





#### LIFESTYLE OPTIONS FOR THE MATURE WESTERN AUSTRALIAN

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# THIS ISSUE



Let's go travelling - wander out yonder in WA

Lee Tate's wildflower safari Station stays



Have a Go News' Lee Tate speaks with Ranger Red, **Bradley Holland** 



Josephine Allison's interview with author Monica McInerney



Food & Wine Recipes and ideas Brunch with T





Have a Go News 20-page Seniors Week Event Guide

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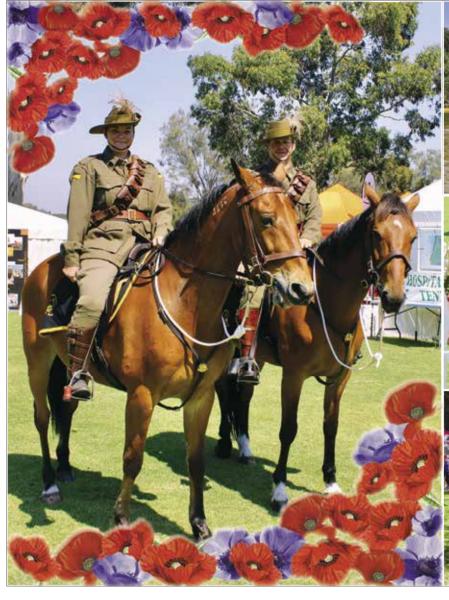
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# Pop into Have a Go Day...









Remembrance Day will be commemorated at Have a Go Day this year

#### by Allen Newton

AROUND 1000 paper poppies will fall from the sky over people attending this year's Have a Go Day, a Live Lighter event, to commemorate Remembrance Day.

As part of the biggest event of the year for seniors a Remembrance Day service will be held at 11am, including a wreath laying, aircraft dro poppies from the sky.

The drop has been organised by the Victoria Park, South Perth and Districts sub-branch of the RSL which both celebrate 100 years of operation this year.

Branch president Leroy Mc-Dorman said the poppies are biodegradable.

"It's been quite an operation to pull together," he said.

Have a Go Day will run from

9am to 3pm on Wednesday 11 November at Burswood Park on Great Eastern Highway and will be packed with free activities and information for over 50s.

As well as a Poppy Drop there will be related static displays from RSL sub-branches including Victoria Park, South Perth and Districts and the 10th Light Horse Kelmscott/Pinjarra Memo-

Poppies play a big part in theming for the event, with red poppies for soldiers, white for nurses and purple for animals.

Have a Go Day, a Live Lighter event, is the largest single event specifically targeted at people over 55.

A mix of more than 230 static sites and activities makes the event unique to Western Austra-

As well as regular supporters like Bethanie, newcomers include: guide dogs; smart product solutions; Anglicare WA - No Interest Loans; WA Floral Art Society; Greenbatch Foundation - recycling bottles and plastic waste; Ingenia Gardens, the new sponsor for the main stage; Maritime Safety Education; WA Boomerang Association - boomerang throwing; Society for Creative Anachronism - medieval club; DrillDance WA; Forgetme-Not Dementia Support; Perth International Dance: Gift of Grace Funerals: Wheelchairs for Kids; Jazz Club of WA; and Flukez Ukulele Group.

Radio 6PR and Channel 7 are sponsoring the event and will have personalities in attendance and Curtin FM 100.1 radio will be doing an outside broadcast.

The number of site holders has been reduced slightly this year to ensure social distancing can be maintained; hand sanitiser will be available for visitors.

Executive officer of the Seniors Recreation Council of WA, (SRCWA) Dawn Yates, said the organisation, which runs the event, hopes visitors will get a better understanding of what is available across a wide variety of information stalls, and to discover the huge variety of clubs, groups and activities.

"Have a Go Dav is an information and activities expo for the over 50s, it is an exciting day with a wide variety of activities and information readily available to all

who attend," Ms Yates said. Around 15,000 people are expected to visit the free event.

continued on page 7





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# From the editor's desk



Clockwise from left; Have a Go News editor, Jennifer Merigan, Seniors Recreation Council of WA's Dawn Yates, Crown Perth's Barry Felstead, SRCWA's Phil Paddon and Hugh Rogers

LAST month I attended the farewell lunch for Hugh Rogers as he stepped down from his position of state president of the Seniors Recreation Council. More than 50 people came along to pay tribute, including the Minister for Seniors and Ageing Mick Murray. Hugh worked thousands of hours in his voluntary role as president and introduced a variety of programs for the betterment of older Western Australians. For me personally he has been a great friend and mentor and although he steps aside from heading up the organisation, he will still help with some office work and continue to share his knowledge with the committee. Thank you Hugh for a job well done.

\*\*\* I also attended the annual Seniors Ball organised by Seniors Recreation Council. It got the go-ahead to run last month in the Astral Ballroom at Crown Perth. It was a lovely afternoon and I always enjoy seeing the dance floor full of people tripping the light fantastic.

\*\*\* Inside this issue, apart from our regular feaannual Seniors Week Liftout. Although this year events are scaled back due to COVID restrictions there are still a plethora of interesting activities. Inside the liftout is a guide to Have a Go Day, an opportunity to win tickets to a special screening of Rams at Palace Cinemas Raine Square and lots of other exciting events. We also have our big crossword inside the liftout.

Citiplace Community Centre, which is located on the concourse level of the Perth Railway Station, has organised a few events to end the year on a positive note. On 30 October they will hold a Craft Market Day showcasing their talented craft groups wares. On 26 November they will hold a Thanksgiving lunch which includes a three-course meal, raffle prizes, live music and more for \$30 per person. For more information call 9461 3550.

Thank you to the hundreds of people who took the time to complete our reader survey. We will be drawing the winners on 15 October and will announce them in the next

\*\*\*

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**UPDATED DAILY** 

return to the new normal, we have had loads of giveaways to share on the Have a Go News Facebook page. We have a thriving community on that platform and with more than 13,000 followers we have a lot of fun. You too can join by liking or following the page at www.facebook. com/Haveagonews/ \*\*\*

As life has started to

The Have a Go News website is a great way for us to share information that we cannot fit into the newspaper. It has a variety of content including club listings for people looking to find a new activity and more than eight years of back issues of the newspaper.

We offer readers a free service. Receive the digital version of this newspaper via email on the day of publication. Just email readers@have agonews.com.au to sign

\*\*\* I hope you enjoy this month's issue and stay happy and healthy.

> Jennifer Merigan Editor

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

# Ageing research snippet

Two simple things to help extend our lifespan

HARVARD researcher David Sinclair PHD and author of the book Lifespan - Why We Age and Why We Don't Have To says that we can do a couple of simple things to help improve our life span.

Firstly being hungry is good for us, don't starve yourself just skip a meal every now and then

Get puffed – getting out of breath from exercising regularly is good for extending

Read more about Sinclair's research on extending lifespans on page 9 of this

#### **Quote of the month**

HEALTH is the greatest possession. Contentment is the greatest treasure. Confidence is the greatest friend.

Lao Tzu

#### **Urban slang**

FIRE: when something is cool or

#### **Funny historical fact**

TEA became fashionable in England in 1662 when King Charles II started drinking it.

#### Word of the month

Nemophilist (pronounced ne-'mo-felist), is an obscure word that hasn't really been used for more than 100 years. It means a person with a love or fondness for forests, woods, or woodland scenery, or someone who often visits them - a 'haunter' of woods.

The word derives from the Greek 'nemos, grove, and 'philos, affection.



WIN a \$200 shopping voucher See page 16

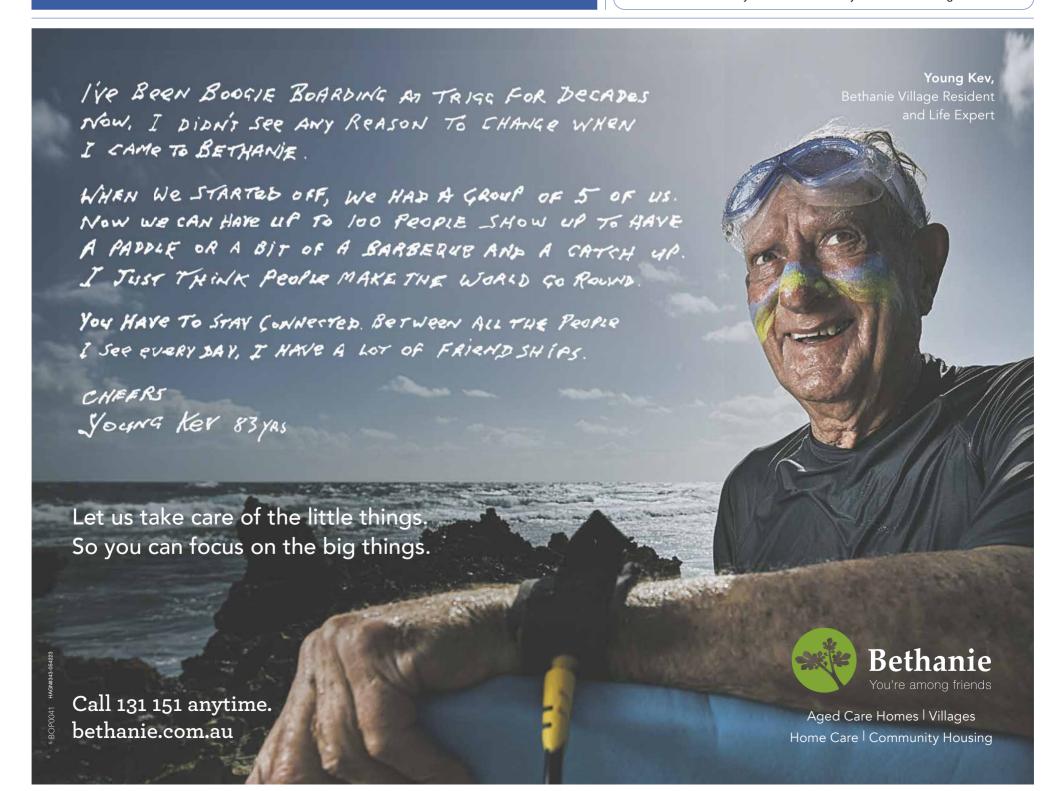
### Have a Go News Quick Quiz

- 1. Lotterywest was founded in 1933, 1949, 1956?
- 2. Name the father-and-son WA Premiers?
- 3. Where can the Moores Building be found?
- 4. How many prisoners are in Bunbury Regional Prison, 573, 750 or 950?
- 5. Which WA cricketer played for Australia at age 19 in 1961, Graham...?
- 6. In which State is Yorkey's Knob?
- 7. Perth's Moonlight Outdoor Cinema is where?
- 8. Which WA-born comedian, actor, composer, songwriter, pianist wrote Mat-
- 9. Name the Wellington Street square?
- 10. Name the landmark bell tower at Elizabeth Quay.

See answers on page 18.

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

THROUGH the 1920s-1950s, Cliff Clarke topped Perth's reinsmen's and trainers' premierships in his first full season, a feat no other trainer-driver had achieved. Cliff trained 412 winners in 32 years and was naturally inducted into racing's Hall of Fame.



# Author Monica McInerney delves into a different family for new book



Monica McInerney © Matt Turner

#### by Josephine Allison

**CELEBRATED** bestselling international author Monica McInerney already has next year well planned when she returns to Dublin and her husband to take on new writing commitments. Like many, Covid 19 has turned her year upside down, but she has tackled it with her usual skill and good humour.

Monica's new book, The Godmothers, is a family mystery story as its follows Eliza Miller, the main character, as she searches for the father she has never met and

also for the truth about her mother's troubled life.

"I also think it is a story about moral dilemmas because Eliza's two godmothers know all the family secrets, which is their torment, how much do they share?" Monica says from Adelaide in an interview with Have a Go News. "It's a book about how generations keep secrets from one another and the question is: is it good to keep secrets or is it better to lie?"

Monica is currently living with her mother in Adelaide before she embarks on a South Australia-wide personal promotion of her new book with online and Zoom events listed in other states.

She says she did research at many different levels for her new book which she started writing in 2018.

"I went to every setting two or three times where possible so I did three trips to Edinburgh and to every location mentioned in the book, including Gretna Green.

"I had a fantastic contact in the hotel industry in Dublin in terms of background material for the way a boutique hotel

"The psychological side of the story focuses on a motherless young woman so I did a lot of reading on that subject, about the impact on their personality and their choices.

"I am quite careful about research, though after being a published author for 20 years, not to fall down research rabbit holes, because you can sometimes undertake research for three months rather than writing your book which is what you are supposed to be doing. I know my characters well, know what had happened and I don't plot my books in advance.

"I knew this young woman had a tragedy with her mother which was the starting point and then it was a matter of seeing where things led me. So I often did my research as I was going along."

By contrast to the heroine in her new book, Monica grew up in a family of seven children in the Clare Valley of South Australia and has been living between Australia and Ireland for twenty vears. She and her Irish husband John Drislane

(a former journalist who had a stint on The West Australian newspaper) normally live in Dublin but this year's events changed that.

Monica also has an Irish background with her grandparents settling in South Australia in the 1840s.

"My Dad was the stationmaster at Clare and, after his death, Mum moved down to Adelaide. I was visiting Mum on a work trip in March when everything happened, so I took up residence in her tiny spare room. John and I have been together for 30 years so it's like we are having a courtship again. We write to each other and send emails.

"John ran a regional newspaper in Ireland which closed down, so he is pretty much retired though he has spent a few years writing a television drama series.

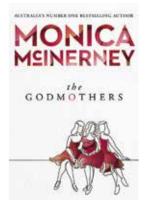
"I was the middle one in the family and growing up Mum and Dad were very hospitable, we always had people staying and visiting. I grew up in a cauldron of story ideas with lots of dialogue and chat. I'm 55 now so I've had lots of ups and downs in my life. In my books, I use emotions I have experienced, great love, great grief, sibling rivalry; I pin these emotions on to fictional characters."

Monica is also excited about her first foray into children's book writing with Marcie Gill and the Caravan Cat Adventures. "I'm absolutely loving it, it's a whole new world of writing for me. I have lots of nieces and nephews, I started in children's publishing many years ago and worked in the Here's children's Humphrey television show. "I'm working with illustrator Danny Snell which is a whole new world for me."

**Flights** permitting, Monica hopes to rejoin her husband in Dublin in mid November. "I think I will lock myself in an attic for a year, I have a new adult novel to write for my publishers, I have ideas for that and I'm also writing two new books in the Marcie Gill series so I will be shackled to my desk but I love it."

Away from her desk Monica is a keen amateur photographer.

"It's my hobby, I take lots of nature photos and have a very visual memory. John is a really good gardener and has a beautiful cottage garden at home. I spend so much time at my desk on a computer, the antidote is looking at petals and leaves close up."



The Godmothers (Penquin Random House Āustralia) \$32.99, is available from all good bookshops. Monica will speak about her book online through the City of Mandurah on 20 October and with a Zoom event at the Stirling Library Karrinyup on 22 October.



# Running and walking event trails for all fitness levels



PERTH Trail Series has a range of exciting events for all ages and abilities.

They are having a fullmoon lit run at the Ellis Brook Valley Reserve on 31 October. The event includes a 12km black run, a seven km blue run and a four km green run. Participants must have at least 500ml of water, a head torch with spare batteries and a bib which can be picked up at 5pm.

Registrations close 26 October. The trail starts with an uphill walk before finishing with a downward sec-

They will be holding the Lake Lash Dash at Lake Leschenaultia on 29 November. This ladies course will be sprinkled with chocolates along the track and bubbly at the finish line. There's a three, six and nine kilometre track. The event is for all ages, people can run, walk or push a pram. Register on the day from 7.30am.

When summer starts, so too does their Summer Series. With Black 12-16km, Blue 9-12km and Green 4-6km walks, anyone can have a go at the events. The five events run in the morning before it gets too hot.

The first of the five events is at Stay Puft, Yanchep National Park on 6 December.

Next is at Wallygrunta, Walyunga National Park on 3 January. Then on 17 January at

Qi Gong, Wungong Re-

gional Park.

They saved the sexiest park for Valentine's Day, 14 February at Sly Fox, Langford Park.

Finally on 28 February the series concludes at Swissmurdie, Mundy Regional Park.

Thursday Every Night they also run a Kings Park trail. Meet at 5.55pm at Aspects, Kings Park. Be ready to run eight to ten kilometres for one hour. Bring a head torch and spare batteries as well as water. This event is a free

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#### Back to Norseman reunion

ANNUAL back to Norseman reunion in Kings Park is on Sunday 1 November from 9am. Please meet on the grassed area between the

Vietnam War Memorial and the Zamia Café. As usual BYO eats and drinks, chair and any

memorabilia of interest. As tourism is very local due to the COVID 19 restrictions, get there early as parking could be

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Quentin Smythe (Dec)





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Editor Jennifer Merigan /Travel Editor

Please address all correspondence to the Editor

Email the editor/travel editor: jen@haveagonews.com.au

Email to production: production@haveagonews.com.au

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Assistant Editor Tahlia Merigan **Journalists** 

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rity. ∣views expressed in this publication are not necessarily those of the

#### EMPERORS SERIOUSLY! THAT'S HIGHWAY AND YOU'LL ROBBERY, BUT FIND ALL THE THEN, I GUESS NEWS FEES AND I SHOULD HAVE CHARGES LISTED READ THE SIGNS. RIGHT HERE. I MEAN, YOU ARE APPROPRIATELY ATTIRED.

# **Letters to the editor**

Submissions may be edited for clarity and space.

Dear Editor,

I AM writing about concession stamps from Australia Post which some readers have been discussing over the last few months.

My sister is eligible to buy them but doesn't write letters and has no use for them, so she gets them for me and I give her the money. So I've got her stamps plus my lot as I write to many pen

So maybe others can do a similar arrangement - a solution to those who need more stamps. Love your newspaper.

> **Jenny Western** Kalamunda

Dear Editor,

I ENJOYED Josephine Allison's article in the September issue featuring John Taylor. It was wonderful to see him at 100 years of age still living independently and taking care of himself.

I think to myself, I'll be lucky to live to that age, but to still be able to enjoy so much of life as well is wonderful.

I hope he does keep driving and he passes 103 years of age.

Articles like this are an inspiration to me and I'm sure many others.

Thank you

**Ken Bradshaw** 

Dear Editor,

IT NEVER fails to amaze me just how much some people can complain.

We receive so much financial help from our Federal Government in the way of Aged Pension (or other welfare payments) and yet some correspondents to Have a Go News are not happy that they cannot get more concession stamps because they have already used up their annual allowance.

What have they done with all the extra money received this year - \$750 twice from the Federal Government, \$305 from the State for concession electricity and \$91 from Seniors Card?

Are these complainers unaware that to have and maintain a computer and to send emails from the same costs far more than it does to post letters?

Perhaps they need to take a long hard look at their complaints and financial management and start to appreciate how well off we are in this great land of Australia.

They should also spare a thought for those in other countries who do not receive pensions, not to mention the home-

I could go on and on...

I am so grateful for what I receive in abundance.

Yours truly,

**Barbara Bruce Bayswater** 



Dear Editor

WHILE I have never owned a dog I like them and get along well with them, but I agree with Lee Tate (September Opinion) that too many dog owners through ignorance, irresponsibility or incompetence allow their pets to become a public nuisance or menace.

This letter is more an answer to your question, Madam Editor, as to what I think about a dog sharing a restaurant table with its owner in Switzerland. I have been a frequent visitor to France over the years and I am used to seeing dogs with their owners in restaurants of all levels.

Most dogs remain on the floor but some little dogs sit on a chair right up to the table. Food bowls usually seem to be provided by the restaurant - I have seen a couple with the dog's name on it - no doubt regular patrons. The dogs are well groomed and very well behaved presumably if they were not, dog and owner would be evicted. What do I think? I'm completely happy with the custom as practised in France. But I'm not sure about here in Australia - can we depend on the same standard of dog owners?

Lee Tate also mendoggie-doo. tioned Again, France - there was a time when walking in French cities was like tiptoeing through a minefield of canine deposits, but in recent years they have literally cleaned up their act, providing the customary plastic bags and disposal facilities, and, I am told, quite severe penalties for erring owners.

In the small city of Bergerac I came across a doggy toilet – a fenced enclosure with a sandy surface, some posts, and a sign with a cartoon dog on a toilet saying "lci, je fais ce que je veux Here I can do what I want '

It was sort of cute and probably appreciated by dogs and owners. Yours sincerely,

**Lionel Dowler** Morley

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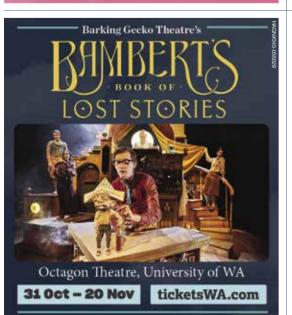
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# He bought a zoo... Ranger Red tickled pink at dream conservation park



Ranger Red, Bradley Holland

by Lee Tate

RANGER Red's Zoo and Conservation Park

is a boutique, hands-on zoo, in a lush setting on the banks of the Murray River at Pinjarra, says

Bradley Holland, achieving his lifelong dream to own and operate a zoo.

It took three years of negotiation before the keys to Peel Zoo were handed to Bradley, aka "Red", or "Ranger Red".

So, last September, he launched the zoo's new name and ticked-off the key item on his life's bucket list.

Then the Covid pandemic struck and the reincarnated zoo went into lockdown. premature Amazingly, 300 people, mostly locals, stepped in to sponsor animals.

'These were individuals, not corporate sponsors. Some continue to sponsor animals," says a smiling Red.

With a co-owner living in Sydney, Red steers the zoo, supported by three full-timers and one parttimer plus volunteers including veterinary and animal management stu-

Red proudly points to the zoo's family-friendly approach and hands-on experiences.

"Visitors can handfeed our animals, hold a snake, pat a kangaroo, tickle a ferret," he says.

A walk-through aviary holds 150 bird species. Tasmanian devils are also star attractions, part of a proposed breeding program with the newborn little devils to be released into Tassie's wild.

"The conditions here near the river are ideal. The devils bred here won't have the facial tumour disease that devastated their numbers in Tasmania," says Red.

Koalas to come from interstate will also go into breeding programs.

Red's menagerie embraces wombats. exotic birds. dingoes,

reptiles, spotted quolls, possums and owls.

At night, visitors can get close-andpersonal with nocturnal animals in their element, every first and third Saturday of the month: brushtail and ringtail possums, squirrel gliders, spotted-tailed tiger quolls, tassie devils and

The zoo - or part of it also goes on the road to schools and childcare centres, shopping centres, retirement homes and aged facilities.

"Zoo2U" Dubbed provides interactive wildlife experiences with incredible, furry, feathered and scaly animals. Out comes Frankie the tawny frogmouth, Terry the oblong turtle, Elmo the cannibalistic blackheaded python, Pilgrim, the brushtail possum and Morgan, the red tail black cockatoo.

Kids who turn up are also given a free zoo pass.

The zoo, behind the Pinjarra Golf Club and an hour from Perth, has grown from 400 to 750 animals in 10 months, Red says he'll look for additional land in Pinjarra where more animals can be kept and looked-after.

A qualified chef, former dramatic arts teacher for toddlers and occasional performer, Red often finds himself as the focus for selfie photos by visiting kids.

"When they see me, they ask me to be in their photos. For some of our school visits, kids who have heard of me ask if I will be coming."

