuming?

You have the time to do plenty of things in the future and have looked at your options, but you haven't been that inspired by what is on offer - or what you have liked is out of financial reach.

#### You are not alone

You are part of the 'Baby Boomer Generation', one of a growing number of singles and couples who don't feel as safe or free as they should. Many baby boomers and early retirees would also love to have enough spare cash to be able to 'lock and leave' for holidays or 'live and play' with extra cash to fund a better lifestyle.



#### The first lifestyle resort in the Perth metro area in a decade

Imagine life in a brand new, secure, and carefree lifestyle resort! A place where you feel a sense of belonging, but where you own you own home and maintain your individuality and privacy.

A place where someone else takes care of the chores like the pool, gym, music studio, theater, BBQ's and resort gardens while you enjoy an array of recreational facilities in a vibrant gated community.

#### You don't need to be rich to enjoy a rich life

Buying a home at Piara Waters Lifestyle Resort provides the opportunity to up-size your life, and your financial future, by downsizing your weekly living costs, without compromising the things that are important to you.

There are also significant benefits for homeowners if (or when) they receive a pension as the federal government pays nearly a third of the weekly fee for living in the resort.



\*Artist impression

#### An investment to suit a younger generation

There are 3 great advantages available at Piara Waters Resort;

- There's no stamp duty
- No exit fees Enjoy 100% of capital gains
- The community solar and battery micro grid means no more power bills!

#### A prime location

Piara Waters Lifestyle Resort is just two minutes from the Harrisdale shopping centre, five minutes from Cockburn central and 400 meters from the CY O'Connor bar and bistro. It is only a 20-minute drive to the city but is surrounded by many parks and tourist destinations.

#### A contemporary new home with a low-maintenance life

A brand-new home means no more unforeseen repair and maintenance bills. A modest weekly fee covers the water and Council rates, gated security and video surveillance, Resort Management, rubbish collection, landscaping, and maintenance of all the fantastic resort facilities. Even your weekly power consumption is included!

#### Stage 1 - Early bird VIP buyer benefits

31 house and landscape packages priced between \$289k and \$529k are available and include one, two and three-bedroom designs. Stage 1 homes will be available in February and March giving you time to plan ahead.



The Lake House, positioned within a landscaped wetland, will provide facilities for the Resorts first homeowners, and the main Clubhouse will soon follow.

Early bird buyers in Stage 1 will enjoy zero weekly fees until the main Clubhouse is completed, as well as saving approximately \$20,000 on Stage 2 prices. Now is a great time, during this buoyant market, to sell the family home! Some of our early bird buyers have sold their family home for more than their asking price to secure their new life!



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# **Down**sizing



## Handy renovation tips from WA's The Block contestants Ronnie and Georgia



Ronnie and Georgia Caceres

Join us online: www.haveagonews.com.au

#### by Allen Newton

**EXPERIENCED** The Block combatants, Perth couple Ronnie and Georgia Caceres, are looking forward to getting back to the renovation of their 100-vear-old weatherboard house in Bedford once the hubbub dies down around the reality TV series now on our screens.

The pair, who have a renovation company, are back from Melbourne and around Perth reno-

vating for other people as well as getting to work on **ANNIVERSARY 1991 - 2021** 

> ing for your own personal taste and you love a par-

their own place.

"We'll be doing an extension in the next couple of months," says Ronnie.

"Whether it's on camera, or off camera, we'll be renovating for sure. It's just what we do. We love it and I love working with

According to Georgia the best place to start for people contemplating a home renovation is with kitchens and bathrooms, which are the most important spaces in

"Look at your budget and make sure you allocate enough money to those spaces, then get your colour palette right, think about your material mix and your selections. Are they all complementary to each other?

"Then lock in some trades, get some quotes, and make sure you lock in maybe not the cheapest tradie, but the best tradie.

"At the moment, trades are in high demand, so have realistic timelines when it comes to your renovation as well."

says that Georgia much like fashion, design trends come and go, so if you are renovating for longevity try and stay neutral.

"But if you are renovat-

ticular colour or style then absolutely go with that.

"Often when we're renovating properties we're doing it for resale, so we have a mindset of trying to appeal to as many people as possible.'

The Block Fans v Faves sets three novice couples against two sets of returning all-stars in a bid to renovate separate homes in the bayside Melbourne suburb of Hampton.

The Faves, include Ronnie and Georgia who came third in the 2017 Elsternwick series.

The pair have two children, Leo (9), and Charlotte (7), who have adapted to their parents' life on the road a little better second time around, says Georgia. They keep busy with sport and lots of after-school activities.

"It was a big impact on their lives, asking someone to step in and play mum and dad, while we were away, so for me that was a bit of a mental struggle on top of everything we were already dealing with on The Block, but they understood why we were doing it and they are really excited watching it on TV now," Georgia says.

"They get really angry when contestants are a little bit mean to us; they get really fiery about that and start yelling at the TV,

which is quite hilarious.

"It's a good little life lesson we're having, and we have to explain to them that in a group of people you're not always going to get along with everyone. It's a nice social exercise for them to learn," Georgia says.

Fortunately, Covid has dovetailed into the shooting of the reality series with the show starting when masks were coming off in Melbourne. When The Block was finishing Ronnie and Georgia were on the last flight out of the city before they would have been required to go into quarantine on arrival back in

"We were very fortunate although we do have to go back in November for the auctions so let's just see how that all pans

out," Ronnie says. Georgia says that after going through the gruelling process of renovating a house within strict time limits on The Block in 2017 it taught them to have fun with the pro-

"It's just understanding how it works and understanding the mental and physical effort that you have to put in each week, which is an advantage for us, but you blink and it's

"For us we're going to

play a competitive game, but we're also going to have fun with it, so this time around you're seeing a lot more of that from

The pair don't believe the frivolity of the show gets in the way of the renovation process.

"Nothing is staged on The Block, you're renovating a single house in the real world, so there is always stuff that happens, so if you can imagine five houses together and being filmed, the drama happens naturally," Ronnie says.

"Yes, it's extremely stressful, but you just have to deal with it and keep your eye on the prize and be focussed on that room you are delivering on Sunday, so you try not to pay attention to all the drama.

"But it's so hard not to, you want to know what's going on, you want to know all the goss," he

Georgia says when you are renovating a house in the real world, you don't have the same strict quidelines. On The Block. they have a ready supply of quality brand products and an amazing budget.

"Renovating on *The* Block vs renovating in real life are two very different scenarios, but each time we come away from The Block we're more skilled and more aware of what's out there on the market in terms of materials and we're always learning new tricks of the trade.

"It's a massive learning curve and really great advantage.

Georgia believes she and her husband work well together as a team because they understand each other's faults.

"Ron's very much the hands-on builder and I'm very much the designer of the duo, so we just know our roles. We've been married and together for a very long time, so we know how each other works and we have a pretty strong relationship, so it's a bit of a no-brainer for us."

While renovating a project as a couple can be stressful, Ronnie says the best advice he can give is to keep open communication.

"Just be aware that you both are allowed to have an opinion because it's vour forever home, but it's finding that happy medium in the middle ground. Just don't get upset, respect each other and don't take it personally."

The Block Fans v Faves can be seen on Sunday at 7pm, Monday, Tuesday and Wednesday nights at 7.30pm on Channel 9 and 9Now.



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To experience all that SwanCare has to offer, call Matt on (08) 6250 0016 email retire@swancare.com.au or visit **swancare.com.au** for an online tour.







## Downsizing ADVERTISING FEATURE



## Spring is the perfect time to add colour, plants and joy to your home











All furniture and accessories from The Narrogin Nursery Cafe and Gardens



by Zofia St James

JUST when we weary of a season, a new one heralds its promise of relief and change.

Spring! The very mention of the word invokes an instant internal physiological reaction of joy. Not to mention the mind conjuring up images of happy people enjoying the sunshine, smiling and warm while going about our business.

Let's create physical-

ly what our imagination might see.

The first thing is colour and flowers. While I am writing this, it is overcast and I am turning a blind eye to the weeds that scream at me, but their day is coming as I formulate my plan of attack for beatification.

Back to colour, in nature more specifically. Creating an oasis on a balcony or courtyard and bringing those colours through into your living areas, including the kitchen and bathroom, can add instant freshness and vitality to the rooms you live in every day.

To those who feel they have no green thumb I say challenge that belief and try. Because the nurturing of a plant and seeing it thrive is as good for

the soul as any pet.

My go to and favourite indoor plants are orchids, peace lilies and of course palms for height and drama

Over the last few years botanical inspired fabrics for soft furnishings for indoor and outdoor use have become very popular. They really do add to that 'bringing the outside in' feel.

I do love it when people are brave enough to create a bold statement in their homes. Even if you live in a small space, it is always possible to create a beautiful room.

I love it when clients have a vision and allow that to be brought into being.

In Perth I find many people like to play it safe, however they still dream of decorating but are afraid of either making a mistake or are worried what other people would think.

I pore over images of rooms either self or professionally designed in books, magazines or online and love the inspiration they provide. I am a big advocate for those who are less visual to explore these opportunities to be more creative with your home and gardens.

Also, if adequate storage allows, it's great to have the luxury to put away the winter palette inspired items such as linens and throws. Exchange them for all white linens and coverlet for the bed, and use a more neutral and tonal palette, which is currently being enjoyed both in home-

wares and fashion at the moment.

I love the colours that have been coming through in the last few years. I have seen them evolve into what is now such a beautiful time for furnishings, homewares and accessories. And the good news is that so many are now more affordable. It doesn't have to be thought of as disposable, as it's still possible that buying well now will last and still be quite classic in years to come.

For myself, I am due to create a new 'vision board' for my current home. It's more rustic and country style and eons away from my former very urban existence. However, it's a project for me to oversee, create and nurture into being

just as I prescribe for you. This month, like the phoenix, let us arise from

the ashes of our combus-

tion fireplaces and get springy with it.

Do yourself a favour and visit outlets such as an Adairs Homemaker store, Freedom or anywhere that offers that one stop shop experience with staff to help and guide you to effortlessly to make your home ready

for a wonderful season ahead. Have fun, that's the most important thing, besides following your heart and making your interior dreams come true.

Zofia offers an interior style consultation for readers and a free over-the-phone or video call consult. She can assist with de-cluttering, restyling, choosing furniture and personal styling. For those interested in a free styling opportunity please contact Zofia on 0406 336 607 or email intsha@gmail.com.

Join us online: www.haveagonews.com.au

# Now is the perfect time to downsize!

Before we could even finish building the home sites in stage 8A we'd sold almost all of them, then we started on Stage 7A and sold almost all of them as well! So now we are starting on stage 8B so we can start building as soon as possible to keep up with demand. Book your village tour today!

#### **SAFE** • **SECURE** • **INCLUSIVE**

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# Downsizing ADVERTISING FEATURE



## Discover a new lifestyle in the Perth foothills and enjoy the community



NESTLED in the Perth foothills is a lifestyle village for over 45s looking to downsize and become part of a community.

Eight years since it was first established, the Helena Valley Lifestyle Village has become home to more than 200 residents.

Village project director, John Green said the concept of creating a lifestyle village came about in the early 2000's.

"The average life expectancy is now anywhere between 85 to 90 years.

"Essentially you now have more time between your kids moving out, paying off your mortgage and retirement and so we wanted to create a place that could fill the gap.

"Our village is designed for people who are basically too fit, too young and too healthy to sell up and move into a retirement village, which is why we don't provide care facilities.

"We provide independent living for those who still live an active life."

Mr Green said the location of the village was one of its drawcards.

"The village is a great

mixture of country charm with city convenience. "It is brilliantly placed, far enough away from the busyness of the city life but close enough to major amenities.

"St. lobe of God hospital

"St John of God hospital is eight minutes away and we're nine minutes from the City of Midland which has all of the shopping you could want and need.

"We have a lot of farmers and people from the country who still want that rural home but need to be close to medical facilities or family members that live in the inner city.

"The Helena Valley VIllage is in such a beautiful location, the land itself has a wonderful feeling to it, you get this sense of peace at around 5pm," he said.

Not only do the hous-

es have a six-star energy rating making them easy to heat and cool, but Mr Green said they have been designed to simplify your

"There isn't a lot to clean or maintain," he said.

"They're really simple and easy and that's what you want when you get older."

The village facilities are also second to none, according to Mr Green, with the recent addition of a \$6 million clubhouse.

"For those who like to stay active we have an indoor heated swimming pool, spa and sauna as well as two separate games rooms with pool and darts," he said.

"We've also got bowling greens, a hobby workshop which is fully kitted out, a separate arts and crafts room with regular classes like needlepoint, crochet and drawing.

"At last count we had 26 different activities or groups in the village. A lot of those things happen weekly and some monthly.

"There is a lot to do and get involved in, but because you've got your own home with an alfresco area you can be as private as you like, or as social as you like, with all of the shared facilities available."

Like most lifestyle villages, community is at the heart of Helena Valley.

"We do a lot to promote

the wonderful community we have here at Helena Village," Mr Green said.

"The social club is really active and has regular functions. We have found is that being part of a community has actually helped people's health and wellness.

"The way we have designed the villages is so that there are shared and common facilities.

"For example, the mailboxes are all located next to the clubhouse so as you walk down to get your mail you speak to people along the way.

"It becomes a different type of environment to live in and has a real sense of community."

## Busselton couple move from family home to retirement home next door



Baptistcare customer engagement consultant Lesley Longfield with Margaret Stuart at her home in William Carey Court Village

LOCATION, location, location certainly rings true for 87-year-old Margaret

Stuart, who has everything she needs in a retirement home – right next to her

former family home.

After living next to Baptistcare William Carey Court Retirement Village for 23 years, Margaret and her late husband David made the move next door in 2014.

"It was just what we were looking for. It was somewhere that needed less maintenance, but the best part was that it was still in the same fabulous location, just a stone's throw from the beach," Margaret said.

"The atmosphere in Busselton really is unmatched, it's like being on

holiday every day."

Originally from England, the couple had been living next to Baptistcare William Carey Court since retiring to Busselton from Perth, where David worked as the administrative officer in the University of Western Australia's Anatomy and Human Biology Department.

A Baptistcare chaplain, David had also been a member of the Baptistcare board for 16 years, so the couple already had close ties to their neighbours in the retirement village.

A few years later, when David's health began to

decline, he moved into the Baptistcare residential care facility alongside Baptistcare's retirement village, making it easy for his wife to visit him every day.

"David had access to constant support from carers and I could still be with him during those difficult years, but live my own life independently," Margaret said.

David passed away in 2018 and Margaret has continued to live at Baptistcare William Carey Court Retirement Village surrounded by her many friends there.

In 2020, when Margaret found she needed help with maintenance around her home, Baptistcare Home Care was on hand to help.

Margaret said that it was so valuable to have a Baptistcare customer engagement consultant to guide her through the process of choosing a home care package tailored to her needs.

"There's a level of independence that comes from having home care. It has made a world of a difference having someone do the cleaning, gardening and driving for me," said Margaret, who continues to embrace Busselton's laid-back lifestyle.

The meals delivered by the chefs at Baptistcare William Carey Court are a highlight of home care for Margaret.

"It's such a big help to have meals delivered, and it's a bonus that they are some of the most delicious meals I've ever had," Margaret said.

"I have really been able to reclaim my life and make the most of it by not having to worry about the little things at home."



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# GREAT HOME and GARDENING

## It's spring show time - enjoy the blooms of the new season



Clockwise from left; Colin Barlow at SkillsWest Career Expo - Growing Australia's Gardening Future, one of The Australian Council's new booklets - don't miss the Garden Clubs & Societies Plant Fair this month - Kings Park Festival - rose lovers will adore the Rose Society of Western Australia Spring Show

#### by Colin Barlow

SPRING is here and the wildflowers have been amazing this year with the bumper winter rainfall, and vou don't need to travel too far to see the spectacular displays.

Closer to home, the shows are now off and running, starting with the well-known garden clubs and society plant fairs, so let's look at what's on offer out and about in the spring gardening world.

1. Throughout the month of September, the Kings Park Festival celebrates Emergence with an abundance of Western Australian wildflowers in bloom throughout the park. Every corner will be an Instagrammable spot, so get snapping. Alternatively, you can just take in the fascinating displays and exhibitions of photography and art. Or why not join in one of the many guided walks, outdoor fitness classes or talks and activities held throughout the festival? For information on the festival go to www.kingsparkfesti val.com.au.

2. For all the crazy plant people like me, the Garden Clubs & Societies Plant Fair takes place over the weekend of the 11 - 12 September at the South Perth Community Centre, Sandgate Street, South Perth. It is not to be missed. Now in its 13th year, the Plant Fair brings together many of Western Australia's favourite gardening clubs and societies in one place to provide advice, exhibit and sell many of those unusual or difficult-to-find plants. This year plants that will be displayed at the fair include African violets, begonias, bromeliads, cacti and succulents, chrysanthemums, clivias, cottage garden plants, terns, nerbs, gerberas. geraniums. palms and cycads, orchids, roses and wildflowers. Entry is only \$5 for adults. The fair is open from 8.30am to 4pm on Saturday and 9am until 2pm on Sunday. For further information contact Helen Martin-Beck on 6361 7688 or go to www.horti culturalcouncil.com.au.

3. For those of us who like to wander out yonder, the Ravensthorpe Wildflower Show and Spring Festival from the 13 - 25 September is a trip worth the drive. The region's impressive floral diversity will be on display throughout the festival along with fascinating events and tours of the local flora. While you are there be sure to head into the world class Fitzgerald National Park to experience the rugged and natural beauty of the region. Call Sue Leighton on 0407 981 301 for more information on the festival or go to www. wildflowersravensthorpe. org.au.

4. From the 17 - 18 September the Wanneroo Joondalup Orchid Society Show will be held at the North Beach Shopping Centre, on the corner of North Beach Road and West Coast Drive, in North Beach. From 9am until 5pm each day there will be orchid displays, sales and information and tips about how to grow them. Call Lynne Greenham on 9448 5840 for more details.

5. The Bonsai Society of WA Gathering About Bonsai will be holding a weekend seminar all about bonsai from the 18 - 19 September at the Hyogo Government Prefecture Cultural Centre, Hodgson Street, in Tuart Hill. This hands-on seminar will include workshops, demonstrations and presentations. For further information and bookings go to www.bonsaisocietywa.com.

6. For all the rose lovers out there, head to the annual Rose Society of Western Australia Spring Show. From 2 - 3 October at the South Perth Community Centre, on the corner of Sandgate Street and South Terrace, in South Perth the hall and air will be filled with the alluring scents of hundreds of enchanting roses. The show includes the state championship of 12 distinct blooms, floral art, and floral displays. There will be a chance to pick up the perfect present for your loved ones with jams and preserves, gifts, a cake

stall and potted roses and plants on offer.

The raffle prizes include potted roses donated by Melvilles Rose'n'Garden and Dawsons, jewellery from the talented Delia Rose and a two-night stay at the Quality Resort at Sorrento Beach. If you love roses or would like to find out more about growing them at home, then here's the place you can ask the experts. The show will be open from 1pm until 5pm on Saturday and from 10am until 4pm on Sunday, with entry \$5. For further information contact Kerry Bradford on 0413 747 985 or Robyn Cooper on 0435 914 446. Alternatively go to www.wa.rose.org.au.

#### **Gardening Career Ideas**

The Australian Garden Council (AGC) promoted their new booklets highlighting careers in the gardening and horticultural industries at the recent SkillsWest Career Expo in Perth. The response received from enthusiastic students was phenomenal. There was lots of interest and increased awareness of the broad range of careers offered within the gardening and horticultural

At the launch of the booklets in August the Federal Minister for Agriculture and Northern Australia, David Littleproud MP

said: "These will be pivotal in opening the minds of young Australians to the opportunities in horticul-

To check-out the booklets and the information on prospective careers head www.gardencouncil. org and look under Education for schools and careers. Both booklets can be mailed to schools or interested organisations. For hard copies, contact info@gardencouncil.org. The information provided in the booklets is suitable for anyone of any age looking to start or change to a career in gardening or horticulture.







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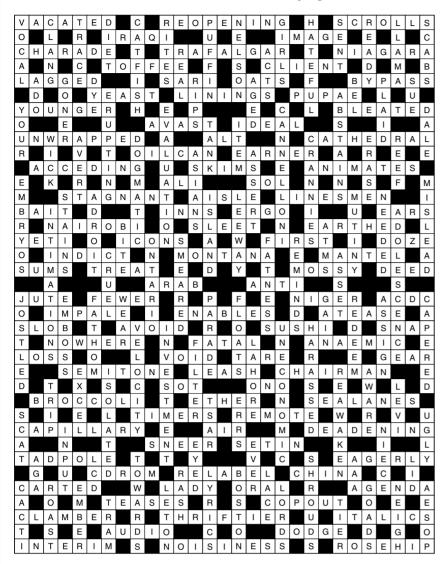




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## Have a Go News PUZZLES SOLUTIONS

#### Solution for BIG Crossword page 54



#### Solution for Suduko page 55

9	2	4	6	7	8	1	3	5
6	5	8	1	4	3	9	7	2
3	1	7	5	9	2	6	4	8
8	4	9	2	5	6	3	1	7
2	7	3	4	1	9	5	8	6
1	6	5	8	3	7	2	9	4
7	8	1	3	6	5	4	2	9
5	3	2	9	8	4	7	6	1
4	9	6	7	2	1	8	5	3

#### Solution for Crossword page 55

S	W	Е	Е	Т	Н	Е	Α	R	Т	
0		S		U				Е		0
L		Τ		Т	R	Е	Α	S	0	Z
1	D	Α	Ι	0				H		Τ
С		Τ		R		S		0		Ι
1	R	ш	Z	Е		Ι	0	R	S	Е
Т		Α		D		1		Α		W
0		G				F	Е	Т	С	Η
R	Е	ш	L	Ε	O	Т		_		0
S		Z				Е		0		L
	A	Η	Т	Е	Ν	D	Α	Z	С	Е

# Ε

**Solution for Colour Blocks** page 55

#### Answers for *Have a Go News* Quiz page 2:

- 1. Busselton
- 2. Brush with Fame
- 3. Liam Bartlett
- 4. Tim Winton
- 5. Hayes
- 6. Novak Djokovic
- 7. Serbian
- 8. Curtin
- 9. Jon Lewis, Lee Tate, Tony McManus
- 10. Busselton

#### PRISM solution page 55:

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## What's happening during Western Australia's Seniors Week 2021



Have a Go Day – a Livelighter event is the premier event for Seniors Week

SENIORS Week 2021 will take place between 7 and 13 November with many events planned to celebrate the hundreds of thousands of seniors who call WA home.

The premier event of the week will be the free

and fun *Have a Go Day* – a Livelighter event on Wednesday 10 November.

Mark your diary to come down to beautiful Burswood Park which comes alive from 9am to 3pm with myriad activities, entertainment and information specifically for older adults.

Organised by the Seniors Recreation Council of WA, this free event is the highlight of the calendar during Seniors Week and is a great opportunity to inspire people to join a club or a group and meet new friends.