"I love it all. I don't see myself retiring - ever. I've always been ambitious and now, in my forties, I want to be here forever.

9vicpark@gmail.com for

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to have the best boutique zoo in Australia, he says.

Ranger Red also applies his chef's skills to barbecue tucker for nocturnal visitors. Night prices are \$46 for adults, \$24 for kids and \$35 for valid concession card holders.

Prices for day trippers, who can bring a hamper and use barbecue facilities or buy food on site, are: adults, \$23; kids, \$12; seniors, \$17.50; families of four, \$60. Children must be accompanied by adults.

Visitors receive a park map showing enclosure numbers, animals' common names and scientific names.

Open daily, 10am-4pm weekdays, 9am-5pm weekends, public and school holidays. Phone 9531 4322. www.redz zoo.com.au. Email: red@ redzzoo.com.au.

# Inaugural Probus Day encourages people to stay connected and active



Probus members enjoyed having a go at bowls

PROBUS Clubs throughout Australia celebrated the Inaugural Probus Day on Thursday, 1 October and events are planned to mark the event through-

out the month of October. The theme is "Staying Connected and Active with Probus - the key to happy retirement."

Probus is a group for retirees to make social connections and maintain mental and physical health.

Probus Clubs were asked unique way that showcases the benefits of belonging to an active Probus Club.

The Victoria Park Probus Club meets on the third Wednesday morning of each month. In September their usual venue at Perth Football Club's Function Centre in Lathlain was unavailable and instead they met at the Victoria Park Bowling

This was a golden opportunity to celebrate Probus Day 2020 by enbowls. This soon developed into an enjoyable event with much laughter and camaraderie involved. Organisers said it was hard to get everyone back inside to continue with the meeting.

Probus pride themselves on the theme of fun and fellowship. On meeting days they invite an interesting guest speaker to speak for about 45 minutes following with a mingle over morning tea.

Monthly outings are also held, where they visit places they may not have been to before. Members can also participate in any of the Club's specialist groups, which are a lot of fun. These groups include photography, craft. munchies (a luncheon group), movies, get-aways (10 day holiday somewhere in Western Australia), and book clubs.

As part of Probus's Community Service, the

**RETIRE WELL** 

craft group coordinator (Ellen Ashplant) recently announced that during the COVID-19 restrictions, their members had managed to keep busy crocheting 23 beanies for the homeless, knitting and crocheting 36 blankets, plus matching teddy bears, to be given to Wheelchairs for Kids for inclusion with their wheelchair donations.

For the war on waste, members have collected 106.85kg of aluminium can ring pulls (used for wheelchairs). making plus waste metal and car batteries - all for recy-

They have about 90 members at Victoria Park. People are welcome to come along on the third

Wednesday of the month and see if they would like to join...new members are Visit always welcome. Contact them on email probus

further information about the Victoria Park Club.

www.probus southpacific.org for information about the other 98 clubs in WA.



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# Selva's positive predictions and outlook for WA next year

by Josephine Allison

SELVA Dutton is looking optimistically at next year as people reassess their lives and outlook after Covid 19. The Collie based clairvoyant, spiritual advisor, motivational speaker, medium and life coach believes 2021 will be a fruitful year for WA with growth in new industries and new expansion.

"I believe a lot of production work overseas could be done in WA," she said. "We can rebuild smaller towns and

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cut down on fly-in, flyout workers because such a lifestyle can really affect families. Next year will also be a year of rain, it will be a good year for WA farmers."

Selva has had an interesting life and her empathy for people and their issues shines through in our interview. Much in demand, she loves what she does and is never happier than carrying out appointments in WA and overseas, pre Co-

People today, it seems, need her more than ever when society's expectations and personal problems weigh them down.

Born in Uruguay, South America, Selva came to Sydney aged 13 in 1973 with her parents, three brothers and two sisters. The family lived in a hostel but her parents separated several years later, her father Juan heading for WA and Selva and several of her siblings going with him.

"I attended South Fremantle High School for a term, left and took a job at Mills and Ware

biscuit factory in South Fremantle before set-tling in Cocklebiddy," she said. "I had already formed a life as a clairvoyant and I became friends with another clairvoyant, a lovely lady, Mrs Mitchell.

"I was about 15 and I worked with her for a few years before moving to Port Hedland to see my father. In December 1979 I met my future husband, Brett, while working as a cook at a roadhouse managed by an Egyptian man, who was also a psychic.

"He predicted I would marry Brett but at that stage I didn't like him at all. We did marry and went on to have four children, now aged from 40 to 35." (Selva now has 12 grandchildren and four step grandchildren).

Selva's father was living in Collie and she visited the town.

"I liked it so much I have never left and here I am 40 years later. In the early years I didn't like it at all. My first few years there were hell. I was called a witch and rotten fruit and nastv notes were left on my doorstep.'

But change came when Selva followed a lady named Janet home because she needed a friend. Gradually she made friends as her social and family life expanded and people realised she was not so bad after all.

In 2004 Selva bought a building in Collie which she transformed into a spiritual shop. To this day she still lives behind the shop and her network of helping people has grown through her business Selva's Faith, Hope and Achievement. She started taking groups of people to Brazil twice a year on spiritual journeys.

"In 12 years I took around 500 people on 36 trips with about half of these people experiencing a cure and the remaining reaching an understanding,' she said. "But then my husband fell ill and I returned home to nurse him until he passed away.

In 2017 Selva spent a month on Hawaii's Maui at the Kula Botanical Gardens where she did spiritual readings. She also does a lot of healings in Bali.

Selva does readings throughout Australia. but this year has covered Albany, Esperance, Kalgoorlie, Perth and Geraldton. She is planning a trip north soon in between other engagements including a monthly radio stint on 6PR. Selva is also returning to community television's The Couch next year with Fred Mafrica after a 12-year break. People will send in questions and Selva will also do readings on

"Although this year has proved difficult for many I believe Covid has allowed people to connect to understanding and their true soul," Selva said. "It's been a year of bringing families together, resettling marriages and, in some cases, ending them. But it's been a year of truth; of helping people make the right decisions."

Life for Selva has turned full circle. In 2011 she married Brad. a friend of 25 years of herself and her late hus-

Selva Dutton

For your opposition 276 coll 0457 159 276

band. She reopened her spiritual shop two years ago in a different location where she does readings and has the help of two "wonderful women."

Collie is her home and there is nowhere else she wants to be. Listen to Selva Dutton on radio 6PR once

a month on Fridays at 10pm. Look out for her on The Couch in 2021. Call Selva on 0457 159 276 or email selvasf haa@gmail.com

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# Letters to the editor

Submissions may be edited for clarity and space.

Dear Editor.

I AGREE with Lee Tate's article from the September 2020 issue regarding dogs and their owners. I often walk along Scarborough foreshore where signs say 'dogs must be on leashes' but there are always owners who think this does not apply to them and their dogs

We have always had dogs until we moved to where we live now. But as much as they were loved and treated well they were always dogs not humans. The pet industry seems to be big business nowadays.

I saw a shop in Claremont selling designer dog products, really! Everybody is jumping on the bandwagon to profit from the fools who buy them.

> Joy Henry Via email

Dear Editor,

LEE Tate's opinion column on Local Government (August edition) was wide ranging to say the least. Perhaps it was inspired by the issues at the City of Perth.

One would need to read the report on the City of Perth investigation to get a wider picture of that question however there is evidence of non-kosher procedures for which there can be no excus-

On the other hand. Lee's sentiments that the public need to be more supportive of the dedication of both councillors and administrators is well made.

I found the distinction between councils being funded by ratepayers rather than taxpayers confusing. What are rates if they are not taxes?

I thought Lee was a sympathetic supporter local government until the last paragraph

where everything flips on its head and he suggests that the future is the end of elected councillors and the establishment of large regional bureaucracies presumably appointed by and under the control of the Department of Local Government, Sport and Cultural Industries - essentially the abolition of local government as we know it.

**Terry McLaughlin** 

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Dear Editor.

ON Wednesday 23 September I was shopping at Byford Aldi and I when I arrived at the checkout I found had lost my purse. A lady paid for my groceries for me and I am so grateful. I would like to get in touch with her so if she could contact Have a Go News on 9227 8283, I would be so pleased and thankful.

> **Marlene Harrison** Serpentine

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# Find out about a better world at the State Library of WA's Disrupted Festival





L-R; Disrupted Festival includes discussions and activities for all ages - kids can enjoy the interactive activity of thaumatrope making

#### by Clare Varcoe

STATE LIBRARY WA presents the *Disrupted Festival* of Ideas on Saturday 7 November.

The event, held at the Perth Cultural Centre, is full of panels, discussions and activities for both adults and kids, as well as a projected light display.

The event will run all day, from 10am to 10pm.

The theme of the event

is 'a better world' and includes 11 interesting panels to discuss ideas about how we can live in a better world.

Leading the panel discussions will be Stan Grant who will talk about what a better world looks like for him

Nature Play WA's Griffin Longley talks about the power of the outdoors in a COVID-19 world and the disrupted family life. Other panels take a look into what Cancel Culture really means; what the US election means for Austra-

lia and the world; what a better world looks like for young people; how architects are working toward better buildings and better cities; modern slavery of women and girls; homelessness in Western Australia; technology and the future of sport; and the

faith and activism.

In the evening, the library will put on their amazing light and sound projection on the facade of the State Library.

A West Australian super group will play two sets of purely Western Australian hits and join Uncle Ron Branfield Jnr for a virtual giant fireside yarn where he'll be telling personal stories.

Culture and Arts Minister David Templeman is excit-

ed for this year's event.

"I am really looking forward to this year's Disrupted Festival at the State Library of Western Australia. It promises to bring lots of people into the Cultural Centre, which will see an upsurge in activation due to the opening of the WA Museum Boola Bardip in November.

"The sound and light projection promises to be a highlight, along with the WA super band that will be playing all WA hits," he

The State Library's CEO Margaret Allen is also looking forward to the event.

"The Library is proud to present Disrupted. The State Library of Western Australia is committed to the promotion of ideas and debate, and Disrupted is a concrete example of this."

"I know that in the past Have a Go readers have been strong supporters of this festival and I hope this support continues this year."

The festival will run slightly differently this year, Ms Allen said.

"Because of COVID 19 restrictions the Festival will be held on two stages, one inside on the first floor of the library and the other outside."

"There will be more than ten panels and talks to choose from, including talks on re-connecting children with nature, the US elections, modern slavery, cancel culture, better buildings and better cities, the future of sport and

more," she said.

"Dip into the festival for a few hours and then perhaps have a bite to eat in Northbridge and then back to Disrupted."

Remember to wear a hat and plenty of sunscreen.

The Disrupted Festival is just one of the many free events and services that the State Library run, such as the Western Australian Literary Alliance, teaching and family resources, and a justice of the peace signing centre for the witnessing of legal documents, as well as regular library services.

For more information about the event, visit www. disrupted.slwa.wa.gov.au.



# Pop into Have a Go Day to commemorate Remembrance Day

Holy Heretics talk about



continued from front cover
The day's objectives haven't changed since the event was first launched in 1991.

It aims to nurture healthy ageing through ac-

tivity and to show that age is not a barrier.

"The main objective is to encourage seniors to be more active across a wider range of activities, both mentally and physically," Ms Yates said.

Have a Go News will be running the hospitality tents which serve people free tea, coffee and water. The chocolate wheel will be spinning at the main tent every hour with great prizes available.

Food vendors will on hand selling food.

A free shuttle bus service will run between the Burswood train station and the festival and there is free parking at Crown and sur-

rounding carparks.

When Have a Go Day began in 1991 it was at Taylor Reserve in South Perth. It moved to McCallum Park in 1992 before the Burswood Park Board invited the SRCWA bring Have a Go Day to Burswood Park in 1993.

It has been there ever since and is now regarded as the premier event for Western Australia's Seniors Week.

A dedicated team of volunteer coordinators work tirelessly to organise *Have a Go Day* – the layout of the event, manage the transport, shuttle buses and parking, coordinate different areas around the grounds on the day, and manage set up and pack down.



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#### 8

# Where opinions matter - it's about time money was redirected to seniors sector



by Lee Tate

HIGHLIGHTING the true plight of seniors and the shocking ill-treatment of many of them in residential care across Australia will lead to some good. Money from Canberra is already committed.

But steering the money into the right areas under independent expert guidance and with essential follow-up over years is altogether something else.

For many decades, successive governments of every political persuasion have heard the cries for help from the seniors' sector but responses have only nibbled at the edges of meaningful, long-term reform.

It has taken the worst pandemic of our lives, plus a royal commission, to open the purse of the Federal and State Governments. For generations, we were told funds weren't available, that the government vaults weren't bottomless pits.

Now, miraculously, under political, legal and public pressure, bucket-loads of dollars will be directed to seniors, including those with dementia who make up the majority of patients in residential care.

Where will the money go? Who will supervise its distribution once it leaves government banks, how much will go into carer numbers and training and who will ensure that patients finally get ongoing quality of care?

Ita Buttrose has long advocated an overhaul of care places to allow patients to live comfortably with proper care and support in environments more like being at home, rather than in cold, aseptic institutions where many are constantly over-drugged.

Television cook Maggie Beer recoiled at the food being served in residential care and, together with Professor Ralph Martins, produced a book of recipes that are imaginative, nutritious and are even designed to bring back some happy memories for dementia patients.

The issues for our seniors, a massively-growing segment of society,

have been exposed like never before. Experts who have been crying in the wilderness are being heard. The time is ripe for reform and the money is promised.

Who is going to fan it along, to make sure the money is properly and carefully spent, to ensure carers in institutions get the message? Our seniors are individuals with different needs – especially dementia patients – they need listening to, they need individual care.

To have dedicated carers is a massive and expensive task, as is reform of regulation and polic-

Numbers of seniors are growing, numbers of dementia patients are also growing and the nation's care bill is already in the billions of dollars.

Who's going to look at

the big picture? How can we encourage more seniors, including the many with dementia, to be kept at home where there will be far better understanding of their needs and families and friends will need to commit a great deal of time to them?

We have the expertise. We are at the forefront of world advances in dementia research.

Work by WA's Professor Ralph Martins' team has led to far earlier detection of Alzheimer's – and it's getting better – to ways of lowering risk of the disease, slowing its progress and perhaps prevention in some cases

Diet, healthy lifestyle and adequate sleep play an important role. Professor Martins juggles his duties as Foundation Chair in Ageing and Alzheimer's Disease at Edith Cowan University and on the other side of Australia, as Professor of Neurobiology at NSW's Macquarie University.

New technology is available to allow for early detection – perhaps as early as 20 years before symptoms show – is available, but at a high cost.

These advances will help keep patient numbers down in care institutions, reduce the nation's health costs and greatly assist in providing patient care so patients can stay longer at home.

These breakthroughs and the experience, efforts and advances by organisations including Alzheimer's WA, as well as dementia authorities around Australia, set the scene for unprecedented reforms

But how much say in the upcoming distribution of the hundreds of millions of taxpayers' money will our experts be given?

Professor Martins has managed to get WA just one piece of dementia early-detection technology through funding by Lions. This equipment, from overseas, costs hundreds of thousands apiece. And funding has dried-up.

The time for a panel of non-government, respected experts to draw-up a blueprint for care and support of Australia's senior citizens, including the distribution of the largest amount of funding in our history, is now.

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

# Let's Swim Together: come and have a go at Masters Swimming

#### Come and Try Masters Swimming!

Masters Swimming is a great way to make new friends, have fun and build fitness in an inclusive club evironment





by Tarquin Bateman, Masters Swimming WA

MEMBERS of the public will have the opportunity to come and try swimming at clubs across the state this October as part of the Let's Swim Together campaign of Masters Swimming WA.

The campaign aims to encourage all adults, regardless of age or ability, to connect with their local club and try a new sport.

Fifteen clubs across the state from Geraldton to Bunbury will host special Let's Swim Together training sessions. The sessions will take place between 30 October and 2 November.

The Let's Swim Together sessions allow anyone aged 18+ to come and try swimming for free with no obligation to join. Attendees can also participate in the social event after each session and chat with friendly club volunteers.

Swimming is a low impact, full body exercise that can be done year-round and is known to decrease stress, improve muscle strength and help keep your heart and lungs healthy.

Masters Swimming is a great way to make new friends, have fun

and build fitness in a supportive and inclusive environment. Plus, training in a group can help you improve your technique and encourage you to keep swimming.

If you contact your local Masters Swimming WA, you are always welcome to enquire about the sport and join in. Most clubs have free trial periods and will be more than happy to accommodate you.

To find the Let's Swim Together session or Masters Swimming WA club near you, please visit www. mswa.asn.au/lets-swim-togeth er/ or contact me at communica tions@mswa.asn.au.



# Get younger - reverse ageing and increase your health span...



An hour of yoga increases longevity

#### by Frank Smith

IN The Curious Case of Benjamin Button, a boy was born old and got younger. That film is science fiction but Australian scientist Professor David Sinclair, currently at Harvard University Medical School and his colleagues have managed to get yeast and more recently mice to grow younger.

Ageing has multiple causes, until recently none have been considered treatable. It is the diseases of old age:

dementia, heart disease and osteoporosis that have been treated.

In a Youtube interview with entrepreneur Tom Bilyeu, Professor Sinclair asks are we treating the symptoms rather than the condition - ageing that causes them?

Research has led to lifespans increasing, but older people often spend years in poor health.

Humans have around 20,000 genes. These provide the cell with instruction to make proteins. Not all of them are needed in every cell. Those that aren't needed are turned off by process called epigenetics. This ensures genes are not active in inappropriate cell types. For example the COL1A1 gene codes to produce collagen, but only needs to be active in skin, cartilage and similar

Sinclair's team believes that the loss of epigenetic information is the root cause of ageing. They have identified drugs that can reset a cell's epigenetic status and reverse its age. These drugs can be delivered by a harmless virus to specific tissues or the entire body, thereby causing cells to act younger and wounds to heal faster.

Genes called sirtuins make enzymes that control how cells function and they can be used to turn off genes that hasten ageing.

Sever calorie restric-tion increases the lifespan of mice and yeast, but that's not really prac-tical for humans. However Professor Sinclair says a short period of being hungry or stressed

in other ways causes sirtuins to turn on the mechanism that repairs cell damage and resets the biological clock.

compounds Other can activate sertuins. Resveratol, found in small amounts in red wine, activates sirtuins in mice when fed large doses. Metformin, used to control blood sugar levels in diabetics, acts in the same way. Diabetics who take metformin tend to outlive those who don't.

Next Sinclair's lab looked at the way mitochondria (the cell organelles that generate energy) operate. The levels of nicotinamide adenine dinucleotide (NAD+) in mitochondria dictate how long cell survive, but NAD+ declines with age.

Professor Sinclair and his co-researchers found

that restoring NAD+ levels in mammals has a dramatically positive effect on the liver, heart, reproductive organs, kidney, muscles, and brain and nervous systems. Old mice given a NAD+ booster drug ran around like young mice within a

few days. They study the mechanisms by which the NAD+ level repairs DNA and look for ways to improve this process. In particular, they study enzymes that deplete or increase NAD+ as potential tools to control the NAD+ level in the cells.

They have also actively looked for sirtuin activating compounds (STACs) and have discovered potent activators that raise NAD+ levels. They are testing these for their effects on ageing and agerelated diseases.

But mice are not people, so it is too early to start taking NAD-boosting drugs until the results of human trials are completed.

Sinclair's advice for longevity is to avoid scans and X-rays as much as possible as they damage your DNA and get a little bit hungry from time to time. He spends four hours a week at the gym, include one hour doing yoga and an hour in the sauna.

He says the stress of jumping into cold water after the hot steam room and hot tub increases brown fat in his body. Brown fat has lots of mitochondria which raises the metabolic rate and helps to prevent excessive weight gain.

To hear Dr Sinclair in person access https:// youtu.be/IEz1P4i1P7s

# Find out more about our changing suburbs...

THE GUEST speaker at the October meeting of the Association of Independent Retirees -Perth branch (AIR) is chief operating officer and director of Iris Residential, Tanya Trevisan.

This company is involved with the development of apartments in many suburbs including, Floreat Park, Jolimont, Claremont and Shenton Park. She knows much about the changing urban landscape.

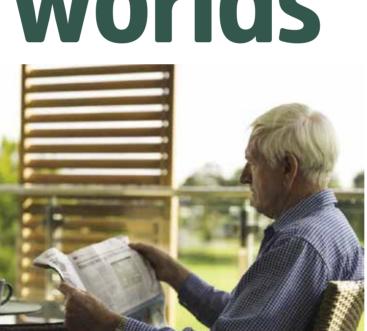
Members and visitors are invited to attend the meeting on Friday 16 October from 10am to noon at the Cambridge Bowling Club, Chandler Avenue West, Floreat.

The aim of AIR 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. 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.

The November meeting will take place on Friday 20 November with Associate Professor Glenn Savage from UWA explaining how education has changed over the past few decades and where it might be heading.

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

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When some of my friends moved into retirement nomes, I thought they were crazy! Why give up a lovely home? Moving house is such a big step and a lot of work. It wasn't until I heard of what a great lifestyle they had that I started to take notice.

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# It's a delicate time for fortune tellers as we survive a very unpredictable year



by Rick Steele

WITH life being so unpredictable in 2020, soothsayers must be quivering in their boots.

I remember seeing an old Orstraylian cowboy, named Smokey Dawson morning television spruiking his new song called, The Five Year Plan. His message was that everyone, including the government should have a basic idea of where they'd be, or roughly how they'd be travelling five years hence. I took his sound advice on board. This has served me well over the years, until now.

Traditional festivities. that have been set in stone for a hundred years and more, have been upturned, rehashed, and reworked. The last week in September is now in October. Who would have forsooth the AFL Grand Final would be played in Brisbane? Mein Gott! And at night... furthermore.

As yet, nobody seems to be even mentioning the first Tuesday in November. My dad used to race horses. They used to beat him by miles everv time. Will Flemington open for horse flesh, but no wags or VIP cham-

pagne marquees? Perish the thought. Where will all the thong-wearing drunks in shorts fall? Wherefore art the maidens teetering in high heels to converge?

What will all the celebrities do? "Pleeeease! Don't you know who I think I am? But I've already ordered and paid for my new hat and outfit."

Speaking of which, I perused by accident the clothing allowance for our ex-Lord Mayor.

I reckon we could probably house most of the problem homeless if we get the new chosen one to wear jeans and an AC/DC T shirt. I think the councillors could go on a diet too. Their daily bread costs would go a long way to feeding the five thousand. Will we be seeing more of Basil? Personally, I'd rather see more of Basil Brush.

Back in the good ole daze radio perthonalities could be heard but not seen. Well at least not seen very often. We had Rocktober and you would hear a serious increase of proper rock'n'roll. Guns and Roses, Bon Jovi and some good head banging Status Quo hit the airwaves

What they gunna play these days? More Ed Sheeran or Taylor Swift? C'mon!

Halloween will have to be cancelled over East. Wearing a mask is fine, but how you gunna get your treat if you have to social distance.

"Bugger off kid. You'll cop a fine!"

Making life less taxing by creating a positive environment to be in

Spring has sprung here while California burns, and apparently 100km<sup>2</sup> of Greenland ice has broken off. The Donald of USA is still claiming global warming is a hoax. Talk about unpredictable. Surely, they won't! Bugs Bunny would be a better choice.

"Ehrr, what's up doc?"