The day provides an opportunity for people to 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 along with a variety of dance demonstrations.

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 and giveaways from many of our 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 wheel.

There will be loads of food stalls around the grounds with a variety catering for all tastes or bring along a picnic lunch 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.

Throughout there will be a host of events happening during Seniors Week and *Have a* 

Go News is encouraging many businesses to provide exclusive offers for seniors.

Luna Cinemas will offer an opportunity for people to enjoy an early movie with free tea, coffee and biscuits.

Tours will be held at Parliament House and the Public Trustee offers free information sessions.

Have a Go News will hold its annual free Se-

niors Week Movie Festival with Palace Cinemas Raine Square.

Look out for our exclusive Seniors Week event guide which offers a daily listing of events happening around the state.

It also includes an exclusive feature on *Have* a *Go Day* – a Livelighter event with maps, directory and the entry form for the major prizes in the October edition.

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#### Lots of activities and events are going on at Citiplace...

COMMUNITY Centres provide an opportunity for people to expand their networks and make some new friends along with enjoying a variety of activities.

Citiplace Community Centre is located on the concourse at the Perth Railway Station.

They also offer classes, courses and services for people including podiatry, hairdressing and a good quality café.

The centre opens at 8am and closes at 4pm. The kitchen opens at 8.30am.

Breakfast is from 8.30 to 10am and lunch is served from 11am to 1.30pm with the kitchen closing at 3pm. Sandwiches, scones, muffins, cakes, pie warmer food, salads and many other items are available the whole day.

Coming up they have the following events: World Smile Day Friday 1 October 10.30am to 2pm Enjoy a high tea with entertainment.

Seniors Week events 7–13 November (see details in October liftout)

Thanksgiving Lunch Thursday 25 November Three course Turkey roast meal.

Christmas Lunch Wednesday 15 December
Tickets for 110 people three course Christmas

Dinner – live entertainment and all the works. For events, doors open at 10.30am and they run until about 2.30pm

Cost for events is \$30 and this include a full meal live music, door prizes, raffles and dancing.

Drop into the centre of call them on 9461 3552.

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# Seniors Week is coming - don't forget to list your event in *Have a Go News'*



PLANS are in place for Seniors Week 2021. This year the week will be held from 7 to 13 November. In the October issue we will be presenting the annual Seniors Week Events Guide liftout.

With our massive print run of 80,000 hard copies along with our digital issue, this is a brilliant way to highlight a community event.

This handy guide, which has a long shelf life, lists all the events happening around the state day by day.

Celebrations to mark seniors and their contributions will take place throughout the week.

Organisations are invited to list events in the daily guide. We need to receive the form at our office by 24 September.

Please visit our website to download a form, call the office on 9227 8283 or email seniorsweek@havea gonews.com.au to ensure your event is included in this exclusive liftout.

The Have a Go News Seniors Week 2021 Events Guide liftout will be published Friday 8 October with the Have a Go News October 2021 issue Read us online www.haveagonews.com.au

## **WA Seniors Card offers a \$400 security rebate**



WA SENIORS Card members can once again claim a \$400 rebate to assist with purchase and installation of home security equipment.

The Safety and Security Rebate will provide up to \$400 to assist in purchasing equipment like security doors, window security screens or shutters.

To meet the requirements of the rebate, items purchased must meet the relevant Australian Standards, and any installation work required must be carried out by a licensed tradesperson.

The Safety and Security Rebate is an important program that gives older Western Australians a helping hand to improve their home security systems and to protect themselves and their loved ones.

The rebate is for a limited time only and administered by the WA Seniors Card Centre, with more information available by calling 1800 671 233 or visiting www.se niorscard.wa.gov.au

#### Qi Gong and Kung Fu flash mob in Perth



FOREVER Fitness organised a Qi Gong and Kung Fu flash mob at Stockland Riverton Shopping Centre earlier this year.

It attracted a huge group of curious spectators. During the flash mob, Forever Fitness performed Qi Gong Ba Duan Jin (Eight Sections of Silky Movements) and Wing Chun Kung Fu

According to Mr Michael Ho, the founder of Forever Fitness: "Qi Gong is an ancient form of Chinese relaxation techniques which involve deep breathing, mediation and martial art movements."

There are many different Qi Gong forms. Ba Duan Jin is one of the most

popular forms because of its recognised healing effects.

Forever Fitness is a community group which delivers exercise programs for seniors. Its unique program covers every aspect of fitness including flexibility, balancing, muscular toning, cardio capacity and relaxation exercises in one class.

Regular classes are held in Wilson Community Hall (every Thursday), Manning Eagles Bowling Club (every Wednesday) and Gosnells Bowling Club (every Monday and Friday) at 10am. Forever Fitness will be at Have a Go Day. For more information, please contact Mr Ho on 0435 046 217 or foreverfitness888@gmail.com.

#### Join the fun, and start playing badminton

OCEAN Ridge Seniors Social Badminton Club play three times a week on a Monday, Wednesday and Friday from 10am until 12 noon for a cost of \$2.

They would love to welcome more players who must be 55 years or over.

The club is non-profit and they use some of the money to subsidise social events such as lunches and dinners for members. There are a wide range of ages. One member Roy, is 93 and an ace at the game.

Come along and keep active and join the fun. The club play at Sail Avenue in Heathridge.

Call Steve on 0403 231 362 for more details.

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People enjoy an improved social life through connecting with other residents and activities such as keep fit, quilting and knitting, afternoon tea and Friday Happy Hour.

Residents have a heightened sense of safety and security being surround by people of a similar age and lifestyle, so they know their neighbours and this develops a real sense of community.

Inhouse property maintenance and communal gardening services are included, so residents don't have to worry about those bills for repairs and maintenance on their home or managing a large garden, as this is all taken care of.

Located in the western suburbs Lisle and Leaweena Lodge are nestled between the parklands surrounding Lake Claremont, Ballaruk Bushland and Claremont Oval in Mount Claremont and Melvista Lodge is located opposite beautiful Mason Gardens in the heart of Nedlands.

Discover the well-being you too could achieve at one of these retirement living options by calling (08) 9384 5481 or visit www.lislevillages.com.au to find out more.



## Consider dementia not as a dirty word...

by Bianca Briggs, Senior and specialty mover manager/dementia consultant, NE Solutions

DO you feel like you are losing your mind, while your loved one is living with demen-

Research tells us that we shouldn't compare our memory to others or think that our forgetfulness is a sign that something more sinister is going wrong with our brain. It could be you are just tired and stressed out.

I have found that many elders are fearful of dementia, the second leading cause of death in Australia. Dementia Australia estimates that in 2021 there were 472,000 Australian's living with Dementia; and without a medical breakthrough, this is likely to increase by 25 per cent by 2028, with 47 per cent of them are being cared for at home by unpaid carers.

There was this one wonderful mother, who constantly repeated the same stories; but to her family they had become tedious.

We suggested they ask simple creative open-ended questions to expand on their mother's memory. Thus, by using "How...", "Where...", "What happened next..." and not questioning her answers; they were able to create pathways to less frustrated conversations, and they learnt new things about their mother's history along the way.

Life's journeys with those living with dementia, doesn't need to be tiresome.

The roadblocks can be removed by callina NE Solutions on 1800 637 658.

The new showroom

is located at 311, Selby

Street North, Osborne

## Home care packages explained at free afternoon tea



IF you are considering a Home Care Package or already have one, you may have found there is a wealth of information on how to proceed, but navigating your way through it all isn't so easy. However, with a few signposts showing the way it need

on My Aged Care Home Care Packages on Tuesday 5 October at 4pm.

They have invited Annie Carvell and her team from CPE Group to wear their community service hats and give a step-bystep guide from who is eligible, through what the package can provide, how to apply, how to find a provider, what to expect from a providto another provider if you change your mind.

Dôme Kingsley invite you to be their guests

It's for anyone thinking of applying for a package, has a friend or family member who could benefit from a package or anyone who already has one and would like more information. This is the opportunity to ask all the questions in an open session or have a oneon-one chat if you would prefer to do that.

Home Care Packages aren't just for personal care but can provide someone to mow the lawn, weed the garden, do the laundry, remove the flyscreens and clean all those windows for you, if you are finding it a little more difficult to do everything at home your-

Packages range from \$9,026 to \$52,377 per year so it's well worth considering whether this is something for you.

Places went quickly for the last session, so please call and leave a message or text Linda on 0448 110 922 for more information or to reserve a seat.

#### New showroom provides a one stop shop

LEADING provider of mobility equipment, Motobility has a new showroom boasting more space, more support and a more comprehensive range of products.

The exciting leap to a larger space in Osborne Park, means a bigger business for Motobility.

Store manager Glenn Harris said the interactive space was one of the many features customers had grown to love.

"As well as carrying Perth's largest range of mobility scooters, we have increased our display of adjustable beds, power chairs, lift and recline chairs, stairlifts and platform lifts," he said. "We have also introduced a brand new selection of mobility aids which we didn't carry be-

These include manual wheelchairs, bathroom and toilet aids, walking sticks, cushions, walkers and daily living aids, to name but a few.

a dedicated workstation for visiting occupational therapists and healthcare professionals.

"You can also expect the same helpful, friendly service from our onsite equipment specialists and service technicians, who are only too willing to assist you.

Mr Harris said customer feedback had been fantastic so far.

"It has been great to have visits from our new and existing customers in our first week and to catch their response when they walk through the door," he said.

"It is absolutely critical to have a showcase of support options for people with mobility challenges.'

Mr Harris said the new space also meant customers were saving money.

"Having a larger premises means not only have we been able to increase our range, but also buy larger stock quantities and we pass this pricing

#### Park. You can contact not be too difficult. Motobility at 9242 7333 Dôme Café in Kingsor browse their website ley is holding a compliat www.motobility.com. mentary afternoon tea and information session er and how to transition **Having Difficulty on the Stairs?**

Maintain your independence, let Acorn Stairlifts keep you safe to enjoy your freedom! ★ ★ ★ ★ ★ ACORN

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**KINGS** 



## Safe & Found WA - a unique program from Western Australia Police Force



RECORDING a loved one's life history is a moving experience, but even more so when it could be information that saves their life. What might feel like small details, such as an old home address or a favourite pastime, represents valuable information to police officers in the race against time if your loved one goes missing.

The launch of Safe & Found WA ensures that the Western Australia Police Force has a new lifeline for West Australians concerned about someone that may be at risk of wandering.

WA Police partnered with Australia Medic Alert Foundation to create Safe & Found WA in response to an increase in searches for persons living with dementia, autism and cog-

nitive impairments. Police carry out around three of these searches every week, 150 a year on average throughout the state. These searches are always time and resource intensive and despite the best efforts of the police and search partners, they sometimes end in trage-

Safe & Found WA assists police in a search with immediately accessible detailed personal information about the missing person, compiled ahead of time and stored

securely. This information will include former home or work addresses, habits and behaviours or perhaps where they may have been found in a previous search. A comprehensive description and a current photo will accompany this information.

This ensures that WA Police have the information required to immediately broadcast a Be on the Lookout (BOLO) for a missing person to police officers and the wider community.

Forget-Me-Not Member Café founder, Angi McCluskey's husband went missing from a picnic in Kings Park several years ago. He was missing for more than six hours before fortunately being found safe and well, thanks to police and emergency services.

"It's one of those things that when it actually happens you're not thinking of what he used to do, or where he used to go, or what's his favourite place in the world. You're just trying to find him," she

Membership of Safe

& Found WA gives you peace of mind that your detailed information and a recent photograph will be collected and securely stored ahead of time, ready to be accessed immediately by Police in the event that you go missing.

Join now for \$99 +

Your joining membership package includes your secure Safe & Found profile. A custom engraved Safe & Found ID bracelet is also included with your membership, ensuring that if you appear disoriented, hurt or confused you can be identified easily and returned safely home.

Ongoing annual membership fee is to store your information is \$49 - less than \$1 per week. Seniors Card discount available. Please ask about funding assistance options.

Safe & Found WA is a joint initiative of the Western Australia Police Force and Australia Medic Alert Foundation.

Visit safeandfound.org. au or call MedicAlert on 1800 88 22 22.

## Keen archer turns 100



Richard Mulliner

AIM Archery Club has been running since the late 1980s, when many recreational clubs were established for older adults in Western Australia.

Over the years the club were regular participants at Have a Go Day, providing the opportunity for people to have a go at archery.

Unfortunately, due

to insurance issues, the club is no longer able to demonstrate archery at that event, but is always keen to welcome new members to join them for their weekly shoot in Bayswater.

This month one of their long time members, Richard Mulliner, who has been an archer for 59 years and a member of AIM for almost 30 years, cele-brates his 100th birth-

Originally from Nor-wich in the United Kingdom, he worked with British Railways from just after the start of WWII. He eventually became a qualified driver of both freight and passenger trains.

A chance meeting with an archer led him to the sport in 1962.

Richard and his family migrated to Perth in 1988 and in 1992 he joined the AIM Archery Club.

Richard qualified as an Archery WA coach in 2009, supporting both AIM and other clubs by coaching and equipment repairs.

Richard's fitness and enthusiasm for archery is both admired and appreciated by many and Have a Go News wishes him a happy birthday on this milestone.

If you would like to find out more about AIM Over 50 Archery Group Inc. write to: PO Box 101, Bayswater WA 6933 or contact secretary, Keith Homes on Email: aimarcherygroup @gmail.com.

## Are you concerned about wandering?

Every year, hundreds of West Australians are reported as lost or missing.

There may be important pieces of information you are able to provide Police in the event that you, or the person you are caring for, has gone missing.

Gathering this information takes precious hours, time better spent searching.

Membership to Safe & Found WA gives you peace of mind that a detailed profile will be collected by you and your loved ones and securely stored ahead of time, to be accessed quickly by Police in an emergency.

A Safe & Found ID bracelet is also included with your membership, ensuring that if you appear disoriented, hurt or confused you can be identified easily and returned safely home.

#### JOIN NOW FOR \$99 + P&H

Your Joining Package includes your secure Safe & Found profile and a custom engraved Safe & Found ID bracelet.

(Ongoing annual fee to store your information is \$49 - less than \$1 per week. Please ask about funding assistance options. Registered NDIS provider. Seniors Card discount available.)

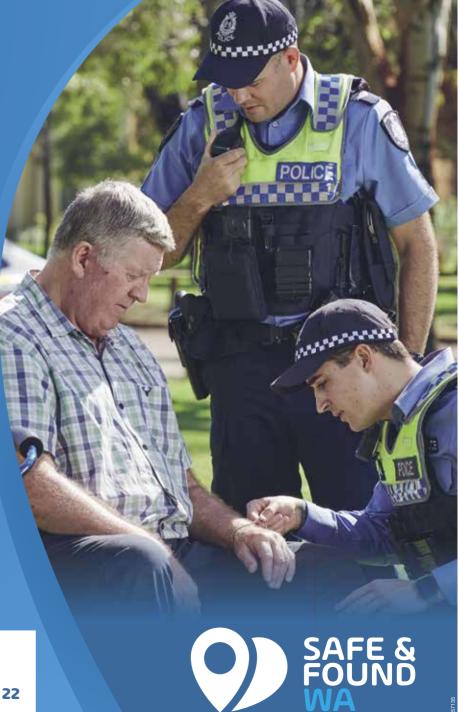
Safe & Found WA is a joint initiative of:







Visit safeandfound.org.au or call MedicAlert on 1800 88 22 22







health options for the mature west australian





## No matter what your age, discussing end of life plans is important



End of Life Doula, Kit Bewley. Pic by Serena Kirby

#### by Serena Kirby

SURVEYS have shown that around 80 per cent of Australians consider talking about end of life is important. Sadly, only 20 per cent of people actually do it.

People put it off with excuses like being too young or too busy, which can lead to it being too late.

End Of Life Doula, Kit Bewley is one of those rare women who offers practical and emotional support to those wanting help fulfilling their end-oflife needs and wishes.

"When I tell people what I do, there's a mixed response. Some people are very interested as they've heard about Doulas - a woman of service - in the context of birth. Others become slightly uncomfortable," Kit says.

A big part of what Kit does is provide end of life education and she encourages everyone young or old, healthy or ill to consider discussing end of life openly with family and friends.

"Death is unavoidable: there really is no escaping it," Kit says.

"I've found that people actually want to talk about death. And, when there's full consent to the discussion, there's always a lot to sav.

Many people may wish to reach life's full stop in the comfort of their own home. You would think it would be a simple request but Kit explains that it involves the input and support of more than a dozen people to make it

"Statistics show that more than 80 per cent of people would prefer to die at home. The reality is that only 14 per cent of people actually do," Kit says. "There's countless health care workers and service providers that step in and out of the process depending on the needs of the person at various stages. Organising all this requires a lot of planning and support from loved

"In past generations, dying at home was facilitated by family members but nowadays our families are smaller and more dispersed.

ones.

"We are also an increasingly DIY society; one where independence and self-reliance are held in high regard. We are still told about the importance of 'asking for help' but we don't always have someone to ask or don't want

to ask due to not wanting to be a burden on them, she said.

Kit advises that, before you start a conversation about death, you first need to reflect on your life.

"Ask yourself, 'What do I value?' and 'What does quality of life mean to me?' because it's different for everyone. These things will greatly inform your discussions and decisions. It's also important to show respect and be patient with the person you want to have this discussion with, as it can be a confronting topic.

"Some people may not want to listen so remember this is an ongoing topic so start with a soft approach and explain that this is something that's important to you.'

Kit says these types of tricky discussions are often made easier when they are less formal and

when you are side by side as opposed to sitting opposite each other. In the car on a long drive, working in the garden or walking on a beach are all good places to start approaching the subject.

"It is a great act of love to be able to care for someone in the way they want at life's end. And, it's a great act of love to give your loved ones the infor-

mation to enable that to happen. If these discussions come from a place of love, it really enriches the life you still have. Death has the capacity to snap life into focus. It's most certainly death's superpower."

To explore this topic further and get more tips on having end of discussions, visit www.dyingtotalk.org.au



Have a Go News **Events Guide** to Seniors Week 2021 liftout

**SEE the October 2021** edition for your official guide to WA Seniors Week

## SwanCare provides security and safety in senior years

SECURITY and safety are likely to cross your mind when thinking about downsizing in later years. Did you know that a community lifestyle at Swan-Care Bentley Park could help you silence that wor-

During the day the resident support service assists residents to enjoy physical independence for as long as possible. While after hours, an on-site security company oversees the sound sleep of

strictive on daily mobility and flexion.

0412 479 156.

in joint fluid that acts like a shock absorber).

residents by patrolling the streets and attending to calls of distress.

"Recently we received some help with medical and non-medical matters and we truly felt supported. You can feel the compassion that resident support has to improve the lives of pensioners like me..." said SwanCare resident, Helen Urquhart.

Living within a community means that you can get to know people all over the campus. It is comfort-

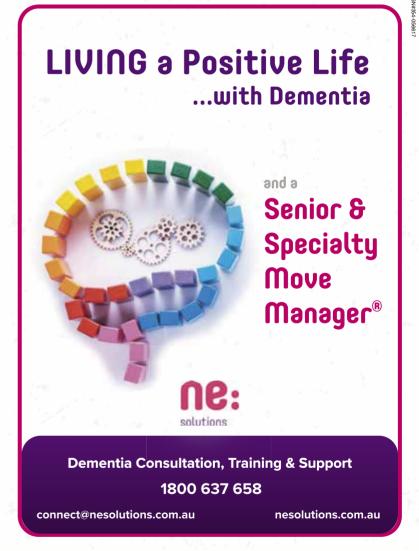
ing to know your neighbours within the village look out for your wellbeing

> love SwanCare's friendliness and feeling of security. Everyone says hello even if they don't know you," said SwanCare resident, Golda Pridmore.

All of the above reasons make it a great lock up and leave location, if you love travelling, or even the comfort of knowing your home will be safe upon return from day-to-day activities.

SwanCare Bentley Park is WA's largest retirement and aged care site. The central location makes it great for transport options and easy for family to come and visit.







## It's not often residential care rooms are available at Menora Gardens.



#### Here's why.

Surrounded by beautiful landscaping, Menora Gardens combines exceptional clinical care with Aged Care facilities that are second to none. Hotel-style accommodation sees private bedrooms with ensuites and built-in robes. Residents can take advantage of a full range of on-site personal care services. There are even Extra Services Rooms that come with a full-time Extra Service Concierge.

With all of these features, it's understandable that vacancies are few and far between. Not today.

Residential care rooms are now available for what will surely be a limited time.

Contact Sharmaine today on 9436 2151 or email corporate@acacialiving.com.au for more details.

16 Freedman Road Menora acacialiving.com.au



## Go on a date night with your finances - plan for the future whatever your age



Verity Byth Pic: Serena Kirby

by Serena Kirby

RESEARCH shows there's a growing number of women heading into retirement in bad financial shape.

Verity Byth, a researcher, strategist and women's finance advocate, urges women to take more control of their financial wellbeing.

"A growing proportion of women face retirement in poverty and women are the fastest growing group of homeless people," she warns.

According to statistics from the Workplace Gender Equality Agency the homeless rates of women over 55 grew by 30 per cent between 2011 and 2016. Verity expects that figure to be considerably higher when the next set of figures are released, due to the disproportionate effects of the pandemic on female employment.

Women have substantially less superannuation than their male counterparts which is a major issue considering that, on average, women live longer than men.

"On average, Australian women retire earlier than men. The average age for a male to leave the workforce is 60 whereas it is age 52 for women. With the average female lifespan being 85 years, that's more than 30 years that you need to have funds to live on. And, even if you work until 65, that is still 20 years of no wage income."

And if that is not enough of a wake-up call, Verity says one third of women have no personal savings when they retire. And, for those that do retire with some personal savings, they usually have 30 per cent less than their male counterparts.

This early retirement-less-savings scenario is something Verity says is a feature of the economic system we live in.

"More women work in jobs that pay less and the gender pay gap, combined with a raft of other factors means that, at the current rate, it will take several decades for women to reach income equality.

"Older women are also more likely to leave employment to care for an elderly or ill person. This, of course, is unpaid work. These women may also have been previously out of the workforce in their younger years raising children."

To combat all this doom and gloom, Verity recommends taking a good hard look at your financial situation – sooner rather than later.

"Regardless of your age, whether you're married or unpartnered, you should consider how you want your retirement years to look. Understanding what retirement means to you is important as it's an old fashioned word and many women can and want to continue working past age 60.

"Ask yourself 'what will my financial situation look like if I have to fund myself for the next 20 years?' and 'how much does it cost to be me?'. You can hope you will be financially okay but hope is not a plan."

While many may think they need to rush out and see a financial advisor, Verity believes there are only two reasons for seeing a financial planner; either you are in financial trouble or you've done all the work, and just want technical financial answers to technical questions.

"Work your way through the Barefoot Investor book and collect all your information before seeing a financial planner – but not before. You shouldn't delegate your retirement visions to someone else, as only you know what you want and what's important to you. Look at your assets, debts, future costs and consider your real estate options.