While I still grapple with the age-old problem as to whether your chewy loses flavour on the bedpost over night, I can't help feeling for the CWA (Country Women's Association) of Victoria and Queensland. Outback Are the pikelets and fresh scones still being made, distributed and consumed? I am concerned that with all the self-isolating, social distancing and the like that the recipes

maybe lost, and a generation could grow up scone-

Meanwhile, who wants to predict when the borders will reopen? Our premier is so popular he could build a wall and let the Victorians pay for it. But can he keep Clive Palmer out? Soon Clive might be able to pay for a wall, or anything he bloody likes.

We know when the next train to Kalgoorlie leaves, and the bus to Norseman but you wanna tell me when the next flight to Adelaide, Sydney or Tassie is gunna take off?

Are the Kiwis gunna let us in and watch the Bledisloe Cup, climb a mountain or take a bath in a beautiful warm mud pool that smells of eggs?

I don't think so. Their flash new prime minister is more popular than the Beatles, and nobody is quite sure how keen she is on Scomo and his

all know that change is inevitable, except from a vending machine. So, what happens next is about as certain as picking a winner in the third race at the dogs. Best bet would be live every day like it's yer last, because one of these days yer gonna be right.

Lady went to a fortune teller and asked about her husband's future.

"Not good," was the reply. "Soon he will die a slow and painful death."

"Yes, but will I be convicted?"

Cheers dears.



by Jon Lewis

IT MAKES my life easier and I hope it will do the same for you.

Before I get started on something a little bit or a lot arduous, I like to create a nice place to be an environment!

I think it clears my mind of all those little road blocks I put in there. It gives me a clear place to progress unhindered.

WIN a \$200 shopping voucher with *Have a Go News'* Ad Words.

For example, if I need to finally do my tax... first, I clean up the home office. This is no easy task, by the way. It is a long job of finding a place for everything and then giving the room a good clean and refreshing vacuum. Then I actually feel a longing to be in this beautiful place. Imagine that? I actually want to be in

less taxing? Another example exercise. would be Something I need to do. If I would like a healthy

the home office and

start my tax. I suppose

this is a way to make it

body later in life, then I need to start now. It sure can be tough to get this environment going, however there is a way I have found for me. I first put on my favourite exercise clothes, make a beautiful espresso (or two) and fill my new water bottle. Once this is done I put on a favourite album of my youth and enjoy an hour in my own company. Making a nice looking place to exercise in really helps the environment too.

I have even made it work at work. While broadcasting on radio 6PR in the early hours, I create an environment that not only makes the listeners feel relaxed, it relaxes me too.

Creating an environment before you start does require more time and might not work if you are in a hurry or it is urgent. I understand that and yet I feel there is always a way to get a little environment into any task.

You know, I am sure, that coffee is big favourite of mine, so I include it when I work. A nice quality espresso stored in my favourite vacuum sealed thermos, is just the thing. Mmmm... I

love it.

All too often the little obstacles get in the way. Sometimes they are invisible and yet so overpowering. How can that be? I wish I knew.

To erase these invisible mountains, I clear the space. Sometimes I even reinvent the space.

It could be cleaning the house before making a decision on insurance. Then sitting with a cuppa and reading through the papers.

It might be getting a haircut before deciding what present could best suit your friend?

Perhaps even, clear-

ing the car of all those extraneous things in the glove box and boot before deciding what to do today?

I even like changing the furniture around before making a big decision, if my darling wife Gloria agrees.

A new or beautiful environment really helps clear my mind and put me straight.

I should note, the best environments for me are the ones I had to put a little effort into making. These really clear my mind and help a lot.

I hope it helps you. All the best.

See page 16 for details.

#### BROUGHT TO YOU BY YOUR STATE LIBRARY OF WESTERN AUSTRALIA

# **SATURDAY** better world 2020 FESTIVAL OF IDEAS

A whole day of free talks, panels, fun and entertainment for all the family in the Perth **Cultural Centre.** 

#### THE PROGRAM

For details and the latest program visit disrupted.slwa.wa.gov.au or call the Disrupted team at the State Library on 9427 3153.

Daytime program begins at 10:00am

There will be two stages. One outside in the amphitheatre and another in the State Library on Level 1.

Speakers and topics include:

- Griffin Longley from Natureplay WA on reconnecting the family with nature
- What the US election results will mean for us
- What is Cancel Culture?
- A moment of youth youth on a better world

- Technology and the future of sport
- To change the world, start with investing in a girl with Grace Forrest and the Minderoo Walk Free team
- Art and a better world
- Climate COVID and the City five architects talk
- The Holy Heretics talk religious activism and a better world
- Ending homelessness

Children and families can enjoy a whole suite of awesome free activities and mini shows during the day.

Get a bit of culture into you, join free guided tours of the Art Gallery of WA and visit the new exhibition at the Perth Institute of Contemporary Art.

Evening program starts around 7:00pm

Virtual fireside yarn with Ron Bradfield Jnr.

- As the lights go down enjoy an amazing sound and light projection on the façade of the State Library building
- Finish the day with the Disrupted WA Supergroup playing a set of all Western Australian hits from Johnny Young, Dave Warner, The Eurogliders, The Triffids, The Stems though to Tame Impala

Bring hat, sunnies and sunscreen.

Everything is free but to be COVID safe we encourage you to register online through our website and when you arrive make sure you utilise the hand sanitisers and take heed of directions from our friendly COVID marshals.

#### FREE EVENT

slwa.wa.gov.au







# Helping smooth the way when grandparents become the carers



by Hank Jongen, General manager, **Services Australia** 

by Karen Majer

ALL of us have had our

lives impacted by the

coronavirus pandemic

in some way and there are many sad stories to

be told. However, on the

principle that every cloud

has a silver lining, I've

been thinking about what

good outcomes may

have resulted from the

health benefit is that in-

dustry shut-downs, to-

gether with fewer planes

in the air and cars on the

road, are improving air

quality, especially in big

cities. Reducing green-

house gas emissions is

going some way to ad-

dressing the urgent need

to curb climate change.

obvious public

limitations on our lives.

Δn

NATIONAL Grandparents Day is on 25 October - a day to celebrate the contributions grandparents make to their families and communities. We're also celebrating the tenth anniversary of our dedicated Grandparent Adviser ser-

Grandparents are special, and I'm sure many of you have grandchildren you treasure. But what if you unexpectedly became a full-time carer for your grandchildren?

It's not an easy situation to face. But often grandparents who have primary responsibility of their grandkids don't have a choice. There may have been a family crisis, or it may be the only alternative to foster care. Whatever the circumstances, you don't need to navigate it alone.

This month, I'm handing over to Amy, one of our grandparent advisers based in Perth. Amy brings almost 20 years' experience with Services Australia to the role, supporting grandparents with primary care of grandchildren to get the help they need.

Here's what Amy had to

say:
"It can be very overtaking whelming grandkids. Every circumstance is different and most grandparents are trying to navigate multiple agencies at a local, state and federal level. I'd recommend grandparents in this situation start by writing a list of what they need.

"Contacting me is a great place to start as I can help with not only Services Australia payments and services, but referrals to other organisations. I'm well linked in with the community and can provide contacts for a range of support agencies.

"Asking for help is really important.

Depending on individual circumstances, there's a range of payments grandparents may be eligible for. These could include Family Tax Benefit, Child Care Subsidy, Additional Child

Care Subsidy, Double Orphan Pension, Parental Leave Pay, Dad and Partner Pay, Parenting Payment and a Health Care Card.

"I can also help with organising Medicare cards, the Safety Net registration, Child Dental Benefits Schedule, Child Support eligibility and payment enquiries," she said.

Services Australia offers grandparents a range of supports including access to social workers, Financial Information Service Officers, Indigenous Service Officers and Multicultural Service Officers.

"Depending on individ-

ual circumstances, I can refer grandparents to organisations that help with financial matters, housing and accommodation, legal matters, education, childcare and health and wellbeing services.

"I get an immense sense of satisfaction seeing grandparent carers get the help they need. It is truly rewarding speaking to them at our first contact and following their journey to self-sufficiency.

"I feel so proud that I can give them the right information and supports to make their transition to being a grandparent carer easier I've lost count of the

parents have phoned to leave a message with their appreciation for my advice and assistance," said

To get in touch with Amy or one of her colleagues, call our Grandparent Adviser Line on 1800 245 965. It's a free call from a landline phone. If you're deaf or hearing impaired, you can use a TTY phone. Until next time.

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

# Ageing in the neighbourhood - connecting with our communities more since COVID



Ecovillage's horticultural and permaculture guru, PB Foreman

maintain some of these benefits post-COVID.

Looking after the more vulnerable people in our society, supporting local businesses and spending our holiday dollars in Australian tourism destinations are strengthening our communities. Many people are taking the opportunity to renovate their homes and connect more closely with their local environment.

For older folk especially, the pandemic has brought into focus the importance of connection to our local communities. A recent Queensland survey revealed a desire to 'age in neighbourhood' and to have neighbourhoods with a mix of ages and building forms. Some of the features that participants said were important were a sense of community, safe roads for motorists and pedestrians, efficient affordable public transport and well maintained, shaded and evenly graded walk paths. People wanted to be close to services and facilities, to feel safe and to have a clean green outdoor environment with access to public green spaces. They wanted homes to be sustainably designed including solar power, with versatile and adaptable spaces and private and shared outdoor space. Coincidentally, while

reading about this survey, my husband and I were in the process of purchasing land and designing a sustainable house, which we plan to be our final home. For us, choosing to be part of the Witchcliffe Ecovillage community ticked all the survey boxes. We look forward to being part of a diversely-aged com-

munity that is self-sufficient in water, renewable energy and fresh food produce. We'll share common bushland, a 'village square' tavern, community hall, food hub, creative hub and cafe, a playing field and three dams that are already full of fresh water and attracting birdlife. All homes must meet strict sustainability guidelines which are, in fact, best practice design. Solar panels on homes will feed into shared battery storage to distribute power through a microgrid for each cluster of homes and our home will be self-sufficient for water with two rainwater tanks. As well as our own veggie patch we'll

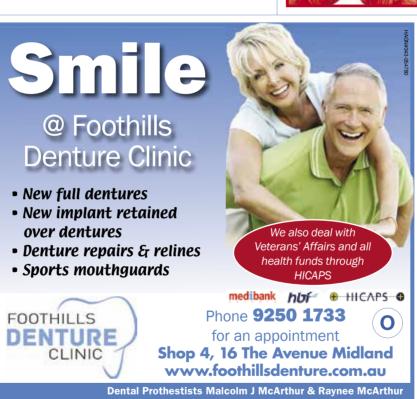
be able to share produce from a community vegetable garden, chooks and covered orchard. We have chosen to build with straw-bales, which combines amazing insulation properties with character. Planning our solar-passive home is proving to be great fun.

The Ecovillage blog describes this way of living as 'a solution for a world turned upside down'. I believe that it's a model for the future as we seek to live more lightly, share resources and build strong communities. It's a vision I've held since my university

days and I'm excited to finally explore its possibilities. It may not be everyone's way of ticking retirement lifestyle boxes, but it's certainly a great opportunity to age in the neighbourhood.

Find out more: Witchcliffe Ecovillage www. ecovillage.net.au/













# Hawthorn House receives world recognition as a day centre for Alzheimer's patients



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

LAST MONTH world leading dementia or-Alzheimer's ganisation International Disease released their annual World Alzheimer Report 2020. The report focuses on the positive impact well designed buildings and outdoor spaces can make for people living with dementia.

A total of 84 case studies of day centres, residential care centres, public buildings and hospitals were featured from 27 countries. We were absolutely delighted to see that our very own Hawthorn House was featured as the first case study in Volume 2 of the report, one of only two Australian day centres to be included.

Hawthorn House is a world class day centre built exclusively to support people living with dementia in the Great Southern region of Western Australia. The house was designed to deliver

a warm, familiar homelike environment. Built in 2014, the house won a Western Australia master builder award for best commercial building in the Great Southern.

Hawthorn House is based on our Enabling Household™ model and supports meaningful engagement, social connection and a sense of ownership by house members. People living with dementia can spend a few hours at the house, a few days or anything in between. This provides a break for the family carer as well as improving wellbeing for the person living with dementia.

It also acts as a community resource and hub and welcomes the community to the house. This includes groups such as a community choir and children's playgroup.

The domestic style kitchen is large and welcoming and offers varying levels of engagement from sitting at the kitchen table watching what's going on, to preparing food or doing the dishes.

The style of furniture is familiar to members, chosen to be exactly what they are used to. A lot of emphasis has been placed on reducing noise and clutter. The doors that are not intended to be used by people living with dementia have been blended into the background while a great deal of emphasis has been placed on the use of colour, contrast and lighting to highlight those things that the attendees may wish to find - the toilet door for example.

Access to garden spaces is clear and wayfinding paths support transition through the garden spaces. Seating areas have been set up to enjoy the view of the woodlands or the paddock, filled with kangaroos and cows. The garden is an active space with a fruit orchard, chicken coup, clothes line, men's shed and raised vegetable gardens - all meaningful engagement opportuni-

Attendees are active members of the household with daily opportunities to take part in everyday activities such as collecting eggs, gathering wood for the fire or picking fruit for lunch.

We have two more day centres, Ella's House in Mandurah and Mary Chester House in Shenton Park. Although these two houses were not custom built, they have been refurbished using the same design principles used to create Hawthorn House. They also operate using the same person-centred philosophy of care.

It is so important to create environments that enable people living with dementia, and that support autonomy, ability and independence. As Western Australia's leading dementia support organisation we are thrilled to see positive dementia design recognised on a global scale.

The 2020 World Alzheimer Report Design, Dignity and Dementia can be found at Alzheimer's Disease International's website www. alz.co.uk

If you would like further information on dementia, want to know more about our services or just to chat, call us on 1300 66 77 88, email support@alzheimerswa. org.au or visit www.al zheimerswa.org.au

### Think big but relish small treasures at book sale

ROYAL Western Australia Historical Society's Super Saturday Blockbuster Secondhand Book Sale is back.

The event is one of the Society's biggest fundraisers and will run from 9am to 5pm on 7 November at their headquarters at 49 Broadway, Nedlands, around the

There will be a range of fiction, including crime, romance, sci-fi, and adventure, as well as non-fiction such as Australia and war, with books for young children, teens and young adults as well.

The Society accepts cash, Visa, Mastercard and EFTPOS.



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# U3A Joondalup art group exhibition and sale



Jenny Ellis Newman paints at the U3A Joondalup Art Exhibition and Sales, Hillarys Boat Harbour.

THE U3A Joondalup Art Group held a pop-up art exhibition and sale of members' work at Hillarys Boat Harbour during September.

It was a very successful event and attracted an excellent response from visitors. To add interest artists were available to discuss art tech-

niques and offer support to budding artists needing encouragement.

The exhibition and sale was staffed by members of the Art Group and U3A across the metropolitan area.

Group leader, Judy Hollinshead has a philosophy that creating art is valuable in a social environment by allowing people to use their imagination and focus on expressing their feelings.

"Viewing art is an emotional experience which often evokes unguarded feelings such as sadness, anguish, love and happiness. While others may sing, dance of play music viewing or making art is also about the freedom to feel," she says. Judy quotes Pablo icasso: "Art washes Picasso: away from the soul the dust of everyday life."

U3A Perth provides members with opportunities to stay mentally, physically and socially active. Regions, or groups, across the metropolitan area offer different and varied programs in a warm and friendly environment. Browse u3auwa.org to discover all the opportunities.

Many thanks the City of Joondalup arts department for making the facility available to the U3A Joondalup Art Group and other social art groups.





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



0400 219 691



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\*Terms and conditions apply see website for more details

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

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

We would love to see you there.

#### **DETAILS**

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

Due to COVID restrictions limited tickets are available and **BOOKINGS ESSENTIAL.** 

REGISTER NOW AT ... helenavalleylifestyle.com.au/openday





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<sup>\*</sup>Terms and Conditions apply. Visit www.arcadiawaters.com.au to learn more.

# As it Happened...Beyond the stories - Our high-flying larrikin Prime Minister



by Lee Tate

FIFTY-TWO years ago, one of Australia's most fascinating characters rode into the public spotlight, leading us journalists on a tumultuous, three-year adventure.

And, beneath it all was the biggest story of all, unknown to anyone. John Gorton may have been our illegal Prime Minister.

Gorton set a benchmark for Aussie mystery, larrikinism, sheer guts and survival.

Australia's unlikely PM, who served in 1968-

1971, was born out of wedlock in conservative 1911, had no birth certificate and an uncertain birthplace. A wartime fighter pilot, he was shot down and when rescued, his ship was torpedoed by the Japanese.

But John Grey Gorton was far from sunk.

I joined Gorton's (he wasn't Sir John yet) media entourage for his prime ministerial opening of Esso-BHP's plant at Victoria's Long Island Point in 1970. At lunch, we all received a now politically incorrect, silver cigarette lighter.

Gorton had a warming look with a perpetual smile on his open, battlescarred face. Once met, women and men were attracted by his smile, soft speaking manner and keen listening ability.

He famously voted himself out of office but we now know that he

may not have been even eligible to stand for office.

With no birth certificate, his date of birth on official forms shows 9 September, 1911, in Wellington, New Zealand. But his birthplace, as registered in documents in Victoria, shows Melbourne.

There were also inaccuracies: His name given as John Alga Gordon, his unwed parents were recorded as husband and wife, his father's name was incorrect and his sister was recorded as deceased.

Gorton's father told him that he was born in Wellington and Gorton listed Wellington on his RAAF enlistment papers. This would have made him a New Zealand citizen from 1 January 1949 and dual-citizenship would have rendered Gorton ineligible to sit in Australia's federal parliament.

With his parents fre-

quently away on business, Gorton lived with his maternal grandparents in Melbourne until, at age four, he went to live with his parents in Sydney.

At age eight, his mother contracted tuberculosis, was sent to a sanatorium and died, aged 32. Gorton lived with his father's estranged wife, Kathleen, where he met his sister, Ruth, having been told she was dead.

Gorton boarded at Sydney Church of England Grammar School, went on to Geelong Grammar, became a school prefect and house captain and represented the school in athletics, football and rowing.

His father took out a second mortgage to allow Gorton to attend Oxford University.

He also took flying lessons and got a pilot's licence. On holiday in

Spain, he met his future wife, American Bettina Brown.

When his father died in August 1936, Gorton took over managing his orchard.

Elected to the Senate in 1949 under Robert Menzies and then Harold Holt, Gorton held several portfolios.

In Australian political history's most dramatic circumstances, Gorton became PM after Harold Holt was washed out to sea and lost, on 17 December 1967. Gorton was the only senator to assume the office of PM, before switching to the House of Reps.

Amid growing public discontent at the Vietnam War, Gorton began withdrawing troops. Ahead of his time, by 47 years, in 1973 Gorton introduced a motion in Parliament calling for the decriminalisation of homosexuality.

After Malcolm Fraser turned against Gorton, he called a caucus meeting. A motion of confidence was tied and he could have remained in office but he said: "That is not a vote of confidence, so the party will have to elect a new leader."

Billy McMahon was elected.

In World War II, Gorton enlisted in the RAAF. Too old at 29 for pilot training, he re-applied after the rule was relaxed, trained as a fighter pilot and was posted to Britain.

In a dogfight over the South China Sea, his engine failed and he landed on Bintang island, south east of Singapore. The plane flipped, Gorton's nose was smashed and mutilated, his cheekbones broken and both arms badly slashed. But he was rescued by the Royal Dutch East Indies Army.

His face was so badly mutilated that an RAF staffer sent to collect him assumed he was near death, collected his personal effects and returned to Singapore without him.

Then, on an ammunition ship torpedoed outside Jakarta, Gorton found himself on a crowded life-raft, in shark-infested waters and with little drinking water until rescued by HMAS Ballarat.

Finally, he was on a ship to Fremantle, with seriously-infected arms needing treatment but more worried about the affect his mutilated face would have on his wife, Betty.

Sir John Gorton died at Sydney's St Vincent's Hospital in 2002, aged 90. He was cremated and his ashes interred at Melbourne General Cemetery.



CONGRATULATIONS to Rick Williams from Swan View who was the lucky winner of the Fit-Bit from the August issue of *Have a Go News*.

# Want to learn a new skill and new sport - and get paid for it?



ACTIVE, outgoing seniors are wanted by a Perth amateur sporting body to train as paid umpires.

The sport is Petanque (pronounced petonk) a simple non-contact international ball game usually played on gravel. The many seniors who enjoy it prefer to play rather than umpire.

Umpires must learn the rules and adjudicate as needed. A key task is to measure which team's on-ground resting ball is closest to the target jack.

Free training plus measuring equipment is provided at times to suit. Once qualified, umpires will receive \$100 per all-day competition. Enquiries to: John Exeter jexeter83@gmail.com.

# Find out more about the waterways of the Peel Harvey catchment

THE guest speaker at the Association of Independent Retirees (AIR) next meeting will be Dr Steve Fisher, program manager, Science and Waterways, at the Peel-Harvey Catchment Council (PHCC).

He will be talk about combining his passion for water and science, the current

condition of the Peel Yalgorup wetlands, which includes the Peel-Harvey Estuary System, and some of the projects he and the team at PHCC are undertaking to improve its health.

AIR (Mandurah branch) will meet on Monday 26 October at the Halls Head

If you would like to promote your event through the Community Notebook,

Bowling Club, 2 Sticks Boulevard, Erskine, commencing at 9.30am.

Visitors are most welcome to hear this informative talk and are invited to stay for morning tea. For enquiries please contact Shirley Lloyd on 9586 4255 or 0438 010 980.

# **COMMUNITY NOTEBOOK**

#### **BALLAJURA SENIORS**

ASSOCIATION INC Tuesdays, Thursdays and Fridays 9am-4pm

Meets at the South Ballajura Community Centre. Hamelin Drive. Inquiries Margaret Ryan 0418 918 425 or mayanaussie@gmail.com

#### **DARLING SCARP ARTISANS**

Exhibition and sale all handmade on 17 and 18 October 10am-4pm at the Kalamunda Agriculture Hall. Cafe on site. cindy69@westnet.com.au

#### MORLEY BEECHBORO RETIREES

Meets Wednesdays 9.30am at the Caversham Community Hall Suffolk Street Caversham. Come along for companionship, outings, games or just a cuppa and chat. Contact Carolyn 9378 3326

#### **CHAIN REACTION DUO**

Sunday 18 October 4pm-7pm. Rock and Roll at the Albany Bowling Club

\$15 entry all tickets at the door (no pre-sale)

Barrett Street, off South Coast Highway. Albany

#### **COCKBURN FUR RUN**

Sunday 18 October 10am-1pm Manning Park, Azelia Rd. Hamilton Hill

Pooch parade, Mutt Strut fashion show, face painting for kids and much more. Enjoy this free event with the whole family.

#### THE WESTERN AUSTRALIAN

GOLF CLUB 60 Hayes Avenue Yokine Friday 30 October 6.30pm onwards please email Pat, research1@haveagonews.com.au
presents Chain Reaction Duo.

1-3.30pm at 287 McDona

Meals, licensed bar, dance floor. Free parking Booking essential by 6pm 29 October Contact Phil 0413 726 857

#### THE VINTAGE COLLECTIVE

MARKETS
Sunday 25 October 10am-3pm
Swan Sporting Club.

11 McDonald Street. Herne Hill.
A fun, friendly day out of entertainment, great food and treasures to hunt

at our markets.
All things vintage, retro, upcycled and recycled etc.

recycled etc.
Free entry for the public to enjoy.