"Maybe you'll need to move to a smaller property or to another suburb to free up some capital that you can live on."

Better still, Verity suggests going on a 'date night' with your financial future. Grab your partner or a trusted friend and pour over your options while you pour yourself a wine.



Bruce May

BRUCE May is passionate about recycling, and he has turned that

Recycling advocate turns his passion into action sion into action by when only four other peo- household items in- bread tags into artis- making things available. Bruce is passion into action by when only four other peo- household items in- bread tags into artis- making things available. Bruce is passion into action by when only four other peo-

passion into action by creating The Village Exchange Program at the SwanCare's Bentley Park community where he is a resident.

Bruce says while a lot of older people are recycling, there's even more that are not.

"Information about recycling is readily available online but there's lots of people at the village that can't access it, because they're not online."

"I called a meeting at SwanCare to see what we could do to make a difference," explained Bruce. "Realisation hit when only four other people came. It indicated that there was not a great deal of interest in it. I identified that the main issue was lack of awareness.

"I also saw in the SwanCare newsletter that people have been putting the wrong items in the Containers for Cash bins. People don't know that if they put the wrong thing in the recycling bin it can contaminate a whole truckload, and the whole lot has to go to landfill instead of being recycled."

Items that can be recycled are far and wide, examples of everyday household items include electric toothbrush heads, hair care packs, pens, and batteries. Bruce explains what he hopes to achieve from establishing this initiative.

"The Village Exchange Program is the first step," explained Bruce, "it's about giving people the opportunity to recycle more than they do now. And what many people don't realise is that some of the things they put in recycling can be used in quite creative ways.

"We know an artist in South Australia for example who converts bread tags into artistic objects. And coffee pods... we know someone who recycles the aluminium and uses them in bicycle frames. When people find out they realise they can make a difference if they contribute, they bring in items."

Bruce and his recycling colleagues also have a repurposing station, which is where they separate items before throwing them away. Some examples of recent items are juice boxes, padlocks, keys and containers.

"With repurposing, it's

making things available to others that might be useful," said Bruce. "For example, sweets in a nice box – residents leave their unwanted items on a table at the exchange, then others are free to take it away with no cost or obligation.

"There's a fairly constant number of items there, but if at the end of the month somethings been there a while, then I have to put it in the recycle bin."

Household items plus books and DVD's are big ticket items, Bruce says they go quickly. Bruce is passionate about educating his peers about the importance of recycling. He is actively facilitating change by driving initiatives like The Village Exchange which will help in shifting the perception that only the younger generations recycle.

"I think in the future there should be a requirement to recycle a lot more," said Bruce. "I'm aware that it's very much on the agenda for SwanCare and that there will be a stronger move to encourage people to recycle".



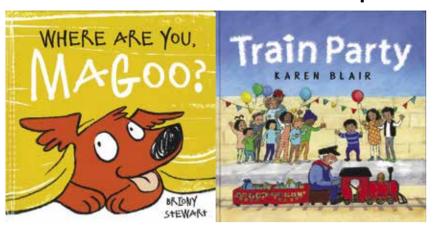
# SCHOOL HOLIDAY FUNI







## Perth authors capture the essence of childhood



by Josephine Allison

GRANDPARENTS look-

ing for birthday gifts for their grandchildren might be interested in two de-

lightful new books aimed at the younger ones. Where Are You, Magoo? by Briony Stewart is a wonderful story about everyone's favourite dog, Magoo. Aimed at the pre-school age group, the book has kid-friendly rounded corners and is a joyous rhyming romp of a book for very young chil-

A companion book to the acclaimed We Love You, Magoo, this story has an interactive seekand-find element and children will love seeing where Magoo has gone and what he has been up

Born in Perth, Briony

Stewart is the internationally published author and illustrator of several award-winning books for children.

At 17, she received a scholarship from the Art Gallery of WA towards studying a double degree in fine art and creative writing at Curtin Univer-

After graduating, she won a Queensland based writing prize. The story became her first published book, Kumiko and the Dragon. She went on to win an Aurelis award for children's short fiction

We Love You Magoo has been shortlisted for the Children's Book Council of Australia Book of the Year: Early Childhood prize. Briony now lectures on children's literature at university and conducts talks and workshops with children across Australia.

Where Are You, Magoo? by Briony Stewart (Penguin Random House, \$19.9̈9).

Train Party by Karen Blair is a beautifully illustrated rhyming picture book which captures all the fun of a birthday at a miniature railway park.

Karen grew up in Perth. She loves to illustrate the joys and adventures of childhood. She lives in Fremantle with her husband and two children and works part-time as a primary school art teach-

Her characters are often inspired by her students and her own children. Her long list of children's books include Something Wonderful and Hello From Nowhere.

Train Party by Karen Blair (Penguin Random House, \$19.99).

## Get a hole in one with this great family fun outing



HOW many times have you scratched your head and thought I just want to find something different to go to as a family?

Well scratch no more - we have the answer and it's a real hole in one!

Glowing Rooms, near Fremantle, is Perth and Australia's first 3D mini golf experience and it's got to be seen to

From the minute you arrive, you are transported on a vibrant journey of colour, taking you (thanks to the power of magical 3D glasses) from an asteroid field in outer space to an underwater world complete with sea creatures and treasure, past iconic landmarks of Australia and face to face with superheros.

These amazing worlds and creations are all thanks to incredible lighting and special effects combined with stunning handpainted wall and floor art, which play host to the golf holes, as well as sneaky hidden obstacles.

Travelling through each room sees the difficulty of the shots increase, with many having ramps, tunnels and trenches to navigate as well as animals that appear to come to life and golf balls that hover in

front of you, but this makes it even more of a fun and unique experience for all ages and abilities.

It really is a one of a kind of experience, just don't forget your camera.

Glowing Rooms are open from 2pm

to 9pm on Tuesdays, Wednesdays and Thursdays, 2pm to 10pm on Fridays, 10am to 10pm on Saturdays and 10am to 9pm on Sundays.

On most public holidays Glowing Rooms is open from 10am to 6pm, but that can change from time to time. The opening hours will be updated on the website: www.glowingrooms.com.au.

For the school holidays they will also open on Mondays from 10am. Last tee occurs one hour before closing.

There is a café on site and they also do incredible parties.



Featuring a large variety of native reptiles and other Australian wildlife with more than 70 different species on display including snakes. lizards, turtles, frogs, fruit bats, kangaroos, dingoes, emus, tawny frogmouths, parrots, bustards and many more.

Open daily from 10am to 4pm closed Wednesdays (except school holidays), Christmas, Boxing and New Years days

308 South West Hwy, Wungong PH: 9399 6927

Children can decorate their very own mini treasure box, using craft material to make collage and fancy flourishes, to keep precious cargo in when

storytelling sessions.

#### **Explore the WA Shipwrecks Museum**

FROM 25 September to 10 October at the Shipwill be clues to solve, cargoes from across the seven seas to collect, cargo ship puzzles to piece

they get home.

It's free to participate and bookings for 10 or more

wrecks Museum in Cliff Street Fremantle, there together - and an extra challenge to find the hidden passenger who has stowed away.

Take the stormy seas game challenge to safely load the ship with barrels, bottles, cannon balls and chests - and find the hidden figures in the

can be made at 1300 134 081.





Loose

for Bright Young Things Hiccup! Jude Henshall

Find out more at awesomearts.com





2021

International Arts Festival



Peter and Sandy McKendrick and Jenny Hill the Wolf

West Australian Ballet

27th Sept to 2nd Oct Perth Cultural Centre

BHP

#### Great movie for the holidays the draw simply email



SCHOOL holidays almost upon us and we have the perfect film for

grandparents on duty. In the spirit of Moana and Frozen, Ainbo: Amazon Princess is the epic journey of a young hero and her Spirit Guides, Dillo - a cute armadillo - and Vacca - a goofy oversized tapir, who embark on a quest to save their home in the spectacular Amazon Rainforest.

In cinemas 16 September.

**WIN WIN WIN** 

We have 10 family passes for some lucky readers to win. To be in



(parent & child\*) 18 September 12.30pm-3pm

\$120pp \*Age limit 8-14vrs

win@haveagonews.

com.au with Ainbo in

the subject line or call

the office on 9227 8283

during business hours.

Closes 19/9/21.





12.30pm - 2.30pm \$60pp \*Age limit 8-14yrs

Purchase instore, online or phone 9418 5929 MY DELICIOUS CAKES & DECORATING

12.30pm-3pm

\$60pp \*Age limit 8-14yrs

4/3 La Fayette Boulevard, Bibra Lake www.mydeliciouscakes.com.au info@mydeliciouscakes.com.au



Already a craze overseas and finally arrived in Perth. Australia's first hand-painted 3D mini golf course. Our magical glasses bring everything to life transforming a game of mini golf into a glow in the dark out of this world experience. 3D mini golf is fun and suitable for the young and seasoned. Surprise your partner and grandchildren with a mind boggling activity. It's "super easy" to book your

tickets on our website www.glowingrooms.com.au. For questions phone 6244 5590.



## Readers invited to join Spare Parts Puppet Theatre's Puppet-Tea parties



ESTABLISHED in Fremantle in 1981, the award winning, internationally recognised puppetry company has

entertained more than three generations of Western Australian families and delighted countless audiences around Australia and the world.

This month everything will stop for tea, when Spare Parts Puppet Theatre hosts Puppet-Tea, a series of absolutely free 'tea parties with the puppets' for the 'young at heart,' supported by Lotterywest as part of the community celebrations of the company's 40th anniversary.

Especially designed for the mature-aged members of the community, Puppet-Tea is a fun, relaxed and unique opportunity to meet the legendary puppets, such

as the Velveteen Rabbit, the Bugalugs Bum Thief, or the tango-loving crocodile Miss Lily - and the talented puppeteers who bring them to life - from the incredible 40-year history of Australia's iconic and WA's own puppetry company

based in Fremantle.

Puppet-Tea guests will be entertained with highlights of the company's colourful history, backstage tour, puppet-making session, and sneak peak of its brand new show, The One Who Planted Trees,

the company's first ever musical. Light refreshments are on the menu, along with secrets of the puppet world, and a good old-fashioned chat about 'puppets past, present and future' over a stimulating cup of tea.

Spare Parts Puppet Theatre's artistic director Philip Mitchell said that he was excited by the community response to the company's 40th anniversary and the opportunity to interact with members of all ages, many of whom have seen a Spare Parts show in its 40-year production his-

"I'm very much looking forward to sharing a stimulating cup of tea and puppet stories with older members of our community as part of Puppet-Tea," he said. "Forty years is such a significant anniversary for Spare Parts. It is amazing to see that we now have people in our audiences that first came to Spare Parts as a child or parent and who are now bringing their own children and

grandchildren to see a show."

Presented at 11am and 1pm each Tuesday and Thursday from 7 to 16 September, Puppet-Tea is absolutely free, but booking is essential as tickets are extremely limited. Reserve yours now at www.sppt. asn.au or call 9335 5044.

The 40th anniversary celebrations are supported by long-time partner Lotterywest culminating with a 40th birthday community celebration, Puppets in the Park on 6 November.

## Popular Western Australian best-selling author releases new book...

YORK best-selling author and Western Australian local Natasha Lester's new book The Riveria House is

Because pride

always comes

before the fall.

Based on true events from WWII, the book begins in 1939 Paris as the Louvre prepares to ship its masterpieces including the Mona Lisa to the

countryside to protect them from the coming Nazi invasion.

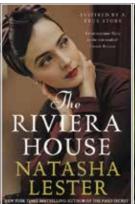
"Art is all we have when words fail us, when mankind fails and when we fail

each other," says Eliane Dufort one of the lead characters from The Riveria House.