#### **YOKINE OVER 50s CLUB**

Is looking for new members. The group meets every Wednesday 1-3.30pm at 287 McDonald Street for carpet bowls, table tennis, badminton, cards, darts and board games. Cost \$3 includes afternoon tea and a free weekly raffle.

Contact Hilary 9275 5601

# SCARBOROUGH SENIOR HIGH SCHOOL

A reunion of students born in 1953, commencing Year 8 in 1966 and graduating from Year 12 in 1970 (or from Year 10 in 1968) are invited to a Reunion on 7 November at Innaloo Sportsmen's Club. Tickets at \$40 to be pre-purchased. All details available by emailing gillian.baker7@bigpond.com OR kerrwhel@westnet.com.au Old photos would be appreciated for a slideshow. Send these to denise.williams01@bigpond.com

### COCKBURN ROTARY SPRING FAIR

Sunday 25 October 11am-8pm
Free admission. Lots of home-grown/
made goodies, side show alley, rides,
games and entertainment.
Manning Park.

Azelia Road Hamilton Hill.



#### ART UPMARKET

Saturday 17 October 10am-4pm Meet the artists and purchase art directly on the day. The University of Western Australia's Winthrop Hall and Undercroft 35 Stirling Hwy, Crawley. www.perthupmarket.com.au

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For 30 years we have been supplying this newspaper free to readers thanks to our advertisers. Due to the coronavirus crisis many advertisers have had to pull out as their business changes due to government restrictions aimed at managing the pandemic. Thank you to the many readers who have contributed to our appeal this year, which has helped us to continue publishing. In these COVID-19 times we cannot continue to subsidise subscriptions as we have done for many years. Anyone who would like to receive the newspaper posted to their home is welcome to contribute. Be assured that all necessary hygiene practices are being executed.

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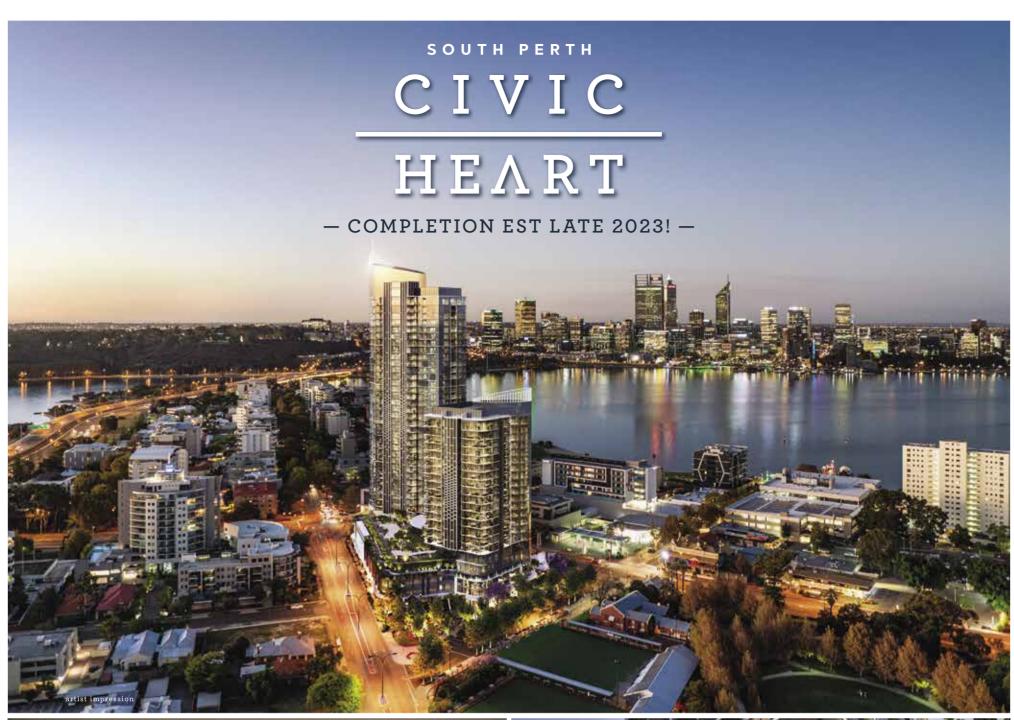
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# The joy of being afloat on the water - be it in a large craft or small



Flybridge cruiser vs kayak

#### by Ken Westover

AMONG the many and varied venues paddled by the Over 55 Canoe Club (O55CC) are stretches of the Lower Swan. One particularly delightful paddle is from Bicton Quarantine Park up to Point Walter spit,

across to Chidley Point, then down to Rocky Bay returning past the Aquarama Marina and East Fremantle Yacht Club, with their host of magnificent flybridge cruisers tethered in their

Another similar paddle enjoyed by club members is from Point Walter across the Swan to Point Resolution, around Freshwater Bay and skirting Freshwater Bay Yacht Club, with its own array of massive flybridge cruisers.

As our paddlers glided serenely past and admired these impressive craft they could not help but reflect upon the relative merits of their own diminutive craft as compared to these massive vessels.

Impressive as the cruisers were, our kayakers began to consider some of the advantages they enjoyed with their own cockleshell craft. No pen fees to pay immediately came to mind and no antifouling required to thwart the growth of barnacles on the bottom.

Maintenance? little as most kayaks have few moving parts and are made from polyethylene, which is almost indestructible, requiring little more than an occasional hosing down. Furthermore they do not require registration.

No rego to pay for the vessel, for the marine radio (not required) or for a tràiler. And speaking of expense, the Over 55 Canoe Club membership fee of \$60 per annum compares very favourably with that required for membership of a yacht

Someone once said: The smaller the boat the more fun you have".

This may be partly due to the most endearing feature of a kayak being the intimacy it provides

with the water. With the weight of the paddler at least twice but probably three or four times that of his or her kayak, paddlers do not ride in a kayak but rather wear it, like a favourite piece of apparel. It becomes a part of them.

Encased in their tiny

craft, the kayaker can fully experience every subtle nuance of the water, every ripple, eddy or undulation. This ensures a heightened sensitivity to their interaction with the water, which is lacking in a larger craft. And, being such a diminutive craft, a mere extension of the paddler's body, allows a versatility of function. This provides a capability to perform in a wide variety of environments, with club members kayaking

in the surf at the mouth of the Nornalup Inlet, circumnavigating Penguin Island, shooting rapids in the Avon below Bells or the Upper Murray in Lane Poole Reserve, hanging out in Elizabeth Quay or exploring Blackadder Creek.

Kayaks can cruise the oceans, circumnavigating Australia and yet poke into the smallest of creeks, streams, nooks and crannies. Now that is versatility.

Then there is its portability. Sling the kayak on the car's roof rack and it can go anywhere in Western Australia. Within a short period of time the kayak could be plying the waters of Yardie Creek on the Ningaloo Coast, following the Blackwood River down to Cape Leewuin or paddling King George's Sound. And when we finally get back home, where do we store it? Well, some sling it from the roof of their garage and others just prop it in a corner.

So, are we going to trade our kayak in on flybridge cruiser? Noooo! Maybe next year.

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



# Updates on court cases and changes to pension requirements for British expats

by Mike Goodall

THE JUDICIAL Appeal from 'Back to 60' (women complaining they had no

notice of increased pension age) has failed in the UK courts. The judges ruled that the Government had no legal obliga-

tion to let women born in the 1950s know their pension age was changing. All three Court of Appeal judges found that there

was no case of unlawful age or sex discrimination under either EU Law of the Human Rights Convention.

Despite this ruling I understand that the 'Back to 60' group are now considering taking their case to the Supreme Court

Last month's judgement left no doubt that full restitution of pension rights is not a possible outcome of costly court cases.

Another large group called WASPI (Women Against State Pension Inequality) are pursuing a different course of action. They are pressing the Parliamentary and Health Service Ombudsman to investigate six sample complaints of maladministration by the Department of Works and Pensions (DWP) in its handling of communicating the rise in state pension age to 1950's born women.

This investigation was delayed because of the 'Bach to 60' challenge, has now been re-activated. If the ombudsman recommends compensation is paid then the DWP could have to pay up in similar cases as well.

Many expats have paid additional contributions to the UK to enhance their UK State Pensions. Since the major rules changes in 2016 there has been a 'special offer' to enable those who had paid up to the 30 years maximum required for a full state pension to make up the additional years to those required for the new full state pension.

Under the 'special of-fer' a person, if they are eligible, is entitled to pay back contribution years from the 2006/07 tax year. However, this concession is due to terminate on 5 April 2023 which doesn't give people much time to get their applications to the UK before the inevitable mad final rush.

People who worked for between three and 10 full tax years in the UK, should investigate the opportunity to make extra contributions to become eligible for a pension.

#### **Am I UK State Pension** Age?

UK Expats born between 6 October 1954 and 5 April 1960 will be eligible to claim their UK State Pensions from their

For those born after 6 April 1960 the age that they can claim will increase by one month for every additional month of

birth until 6 March 1961

when it will become their

67th birthday. Anyone who would like to discuss this or any other aspects of their UK State Pensions, is welcome to contact Mike Goodall on 08 6364 0859, 0403 909 865 or via e-mail mikec goodall@btconnect.com

# **NEED CASH?** We buy unwanted jewellery Turn all that unwanted gold and diamond jewellery into cash



PERTH GOLD AND JEWELLERY BUYERS C4/165 Grand Boulevard, Joondalup Contact us 9301 5880

**HOME CARE** 

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

FIND the code letters in the advertisements in this edition to make up this month's word and go into the draw

Caravan

to win a \$200 Coles gift voucher.

There are 11 advertisements in this issue which contain a blue

Are You Sick & Tired Of Trying

To Sell Your Van Yourself?

Then You Should Talk To Mandurah's

Leading Consignment Van Specialist!

5 GREAT REASONS TO CONSIGN YOUR VAN WITH US:-

5. We Will Get Your Van Seen By More Buyers Through Our Extensive Customer Base &

3. Our Styling Team Will Stage Your Van To Make It Stand Out From The Crowd.

4. We Will Provide You With A Video Walk Through & Professional Photos.

circled letter for the Ad Words promotion.

WE BUY

WE SELL

**WE TRADE** 

WE CONSIGN

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. Sealink Captain

Cook Cruises

2. Club 55 3. Armadale Reptile

Centre

4. The Bidet Shop

5. State Library of WA 6. Foothills Denture

7. Aussie Redback Tours

8. Kalbarri Palm Resort

9. Liv Apartments

10. Jazz Club of WA

11. Innogreen Technolgies

Entrants can enter via win@haveagon ews.com.au or write to Ad Words Competition C/- Have a Go News forget to include the your word. name. address and phone number. Closes 31/10/20.

2020 winner.



1. We Will Handle All The Calls & Pre Qualify Your Buyers For You.

2. We Will Detail Your Van Inside & Out To Make It Shine.

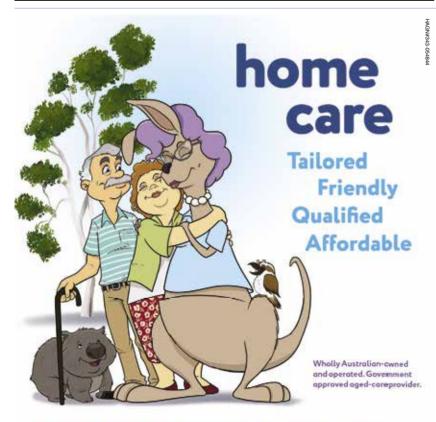
Our Exclusive Online Marketing Campaign.

Come down and say hello to the Award Winning Team at Caravan King today. You will find our showroom at 11 Watson Dr, Barragup

9534 7572 www.CaravanKing.com.au

PO Box 1042, West Leederville 6901. Don't Congratulations to Christine Craig, of Caversham, our August





Professional, friendly and affordable in-home aged care tailored

specific program as the leading dementia therapy available today.

to your needs. Qualified nurses and trained health specialists. Pearl can provide the Cognitive Stimulation Therapy, a dementia

Book a free care meeting today.

1300 688 118

pearlhomecare.com.au



Community, care and connection are just a few of the ingredients that combine to create a meaningful life. Add to that the flexibility of choice with 10 vibrant villages across Western Australia and a range of stylish, low-maintenance homes and resort style amenities to suit your dream retirement lifestyle.

#### North



Harbourside Village 7 Honiara Way, Mindarie

3 Bedroom Apartments from \$469,000\* 3 Bedroom plus study Villas from \$600,000\*



**Timberside Villas** 10 Timbercrest Rise, Woodvale

- 1 Bedroom Villas from \$289,000\*
- 2 Bedroom Villas from \$299,000\*
- 3 Bedroom Villas from \$375,000\*



**Parkland Villas Woodlands** 52 Liege Street, Woodlands

Studio Apartment from \$99,000\* 1 Bedroom Apartments from \$195,000\* 2 Bedroom Apartments from \$399,000\* 2 Bedroom Villas from \$278,000\* 3 Bedroom Villas from \$310,000\*

#### East



**Homestay Village** 267 Wharf Street, Queens Park

2 Bedroom Villas from \$260,000\* 3 Bedroom Villas from \$275,000\*



Parkland Villas Ellenbrook 25 The Parkway, Ellenbrook

2 Bedroom Villas from \$310,000\* 3 Bedroom Villas from \$365,000\*



**The Pines** 21 Ponte Vecchio Boulevard, Ellenbrook

2 Bedroom Villas from \$240,000\* 3 Bedroom Villas from \$280,000\*

#### South



**Parkland Villas Booragoon** 510 Marmion Street, Booragoon

2 Bedroom Villas from \$415,000\* 3 Bedroom Villas from \$530,000\* 1 Bedroom Apartments from \$210,000\* 2 Bedroom Apartments from \$295,000\*



Lakeside Village 14 Lewington Gardens, Bibra Lake

1 Bedroom Villas from \$159,000\* 2 Bedroom Villas from \$220,000\* 3 Bedroom Villas from \$265,000\* 1 Bedroom Unit from \$140,000\* 2 Bedroom Unit from \$175,000\*



Parkland Villas Mandurah 2 Hungerford Avenue, Halls Head

2 Bedroom Villas from \$180,000\* 3 Bedroom Villas from \$199,000\*



**Woodstock West** 146 Strickland Street, **Bunbury** 

2 Bedroom Villas from \$300,000\* 3 Bedroom Villas from \$345,000\*

Secure your retirement. Visit retireinwa.com.au to view all properties for sale or call 1800 550 550 to book your private appointment today.



# Seniors Recreation Council Jottings

Age is No Barrier at Have a Go Day, a LiveLighter Event,

#### Burswood Park, Wednesday 11 November -Remembrance Day - 9am to 3pm

HAVE a Go Day, a LiveLighter event offers a wide range of information and activities for people 50 and over. This year it falls on Remembrance Day and the official welcome at 10.30am, will include observances to mark the occasion and a welcome by Minister for Seniors and Ageing Mick Murray MLA. The Victoria Park/South Perth RSL sub group has organised a poppy drop (weather permitting) and the 10th Light Horse Kelmscott/ Pinjarra Group will be there too. The WA Police Pipe Band and bugler will perform the Last Post. Come and join in on acknowledging our service personnel on the day. All Covid - 19 safety requirements will be adhered to including advice on social distancing, hand sanitisation provisions and extra space provided to enable people to enjoy the opportunity to once again participate in the event in the beautiful grounds of Burswood Park. We gratefully acknowledge the invaluable support of a major grant from Lotterywest towards the event presented by Hon Mick Murray MLA. Lotterywest supports local community organisations via income from lotto sales, you can support this by purchasing tickets from your official Lotterywest outlet. Have a Go Day would not be possible without support from our partner LiveLighter Healthway and our major media partners Have a Go News, 882AM 6PR and Channel 7. Thank you to our valued sponsors and supporters including Burswood Park Board, Lotterywest, Crown Perth, Have a Go News, Department of Local Government, Sport & Cultural Industries, Department of Communities, LiveLighter Healthway, Channel 7, Channel Seven's Home in WA, 882AM 6PR, Studio TwentySix Photography, Telstra, Ingenia Gardens, Phoenix Insurance Brokers, Curtin Radio 100.1fm, Kings Tours & Travel, The Hire Guys and Scarboro Toyota. Please see further details on the event in the Seniors Week lift out which is included in this edition. Further information is available by calling 9492 9771.

#### **Joondalup Aged Care Games**

The 17th Joondalup LiveLighter Aged Care Games was held on Monday 7 September at Bouncer Sports Centre. Although the number of teams this year were reduced, the games were lots of fun and the teams that attended had a great time. SRCWA state president Phil Paddon officially opened the event and was MC for the day. Jim and Jenny's Country provided entertainment before the games and at lunchtime. The best presented team on the day was RAA-FA Red Devils - Vivian Bullwinkel. Third place was Umbrella Red Roses, second place was RAAFA Red Devils and first place was Umbrella Sunflowers. Our oldest competitors on the day a sprightly 97-year-old, Maria from Umbrella Blue Irises. SRCWA thanks and acknowledges the hard work of volunteers from SRCWA, Over 55 Walking Association, Square Dancers and individuals who helped to make this event a great success. Thank you to the supporters LiveLighter Healthway and the Western Australia State Government for making this event possible.

SRCWA Annual Seniors High Society Ball



Despite having to be postponed in June due to Covid-19, the SRCWA Annual Seniors High Society Ball went ahead on 16 September at the Astral Ballroom at Crown Perth. More than 190 people attended the event and were appreciative to have such a beautiful venue to come together and dance the afternoon away. SRCWA acknowledges the hard work and commitment of the McGowan Government in getting our community to the position where we can facilitate events like the annual Seniors Ball during the pandemic. Our special thanks go out to Crown Perth and their staff who ensured all the current reauirements around Covid were maintained and provided a lovely three-course afternoon tea. During the afternoon tea break we were treated to a floor show from Moira J. Scott who performed a Patsy Cline Tribute, thank you, Moira for a captivating performance. The live music was played by Satin Doll, thank you for the perfect compilation of dance music throughout the afternoon. Thank you to our sponsors, Crown Perth, Have a Go News, Government of Western Australia, Casey Australia Tours, and Studio Twenty Six Photography without their continuing support the ball would not have been possible. SRCWA acknowledges the hard work of its volunteers and staff who make these events possible. Thank you to Sarah, Kate and Danni for manning the Studio Twenty Six Photo booth and Martin our photographer who this year provided his photographic services and covered the cost of the free prints.

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



#### HAVE-A-GO NEWS No. 343 OCTOBER 2020

# Seminar for those newly diagnosed with Parkinson's

PARKINSON'S prevalence is on the rise, with an estimated 10 million individuals worldwide affected. In Australia, that number has reached 100,000 individuals (8,000 in WA) with 37 Australians being newly diagnosed every day.

"Now, more than ever, we need to raise awareness about the increasing rate of Parkinson's in our community and to ensure that as the peak body, people are aware of us and linked in with our services," says Parkinson's WA CEO, Brenda Matthews.

"It's important that people realise this condition is life changing, not life-threatening and with good management, medication, exercise and support, people with Parkinson's can lead independent and productive lives," she says.

Parkinson's WA is presenting

Parkinson's WA is presenting a newly diagnosed seminar on Saturday, 24 October, targeted at those who have been diagnosed in the last five years.

The seminar will be presented by Associate Professor, movement disorder specialist, Dr Rick Stell. He will provide an overview of Parkinson's and management of the condition. Parkinson's nurse specialists will speak on coming to terms with the diagnosis.

For more information or to book your place, please call the Parkinson's WA office on 6457 7373 or visit: www.par kinsonswa.org.au/.

# Join our recycling of plastic lids movement



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

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

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

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

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

# Do you suffer from arthritis, heart disease or diabetes?

#### Advertorial

THE NATIONAL Institute of Health has identified 74 treatable diseases using stem cell based therapies. It makes sense therefore to increase the number of stem cells available.

Stem cells are the only cells in our bodies capable of repair and renewal. We need them every day because cells are constantly breaking down and being replaced. But the

older we get fewer and fewer stem cells are able to be released into your blood stream.

The more stem cells you have in your blood stream the healthier you are. People always make stem cells, but their ability to move from the bone marrow decreases with age. The rate of natural decline of stem cells in our blood stream is 45 per cent by the age of 35, 50 per cent by the age of 50 and 90 per

cent by the age of 65.

Now there is a great natural product that people can take to assist their own adult stem cell migration. This product is not only is it safe, affordable, easy to take and effective, but it is now here in Australia.

If you would like to find out more about how stem cell nutrition can transform your life phone Sandra Barnsley 0412 479 156.



### Go on a cooking adventure with Huey

FOLLOWING our interview with one of Australia's favourite celebrity chefs, lain Hewitson, in the August edition, Huey has provided a gift pack for a lucky reader to win. The pack includes a copy of his book *Huey's Bloody Good Recipes*, a Huey tea towel and apron and a signed postcard.

The recipe book includes 50 master reci-

pes and more than 400 variations of them and includes step by step instructions.

The tea towels and aprons are available for sale and you can keep up to date with Huey via his Facebook page Cooking with lain 'Huey' Hewitson. He also has produced a selection of recipes for one or two people on his YouTube channel and we have

some of his favourite recipes featured on the *Have a Go News* website too.

#### WIN WIN WIN

railable for can keep with Huey book page lain 'Huey' also has election of ne or two s YouTube we have a Gone a News PO Box 1042, West Leederville 6901.



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# R H Y M E B L E A K L A S S O W A T E R F L E S H L A R G E A U D I O P E A R L T H Y M E

#343 OCTOBER edition
puzzle solutions for page 39
and page 19 of the
Have a Go News Seniors
Week Events Guide Liftout

#### Answers for Have a Go News Quiz page 2:

1. 1933, 2. Sir Charles and Richard Court, 3. Fremantle,
 4. 573, 5. McKenzie 6. Queensland, 7. King's Park,
 8. Tim Minchin, 9. Yagan Square, 10. Swan Bells

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# Red wines to put a zing in your step for springtime











1g per person would involve the consumption of around 1000L of wine per day. Which is asking a lot, even for Australian drinkers.

Here are some red

wines that contain normal amounts of resveratrol. Drink them for pleasure not just for your health.

Angullong is a former sheep station turning to cattle and grapes under the guidance of the Crossing family. Wine grapes do well at 600 feet on the slopes of Orange's Mount Canobolas.

**Angullong** Shiraz, 2019 is dark purple to ruby red in colour. It has fresh aromas of mulberry, dark plums and forest floor with complementary oak. The palate has flavours of ripe blackberry and mulberry with complex herb, oak and lingering tannins. In cooler climate Shiraz tends to display more spice and pepper compared to that of the warmer regions. This Shiraz does exactly

that. It is a flavoursome wine with ripe dark forest berry flavours with a spicy complexity. Enjoy this wine now, or if you have the patience, let it mature in the bottle over the next five or so years. RRP \$22.

Angullong Cabernet Sauvignon 2016. This wine from the cool climate of Orange NSW is dark purple in colour with a slight red hue. It has a cool climate Cabernet aroma of red currant, berry and cassis with subtle, balanced oak nuances. The palate is rich with varietal fruit flavours including red currants and red berries. The soft, velvety tannins add structure ensuring a long, elegant finish, RRP \$22.

Angullong Merlot 2018 is dark plum colour with a youthful crimson

hue. It displays aromas of vibrant plum, mulberry and redcurrant with integrated oak complexity. The palate is full and fleshy with dark redcurrant and mulberry flavours with balanced tannins and extended

lenath. RRP \$22. Gartelmann 'Diedrich' Shiraz 2016 also from Orange is the wine for special occasions. The 2016 vintage was ideal, the wine was matured in barrel for 16 months followed by three years in bottle release. This elegant wine soars with pretty aromas of florals, red berried fruits, a dusting of spice and is equally rewarding on the palate, which is medium-weighted with supple, sleek tannins, crisp, lemony acidity and plenty of joy in

between. The winemaker says it is really hard to put down. RRP \$50.

Gartelmann 'Wilhelm' **Shiraz 2017** from the Hunter Valley is deep ruby garnet in colour, it has a nose rich in cherries and blackberries with the merest hint of sandalwood. At 14.3 per cent alcohol the warmth on the palate is balanced with ripe fruit flavours, invigorating acid and velvet smokywood tannins. The finish is unmistakeably "Hunter Valley" with a compote of chariness, aniseed and dark berries. Match with barbecue lamb, fried haloumi with pesto... this wine will cope with just about anything (except maybe white fish). Enjoy from 2019, great drinking from 2021 or cellar to 2025. RRP \$28.

#### by Frank Smith

WRITING about research on extending the lifespan I came across a compound found in red wine resveratrol that appears

Sugar Snaps: The soft and tender

edible pods of sugar snap peas are

crisp, sweet, and succulent and are

often served raw in salads, stir-fried or

lightly steamed. Before being eaten,

mature snap pea pods may need to be

'stringed', which means the membra-

nous string running along the top of the

pod from base to tip is removed. Un-

like its cousin, the snow pea, the sugar

snap pea is picked more mature and is

fully rounded, with thick pod walls that

Asparagus: "Asparagus inspires gentle thoughts", wrote the English essay-

ist Charles Lamb. Inspired thoughts or

otherwise, it is certainly the vegetable

that most signifies the arrival of spring

and all the delicious morsels that come

with it. Choose firm, plump spears with

compact tips and tight scales, avoid

any that are slimy or soft and check

that the tips and bottoms of the spears

Button Mushrooms: With their sub-

retain their natural plumpness.

to extend life in mice. It may even work in hu-

However, as the French sav: Nous avons un petit problème.

A therapeutic dose of

What's fresh in the market place this month

tle flavour and compact size, button

mushrooms are perfect for adding

whole to spring meals like salads, stir-

fries and fresh tomato-based pasta

sauces. Mushrooms are so quick and

easy to use; apart from a quick wipe

over with a cloth or paper towel, no fur-

ther preparation is necessary. Try mar-

inating in good olive oil and balsamic

vinegar and garnishing with fresh herbs; lovely served at room tempera-

ture as part of a barbecue feast. Best

of all they have been shown to reduce

the risk of breast cancer - so add a few

Ellendale mandarins: Ellendale man-

darins are some of WA's best and they

are now in fresh produce stores and

supermarkets. Fruit are a good size,

have a distinct deep orange skin and

fewer pips than some varieties, so they

are a popular choice. They are also

sweet and very juicy and create a rich

colour contrast when added to a green

extra to anything you're cooking.

# Vince Garreffa's smoky bacon hock with adzuki beans



by Vince Garreffa

AROMAS of this dish will make everyone feel that it's home. Bacon hock/shank and ham hock/shank are all close to being the same product. So, buy whichever one you can, it will do a good job.

Ingredients for 4

1 good size smoked bacon hock/shank

2 brown onions, diced 20g chopped garlic

2 red chillies, slice

1 litre stock (veal or chicken)

2 x 400g cans chopped tomatoes

1 small butternut pumpkin, peeled, deseeded and

2 x 400g cans corn kernels

500g dry adzuki split beans, soaked for two hours in

1 punnet cherry tomatoes, cut in half

1 cup Italian parsley leaves

½ cup chiffonnade of basil

organic lake salt cracked black pepper

extra virgin olive oil (EVOO)

grated cheese (optional)

Heat some EVOO in a pot big enough for the recipe, then add the onions and sauté till soft (about five minutes) now add the chilli and garlic for a further minute, stirring through. Add the tomatoes and stir, cooking for 10 minutes on high heat. Follow this with the stock and bacon hock and bring to the boil, then lower the heat to a simmer and cook for two to two and half hours till meat is falling off the bone. Remove meat, and bone, to one

Now add soaked and strained beans, pumpkin and corn kernels to the pot, cooking at a good simmer till the beans are tender. Dice the cooled meat and skin and add back to the pot. Taste for salt and add if you need to (some salt leaches out of the bacon hock). If the mix is a little dry add a little more stock. Lastly, while it is simmering add the cherry tomatoes, basil and parsley, mixing and cooking till tomatoes soften.

A grind of freshly cracked pepper and it's ready, bowl up and serve with crusty bread. You can add soup pasta to it 10 minutes before the end that way you can smother it with grated cheese. You don't have to, but it's a good option – yum.

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

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

# Celebrating 12 years of Buy West Eat Best

BUY West Eat Best proudly supports local food and beverage businesses across Western Australia.

are not dried out.

When people see the Buy West Eat Best distinctive bite mark logo they can be assured that they are buying quality products that have been grown, farmed, fished and processed right here in WA.

Buy West Eat Best are encouraging West Aussies to make a pledge to local this October as fresh, tasty and uniquely

they celebrate 12 years as WA's leading food and beverage labelling program.

Joining in the celebrations is simple. Look for delicious WA spring produce, make a reservation at your favourite venue and be sure to ask what's local and seasonal on the menu. These are just some simple ways to know you are supporting WA's economy and farming communities while enjoying produce that is Western Australia

Take a photo and share how you are supporting Buy West Eat Best month by hashtagging #buywesteatbest Insta-Facebook and gram. Head to the Buy West Eat Best website to subscribe to the seasonal eNewsletter full of recipes, kitchen tips, tricks ideas and get to know the people behind where your food comes from @buywesteatbest www.buywesteatbest.



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.



To fix your pantry, Call Brett Gaffin. The Inner Drawer Specialist at Easy Access Kitchens.

better with inner drawers from Easy Access Kitchens



Make your kitchen DON'T CHANGE YOUR DOORS



For your safety we only use blum 65kg drawer runners & Guarantee our drawers YOUR FOOD & PLATES RIGHT OUT TO SEE THEM will make your life easier.







#### SOUTH PERTH **SENIOR CITIZENS CENTRE**



Come and join the South Perth Senior Citizens Centre for some activities SERVICES AVAILABLE

(bookings essential - members only\*): Hairdresser - Tuesday 8.30am-12.30pm

Podiatry - Thursday 9am-1.30pm\* Meals on Wheels \$10

\*conditions apply, advertised prices are for members

LIFESTYLE ACTIVITIES:

Bridge, scrabble, mahiong and chess.

Tuesdays - Pilates, Zumba 6pm, Thursdays - Book Club, Indoor Bowls, Fridays - Sound Healing & Meditation

TUESDAY LUNCHES: \$15 members; \$20 non-members



53 Coode Street, South Perth Phone 9367 9880 Email spsc@bigpond.com Find us on 🚯

EXPRESSIONS OF INTEREST:

Walking Group

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# Brunch with T - keeping it simple in the Inglewood landscape



Grow Cafe, from L-R; Shroomy toastie - ol faithful toastie - cinnamon scroll - hot chocolate and flat white



by Tahlia Merigan

I'M BACK after a few columns written by the editor. I was taking some time out to wander out yonder on a camping holiday to Karijini and down the coast, discovering much of WA.

This month I found a new addition to the Inglewood scene called Grow Café which is a combination store selling pots, plants, succulents and some interesting decorative items with a small café.

They have plenty of tables and chairs inside and out and offer easy parking. Grow has a casual friendly atmosphere with dogs allowed in the alfresco area.

Coffee (Grinder organic), pastries and toasties are the specialty here and I enjoyed the simplicity of it. sanger should be. I had a hot chocolate in

a mug (\$4) and a 'shroomy toastie (\$10) filled with cooked and marinated mushrooms, spinach and red onion, Emmenthal cheese and Dijon mustard. The filling was very tasty, and the outside was

My friend had a flat white in a mug (\$4) and an ol faithful toastie (\$9) filled with smoked ham, sweet pickle relish, cheddar on multigrain sourdough bread. This too was tasty and oozy as a toasted

We then shared a cinnamon scroll (\$4.50) to finish

We enjoyed our visit, it was simple, filling and unpretentious and there was a great selection of pots and plants to purchase including some really interesting bowls of succu-

Since our visit to Grow Café they are now offering a larger selection of pastries, healthy slices, cakes including chocolate eclairs, vanilla slices, beestings and sandwiches.

Grow is a nice place for a quick and easy brunch combined with some retail therapy, a perfect spot to find some early Christmas pressies all while supporting local business.

3 spoons Grow Café, 974 Beaufort Street, Inglewood. Phone 0432 880 974

Monday to Sunday 7am to 2pm





F's spoon ratings



# As the weather warms up it's time to make some simple spring salads

by Noelene Swain

NOW is the time to start making or even inventing fresh, delicious salads. Perfect for warm spring days, salads can literally be a meal on their own or otherwise make a terrific accompaniment to a main meal. Using lots of fruit, vegetables and other whole incredients is the key to a fresh and healthy salad that will be sure to impress. Give your salad a range of textures as well as making it more substantial by adding meats, poultry, seafood, noodles, pasta, rice or crunchy croutons.

Combining authentic flavours from all over the world is the key to a successful salad.

Marinated olives, sun-dried tomatoes and gourmet lettuce are readily available along with gourmet cheeses and meats. The flavours of Italy, Greece and Thailand (to name a few) are now an important part of Australian

Tasty strips of char-grilled chicken or spicy marinated lamb will be sure to impress dinner guests or family. The hardest part is choosing only a couple of flavours so you don't overcrowd things. Try adding some home-roasted red capsicums, baby mozzarella balls (bocconcini) and fresh basil for a Mediterranean kick. For some Thai flavour, marinate chicken or beef in green curry paste before cooking

and add coriander leaves, fresh chilli and cucumber to your salad base. A squeeze of fresh lime juice will finish it off perfectly.

Roasted vegetables also make wonderful warm salads and flavours of sweet potato, pumpkin, potato, carrot and beans team perfectly with fresh herbs like thyme and rosemary and a touch of garlic. A good potato salad never goes astray at a barbecue, teamed with crispy bacon, boiled eggs, spring onion and fresh mint.

Fresh herbs can be incorporated into your dressing or the whole leaves can form part of the salad base. Ideal ingredients for a dressing include freshly squeezed citrus juice, Dijon or whole seed mustard, sour cream, sweet chil li sauce, olive oil or balsamic vinegar. Avoid overdressing salads as this can drown out the other flavours. Have a little extra on the side so people can add to suit their tastes. Toss only small amounts of the dressing through right at the last moment to prevent the salad going soggy.

Spring weather is bound to offer plenty of sunny afternoons and opportunities to entertain. Whatever your tastes, there is a salad to suit you and your friends. Here are some you might like to try...

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Preparation: 5 mins; cooking: nil; serves: 4

# Orange and fennel salad

THIS classic flavour combination makes a wonderful spring salad 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, 1/4 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. Serve.

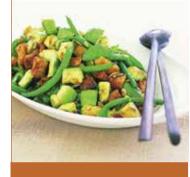
# Knife and fork talk with the Dining Divas...





Six Senses' crispy pork belly and roast duck

# Roast pumpkin orange and avocado salad



Preparation: 15 mins; cooking: 30 mins; serves: 4 1 butternut pumpkin, peeled and cut into 2.5cm cubes 1 tablespoon ground cumin 2 tablespoon olive oil 200g stringless green beans 2 oranges, skin removed and seamented

100g baby English spinach leaves 2 avocados, cut into 2.5cm cubes 100g chopped macadamias, toasted

Dressing

1 tablespoon honey 2 tablespoon soy sauce 1/4 cup olive oil PRE-HEAT your oven to 220°C. Combine dressing ingredients in a jar and shake well. Combine the pumpkin cubes, ground cumin and olive oil. Spread pumpkin mixture out in one layer on a tray and roast in the oven for 20 minutes or until tender. Bring a saucepan of salted water to the boil and cook beans for two minutes, so they retain a good crunch. Refresh in cold water to halt the cooking process and ensure the bright green colour is maintained. Place pumpkin cubes and green beans in the serving bowl. Add the spinach, avocado, orange, macadamias and dressing to the serving bowl and toss to combine. Serve immediately.

# by Judith Cohen and Pat Paleeya

THIS month with lockdown over and not having visited trendy Leederville for some time, we hopped on a number 15 bus from the city and sallied forth to Oxford Street which offers myriad restaurants and cafés. After checking out the chow these chooks chose a Thai restaurant called Six Senses as they offer a lunch under

There are ten dishes listed of which seven offer either curry, stir fried sauce or stir fried noodles. All dishes come with vegetables. There are also three fried rice dishes on the menu.

We chose crispy pork belly and roasted duck. The pork belly was served with traditional Thai style stir fried thin noodles with egg, bean sprouts and crushed peanuts. The pork belly was perfectly cooked, the juicy and tender meat had a topping that was crispy and absolutely delicious. More vegetables

would have made everything perfect. The roasted duck was cooked to perfection, not at all dry. It melted in the

mouth plus there was plenty of it. This dish came with stir fried vegetables and roasted cashew nuts tossed in a mild chilli jam which enhanced the whole meal with its gentle spicy undertones. The vegetables included snow peas, carrot batons, mushrooms and onions. It was extremely satisfying, so much so that the last mouthful popped the waist band but (big butt now!) we just couldn't leave any on the plate.

The subdued lighting made it difficult for us to read the menu unless seated near a window or underneath a light as the small white print on a black menu was not easy to see. Be warned take your specs. We'll take ours next time of course.

Six Senses have three outlets, the one we visited in Leederville, another at Elizabeth Quay and at 17 Rokeby Road in Subiaco.

Three forks

Six Senses, 135 Oxford Street, Leederville. Phone 9444 0321. www.sixsenses.com.



# Avocado apple and beetroot salad

Preparation: 15 mins; cooking: nil; serves: 4

1 avocado, peeled and sliced 1 large beetroot, peeled and arated

1 carrot, peeled and grated 1 small cos lettuce, torn into small pieces

1 red onion, sliced 1 apple, cored and sliced 1/4 cup walnuts, chopped and

toasted Dressing

1/4 cup Italian dressing

2 tablespoon lemon juice 1 teaspoon wholegrain mustard PLACE all salad ingredients together in a bowl. Toss gently to combine. Place dressing ingredients into a jar. Secure lid. Shake well. Drizzle over salad prior to serving. Serve salad with barbecued meats.

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Knife and fork talk ratings

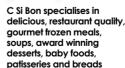
Three forks - reasonably good food and service but

Two forks – food and service needs improvement

Five forks - excellent food and service Four forks - overall good food and service

could make some improvements

One fork – would not recommend



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# let's go travelling trave





Have a Go News assistant editor, Tahlia Merigan in Karijini



WITH our state borders remaining closed it has given many of us the incentive to travel around WA. I have noticed that people I know who would usually travel overseas for their holidays have flocked to the regions and are falling in love with their own backyard. It reminds me of the 1960s and '70s when most of us rarely travelled overseas and family holidays were spent in the state.

I have spoken to many people who have said that if it were not for the pandemic they probably would not have holidayed in WA.

Tahlia has just returned from a few weeks camping. She and a couple of friends drove to Karijini via Meekatharra spending four days exploring the national park. They then headed west to travel down the coast from Exmouth. Along the way she hiked, swam, snorkelled and went whale watching. She returned saying she was wanting to discover more of WA and that Karijini was the highlight of the trip with its hikes, gorges and swimming holes. "Karijini is Quoting her: gorge...ous!"

This month I am excited to be heading north for my first visit to Broome and I look forward to sharing my adventures with you next month.

It's been 20 years since the Albert Facey Homestead was relocated to the town of Wickepin and on Saturday 17 October the town is holding a commemoration with a BYO picnic on the lawn and a variety of events and displays at the homestead from 10am to 2pm.

\*\* The Albany Vintage and Classic Motorcycle weekend will be held on Saturday 31 October and Sunday 1 November. On the Saturday there will be a motorcycle display in Stirling Terrace followed by an afternoon rally. The Hill Climb takes place on the Sunday, taking off from Middleton Beach. It is open to pre-1980 motorbikes. There are only 100 places available for this event and conditions apply. Camping facilities are available for the weekend

at the Albany Rifle Club. To find out more email albany.hillclimb@gmail. com or call Bob Whittingstall on 0418 944 437.

\*\*\* Department of Health is reminding resi-

Save the date for the Ord Valley Muster in 2021

event.

dents and travellers in the south west including the Peel region to take extra precautions to prevent mosquito bites over the coming months. There has been an increase in the detection of Ross River virus in mosquitoes collected from the south west and the recent warmer weather has contributed

to greater numbers. Ross River Virus symptoms include painful or swollen joints, sore muscles, skin rash, fever, fatigue and headaches. There is no vaccine or specific treatment for the virus, so the only way to prevent infection is to avoid being bitten by mosquitoes.

\*\*\*

The Department of Biodiversity, Conservation and Attractions' scientists have relocated 20 Shark Bay bandicoots into a safe habitat on Dirk Hartog Island National Park. This is part of the Return to 1616

ecological restoration project. The release follows the reintroduction of the 72 bandicoots to the island last year and monitoring has shown that these animals are thriving in their new habitat. Several species of wallabies and dibblers have also been relocated to the is-

\*\*\*

If you have a travel issue, or want to share some information, don't hesitate to contact me on email or share a photo from a trip to our Facebook page. Our website also has a selection of great travel information which is updated regularly, visit www. haveagonews.com.au

Happy trails

Jennifer Merigan **Travel Editor** 



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

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Ord Valley Events' chairman, Beau Robinson, said that flight prices to the East Kimberley have

Perth and Kununurra, now is the perfect time to

plan your escape to the Kimberley to attend this

never been cheaper. "It's an incredible price and I'd encourage anyone who's been dreaming about going to the Muster 'one day' to make their dream come true - at these prices, we don't expect flights to last," Mr

Robinson said After a tumultuous year and the cancellation of the 2020 event, the Ord Valley Muster 2021 is expected to sell out and kick start next year's tourism season in Western Australia's incredible East Kimberley region.

The Ord Valley Muster will take place from Friday 21 May to Saturday 29 May 2021 in Kununurra, Western Australia.

Find out more at www.ordvalleymuster.com.au

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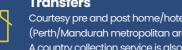
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Featuring Porongurup National Park, National Anzac Centre & New Year's Eve cruise

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#### **Departing February 2021**

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6 DAYS 3 - 8 Feb \$1,770pptw **Albany Great Southern** 

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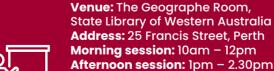
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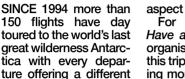
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aspect of this continent. For several years

Have a Go News have organised a group for this trip of a lifetime, taking more than 100 people to explore Antarctica by air.

We were hoping to run a trip for Australia Day 2021 but due to our borders being closed

the trip sold out in days. Another trip is now organised to depart Perth

in November 2021. Since Qantas retired the Boeing 747, the 787

Dreamliner is now in service for this amazing day trip with fewer seats but larger windows, which will provide a better viewing experience for passengers.

This is an opportunity to fulfill a bucket list dream of exploring Antarctica by air.

All seating classes experience spectacular views. The trip provides the complete Antarctic experience - Antarctic experts on board, live crosses to the Australian station, videos and other informative activi-

Passengers will receive a comprehensive information kit, two full service Qantas meals plus in-flight snacks and full bar service - including champagne, wine, beer, spirits, soft drink and use of the state of the art entertainment system.

This flight departs Perth on Sunday 14 November 2021 at 8am and returns at 8.30pm and seats are selling out quickly.

The following seating is available:

Economy Class Standard - \$2199 per person

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son. Premium Economy Class - \$3999 per per-

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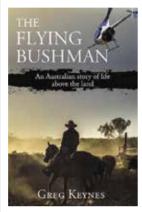
A \$300 deposit is required with booking and full payment is required eight weeks before de-

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HOSPITALITY

# Local book brings the wild and ancient landscapes of the Pilbara to life



The Flying Bushman by Greg Keynes **Reviewed by Pat Paleeya** 

LIFE wasn't meant to be

easy to quote GB Shaw and all around the world there are people who can attest to that, people who defy the odds, people who show extraordinary spirit and strong will to overcome seemingly impossible ordeals. Greg Keynes is one of them.

His memoir is not full of woe or self-pity; indeed, it is a metaphorical balancing act of humour. drama and sheer guts. At 24 years old he was aerial mustering in the Hammersley Ranges when the helicopter's engines failed and crashed into the gorge below. His injuries were catastrophic, and

months of rehabilitation and sheer hard-headed determination helped him to learn to walk again.

His recollections of his childhood and teen years as a bush boy growing up on Curbur Station is so vivid that the heat and dust is almost tangible. His humorous anecdotes are priceless, and I am so glad that I was not reading this book on public transport as belly laughs abound.

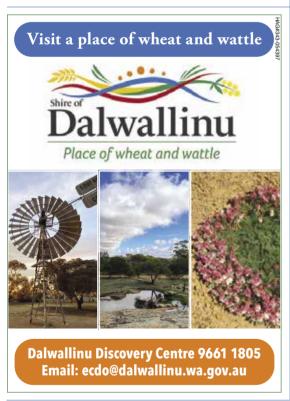
One day while Greg and his father were driving along a lonely stretch of road his father spied tourists towing a caravan in the distance. He stopped the jeep and dragged two fat sheep from the back. They stuck the sheep upright in the driver's and passenger seats, crouched low, held the sheep (who had their leas tied) in place put the ieep into second gear and cruised past the tourists, all gawking as the jeep receded into the surrounding bush clearly being driven by two sheep.

There are many photographs in this book showing the terrain of outback Australia, the vastness of the Murchison and Pilbara regions that can be both beautiful and unforgiving at the same time.

There are photographs of Greg as a youngster at Curbur, of mustering and hard yakka and photos of what remained of Greg's helicopter mangled in the gorge.

Greg has worked as a pastoralist, a chopper pilot flying around the Gascoyne, Murchison and Pilbara areas. He is passionate about the environment especially in that part of the world that is his home. It is a terrific

The Flying Bushman is published by Gelding Street Press, sells for \$29.99 and is available at good bookshops.







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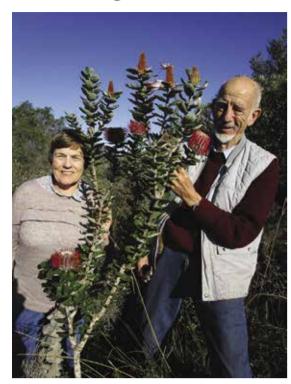
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# Heading out for a wonderment wildflower safari to the state's south east



Harry Clements-Shepherd of Wildflower Safaris with ex-Perth, English resident Pam

#### by Lee Tate

WE set out on a wildflower discovery adventure in WA's Great Southern in the lap of luxury.

This new service, by brothers Harry and Bill Clements-Shepherd of Wildflower Safaris, sweeps us away in a Mercedes through towns including Williams, Wagin, Lake Grace, New-

degate, Lake King and Ravensthorpe. And this is iust day one.

September and Ocwildflower tober are wonderment time in our south-east, following the flourishing of flowers from our State's north to south and east.