Lester's work shows a deep understanding of the human psyche. She celebrates the cultural feast of art and fashion while outlining the depth of tragedy and the strength of spirit demonstrated by so many who lived through World War II.

The Riviera House is hard to put down; a consuming emotional saga showcasing some of the world's greatest masterpieces of art, the tragedy of war and the joy of vintage fashion all entwined with two stories of love.

Lester's writing con-





L-R; The Riviera House - Natasha Lester © Stef King

sistently delivers strong, heroic and likeable female protagonists who spellbind the reader with their

bravery and foresight. Add in her trademark dual time-line which connects all the clever dots she weaves through her stories; this book will keep you up into the wee small

The Riviera House by Natasha Lester is published by Hachette Australia RRP \$32.99 and available at all good book-

## Delve into the backstage areas of the Perth Concert Hall



2, 5, 6 OCTOBER | HIS MAJESTY'S THEATRE

TICKETS AT waopera.asn.au





Sunday matinees - 12noon start Doors open 11.30am November 14, 21, 28 December 5, 12

Friday night - 8pm start Doors open 7.30pm November 19, 26 **December 3, 10, 17** 

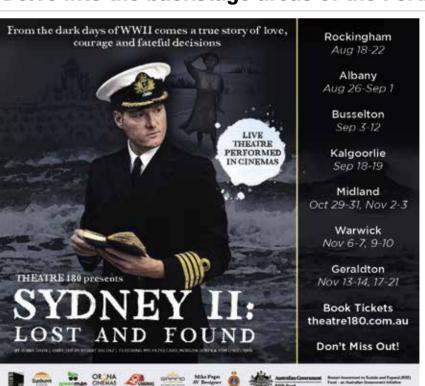
BOOKINGS

Email: tivolibookings@hotmail.com Phone: 9364 5463 or 0450 084 051 www.trybooking.com

Adult \$20 Pensioner \$17 Child \$10

Ticket price includes show, tea & coffee and, chicken & chips meal BYO wine, beer, drinking glasses & nibbles

Find us on **(f)** 



THE public is welcome to delve into the backstage areas of the Perth Concert Hall. The tour includes a display of historical information on the Lower Gallery Foyer and audio and lighting equipment of old, on the Upper Gallery Foyer.

The next tours will be held on Wednesday 6 October; Monday 11 October and Monday 18 October.

Each session runs for about 30 minutes and tours will run at 10am and 11.15am

Entry is by gold coin donation.

To book, just email info@perthconcerthall. com.au stating what day and time you would like to attend.





## Bond and WA Symphony Orchestra team up for a thrilling 007 ride



FOR the first time in Perth, audiences will be able to experience James Bond on the big screen accompanied by the power of the West Australian Symphony Orchestra.

WASO will perform composer David Arnold's thrilling musical score live whilst the entire film plays in high-definition on a 40foot screen.

With Casino Royale, EON Productions and MGM launched their wildly successful reboot of the Bond franchise, and at the

time of its release in 2006, it became the highest grossing film in the series' history.

It also marked Daniel Craig's first appearance as the legendary MI6 operative, and he earned high marks with fans and critics alike.

Directed by Martin Campbell, Casino Royale brings us Bond at the start of his career, having just earned 00 status and his license to kill, and pits him against the ruthless terrorist financier known as Le Chif-

fre (Mads Mikkelsen). From the jungles of Madagascar to the white sand beaches of the Bahamas, Bond's pursuit of Le Chiffre leads to a showdown in a high-stakes poker game at the luxurious Casino Royale in Montenegro, and ultimately to a jaw-dropping finale on the Grand Canal in Venice.

Along the way, Bond meets the beautiful British treasury agent Vesper Lynd (Eva Green), assigned to keep a watchful eye on 007 as he risks it all to bring down Le Chiffre. Giancarlo Giannini stars as René Mathis, Bond's mysterious MI6 contact in Montenegro, and Judi Dench returns as M.

Relive the iconic film on the big screen while WASO performs David Arnold's unforgettable score live on stage on 21 and 22 January 2022 at the Riverside Theatre, Perth Convention and Exhibition Centre.

Tickets are now on sale at www.waso.com.au for *Casino Royale in Concert*.

#### You are never too old to rock'n'roll...



Musical Mayhem The Entertainers © Jaz Photography

THIS is the motto of Musical Mayhem, a group of keen musicians which formed more than 10 years ago.

A chance meeting of three men at the Gosnells Men's Shed was the start of the group with Andrew Farby taking the lead.

The group started playing at aged care centres in the Gosnells area. They have now evolved to a bursting group of 10 men who perform at lifestyle villages, birthday parties and social groups. They

happily play for anyone who just wants a good clean fun band.

Spokesman for the group George Williams says that with an average age of 70 the boys still think they are reliving their teenage years.

"We like to think we are a 70s pop group only because we are all pops and 70 years old," said George.

The band is fully vaccinated against Covid-19 and they are raring to spring into spring.

Anyone interested in booking a show can contact George on 0412 062 251 or email georgew49@out look.com.

#### A biting, and intriguing look at the high-end culinary world



STARRING Nicolas Cage (Face/Off, National Treasure), in what has been described as his finest performances yet, Pig is the story of a truffle hunter (Cage) who lives alone in the Oregonian wilderness and must re-

turn to his past in Portland in search of his beloved foraging pig after she is kidnapped.

by Alex Joined Wolff (Hereditary, Jumanji: Welcome to the Jungle) in this stunning cinematic experience. Cage and Wolff delive transformative performances that set the film apart and cement it as one of the best movies of the year. It's everything you'd want in a trip to the movies, combining delicious food, a beautiful meditation on life, and Nicolas Cage looking for his kidnapped truffle pig.

In cinemas 16 September.

WIN WIN WIN

Thanks to Mad man Entertainment we have 10 double passes to give away to Pig. To be in the draw simply email win@haveagonews. com.au with Pig in the subject line or call the office during business hours on 9227 8283. Closes 17/9/21

#### **ASIAN TAKEAWAYS**



21 September - 3 October Sun - Sat 11am - 5pm

EARLYWORK 9/330 South Terrace, South Fremantle

The highly skilled art of leading WA ceramicists Sandra Black, Susan Flavell, Nathan Beard, Andrew Nicholls and Jenny Dawson, reflects their first-hand experiences of working alongside art practitioners in the numerous Asian countries where they have undertaken residencies.

İOTA21

-01

Contact: Gallery East 0405 698 799





## Poignant story of Sydney II: Lost and Found comes to the stage



Sydney II: Lost and Found

#### by Josephine Allison

THE enormity of the tragedy of Sydney II when it was sunk by the disguised German Raider HSK Kormoran during World War II comes home starkly in this splendid offering Sydney II: Lost and Found from Theatre 180.

The fact that 645 young Australians perished and the wreck of the ship was not discovered off the coast of WA until 2008, despite fruitless earlier attempts, brings home the remarkable achievement by all concerned.

Theatre 180, which focuses on live theatre performed in cinemas, continues the remarkable success of last year's A Fortunate Life about AB Facey, written by director and actor Jenny Davis OAM.

This work, directed by Stuart Halusz with music composed by Ron Siemiginowski and also written by Davis, has at its heart three young actors - Myles Pollard, Morgan Dukes and Tom O'Sullivan, supported by Janet Pettigrew as Ellen.

With little more than a theatre screen showing visuals, a stage with a few props and sound, the actors transport the audience to the moment, taking on so many roles from Australian and German ships' captains (the accents are quite convincing), sailors, a farmer, to a young woman who marries and bears a child to her lost love.

In fact, Myles Pollard plays nine roles in the production and it only takes a discreet retreat to the shadows on stage and a quick costume change to re-emerge as a new character. It is all done so convincingly that the audience is quickly transported to another time and place.

Much of the story centres on the true story of able seaman Allan Rowe played by O'Sullivan, who courts and weds Jessie.

He has just learnt Jessie is pregnant when he boards Sydney II and will never meet daughter Ellen. In fact, the real-life Ellen held a wake for her father after the warship was finally found in March 2008, due to the efforts of the Finding Sydney Foundation.

Jolly and unaffected, Rowe can only glory in shipboard life, shore leaves and finding his true love. Recent WAAPA graduate Morgan Dukes is wonderful as Jessie, fresh and lovely, but she too, chameleon-like can turn her hand to virtually any role, even a male

sense of WA The is emphasised by the screen backdrops and vignettes such as 'here today, gone tomorrow' signed inside an autograph book and local chatter such as a walk to Kings Park or a trip to the movies by the courting couple.

It's all so poignant and tragic and the audience is swept up with the story cleverly interwoven with past and present as excitement builds when the warship is finally found at the bottom of the Indian Ocean.

A picture flashed on screen of the ship's crew, vound and happy, begs the question: what would their lives have been like had they survived? Jessie's anguish at the ship's disappearance and the fact the search did not start until six days later,

brings home the terrible sense of loss families experienced.

The finding of Sydney II and the impressive memorial at Mount Scott in Geraldton hopefully brings some closure to one of the most devastating events on our shores during World War II.

Fittingly, Sydney II: Lost and Found will play at Orana Cinemas. Geraldton 13-14 and 17-21 November to coincide with the 80th anniversary of the loss of Sydney II.

Other dates include Orana Cinemas. Kalgoorlie 15–19 September, Ace Cinemas. Midland 29-31 October and 2-3 November, Grand Cinemas. Warwick 6-7 and 9-10 November.

#### It's an open air feast of painting in Mandurah and Pinjarra



Plein Air artist Noemie Turner © Barb Thomas

City Of South Perth Historical Society Inc

Heritage House, 111 Mill Point Rd, South Perth

9367 9243 southperthhistorical society.org Gallery & Shop open Friday 10am-4pm, Sat & Sun 1pm-4pm

MANDURAH and Pinjarra are set to play host to leading Austraoutdoor painting festival Plein Air Down Under in September and October.

ART MUSEUM AND

**LOCAL HISTORY** 

**NEW EXHIBITION:** 

MAY GIBBS SPRING TIME, STORY TIME

Inspired by May Gibbs' illustration The Flower

Babies Ball, this exhibition presents Australian

bush flora and fauna, the illustrations and written

word of early local children's literature

Highlights for the festival will include a weekend from 25 to 27 September, where artists from around the country

will gather to show off their skills, competing for more than \$8000 in awards and prizes and a day painting around the historic town of Pinjarra on 26 September.

**Approaching** Landscapes Exhibition organised by The Mandurah Plein Air Artists Inc, will provide an opportunity for the public to see and buy works of art at the Court House, Pinjarra, from 1 to 27 September.

A feature artist exhibition from Plein Air Down Under will also run at the Mandurah Performing Arts Centre from 10 September to 10 October.

It will highlight the of Victorian artist Herman Pekel, Queensland's

Diefenback and WA's Leon Holmes.

En Plein Air is a French expression meaning "in the open air" and refers to the act of painting outdoors.

Plein air artists paint a moment in real time. capturing the spirit and essence of a landscape or subject by incorporating natural light, colour and movement.

Co-founder of Plein Air Down Under, internationally renowned artist Leon Holmes from Mandurah says the success of the 2019 and 2020 festivals showed there was a clear opening in Australia for a celebration of plein air.

"Our vision is to be the premier plein air event in Australia," he

#### Ride the Eagle - starring Susan Sarandon



RIDE the Eagle is a new movie starring Susan Sarandon, J.K. Simmons and Jake Johnson.

When Leif's (Jake Johnson) estranged mother Honey (Susan Sarandon) dies, shé leaves him a conditional inheritance.

Before he can take ownership of her picturesque Yosemite cabin, he has to complete her elaborate and sometimes dubious to-do list.

Leif steps into Honey's wild world as she tries to make amends from beyond the grave in this hilarious and heartfelt comedy.

In cinemas 9 September.

#### **WIN WIN WIN**

Thanks to Maslow Entertainment we have 10 double passes to giveaway to some lucky winners.

To be in the draw simply email win@haveagonews.com.au with Eagle in the subject line or call the office during business hours on 9227 8283. Closes

#### Cabaret Extravaganza to be held in Mandurah

WELL KNOWN WA performer Eddie Storm OAM continues to thrill and amaze audiences and shows no signs of slow-

ing down at the age of 89. Performing last month at the Holly Wood Tuesday Morning Show he delivered a poignant ded-

Ref: Your name

ication to Vietnam veteran and Victoria Cross recipient Keith Payne.

Eddie loves to entertain and to help people. He has teamed up with three other well-known performers Kelly Green, Anne Bavin and George Baver to present the Four Stars Cabaret Extravaganza. This event will help raise funds for entertainers who have lost income due to the pandemic.

Held on Wednesday 13 October at David Grays Arena in Mandurah from 1.30pm to 4pm, the ticket price of \$20 includes afternoon tea.

The concert will include 60s and 70s music, jazz, pop and a touch of opera.



Eddie Storm OAM

Get behind this fantastic cause and support the artists who want to support the artists.

Call 9537 5400 to book your tickets - bookings essential.

#### Have a Go News SUBSCRIPTIONS

For 30 years we have been supplying this newspaper free to readers thanks to our advertisers. Thank you to the many readers who have contributed to our appeal last year, which 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 receive the newspaper posted to their home is welcome to subscribe. Be assured that all neces-



visit our website:

www.lunapalace.com.au

LUNA

PALACE



West Leederville WA 6901

#### Concert featuring the great romantics

SPRING - The Great Romantics - the second Act-Belong-Commit MetSO Young Artists (MYA) Concert Series 2021 will be held on Sunday 19 September at 3pm.

Featuring MetSO Young Artist 2021 Kaining Wang - performing Chopin Piano Concerto No2 in F minor, plus Berlioz's fervently romantic, dramatic masterpiece - Symphonie Fantastique. The concert will be conducted by the wonderful Bruce Herriman.

All concerts in the 2021 series will be held at the new Churchlands Concert Hall, located at Churchlands Senior High School.

This event has been funded by Healthway in support of the ActBelongCommit message, and by the City of Stirling.

Tickets from \$12-\$27 (online) and can be booked at metsoperth.org/tickets, or by Googling 'metso

#### WIN WIN WIN

We have one double pass for a lucky reader to win to the spring concert at Churchlands Concert Hall on Sunday 19 September. To be in the draw simply email win@haveagonews. com.au with Spring in the subject line or call the office during business hours on 9227 8283. Closes 15/9/21.

## 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

Fach 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

Obtaining replies to your Friend to F								

Please nominate a category for your advertisement.

Tick one box only.

☐ Travel companion

Seeking a friend

Seeking a partner

Address .....

I am over 45 years of age .................................(Signature) envelopes will not be considered for publication.

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

#### Seeking a Friend

ACTIVE gent, postcode 6210, 70, cycling, swimming, walking, travel, cinema, theatre, dining in/ out, gardening, sports, seeks active, affectionate lady, NS, SD for long term, relationship, ALA, genuine replies.

#### Reply Box 8912

**CALLING** again, singles, ladies and gentlemen, 60+, let's get together as a group seeking friendship, companions or a soulmate. Why not? If we never ever try; we will never ever know. No fees other than the cost of your beverage.

#### Reply Box 8903

GENT 77, 5'9" tall, 80kg, NS, SG, DTE, WLTM lady, 70-77, who is lonely as myself. Living SOR, 6156. I enjoy carpet bowls, quiet nights, outing now and then. I'm genuine.

Reply Box 8911

UK/Aus 73, **GENT** presentable, 180cm, educated, VGSOH, sociable, NS, SD, enjoys travel, gym, family, beach, coastal walks, usual social activities, seeks intelligent, attractive, compatible, easygoing lady to late 60s, all travel modes, destinations considered. Northern suburbs. Cof-

#### Reply Box 8921

**GENTLEMAN** 63, young at heart, active and adventurous. WLTM a nice

#### Reply Box 8922

GENTLEMEN 65-75, we are wanting to create a singles dinner group with equal men and women in the western suburbs so come on gents contact us so we can get started. No fees other than the cost of your own meal.

#### Reply Box 8907

HELLO dance friend, I am 80 year old lady, needing a partner for Old Time and New Vogue dancing. My happy place is the dance floor. Looking for gent any age to 83. You must be experienced in the above. Genuine applicants please only.

#### Reply Box 8920

I AM looking for a kind, gentle and loving man who enjoys everything life has to offer. I am in my early 70s and would like a similar aged man. Enjoy country driving, beach, walks, music.

Reply Box 8915

GUY 81, NOR, widower, well groomed and in good shape. WLTM widow in her 70s, shapely smart dresser, fin secure. Coffee and fun outings, just 1-2 days per week. Nature lover. Walks, talks, picnics, avoid crowds.

#### Reply Box 8914

LADY well presented, early 70s, NS, enjoys the quiet life, country drives, travel, dancing, reading, good conversation. WLTM sincere gent who resides SOR, preferably Mandurah area or nearby. Reply Box 8917

MATURE aged lady looking for a male, honest and caring by nature for playing cards socially, movies, walks, outings and much

#### Reply Box 8919

**WIDOW** mid 70s, fit, 5'6", med build, attractive, love 70s music, country, travel. WLTM gent, 70-80, NS, honest, Christian values, GSOH. likes animals, to share a lovely relationship.

Reply Box 8916

#### Seeking a Partner

ATTRACTIVE, well presented lady, 70+, med build, educated, SOR, postcode 6107. Enjoys reading, walking, music, country drives, good conversation. WLTM fin secure, well presented gentleman, 65-75, unattached (not separated), who is genuine and kind for long term permanent relationship. ALA.

Reply Box 8910

AUSTRALIAN gent, 74, 6 foot, 80kg, NS, very SD. fin sec. own home SOR, postcode 6155, sincere. Interests; gardening, walks, picnics, music, dining in/out, quiet nights at home, WLTM special, genuine, caring Asian lady. Let's meet for coffee.

#### Reply Box 8906

**GENT** 52, looking for English lady, fun-loving, kind hearted, 50-55, enmovies, reading, beach life, NOR, NS, SD, full of surprises, romantic at heart, WLTM for chat over coffee, ex country boy, white collar worker.

**GUY** early 70s SOR, NS, ND, DTE, TLC, honest, loyal, tactile, enjoys driving, travel, movies, walks, gym. WLTM slim, attractive, easy going lady. Reply Box 8923

Reply Box 8905

LADY 67, petite, well groomed, sociable, active, healthy, GSOH, young outlook, SD. NS. enjoys movies, dining out, country drives. WLTM gent with similar interests. Let's meet for coffee.

#### Reply Box 8904

postcode 6107 **LADY** WLTM 70-75 guy interested in travel in/out Australia. Open to explore future with independent fin/sec lady. Enjoys reading, quiet times, hanging out, long walks, movies etc. Most social activities, missing special friend to share above.

#### Reply Box 8924

**PERSONABLE** matic gentleman 69. slim build, grey hair, brown eyes, 5'9", fit, at peace with life. Seeking a confident, caring, adventurous lady. Come meet Don Quixote of the Hills. True happiness is an inner journey.

Reply Box 8925

**RETIRED** diplomat interested in art, history, literature, philosophy, tennis, cycling, travel. No AFL or NRL. WLTM loyal, kind, witty, informed male who prefers felines, respects trees and wildlife. Great expectations!

Reply Box 8909

VIBRANT, tall, blonde, lady 72, happy, outgoing widow. NOR, close to the coast. Seeks kind hearted man with lots of love to give, age 68-75 to enjoy life's pleasures together. Reply with your phone number to meet for a coffee. Would love to hear from you.

Reply Box 8908

uncomplicated, WLTM DTE, NS, communicative, tidy, country lady to 70, who enjoys home life, sport, outdoors interests. outback travel, whatever. I'm south west coastal gent, medium build, quiet, unpretentious, thoughtful, varied interests and capabilities. GSOH, non religious.

Reply Box 8913

#### **Wishing to Contact**

ITALIAN widow seeking active gentleman 65-70 for ballroom, jiving, dancing, who is honest, sincere, caring, intelligent, easy going, well presented, SOR, NS, SD, NG, DTE, GSOH, enjoys 50s and 60s music, laughter, just for friendship.

Reply Box 8918

## When replying to a Friend to Friend entry...

11B size envelope template Simply measure your Friend to Friend reply envelope against this template... 9cm (height) 14cm (width)

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.



Supported by funding from the Australian Government

We have your partner

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

SUBIACO LADY 69 slim, fit, refined, elegant brunette, well-travelled, play golf, tennis, sociable & active widow, sk gent similar 68-78.

HILLARYS LADY 74 slim, petite, pretty widow, healthy, happy, independent, kind, caring, old fashioned values, loves life, sk gent 70-78.

**COOGEE LADY 75** slim, petite, beautifully groomed widow, likes theatre, dining, movies, can dance. SK trim widower 70-75 near her area.

WAIKIKI LADY 71 slim, physically active, gorgeous looking, green eyed blonde, fashionable, aentle, feminine, kind, generous. Sk gent 68-78.

MORLEY GENT 80s widower, active, healthy, educated, loves live theatre, classical music, the arts, dining out, sk lady happy to accompany him.

**BALDIVIS GENT 70s** handsome widower, extremely fit, well armd, easygoing, fun-loving, respectful. Sks a lady who is healthy & physically fit 70-78.

DIANELLA GENT 74 educated, ret. Exec, 182cm, fit, well grmd, socially aware, personable, down to earth. Sk slim refined lady 68-74.

BRENTWOOD GENT 72 widower, 178cm, active, outdoors person, loves watersport, sk fun-loving lady who likes boating & travel 65-72.