As we leave Perth, Harry outlines the brothers' philosophy, based on the strength of their

local knowledge and rural experiences with their intense interest in the environment. (Not to mention Bill's professional musical prowess).

their agricul-From tural and farming backgrounds including young, free-running years in the Jerramungup region to teaching and horse-breaking, the men have designed their wildflower excursions to be all-embracing. They explain nature's big picture.

On our journey, with Harry at the wheel and Perth-born, English resident Pam joining us, we enter country that is unique on the world scale.

With their two vehicles, the brothers focus on small groups of one-tofive guests with clients indicating preferences for destinations, time on the road each day and any personal interests.

A patch of wildflowers along the road catches your attention? Harry pulls over. Want to stop for a photo or to catch a vista? Not a problem.

"With small, personalised parties, we are able to conduct tours to suit them. We discuss where they would like to go, we give them options, we do it in comfort. We like the interaction with our

guests," says Harry. The brothers have wide-ranging local contacts and know a few secrets. They are able to check on local conditions, outline the topography and know where to find the many variety of wildflowers including rare, tiny, highly-colourful orchids.

Our two-days is centred on the mighty Fitzgerald River National Park and the surrounding region where Harry has contact with an apiarist and a professional seedcollector.

These experts help piece together the big picture of how all the region's unique flora and fauna tie-in with each other, their interdependence, what is evolving and what isn't.

We hear inside stories about this environment that are staggering as Harry cruises the roads through this important, lightly-visited special part of the world.

The national park is an internationally-recognised biosphere reserve, an important base-line for evaluating changes in the environment. Importantly, it is one of the least-infected parks by devastating dieback, so retains flora that has continued to thrive for thousands of years.

More than 1,800 species of wildflowers have been documented in the park and just as many in the Ravensthorpe Range. They make-up 20 per cent of WA's flora spe-

Harry steers us to Ravensthorpe's annual wildflower show where up to 700 species are featured in one place. It's an astonishing range, from beautiful orchids and royal hakea to bottle brush and eucalypts that come from the world's largest range of eucalypt species.

Outside Ravensthorpe, giant murals of banksia, 25 metres high, have been expertly painted on three silos. They show the six stages of Banksia from flower buds to full bloom. The colourful collage by Fremantle-based artist Amok Island, has us grabbing our cameras.

Silo art is spreading in Australia. Wildflower Safaris have tailored a 'song of silos tour' of Northam, Merredin, Newdegate, Pingrup and into Albany where a seahorse is featured by New York duo Yok and Sheryo.

"The silo section of WA is ideally-positioned geographically for us to zig-zag to anywhere that takes your fancy,"

says Harry.

On our Great Southern tour, we pass along roads where it's rare to see another car, where the birds can still be seen and heard, to waterways which, after August's burst of drought-breaking rain, are blessed with fresh water and large paddling flocks of endemic birds.

We turn to the coast and call in at growing outposts Hopetoun and Bremer Bay, historicallyrich fishing and whaling regions.

At Bremer Bay, Harry orders our lunch, among the best al fresco meals we can remember, at the Telegraph Station. built in the 1800s to link Albany with Adelaide via overland telegraph. The Australian symmetrical, façade-style building is National Trust-listed with grounds that create an

This region, between Albany and Esperance. is startlingly-appealing at this time of the year and

to cover so much territory, comfortably and in-style over two days, guided by an expert who can relate equally to visitors and locals is a bonus.

The brothers' 40 years of tour experience allows them to extend their personally-guided tours to spectacular and mysterious regions in our state. The Great Southern wildflower adventure? I'd do it again tomorrow

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Sunday 1 November, 10am-2pm Vintage car and motorbike display Morning tea and lunch available to purchase





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





# Fishing rules and regulations - October sees the start of the demersal fishing season...



Ray Wilson, King George and skippy guru with a nice skippy

by Mike Roennfeldt

FOR those of us who live in the West Coast Bioregion (north of Kalbarri to east of Augusta), this month sees the start of the demersal fishing off season, which runs from 15 October to 15 December inclusive. It's a time when we can't keep any of a suite of our most popular demersal species that includes snapper, dhufish and baldchin groper. This is on top of the expanded Warnbro and Cockburn Sounds pink snapper closure which runs from 1 September to 31 January.

The complexity of recreational fishing regulations in Western Australia really demands that you have the current version of the WA Recreational Fishing Guide handy when planning any sort of fishing trip, especially at this time of year and particularly if you fish from a

So if catching dhuies and snapper is your thing, this could be a good time to sort through both fishing and boat gear and do any of the little maintenance jobs like servicing the outboard, checking trailer bearings, checking rods for cracked or broken guides, servicing reels and topping up or replacing line. I've never been terribly good at that sort of thing myself... I'd rather be fishing.

Outside of gear maintenance, the off-season fishing options for those who would normally be out chasing dhuies and the like include King George whiting and skippy. Both these species are not only fun to catch but taste great too. Everyone loves King George but fresh fillets of skippy probably don't attract the accolades they deserve. Simply pan fried with salt, pepper and lemon juice, skippy fillets have a delicious clean taste. The secret is having them fresh. They aren't nearly so good after freezina.

Luckily, these two prime offseason species can often be caught in the same sort of area. The best spots seem to be decent size sand holes, say 10-20m square, or smaller holes linked to other patches of sand by sandy channels. Fish on the sand close to the edges of the reef or weed, but not so close that your bait is continually being taken by wrasse and the like. Ideal baits are squid and raw prawns, threaded on a hook around No.1 size and fished 40-50cm behind a running bean or

Both skippy and King Georges respond well to berley and a handful of chook pellets scattered out the back of the boat every 20-30 minutes will do the trick if there are any fish about. While most successful anglers who concentrate on this sort of fishing will anchor up, there are those who prefer to drift for King George. Once again, the best drifts are those that will have your baits bouncing along on the sand just off a reef or weed edge in around 7-15m of water. You can catch them in shallower and deeper water, but the fish are spookier if the water is too shallow and it gets harder to make out the bottom as the depth increases.

The fights from both species are quite distinctive. A skippy is all energy, vigorously tearing around, causing the rod tip to buck violently, while a King George is more given to power dives back to the bottom. The bite from a skippy can be quite subtle, but not always. A King George, on the other hand, tends to suck the bait in and it doesn't hurt to give a little line before lifting the rod firmly.

# Discover the Peel region wetlands with a guided nature walk

SPRING has arrived and the Peel-Yalgorup Wetland system in WA's south west has hung up its winter coat and is getting ready to welcome some very special

migratory visitors.

Recognised as a Wetland of International Importance under the Ramsar Convention, the Peel-Yalgorup Wetland System stretches over

26,000ha from the Peel-Harvey Estuary in Mandurah to Yalgorup National Park to the south at Preston Beach. It is the largest and most diverse estuarine system in Australia's south west, providing important habitat for thousands of migratory shorebirds - many of them threatened - every

year from October to March.

Samphire saltmarshes (tidal wetlands), mudflats, salt lakes, wetland lagoons and fresh water lakes provide diverse habitats that attract over 20,000 shorebirds annually. More than 75 species of waterbird have been recorded in the Peel-Harvey estuary alone.

Mandurah-based ecotourism business Ways To Nature leads guided nature walks throughout the Peel-Yalgorup Wetland System, helping people explore the wonders of these wetlands.

A zoological guide shares the fascinating stories of these remarkable feathered visitors - some of which travel up to 26,000km a year from the northern hemisphere to spend the summer in these special

Ways To Nature is offering a 10 per cent discount on all walking tours for se-niors during WA's Seniors Week, so book your date with nature today www. waystonature.com.au.

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tures throughout October, November and December, the new tours will concentrate on showcasing local WA produce and at-

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# et's go travelling travel options for the mature



# Discovering life on the land in the Western Australian outback with a station stay









Left to right; Cath and Dave Marett, Nallan Station - Horse riding, Gabyon Station - Shearing shed, Nalbarra Station - Sunrise Nallan Station

#### by Chris Tate

THERE is no better way to taste the genuine Aussie outback than a station stay.

A number of stations have converted their old shearing quarters into cheap, no-frills accommodation.

Options include camping, cottage accommodation and, for those who prefer it, a comfortable room in the homestead.

Some are still working stations and a few are providing facilities for a full tourism experience: accommodation, facilities and activities, but most juggle the two. The best time to visit is during the oftenspectacular wildflower season from July to September when the weather is quite

Nallan Station near Cue has camping, caravan sites, and shearers quarters. Facilities are fairly basic but that is a big part of the attraction. The shearing quarters are generally corrugated iron - inside and out, with just a bed or possibly a small, bedside table or cupboard.

Gloriously, to get away from city habits, there are no phones, no Internet. Some rooms do not even provide power. Many stations get their power from petrol or diesel generators. some have converted to

Those still using diesel generators usually have a curfew because of the fuel cost and, depending upon the situation, the noise at

Many stations do not provide or allow microair-conditioners. waves. toasters, or electric jugs because of the drain on power. Hot water is provided by wood-fired heaters locally referred to as a 'donkey' or by gas cylin-

Most have gas stoves but some only have wood fires for all cooking in communal kitchens. Guests usually have access to a refrigerator on-site for their food and drinks.

Most stations will progenerous, cooked meals either at the homestead or in the communal

kitchen. The owners generally make only a small profit by providing meals. Accommodation is also cheap at \$25 to \$30 a night

in the shearers' quarters and even less if camping. Water is also in limited supply as many stations rely on rainwater tanks.

Outdoor barbecues are common and offer the chance to meet and exchange stories with other travellers. In fact, sharing cooking facilities is one of the major drawcards for many visitors. It's a wonderful opportunity to meet

> est and places to avoid. The outback experience appeals to caravanners, campers, 4x4 car clubs, Variety Club outings, motocross, art and church groups, wildflower seekers and bird enthusiasts plus

people, most of whom

have tales to tell or advice

to offer on places of inter-

I met two Geraldton families travelling together with teenage girls who spend every holiday at station stays. They told how they love the informality and the social aspects of sitting around the campfire with a drink, chatting and playing

On another station I met two young guys who were using the accommodation as a base to go prospecting for alluvial gold. They found some too.

It is so quiet and peaceful without traffic, Visitors can enjoy reading, contemplation, photography, bush walks, listening to the birds and seeing wildlife. Most places have natural attractions: rock formations, wabreakaways, tercourses. lakes and or dams.

Mellenbye Station has installed a dance floor, disco lights and even provide some musical instruments for guests. There is also a small museum featuring vehicles and objects from the past.

Gabyon Station in Yalgoo has guided horse riding and quad bikes for hire but most stations leave you to your own devices.

Some station owners are happy to take visitors on a windmill tour. A broken pump or busted fence in the outback can mean the death of livestock as water is so vital, so these are inspected regularly.

Nalbarra Station near Mt Magnet does a windmill run every three to four days. The property is so large, at 161,000 hectares, that it takes two days to get around and check the 38 windmills.

During my stay they were stocking sheep and rangeland goats. Goats are currently worth around \$2 more per kilo than sheep. Most mid-west stations now run cattle as wild dogs have devastated sheep and goats in many areas.

Cattle are trucked to Perth for the local market or the meat is exported overseas.

Outback skies have to be seen to be believed with spectacular, uninterrupted views of millions of stars. Stargazers and photographers can get magnificent shots of the Milky Way and star trails without any light

According to one station-owner, many English and German visitors are attracted to the outback to experience the novelty of hot weather and isolation.

Some stations close during summer so my advice is to check with them beforehand.

Other outback options include the Department of Parks and Wildlife which has several park-stays that permit camping. Australian Wildlife Conservancy and Bush Heritage also manage large tracks of land in WA, with some reserves al-

lowing camping and short stays. Check their websites for more details.

Technology has changed the way stations run running sheep, goat and cattle. Horses, camels and donkeys have been replaced by ATVs, motorbikes and 4x4s. With improved roads and vehicles, access is a lot

The opportunity to experience the genuine Australian outback will not last



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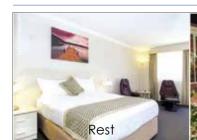
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# GREAT HOME and GARDENING



# Tomato time - enjoy the taste of homegrown tomatoes - it's easy with these tips



Left to right; It's tomato time - venture to the South West Rose Society annual Spring Show Inset; say hello to Barry and Lorraine Young at Amanda's Garden Fete



#### by Colin Barlow

IF you haven't grown tomatoes for a while, or you are new to gardening, now is the ideal time to try growing some tomatoes at home. With seeds, small punnets to large pots available at your local garden centre there is no excuse to not give it a try. Plus, you can add them to your own tasty summer salad or toasted sandwich.

Whether you have a small courtyard, patio or large garden you can find space for growing some tomatoes either in the ground, raised beds or in pots and containers. Plant them now as seeds or up until the end of December as small plants. When planting tomatoes in the ground, add plenty of compost, manures and organic matter to improve the soil. The addition of Bentonite clay

mixed into sandy soils will aid water retention, improve the overall soil structure and add calcium and magnesium to help avoid blossom end rot. Alternatively, dolomite lime or gypsum can also be mixed into the soil before planting.

When planting, tomatoes are one of the few plants that can be planted deeper than they are in the pot without killing them or rotting their stems. First, soak the pots in a seaweed solution prior to planting to avoid transplant shock. Then remove any lower leaves on the stem and plant the tomatoes two or three nodes lower in the soil to encourage further rooting from the main stem. This will also help the plant cope better with stress, drought or recover better after pest or disease attack. I like to place some organic and controlled release fertiliser in the bottom and sides of the hole, plus I add a sprinkle on top when I am finished. Water in with a seaweed solution, stake and mulch with either pea straw, lupin mulch or sugar cane mulch. For taller varieties you can use larger stakes or special tomato or vegetable trainers to grow them up.

As they grow, remove all side shoots below the first truss of flowers, then allow two to three lateral side shoots to develop to keep the plant manageable. All other side shoots should be pinched out and the plant tied onto the stakes or supports. Some growers grow tomatoes as a single stem up a strong wire or string and remove all side shoots concentrating their energy on a set number of fruits. Some smaller bush growing, or trailing varieties may not need any pruning or the

removal of side shoots.

Feed tomatoes fortnightly with a liquid feed specially for tomatoes that is high in potassium and calcium. Water regularly to encourage strong growth and to avoid the fruit splitting due to uneven watering. Keep a look out for fruit fly and caterpillars that can affect both the leaves and drill holes in the fruit. Common diseases of tomatoes include wilts, leaf spots and viruses which are all difficult to control.

My suggestions of tomato varieties to try growing at home include:

Amish Paste, Apollo, Beams Yellow Pear, Beefsteak, Black Russian, Cherry, Green Green Zebra, Grape, Grosse Lisse, Jaune Moneymak-Flamme, er, Mortgage Lifter, Pink Bumble Bee, Pink Pearl, Red Fig, Roma, San Marzano, Sweet Bite, Tigerella and Tommy Toe.

**Open Garden Delights!** 

The weekend of the 24 and 25 October sees the annual 'Amanda's Garden Fete' celebrate their open garden. Amanda's Garden is one of my favourite Perth gardens lovingly nurtured and developed by Barry and Lorraine Young, in honour of the memory of their daughter Amanda. Amanda's life was sadly taken by meningococcal septicaemia when she was 18 years old. All proceeds from the open garden go towards meningococcal awareness.

Amanda's Fete' is open from 10am until 4.30pm each day, with entry \$5. Enjoy the restful natural setting of tall paperbarks and the captivating garden filled with roses, iris, perennials, trees and shrubs. Don't miss the huge range of plants on sale, Paddy's market, interesting art displays and musical entertainment.

Refreshments include Devonshire teas and a sausage sizzle. Call 9398 7275 for further information on the fete Alternatively to view the exceptional work of Barry and Lorraine Young and the research and educational programs funded by the proceeds, go to www. amandayoungfounda tion.org.au.

\* \* \*

From the 31 October to the 1 November the South West Rose Society's Annual Spring Show will be held at the Eaton Boomer's Club Rooms. Glen Huon Reserve, 3 Council Drive, Eaton. The show will be open from 12 noon until 5pm on Saturday and from 9am until 3pm on Sunday. There will be gorgeous displays of blooms and a large selection of plants for sale. Contact Faye Lewis on 9721 4363 or Kevin Molloy on 9797 2402 for more details.

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The above piece is designed by Wendy Blackmore, one of the members of the WA Floral Art Society.

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# Downsizing ADVERTISING FEATURE



# Spring is the perfect time to start planning for the changes you want in your home









Some of the styles available to improve your home



by Zofia St James, Interior Designer Sherlock Homes Group

SPRING is always a

great time to start making changes – any kind of change or improvement – as the season seems to inspire movement.

Let's begin with looking for the sense of achievement and satisfaction that follows from making the thing that you want, hap-

I am here to help you make choices as simple as creating a more orderly and stylish home, choosing some simple accessories and soft furnish-

ings to dress a rather bare room, find a new paint palette for your home, a new kitchen renovation, or an extension.

Are you thinking of downsizing but the concept is overwhelming, yet the maintenance on the current big (empty) family home is also too much?

It's all possible, but it requires you to dial my mobile number and chat... and that costs you nothing but time.

Now more than ever I

can help action many of these jobs because I have a fantastic team of trades and a building company behind me. I can also provide before and after pictures of what we have accomplished this year.

Last month I offered readers five free consultations and there are two places still available.

This service includes styling advice plus the opportunity for a free consultation from a professional trade to look at, discuss and quote for any work you might have considered doing in your home

I would love that communication with you and the opportunity to come visit and hear your own before and after success stories.

I'm your very own style fairy godmother.

Have a look at some paint colours you like and decide which rooms could do with a makeover. Take a look at your outdoor space and see where some potted colour would look great and make it a happy colourful place to spend more time in. Buy a barbecue and plan some outdoor entertaining and a new outdoor setting while you're at it, even if it's a setting for two.

Make the most of your abode, because every space has potential.

If I can help you achieve the look you want by giving you fresh ideas, then I would love to hear from you. Have a wonderful month and I look forward to meeting more of our lovely readers.

Zofia offers an interior style consultation for readers and she offer a free over the phone or video call consult. She can assist with de-cluttering, restyling, choosing furniture and personal styling. For those interested contact Zofia on 0406 336 607 or email intshg@gmail.com

# Available for RENT

Various 2 and 3 bedroom villas in a range of well maintaned over 55s complexes in *Swan Valley, Kelmscott, Dianella and Rockingham. Prices vary according in the location.* 

For enquiries please phone Elena on 0409 202 710

# A new finance plan for retirement homes at Siena Living SIENA LIVING has recently in With a financial structure Therefore the ability to finance room villa at \$139,000, to a

SIENA LIVING has recently introduced a finance plan to assist those wanting to buy into their Over 55s Village while prices are at an all-time low.

The new village manager, Cristy Stephenson has set out to make Siena Living, which already has the lowest ingoing costs in the region, even more accessible. With a financial structure that allows qualifying retirees to access all government concessions, their new finance option means they can now plan their retirement more effectively.

Cristy said: "Our low weekly fees leaves residents with more cash in their pocket than most other housing options. Therefore the ability to finance part of the purchase is a welcome bonus. It means they can retain some of their savings and use it for things like holidays or upgrading their car."

The choice between the four homes currently available has never been better, ranging from a large, one bed-

spacious two bedroom home with its own private garden at \$159,000.

This is the first time these homes have been available since the village was built six years ago and represent excellent value.

To view, contact Cristy on 0424 284 889.



# Aged Care. Reimagined.

Imagine an aged care facility where you reside in a home, on a street, within a neighbourhood and community.

Located within WA's largest aged care & retirement campus and just 15 minutes from the CBD, this is an address like no other. This is aged care reimagined.

Contact us today for a private tour.
Call Leanne on (08) 6250 0250 or email care@swancare.com.au



# Downsizing ADVERTISING FEATURE











# Workshop is a social hub in the RAAFA community



RAAFA workshop is a hub of the community Peter Aschenbrenner

PFTFR Aschenbrenner has been a resident RAAFA's Meadow Springs Estate for two vears, and readily admits

that it's the estate's workshop that he loves most about his life at the friendly retirement community.

Peter 77, who hails

from Germany, moved to Australia in 1983, and has enjoyed working with wood and his hands throughout his life.

"In my eyes the workshop fulfils a very important social function, and that is helping people who need some assistance with things like mending broken items or even assembling new furniture," he says.

"Whenever we these requests, everyone who volunteers at the workshop is keen to help, however they can. In fact, we are so busy, most of us wonder how we ever had time to work.

Like all RAAFA retire-

ment estates, Meadow Springs has a wide range of amenities at the disposal of residents, and many residents say the beauty of the village is that there are a range of activities on offer to suit all tastes.

"Recently on the second and fourth Tuesday of the month I've been helping residents make various items including toys, which many will become a gift to their grandchildren,' Peter, who taught adult evening classes in woodwork during his time living in Brisbane.

Find out more at www. raafawa.org.au

# Specialising in wills and estate planning



Leo Barry

VIBE LEGAL is a boutique law firm located in South Perth with a focus on wills, estate planning, family law and general commercial law.

Leo Barry, practice director, leads the team at Vibe Legal. Leo was educated in Ireland and holds a first-class honours degree in legal and business studies and a post graduate law degree. He has extensive experience in family law, wills and probate. Just prior to taking up his role at Vibe Legal, he was a banking and finance lawyer with a

national top tier firm. Leo and the team at Vibe Legal combine their wealth of experi-

ence and understand the importance of protecting their clients and their families. Consequently, Vibe Legal place a large emphasis on will and estate planning and are experienced in providing advice on all matters.

They understand that anything to do with legal issues can be complex and daunting and pride ourselves on breaking down legal complexities into practical information that is easy to understand.

For an obligation free discussion, contact the team at Vibe Legal on 6111 4890.

# Top priorities - resident safety and social connectivity

THERE has never been a better time to downsize to a low-maintenance home in a community of friendly, like-minded people who share a strong sense of belonging.

Leading owner operator of rental retirement communities, Ingenia Gardens, offers a popular alternative for independent seniors by providing the opportunity to live financially free, without the many up-front costs or complex lockedin contracts common in traditional retirement living options.

The rental model provides seniors the freedom of independence and flexibility, with the added benefit of a secure lease, along with the social connectivity even if its currently at a distance, convenience,

and safety aspects of belonging to a retirement community.

General Manager residential communities - Nicole Jentz said: "Having access to an on-site manager and living in a gated community with level, covered walkways connecting them to communal facilities are just some of the many ways residents feel safe and secure.

During these challenging and changing circumstances, the safety and wellbeing of our residents is of the utmost importance. This is why Ingenia has been proactive in taking steps to safeguard their health and provide support so they feel secure, whilst maintaining their beautiful community spirit," Ms Jentz said.

Ingenia Gardens also provides residents with the added benefit of a care co-ordination and advocacy service, Ingenia Care. The key focus of this complimentary service is to keep residents active and independent for longer by connecting them with the support they need. Now more than ever, this service has proven invaluable for residents and provided much needed peace of mind to loving family members.

Ingenia Gardens have six communities in Western Australia including one each in Albany, Bunbury, Seville Grove and Swan View with a choice of two communities in Mandurah.

For more information, visit www.inge niagardens.com.au or call 1800 44 54 64.

# Win a scratchie pack



SCRATCHIE packs are lots of fun and since Covid changed our life we have been running this very popular competition for readers. We have received thousands of entries over the last six months so we will keep it running each month. We have five, \$20 Lotterywest Scratchie packs to give away to some lucky people.

To be in the draw, simply email win@haveagonews. com.au with Scratchie in the subject line or write to Scratchies c/- Have a Go News PO Box 1042, West Leederville 6901. Closes 31/10/20.