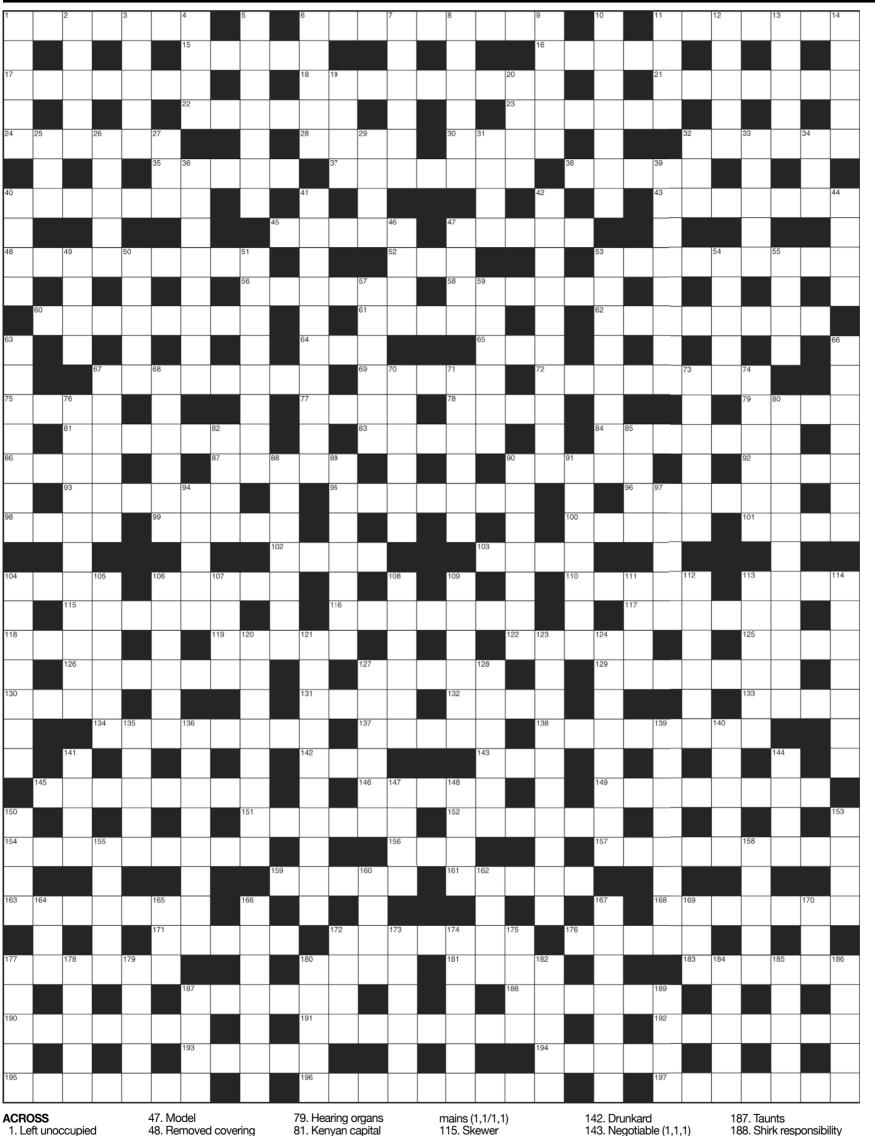
SOLUTIONSMATCHMAKING.COM.AU



## Have a Go News PUZZLES PAGE Have a Go



## **BIG CROSSWORD - SEE PAGE 42 FOR SOLUTIONS**



- 1. Left unoccupied
- 6. Resuming (investigation) 11. Parchment rolls
- 15. From Baghdad
- 16. Depiction

- 17. Parody 18. London's ... Square 21. US honeymon falls
- 22. Chewy confectionery 23. Customer
- 24. Delayed 28. Hindu robe
- 30. Horse feed 32. Skirt around
- 35. Fermenting agent 37. Inner layers
- 38. Immature insects
- 40. Junior
- 43. Baaed 45. Cease! (nautical)

- 48. Removed covering 52. Computer modifying
- 53. Bishop's church

- hammad .
- 72. Tennis umpire's as-
- sistants
- 75. Angler's lure
- 77. Taverns

- 56. Lubricant container
- 58. Wage recipient
- 60. Agreeing
- 61. Reads superficially 62. Enlivens
- 64. Boxing legend, Mu-
- 65. Spanish coast, Costa
- 67. Still 69. Supermarket lane
- 78. Consequently

- 81. Kenyan capital 83. Slushy hail
- 84. Grounded (appliance)
- 86. Snow monster 87. Sacred likenesses
- 90. Earliest
- 92. Catnan
- 93. Charge with crime 95. Little Bighorn state
- 96. Fireplace ledge
- 98. Calculations 99. Rare pleasure
- 100. Green (of stone)
- 101. Title document 102. Bedouin
- 103. Opposed to
- 104. Rope-making fibre 106. Less in number
- 110. African republic 113. Powered by battery or

- 116. Permits
- 117. Relaxed (2.4) 118. Couch potato
- 119. Miss
- 122. Seaweed and rice
- snack
- 125. Clean break 126. Not anywhere
- 127. Killer (disease)
- 129. Iron-deficient
- 130. Bereavement 131. Unfilled space
- 132. Truck's unloaded
- weight 133. Kit
- 134. Smallest interval in music
- 137. Restraining cord 138. Committee president

- 145. Stalk vegetable
- 146. Anaesthetic 149. Shipping routes (3,5)
- 151. Duration devices
- 152. Far away 154. Thin blood vessel
- 156. Atmosphere
- 157. Desensitising
- 159. Scoff 161. Inlaid (3,2)
- 163. Frog stage 168. Enthusiastically
- 171. PC disk (1,1-3)
- 172. Rename
- 176. Crockery
- 177. Carried 180. ... & gentleman 181. Spoken exam
- 183. Schedule

- 188. Shirk responsibility
- 190. Scramble up
- 191. More frugal
- 192. Sloping type 193. Of sound system
- 194. Tax-evasion scheme
- 195. Provisional
- 196. Raucousness 197. Vitamin C source, ...
- syrup

animal

- **DOWN** 1. Outspoken
- 2. Metallic ringing
- 3. Copy outline of
- 4. Slimming regime 5. Whiskered aquatic
- 6. Ceremonies

12. ..., willing & able

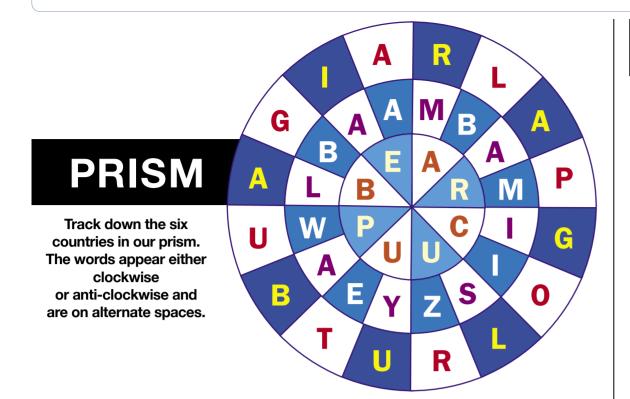
Large-headed sea bird 8. ANC hero, ... Mandela

- 9. Lasses
- 10. Odious 11. Telegraphed
- Alpaca relative
- Graze crusts
- 19. Unfeigned
- 20. Behaves
- 25. Fuss
- 26. Doomed person 27. Cloth colorant
- 29. Shreds 31. Ancient
- 32. LA suburb, ... Air
- 33. Tartan fabric 34. Litigate
- 36. Exploding
- 39. Forgoes
- 40. Thine 41. Appraisal
- 42. Tubular pasta dish
- 44. Valley
- 46. Army vehicle
- 47. Single article 49. Candle string
- 50. Turn aside
- 51. Categorical 53. Crevices
- 54. Obliterate 55. Queensland's Great
- Barrier ... 57. Indians & Koreans
- 59. Contend
- 63 Fetuses 66. Give false advice to
- 67. Blemishes 68. Dexterous
- 70. Sicily or Corsica
- 71. Latitude 73. Shipboard rebellion
- 74. Had (to) 76. Inklings
- 80. Youth
- 82. Dog-inflicted wound
- 85. Cash points (1,1,2) 88. Canadian province
- 89. Smudged
- 90. Plumpness 91. Jogs one's memory
- 94. Sadistic 97. Valuable possession
- 104. Bumped in crowd 105. Mould in relief
- 106. Measurement of
- depth 107. Abrade
- 108. Procession
- 109. Takes (company)
- public
- 111. Acquire 112. Reclaim
- 113. Allocate 114. Pranced
- 120. Speed
- 121. Nest egg
- 123. Financially unviable 124. Hassled
- 127. Purifying strainer
- 128. Pakistani city 135. Do well (at)
- 136. Socially cut off
- 139. Rekindle 140. Informed
- 141. Stumble
- 144. Jeans pioneer, ...
- Strauss
- 147. Russian emperor
- 148. Goes astray
- 153. Grotesque
- 155. Data entered
- 158. Nephew & ...
- 160. Ogled
- 162. For all eternity, ... after 164. Muslim leader, ...
- 165. Liquid crystal display
- (1,1,1)166. In direction of
- 167. Burial garments 169. Top credit rating
- (1,1,1) 170. Glass stopper 172. Allergy symptom 173. Song words

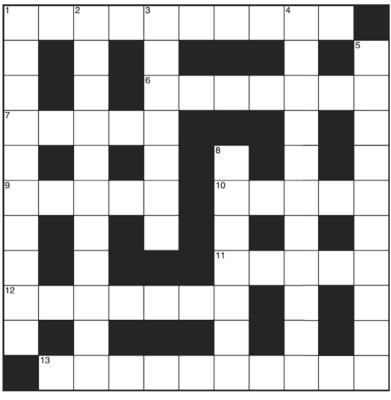
- 174. The ... Tea Party
- 175. Tie 177. Desert plants
- 178. Bake (meat) 179. Glowing coal
- 180. Reveal secret (3,2) 182. Feudal masters
- 184. Incites 185. Whinny 186. Greek fable writer
- 187. Streetcar
- 189. Terrace
- © Lovatts Puzzles

## Have a Go News PUZZLES PAGE Have a Go





## **CROSSWORD**



#### STRAIGHT CLUES **ACROSS**

- 1. Darling (10)
- 6. Crime against country (7)
- 7. Potato variety (5)
- 9. Fame singer/dancer, ... Cara
- 10. Mare or stallion (5)
- 11. Retrieve (5)
- 12. Vote in again (2-5)
- 13. Size of audience (10)

#### **DOWN**

- 1. Legal advisors (10)
- 2. House seller (6.5)
- 3. Privately taught (7)
- 4. Reinstatement (of monarchy)
- 5. As a rule (2,3,5)
- 8. Off-loaded (7)

#### **CRYPTIC CLUES**

#### **ACROSS**

- 1. Beau managed to reheat stew (10)
- 6. The primary reason for betrayal? (7)
- 7. Rocky Mountain state sees every other wild fashion
- 9. Name of girl caught in wire netting (5)
- 10. Nag till you sound hoarse (5)
- 11. Bring some buffet chips (5)
- 12. Return to power in shire election (2-5)
- 13. Presence at ten. Dance afterwards (10)

#### **DOWN**

- 1. Lawyers who drum up custom? (10)
- 2. He is keen for people to visit his homes (6,5)
- 3. Instructed by short Pharaoh or short editor (7)
- 4. Pause before speech to get facelift (11)
- 5. Who lent hoe around generally? (2,3,5) 8. Feds hit out when moved (7)

## SUDOKU

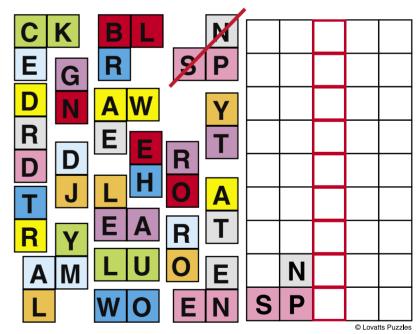
Fill the grid so that every column, every row, and every 3x3 box contains the number 1 to 9. RATING: ★★☆☆☆

					8		3	5
	5			4	3	9		2
3	1	7	5					
			2			3		
	7	3		1		5	8	
		5			7			
					5	4	2	9
5		2	9	8			6	
4	9		7					

## COLOUR BLOCKS

THIS is like a jigsaw puzzle. All the blocks fit together to make nine five-letter words reading across. Each word is a different colour.

The mystery answer will read down the middle.



NEWS 5.00 LOCAL 6.00 FULL STORY



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## Asher Fisch conducts Shostakovich's Fifth

A heart-pounding message for the revolution

Thursday 9 September, 11.00am Perth Concert Hall

Asher Fisch conductor

**Dmitri SHOSTAKOVICH** Symphony No.5

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Paul Dyer director

PROGRAM TO INCLUDE:

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Antonio VIVALDI Sinfonia in C major from L'Olimpiade
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Music to touch your soul

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Dalia Stasevska conductor

Sergei PROKOFIEV Symphony No.1 Classical Jean SIBELIUS Symphony No.5