# Downsize everything but your lifestyle. APARTMENTS



### Move-in ready apartments in Fremantle, from \$405K\*

Located in the heart of Fremantle's revitalised East End, Liv offers a selection of modern, low-maintenance apartments with secure lift access that allow you to downsize in style. Boasting ample living and storage space and just a short walk from Freo town centre and the beach, life at Liv lets you make the most of every moment.

livapartments.com.au

\*T&Cs apply

Book an appointment to view these completed apartments at Quarry Street, Fremantle.

**Christine Majeks:** 0402 762 601

**Chanel Majeks:** 0403 246 377





# ownsizing





Menora Gardens residents Neil and Id

# A quality village in the heart of Menora

MENORA GARDENS is a beautiful village with luxury apartments and villas that sit among manicured gardens and grounds with resort-style living and all the modern conveniences people could wish for. What's more they have a wonderful community of residents who love living here. Here's what they have to say about life at Menora Gardens Village.

"I had to worry about the maintenance. home about the garden, worry about mowing the lawns and about the neighbours - we didn't know anyone in the street we lived in anymore.

"Now I don't worry about any of that, everything is at my fingertips. And we've made new friends here, which isn't easy and is very important as people are getting older," said Menora Gardens resident Fred.

"Every time we'd look at a village we'd come back to this area, this became our comparison and nothing actually beat it. For us it is perfect, just perfect. I call it my village," said Menora Gardens residents Neil and Id.

"The grandkids come, you give them a ball and they're off to play. Or we all go and have a swim in the pool. At night the gardens are like a fairyland, you can walk 15 minutes and not leave the premises," said Menora Gardens residents Kevin and Robin.

If you too want to enjoy the fabulous lifestyle at Menora Gardens contact Kaye Ireland for more information on 9370 0296 or kayei@acacialiving. com.au

#### Virtual volunteers keep seniors connected



Baptistcare resident Ken Leach

TECH-SAVVY 19-year-old, Aidan Mc-Ginty is one of a new breed of virtual volunteers at Baptistcare David Buttfield Centre Residential Care in Gwelup.

"I love talking to people, so that aspect is naturally enjoyable and I genuinely look forward to hearing the stories and advice the residents share," said Mr McGinty, a Curtin University data

Baptistcare led the way when it put out the call for virtual volunteers earlier this year, to help keep residents feeling cared for and connected during lock-

Baptistcare resident Ken Leach said his online catch-ups with Mr McGinty was a new experience that helped him feel involved.

Chatting to Aidan helps keeps my brain active. He's a real breath of fresh air and I look forward to his calls," said Mr Leach, who recently celebrated his

Even though visitor restrictions for WA aged care facilities have eased, the online angels remain an invaluable part of Baptistcare's vibrant volunteer program.

Clare West, therapy and leisure partner at Baptistcare David Buttfield Centre, said the initiative was a success, as new friendships formed during a difficult

"It was amazing to have our virtual volunteers during lockdown and it's wonderful the initiative is continuing," she said.

If you're interested in volunteering opportunities, just visit baptistcare.com. au/volunteering.

# Help for people to stay living safely at home

ACCORDING to the government's Australian Institute of Health and Welfare (AIHW), in 2017-18 seven per cent of older Australians had entered permanent residential aged care, having given up living independently in their own

AIHW data also tells us that, in 2019, 49 per cent of people in residential aged care were diagnosed with depression, while 53 per cent had dementia.

The statistics paint a picture of a slippery slope for Australia's ageing population. But InteliLiving, a new product developed by Australian technology company InteliCare, helps active and independent older Australians stay that way, in their own homes.

InteliLiving uses dis-

creet in-home sensors and an equally inobtrusive human-like artificial intelligence (AI) to look out for older Australians in their own home and give their families and carers complete peace of mind.

There are no cameras or privacy issues with InteliLiving - the system gives older Australians more privacy and independence, not less. But

the AI, which gets to know how each user likes to live, helps detect falls, accidents and health issues, enabling users and their families to identify and remedy problems that may otherwise result in hospital care or permanent residential aged care.

For more information about InteliLiving, visit intelicare.com.au or call 1800 354 061.

# Rainbow tick of approval for Tuohy



THE TEAM at Hall & Prior's Tuohy Aged Care Home in Midland are celebrating a rare certification - and it's not for the first time.

Following an audit Tuohy was once again recognised as Western Australia's only aged care home with the nationally-recognised Rainbow Tick accreditation, a testament to a team passionate about delivering LGB-TI-inclusive care.

Director of nursing Mina Pindolia is thrilled with the award.

"It means a lot to me and the whole team at Tuohv." Mina said. "We are very proud to have received the Rainbow Tick again and know that the wider community is aware that we are a culturally safe haven for LGBTI el-

The Rainbow Tick is approved for organisations which are committed to the 'safe and inclusive service delivery for LGBTI people'. The Swan Valley-located home more than met the standards expected for this prestigious national recognition.

'We continue to strive to maintain the highest standards by ensuring our staff understand and practice our objectives and achieve our outcomes," Mina added. "Our home is safe and inclusive for all our residents and their families of choice.'

Many LGBTI people may have experienced exclusion and discrimination throughout their lives, and the prospect of entering an aged care can be daunting in their later years.

"Our residents' sexual orientation, gender identity and/or intersex status are all valued in our home." Mina said.

The national award is presented by the Australian Aged Care Quality Agency and since 2014. Mina and the team at Tuohy have worked with Perth-based community group GLBTAI Rights in Ageing Inc to deliver diversity training to staff, to better support older people of diverse genders and sexual orientations.

Hall & Prior recognised the need for specific LGB-TI-focused care and established an internal Diversity Action Group, which has resulted in WA's only Rainbow Tick aged care home once again exceeding the criteria required for the accreditation.





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# The Smart Life for Over 55s

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RAAFA offers caring, safe & connected communities where residents belong and feel supported.

Retirement living homes available now! Prices starting from \$250,000.

Choose from a range of apartments or units in Mandurah, Bull Creek, Merriwa & Albany, with transparent lease for life contracts & low

We provide a range of resortstyle facilities, & recreational &

social activities with beautiful gardens & surrounds. So, whatever your interests

you can live the life you choose with RAAFA, & enjoy peace of mind with one of WA's largest. most respected retirement living providers.

Contact us today to arrange a viewing at one of our Estates, you won't look back.

Whether you are ex-service or not, RAAFA welcomes everyone, & as a not-for-profit organisation, our focus will always be on you.







health options for the mature west australian





# Quality support for individuals living with dementia



EMERALD Life is unique. It is entirely dedicated to supporting individuals living with dementia,. As a 91-bed, family owned and operated organisation with almost 50

years' experience, they are committed to excellence in care delivered by a team who truly understand dementia.

Larry, whose mother lived at Emerald Life,

said that the standard of care is just outstanding.

"The team not only took care of mum so well but were the sons and daughters to her when we could not be there. I am so happy I was able to walk away from Emerald Life in the knowledge I was leaving her in not only a professionally run caring home, but a loving one as well, which to me was just as important."

Located centrally in West Leederville, with beautiful gardens and close to parks, residents stay connected to nature whilst surrounded by in-

dividuals who genuinely care for their wellbeing.

Kay had her father stay at Emerald Life. She said that the care and respect shown to her father was wonderful. Her family experience was to be supported in a loving, caring environment. Kay would be happy to talk about her experience at Emerald Life with any families considering placement for their loved one.

This in itself is very reassuring for any families seeking placement for their member with dementia.

See their details on page 3.

# Human rights do not diminish with age

ADVOCARE is an independent, community-based, not-for-profit organisation that supports and protects the rights of older people in Western Australia through information, advocacy and education.

A large part of Advocare's work involves advocating for older people. It helps older people across Western Australia to understand their rights, make informed choices that best suit them and resolve issues with their aged or home care service provision.

As everyone's circumstances are different, Advocare's experienced advocates will listen to people's specific needs and concerns, and provide free, unbiased, confidential information and support to reach the best outcome. Advocare's advocates will always seek permission before

taking action.

Advocare also operates the free and confidential WA Elder Abuse Helpline. Elder abuse can happen anywhere including in families or in aged care. As with many forms of abuse it hard to speak out, or even hard to admit it to yourself.

When you call the WA Elder Abuse Helpline you speak directly with one of Advocare's trained advocates who will listen to you and work with you to resolve your situation.

If you, or someone you know, may be experiencing elder abuse please call the WA Elder Abuse Helpline on 1300 724 679, Monday to Friday between 8.30am to 4.30pm. Advocare general enquiries: 1800 655 566 Website: www.advocare.org.au or email rights@advocare.org.au

# Would you like to turn over in bed more easily?



WONDER SHEET is a simple fitted sheet designed by Dominique Sanday for her father who had Parkinson's disease. He started to find turning over and getting in and out of bed difficult.

The Wonder Sheet uses satin under your shoulders, back and hips and has poly/cotton at each end.

The satin panel makes sliding the hips easier while reducing friction against skin, which can then reduce the risk of skin breakdown causing pressure ulcers.

The Wonder Sheet can benefit anyone of any age, including the young, that have any type of limited or restricted mobility. For those who would like some independence back and wake up feeling like they've actually slept, then they should try the Wonder Sheet.

It is available online at neeki.com.au or through one of the many stockists Australia wide.

Neeki is a NDIS registered provider and people can also receive the Wonder Sheet through their 'Home Care Package'.

Call today 07–5591 1629 or email info@nee ki.com.au

# **Guardian Pendant team offer great service**

I WANT to thank the Guardian Pendant team for their after sales support but mostly for the hassle-free exchange of the faulty MediFone pendant.

We are so happy with this product, it's exactly what we need, especially when mum wears it.

A week after we received the MediFone pendant, mum went onto her back deck and fell over. She had been quite stubborn about wearing her alarm. That day she spent around nine hours out

there before we got home and found her. Luckily although she was tired, dehydrated and mozzie bitten she was unharmed.

After that she rarely forgets to wear her pendant, her carers are both supporters of it too and they check it before they leave.

I love that I can ring mum on her pendant and even if she's sound asleep she wakes up to it. She can always hear me clearly as I can hear her. I rarely ring her mobile phone anymore. I love the option to press 1 to accept the call and stop it from calling the others on her list. But also if I'm unavailable it reliably calls the next person until one of us presses 1 and accepts. Mum doesn't have to do anything.

Thank you for being an honest, customer focused business. I recommend you to so many people.

Thanks Belinda Barrie

For further information see advertisement on page 14 of the Have a Go News Seniors Week Events Guide liftout.



Four convenient locations Booragoon, Midland Victoria Street, Mount Medical Centre and Shenton House Joondalup.

# - supporting high quality research into breast cancer.

The money raised will support research into breast cancer through the Breast Cancer Research Centre-WA

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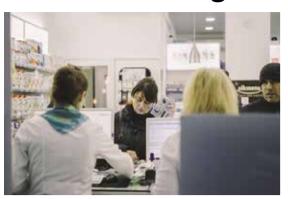


health options for the mature west australian





# The older we get the more pills we end up taking, so choose wisely



Consultant your doctor or pharmacist before reducing or stopping medicine

#### by Frank Smith

OUR needs change as we age and prescription drugs appropriate for 40-year-olds may be unnecessary or even dangerous when we get to

Medicines play an important role in helping people stay well, espe-

cially older people, many of whom live with several chronic illnesses.

But it's important to have those medicines reviewed by a health professional from time to time to check they're still working for you, says pharmacist Michelle Liacos from Alfred Health in Melbourne, and her

co-authors in an article published in Australian Prescriber, last month.

Each patient, together with their doctor, should look at stopping medicines when they are no longer needed to reduce the risk of medicine-related harm. This is known as deprescribing.

In the last 15 years the number of older Australians taking more than five different medicines has increased to nearly one million. The more medicines taken the greater the risk of unwanted side effects. It is also expensive for patients and the health system.

'The more medicines you take, the higher the risk of medicine-related harm, such as hospital admissions and falls," says Ms Liacos.

"Studies have shown that, in some cases, re-

ducing or stopping certain medicines may not worsen the disease they are treating, and may even reduce the risk of medicine-related harm.

"Every medicine can have unwanted side effects and it is not uncommon for these to be misinterpreted as a new disease. An example might be when someone is prescribed a particular medicine for Alzheimer's disease then experiences bed-wetting as a side effect. The person may then be prescribed another medicine to manage the incontinence. But that medicine might also have side effects. This is called a prescribing cascade," she said.

A significant event, like a fall should trigger a review. In a New Zealand study deprescribing sedatives and anticholinergic

drugs (used to treat incontinence) reduced the number and severity of subsequent falls.

Many drugs are prescribed to prolong life, but randomised trials of deprescribing found no change in overall mortal-

Moreover, there is no point in prescribing long term preventive medicines, such as statins, to people with a short life expectancy.

Many older people are prescribed antihypertensives to reduce their risk of cardiovascular events. This needs to be carefully balanced with the potential for harms including falls and dizziness.

A study of frail older people found that deprescribing antihypertensives resulted in an immediate increase in blood pressure, although this reverted to baseline within nine months.

Blood pressure should be routinely monitored during the first year after deprescribing to identify increases that may occur.

There is recent evidence that the optimum blood pressure in frail older people is higher than in healthy younger people.

"These are all reasons why it is important to regularly check in with your health professional about whether you still need all the medicines you are currently taking," Ms Liacos said.

A home medicines review carried out by a pharmacist can identify targets for deprescribing for discussion with your doctor.

"Reducing medicines should always be a joint decision between you

and your doctor and done in a slow and careful way by careful monitoring and tapering the dose.

"If you have problems after you reduce or stop your medicine, the medicine can always be restarted if needed.

"Importantly, stop taking a medicine without talking to your doctor or pharmacist, as stopping a medicine suddenly can be dangerous," she says.

Choosing Wisely Australia is part of a global campaign to improve the quality of health care by encouraging clinicians, consumers and other stakeholders to have conversations about tests, treatments and procedures where evidence shows they provide no benefit or in some cases cause harm.



# Discounted dentistry surgery and dentures available for seniors

DISCOUNT DENTAL is a Joondalup based dental surgery that focuses on seniors and provides discounts, bonuses and free treatment for se-

This is the first of its kind practice specifically tailored to seniors. Owned by Jo Carnevale and supported by a team consisting of family members and additional dentists and staff, they offer everything from general dental to dentures and

even anti-snoring guards.

While Lee and Jo Carnevale have been in the dental industry for more than 30 years in Perth this is the first clinic of this kind they have offered to Perth seniors.

Jo's husband is a denture specialist and has been making dentures since he was 15. He is now almost 50 - that's an awful lot of dentures.

When asked why they have tai-

lored the clinic in this way Jo said: "My parents are both seniors and unfortunately due to ill health over many years they still don't own their own home.

They are both on a pension and I can tell you they really struggle at times to make ends meet.

"So I understand first hand how even a small saving on vital health treatments like dental can affect their day to day lives.

"So we decided as a family to reduce our profits and give back to seniors in our community," she said.

Seniors Discount dental is open 24/7 for emergency denture repairs and Monday to Friday for all general dental. They are located on Grand Boulevard with free parking on site.

See advertisement on page 9 of the Have a Go News Seniors Week Events Guide liftout for details.





Aged Care Home



### People are our passion . . . our purpose.

And we believe that all of our residents, regardless of their sexual orientation or gender identity should be cared for with love, dignity and respect.

Tuohy is Western Australia's only aged care home with a nationally recognised Rainbow Tick accreditation.

This means that we are a safe and inclusive LGBTI friendly home.

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health options for the mature west australian





# Brussel sprouts every day keeps the cardiologist away



Dr Lauren Blekkenhorst

#### by Frank Smith

BRUSSEL sprouts are not everyone's favourite vegetable, but regular consumption of Brussel sprouts, broccoli, cauliflower, cabbage and other cruciferous vegetables might save your life.

Research led by Dr

Lauren Blekkenhorst of Edith Cowan University found higher consumption of crucifers is associ-

ated with reduced blood

vessel disease in older

women.

Researchers studied nearly 700 women over 70, who had volunteered for a trial of vitamin D

supplement to reduce bone fractures.

This trial involved scanning their spines for bone density. The scans also showed images of calcium build in their aortas, so researchers were able assess problems with their blood vessels.

Using this data and information about their diets, they found those who ate more than 45g of cruciferous vegetables every day (eg ½ cup of steamed broccoli or 1/2 cup of raw cabbage) were 46 per cent less likely to have extensive build-up of calcium on their aorta in comparison to those who consumed little or no cruciferous vegetables every day.

Every 20g per day greater intake of crucifers was associated with a 19 per cent improvement in blood vessel health.

Blood vessel disease is a condition that affects our arteries and veins can reduces the flow of blood circulating around the body. This reduced blood flow is often due to the build-up of plaque - fat-ty, calcium deposits - on the inner walls of major blood vessels, such as the aorta. This build-up is the leading cause of heart attacks or strokes.

"In our previous studies, we identified that those people with a higher intake of these vegetables had a reduced risk of having a clinical cardiovascular disease event, such as a heart attack or stroke, but we weren't sure why," Dr Blekkenhorst said.

"This new study provides insight into the potential mechanisms

"We have now found that older women consuming higher amounts of cruciferous vegetables every day have less risk of having extensive calcification on their aorta," she said.

Crucifers are a source of isocyanates, flavonols and vitamin K. The researchers speculate that these may be involved in inhibiting the calcification process that occurs in blood vessels.

vegetables groups including onions and leeks, red, orange and yellow coloured vegetables such as carrots, capsicums and pumpkins, legumes and leafy greens had little or no effect on blood vessel disease. However, apple consumption did have a beneficial effect.

the only vegetables we should be eating are broccoli, cabbage Brussels sprouts. We should be eating a wide variety of vegetables every day for overall good health and wellbeing," said Dr Blekkenhorst.

researchers warned

of the health-promoting effect of crucifers was not yet known. Further research is also needed to see if the results also apply to men, younger people or different ethnic groups.

The research was published in the British Journal of Nutrition last month.

#### **HYPNOTHERAPY**

**PAINLESS REMEDIAL THERAPY Smoking - Weight - Anxiety Depression - Alcohol - Pain** 

**Personal Confidential Treatment Senior Hypnotherapist** 

**COVID VIRUS SAFE KEYSTONE HYPNOTHERAPY** 0438 249 217



# New outlet in Maddington

Have a Go News is now available at Pharmacy 777, located at Unit 4, 2 Sheoak Road, Maddington. Contact them on 9459 6179 or visit them online www.pharmacy777.com.au.

Pharmacy







# Institute of Respiratory Health offer a free will service

YOUR LEGACY could lead to research breakthroughs that will save lives for future generations. Although lung disease research in Australia is severely underfunded, the Institute for Respiratory Health's supporters are helping to push forward exciting new projects.

A legacy could help them curb the resurgence of silicosis, a debilitating and once

common occupational lung disease. Stonemasons, who cut engineered stone into a popular type of kitchen benchtop are contracting silicosis at alarming levels, after being exposed to unsafe levels of silica dust.

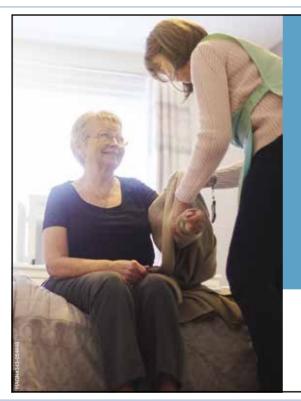
Deputy director of the Institute for Respiratory Health, Professor Fraser Brims is collaborating with Curtin University and WorkSafe WA in a free health screening program - the first of its kind in Western Australia.

The program will assist in identifying workers at risk of silicosis. Professor Brims is also analysing how chest x-rays and modern ultra-low dose CT scans compare in identifying the deadly disease. This vital research has the potential to curb the disease and help save lives.

By making a gift in your will, you could help the institute do so much more - funding vital studies like those of Professor Brims to better prevent and treat lung conditions as soon as possible.

Discover more about the free will service by contacting Sarah Cermak on 6151 0815, admin@resphealth.uwa.edu. au or visit www.resphealth.





# **Home Care Packages**

For people living with dementia

If you are living with dementia, you deserve the best home care.

We will work with you to understand your individual needs and develop a plan that suits your goals and lifestyle.

Call us today 1300 66 77 88 alzheimerswa.org.au

alzheimer's wa

the dementia experts

66 There's this wonderful sense of community. It's nice to know someone's just next door.



Lyneve, Pearson Village

#### Choose your villa or apartment today.

Join our friendly, welcoming residents who are enjoying all the benefits of retirement village life in the soughtafter suburb of Menora, just minutes from cafés, shops, parks and the Perth CBD.

#### **Menora Gardens**

- Variety of luxury apartments.
- Beautifully landscaped gardens.
- · Newly renovated, modern facilities.
- Prices start from \$499,000.

#### **Pearson Village**

- · Fully refurbished, single-level villas.
- Two bed, one bath and courtyard.
- Full access to modern facilities.
- Prices start from \$250,000.

To find out more, call Kaye Ireland, Village Manager, on 9370 0296.



acacialiving.com.au



# ocal artist shows the intricacies of drawing



Karen Frankel

#### by Clare Varcoe

KAREN Frankel's new book Get Drawing! (even if you think you can't) has everything a beginner needs to start their drawing journey.

Frankel has always loved making and teaching art at her Morley based studio but thought existing how-to books were too complicated.

"They would scare any beginner off. You have to know how to draw already to pick that book up," she said "Especially now with

the dreaded C-word, lots of people want to learn something new and this is a fantastic thing that people can do at home with not very much prepara-

Get Drawing is a stepby-step guide which in-cludes QR codes that take you to videos on the concepts.

QR codes are boxes that are filled with a jumble of square dots that look like odd barcodes. Simply wave a smartphone over it in camera mode and your phone will display a link to the website.

Frankel has been teaching art for more than 20 years and says skill level shouldn't discourage people from trying.

'Don't take it too seriously. Don't think you need to be perfect in some way to be good at it. The whole point for me is to enjoy the process.

"The end result isn't the point, if you enjoy the process of the doing, that's what it's all about. You will get better the more you do it, but it's about the pleasure of it."

Frankel isn't stopping

there though, hoping to teach even more people.

"I would love to start having face-to-face workshops or travel to communities so everyone who bought the book can

You can order the book as an e-book for \$12 or a physical copy for \$32 online at www.karenfrankel.

#### WIN WIN WIN

To be in the draw to win a copy of Get Drawing! (even if you think you can't) simply email win@haveagonews. com.au with Drawing in

the subject line or write to Get Drawing c/ Have a Go News PO Box 1042, West Leederville 6901. Closes 31/10/20.



# Let Australian Baroque play away your trebles with their spring season



AUSTRALIAN Baroque is an early music initiative based in Western Australia that aims to prove that orchestra isn't just for the concert

The season begins with Bach and Beer at the Bright Tank Brewery, East Perth an event that pairs the soprano voice of Sara Macliver together with soloists James Huntingford (harpsichord), Kathryn Aducci (baroque trumpet) and Robin Hillier (baroque flute) with specially designed beers. This is event will start at 7pm on Thursday 29 October and 4pm Sunday 1 November.

Next up is Baroque in the Ballroom at Government House from 4pm Saturday 7 November.

This will feature a wonderful program of orchestral works by Telemann, Bach, Vivaldi and Handel

with the full baroque orchestra. At Christ Church in Claremont on 17 December, there will be a classic English Christmas celebration, Westminster Cathedral-style, with Corelli, Handel and Bach intermingled with baroque Christmas Carols from 7pm.

The Baroque will also perform several performances in various homes in Bassendean, Hillarys and Guildford. The performances will be held on the Sundays 11 October, 15 November and 6 December at 4.30pm.

These concerts provide the opportunity to be up close and personal to the performers and their often rare instruments.

Tickets can be purchased from their website www.australianba roque.com.

# **Enjoy the music of Karen Carpenter**



Narelle Belle

BROTHER and sister

duo, Richard and Karen Carpenter kept a generation spellbound with their vocal harmonies and Karen's unique voice brought a new dimension to the world of popular music.

They became one of the most popular artists in the world in the 1970's with a string of major hits including We've Only Just Begun, Rainy Days and Mondays, Top of the World and of course Close to You.

Australia's singing sensation Narelle Belle, with her highly polished performance and eight piece band and backing singers will take you on a magical night of music and memories which capture the Karen Carpenter Story.

Celebrate the beginning of the festive season by attending this fabulous concert at the Astor Theatre on 6 December. Bookings through Tick-

# Growing a baby doesn't mean growing up



CONSIDERED Ireland's

#1 drama series, Strik-

ing Out has been cele-

brated by The Indepen-

A film by WILLIAM NICHOLSON

based on his Tony

The Retreat From Mosc

PALACE

WHEN Zoe (Rose Matafeo) and Tim (Matthew Lewis) find out they are having a baby, they resolve to not let parenthood change them.

Tim runs towards being a dad, while Zoe runs away from being a mum. Terrified that her life won't be her own anymore, Zoe is still determined to tick off their wildest dreams before the baby arrives. Zoe's increasing denial about her impending confinement pushes her and her relationship,

From the producers of Hunt for the

Irish television drama now available on DVD

Wilderpeople and The Breaker Uppers, written by Sophie Henderson and Curtis Vowell, Baby Done is due in cinemas 22 October.

#### **WIN WIN WIN**

Thanks to Madman Entertainment we're giving away 10 in-season double passes to some lucky readers. To be in the draw simply win@haveagonews.com. au with Baby in the subject line or write to Baby Done C/- Have a Go News PO Box 1042, West Leederville 6901. Closes 21/10/10.



**SHOW DATES:** Friday 8pm (Doors open 7.30pm): November 13, 20, 27; December 4, 11. Sunday matinee 12noon (Doors open 11.30am): November 15, 22, 29: December 6, 13.

**BOOKINGS ESSENTIAL:** Phone: 9364 5463 Email: tivolibookings@hotmail.com Website: www.tivoli.org.au

Come and enjoy a show of song. dance, fun & laughter filled with Christmas favourites it will have you singing for more!

> PRICES: Adults: \$20 Pensioners: \$17 Children: \$10 (Ticket includes show and chicken & chips) **BYO** alcohol



success" and described

Times as a "glossy legal

dramedy...well-acted...

by The New

COMMENCES OCTOBER 15 at WINDSOR CINEMA, LUNA LEEDERVILLE and LUNA ON SX

ISBEHAVING SENIORS MAKE PLANS TO BREAK OUT OF THEIR RETIREMENT HOME TO ACHIEVE THEIR UNREALIZED DREAMS BEFORE IT'S TOO LATE "A FEEL-GOOD MESSAGE MOVIE

COMMENCES OCTOBER 22 at WINDSOR CINEMA and LUNA ON SX For SESSION TIMES, OTHER LUNA FILMS and TO BOOK TICKETS

visit our website:

www.lunapalace.com.au

The newly released DVD brings together seasons one and two for a binge fest of television. RRP \$34.95. **WIN WIN WIN** 

To be in the draw to win one of four copies of Striking Out, simply

This charming Acorn Original drama follows

Tara Rafferty (Amy Huberman), a successful

> 6901. Closes 31/10/20. STRIKING OUT

email win@haveagone

ws.com.au with DVD in

the subject line or write

to Striking Out c/ Have

a Go News PO Box 1042, West Leederville

# Discover the backstage

VENUE tours have recommenced at the Perth Concert Hall. Please come along to delve into the backstage areas of the Hall and also to see the new 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 12 and 26 October (11.15am only available).

Each session runs for about 30 minutes and tours will run at 10.15am 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.



# Nothing better than a festival of British films...



Six Minutes to Midnight stars Dame Judi Dench

BRITISH Film Festival returns Perth with a wonderful program of films screening 10 to 29 November at Palace Cinemas, Raine Square, Luna Leederville, Luna on SX and Windsor Cinema.

Program highlights include:

Ammonite with Kate /inslet and Saoirse Winslet Ronan, the story of forbidden love set in 1840s England.

*Misbehaviour* about true-story feminist pro-Misbehaviour testors who disrupted the 1970 Miss World beauty competition in London. starring Kiera Knightley.

Six Minutes to Midnight starring Eddie Izzard and

**Nearly there - preparing to open the new museum in Perth** 

Dame Judi Dench about a discovery at a school for the daughters of the Nazi elite which leads to a series of deadly events, based on a true story.

The Nest featuring Jude Law and Carrie Coon - in which a British entrepreneur and his American family move to an English country manor where their life begins to take a twisted turn.

Summerland a romantic drama set in WWII. starring Gemma Arterton as a woman who opens up her heart to an evacuee in a touching story of love and friendship. For more information see www.brit ishfilmfestival.com.au.

#### WIN WIN WIN

Thanks to Palace, we're giving away 10 double passes valid for any film excluding special events to some lucky readers. To be in the draw simply email win@ haveagonews.com.au with British in the subject line or write to British Film Festival c/- Have a Go News PO Box 1042. West Leederville 6901. Closes 1/11/20.

# **Neeson stars in new film**



WANTING to lead an honest life, and hoping to cut a deal, a notorious professional bank robber turns himself in agreeing to return all the money he stole in exchange for a reduced sentence. But when two FBI agents set him up for murder, he must now go on the run to clear his name and bring them to justice.

Starring Liam Neeson (in what he does best), Kate Walsh and Jai Courtney, Honest Thief opens in cinemas 22 October.

#### WIN WIN WIN

Thanks to Rialto Distribution we have 10 in-season double passes to giveaway to some lucky readers. To be in the draw simply email win@havea gonews.com.au with Honest in the subject line or write to Honest Thief c/- Have a Go News PO Box 1042 West Leederville 6901. Closes 21/10/20.

#### alised and integrated with an saurs to new species found is absolutely breathtaking. It architecturally stunning new nowhere else on the planet, the is a blending of old and new building that is already being new Museum will remind us architecture. JAZZ CLUB OF WA

by Michelle Davies

ALL West Australians will be in for a treat with the opening of the spectacular new Western Australian Museum Boola Bardip in the Perth Cultural Centre on 21 November.

Five of the Museum's significant heritage buildings – which were constructed in the early 1900s by our first Premier, Sir John Forrest - have been revitviewed as Perth's newest landmark destination.

WA's cultural and scientific collections will come alive with innovative new exhibitions featuring authentic objects and new interactive and multi-media experiences. From the formation of the universe to the latest inventions, from dinothat WA is a place of wonder.

The new additions perfectly compliment the old structures. President of the Friends of the Museum. Dr Brian Davies was fortunate to have a preview of the Museum several months

ago.
"The sense of scale and proportion of the new galleries

"The CEO of the Museum, Alec Coles OBE FRSA, and his staff, his engineering team, planners and people associated with this great achievement, should be highly commended for their efforts in bringing about one of the biggest building projects in the Southern Hemisphere."

#### **Traditional Jazz every Tuesday,** 7.30pm - 10.30pm Yokine Bowling Club, 10 Wordsworth Avenue Come listen, dance and socialise at our friendly club. Different band each week. Members \$10, non-members \$15 Meals available from 6.30pm, drinks at club prices Enquiries to jazzcaterina@gmail.com

# Enjoy soaking up the local art at exhibition in Armadale

ARMADALE Society of Artists is holding their 33rd Annual Art and Award Exhibition on 14 and 15 November. For 32 of those 33 years it has been held at the Armadale District Hall

With more than 200 extraordinary different styles

WANTED...

TAKE your instrument

out of its case, dust it off

and clear your throat is you are a vocalist. Come

and join a group playing

music for retirement vil-

Don't waste your talents and help provide

enjoyment for this group

in our community or contact Will 0484 769

lages and the elderly.

of artwork on display and for sale, with no added commission, this is well worth the visit.

Visitors can browse artworks via COVID-19 safe one way traffic flow through the exhibition.

Their programs are on sale with an original artwork on the cover for just \$5 and all proceeds go to fund raising for Armadale Society of Artists

There is a a daily raffle drawn at 4pm each day to win an original artwork.

The Armadale Society of Artists annual art exhibition will run over the weekend from 14 and 15 November, 10am to 4pm, Armadale District Hall, 90 Jull Street, Armadale. This

For more information, visit www.armadalesoci etyofartists.com.au



#### 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



www.stpatricksmtlawley.com Father Stephen Conway 0478 514 516

# **Banio?**



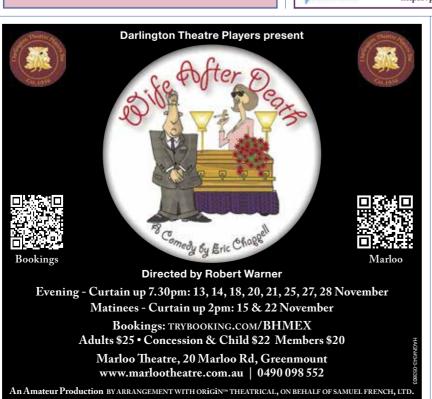
BANJO five string wanted for musician in a community band playing free concerts to people in nursing homes and retirement villages.

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

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

Contact Wil-0484 liam on 769 796 or email ariffithsWill007@ gmail.com







# **14-15 NOVEMBER 2020**

**FREE ENTRY** 

Open 10am-4pm Armadale District Hall, 90 Jull Street, Armadale

Featuring an extraordinary range of artworks and genres by artists in the Armadale region, daily demonstrations and raffles.

#### For further information contact

Web: www.armadalesocietvofartists.com.au Email: enquiries@armadalesocietvofartists.com.au Phone: 0455 552 842

# 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:

PO Box 1042 West Leederville WA 6901

#### 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

Lacif person may submit one entry every month.									
Please nominate a category for your Name									

a category for you advertisement.

Tick one box only.

☐ Travel companion

Seeking a friend

☐ Wishing to contact

Seeking a partner

I am over 45 years of age ...... (Signature)

**GENT** appealing to Chi-

nese Asian women only.

Prefer dark women, no

makeup and very heavy

dark features only. Will

answer all replies. No time

wasters thank you. **Reply Box 8658** 

GENT UK/Aus 70, 180cm

tall, presentable, educat-

ed, VGSOH, sociable, NS,

SD, enjoys travel, gym,

walks, usual social ac-

tivities. Seeking intelligent,

easygoing lady to mid

60s, all travel modes, des-

tinations inspired. North-

GUY 80, well presented,

fit, widower, tired of drink-

ing coffee alone last three

years. WLTM petite, at-

tractive lady in 70s, smart

dresser, NOR, near post-

code 6066 two mornings

a week for coffees, walk

and mutual respect.

Reply Box 8661

LADY WLTM 68/78, sin-

cere guy to enjoy usual

social activities, movies

etc. Quiet times hanging

out, travel in/out Australia,

open to explore future

possibilities with tall, slim,

fin sec lady who enjoys life

in general. Missing a spe-

SENIOR gent SOR, wid-

ower, easy going, fin sec, no baggage, WLTM lady

of similar attributes for

romance, friendship and

companionship in our re-

tirement years. We can

still meet for coffee or chat

SINGLE lady recently 71,

over phone. ALA.

Reply Box 8650

Reply Box 8653

cial friend.

ern suburbs. Coffee?

beach, coastal

compatible,

Reply Box 8651

family,

attractive,

Phone ..... Email .....

Reply Box entry: Please include two stamped (\$2.20) self addressed

C5 envelopes. These envelopes measure approx. 23x16cm and are obtainable from Australia Post. Entries not accompanied by the correct sized envelopes will not be considered for publication.

#### Seeking a Friend

ACTIVE gent, 62, slim to medium build, fin sec, WLTM a happy and healthy lady.

Reply Box 8659

**AFFECTIONATE** gent many interests, 69, likes travel, weekends away, pot plants, swimming, walking, sport, cross-words. WLTM lady active, similar interests, NS, SD, Mandurah area. TLC for relationship. ALA. Reply Box 8648

A GOOD woman needs a good man. Young, positive outlook, old fashioned values, healthy, NS, light social drinker, wanting similar, intelligent companion. Prefer clean-cut gent, 60s-70s, to make new memories together. Mandurah area.

Reply Box 8657

BEING alone is not all for someone. WLTM lady who has been alone, NOR, SD, age 55-60, love movies, dinner, travel. WLTM NS, GSOH, dancing, ALA.

Reply Box 8660

**EURO** widowed, 80, medium build, healthy, family orientated, lonely, missing female company; slim, medium build, house proud, healthy, good natured, GSOH, ND, NG, NS. Interests; outings, drives, walking, exercise, sports, built, friendship, SOR, coastal coffee.

Reply Box 8656

GENT 73 NOR. I've just brought a large caravan and WLTM a lady to some with me touring. It's no fun driving on your own. Please answer this ad and let's meet for coffee and talk. Don't forget your phone number. I'll look for your reply real soon.

Reply Box 8647

**GENT** 76, 5'8", postcode 6110, WLTM a sincere, honest lady who is looking for company. Enjoy carpet bowls, 50s and 60s music, I'm NS, ND, 56, enjoy football, AFL, WAFL

Reply Box 8644

**NEWS UPDATED DAILY** www.haveagonews.com.au

#### Seeking a Partner

**ADVENTUROUS** Englishman, six feet tall, average weight, young at heart, university level education, NS, ND, no baggage, determined, loyal, highly organised, attends gym, walks, swims, karaoke, music and art. Must live in Mandurah or Rockingham.

Reply Box 8652

**AUSTRALIAN** gent aged 70, NOR, seeking lady 55 to 70, NS, financially secure. interests; Му walking my dog, boating, fishing weekends away, travelling, ballroom dancing, prefer a Christian.

Reply Box 8646

**GENT** 73 universal old school seeks lady similar age. Please be a romantic, loving and content female. Can send photograph if required. Prefer water or earth sign. So it's wait and see.

Reply Box 8649

**GENT** late 70s, tallish, slim to medium build, GSOH, NS, NG, NOR, TLC, fin sec, kind, caring, sincere, honest, genuine, quiet nature, like the simple things, movies, music, dining in/out, walks. WLTM Asian lady prefer NOR, meet for coffee.

Reply Box 8641

GENT NS, 70+, active, VGSOH, retired, from country, WLTM NS, loving, caring, active lady, share permanent relationship, no ties, lots of love and laughter, be best mates, enjoy while we can. I love the outdoors, have caravan in the shed. Genuine replies please.

Reply Box 8642

REFINED lady 71, postcode 6107, feminine, educated, Catholic, med build, ND, GSOH. I enjoy music, reading, walking, gardens, country drives, good conversation. WLTM genuine well presented gentleman, 65-72 for permanent, long term relationship (not separated). Genuine replies only. ALA. Reply Box 8655

WLTM lady, 40-60, ALA, DTE, NS, SD, GSOH, TLC, affectionate, near Perth city. I'm male, 58, GSOH, SD, NS, TLC, DTE, affectionate, romantic, medium build, separated two years, lonely, nature lover, let's meet. Reply Box 8645

#### Seeking a **Travel Companion**

LADY 66 looking for friends, male or female for outings, movies, travel companionship only. ALA, GSOH, SD, SOR, DTE, fun personality, good company. Likes talks, walks, laughs, also enjoys coffee, weekends away, markets. Let's meet

Reply Box 8640

#### Have you met vour match?

We at Have a Go News are interested to hear if any of our users of Friend to Friend have found a life partner. Is this you? If you would like to share your story please email helen@haveagonews. com.au or write to: Friend to Friend PO Box 1042, West Leederville WA 6901 Your privacy will be respected.

Do you need a companion or friend? Let Have a Go News help you through our Friend to Friend page. Get writing and send in your coupon.

#### **SOLUTIONS MATCHMAKING** "The safest way to meet a genuine and suitable companion" 9371 0380

MAIDA VALE LADY 73 slim, petite blue eyed, blonde, kind, happy, relaxed, takes good care of her appearance & well being, leads active life, sk aent 70-77

MT PLEASANT LADY 74 stylish, elegant city girl w/ country connection, sks farmer. Loving, friendly, d.t.earth, independent & not too precious to get her hands dirty. Sk gent 70-78.

**BOORAGOON LADY 75** trim, fit, active, very well groomed blue eyed, brunette, educated, well spoken, funloving, looking to make new memories w/ gent 70-80.

FREMANTLE LADY 77 elegant brunette, warm, kind, generous, enjoy living life to the fullest & hopes to meet charming, funloving man 75-80 to do so together.

FLOREAT GENT 72 well spoken English gentleman, educated, well travelled, lives well, enjoys quality. Sk amicable & committed r'ship w/ stylish lady who likes the water/boating 55+, any nat.

NEDLANDS GENT 68 tall, handsome educated, retired professional, enj golf, travel, theatre, dining, friends, family, fishing, outdoor activities. Sk intell, refined, d.t.earth lady 60-70.

PORT KENNEDY GENT 68 retired professional, nice looking, well grmd, well mannered, easy to talk to w/ positive outlook. Sk active, healthy, funloving lady 60-70 SOR to Mandurah.



SOLUTIONSMATCHMAKING.COM.AU Matching mature singles since 1995

philosophical, spiritual, adventurous, educated, social and motivated to share the rest of life's journey with a special man. Enjoy reading, travel, writing. Seeking companionship, relationship, ALA to genuine replies, NOR, NS. Reply Box 8643

UK LADY WLTM gent 80s, beach walks, drives, dining in/out, cinema, TV. caring, who is lonely for company, NOR, SD, NG, NS, please ring, hope to hear from you.

Reply Box 8654

### **NEWS UPDATED** DAILY

www.haveagonews.com.au

# Add life to your years...



A directory of sport and recreation for over 50s To obtain a free copy of the 20th edition Add Life to your years directory please contact Dawn at the Seniors **Recreation Council on** 9492 9773 or email info@srcwa.asn.au

# When replying to an Friend to Friend entry...

To reply to the advertisements in Friend to Friend nominate the reply box (the number located at the right hand bottom corner of the ad) concerned and post to:

eg. Reply Box 4100 c/- Friend to Friend. PO Box 1042, West Leederville, WA 6901. (example only)

Write your reply on a single sheet of paper and place inside an 11B size envelope (measures approx. 14cm x 9cm). Please note, due to the popularity of the service, it is essential that all Friend to Friend replies are sent in a 11B size envelope see diagram below.

No greeting cards, bulky items and photos. All replies will be forwarded early in the next month.

Replies must be in response to reply boxes no

All replies are strictly confidential and are not

older than three months.



Seniors Week **Event Guide** 20-page liftout See centre pages

### **Guest speakers for retirees...**

THE next meeting of the Perth Northern Suburbs Branch of the Association of Independent Retirees (AIR) will be at 9.30am on Thursday 15 October. The speaker this month will be Maria Moffit from Destiny Rescue which is an organisation committed to rescue kids from sexual exploitation and help them stay free. While their primary focus is on children, they often encounter adults who are enslaved or traπicked and who need help.

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

The membership consists of people who derive at least a portion of their income from independent means, however, at least half of the members rely on the Age pension for a substantial part of their income.

Advance notice for the November meeting on 19 November will be Norman Davies who is a retired infection control specialist. Norman lectures at Murdoch University. His wealth of knowledge on this subject will be most interesting given the difficult times that the world is experiencing with the pandemic.

All meetings are held at the Penistone Park Community Sporting Facility, 27, Penistone Street, Greenwood.

All AIR members and any interested guests are most welcome.

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

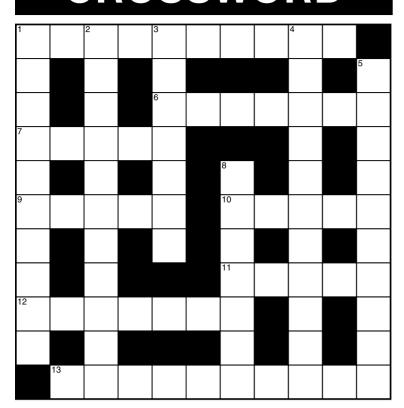
For further information please contact Mike Goodall on 08 6364 0859 or e-mail pnsair@ gmail.com for further details.



# Have a Go News PUZZLES PAGE



# **CROSSWORD**



#### **CRYPTIC CLUES**

#### **Across**

- 1. Spots a cage prepared for those copping the blame (10)
- 6. Inactive spy found under train tracks (7)
- 7. Sword is set evenly between arm and hand (5)
- 9. Overlooks moist mixture (5)
- 10. Choose to erect from right to left (5)
- 11. Rock or rap has to be faced in the end (5)
- 12. Wild marjoram is a bit of a terror, e.g. a no-hoper (7)
- 13. Ah! Cess meant to say analysis (10)

#### Down

- 1. Strange to own limos that go at a snail's pace (4,6)
- 2. Manages to increase the number of clergy apparently
- 3. Yes, cats curiously show sheer delight (7)
- 4. Record me a guaranteed device for calculating length of material (4,7)
- 5. Lord! Maybe it's a carrot! (10)
- 8. Speeches for the masses (7)

#### STRAIGHT CLUES

#### Across

- 1. Fall guys (10)
- 6. Simple earring (7)
- 7. Rebuke, slap on the ... (5)
- 9. Leaves out (5)
- 10. Vote into office (5) 11. The Sound Of ... (5)
- 12. Pizza herb (7)
- 13. Appraisal (10)

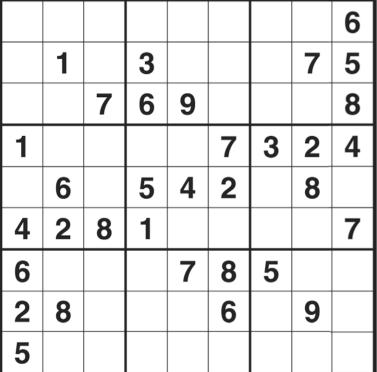
#### Down

- 1. Action replay technique (4,6)
- 2. Deals out (justice) (11)
- 3. The Agony And The ... (7)
- 4. Dressmaker's aid (4,7)
- 5. Duke or earl (10)
- 8. Pulpit exhortations (7)



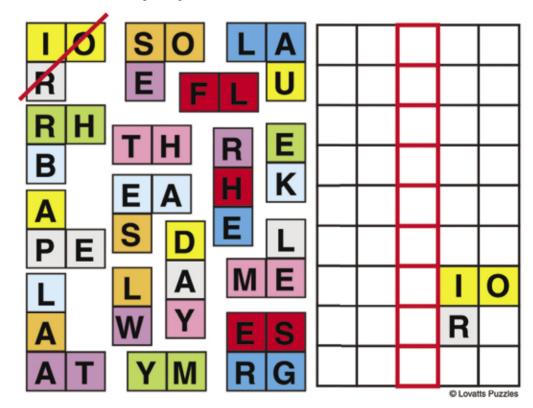
# **SUDUKO**

Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9. Rating: ★★☆☆☆

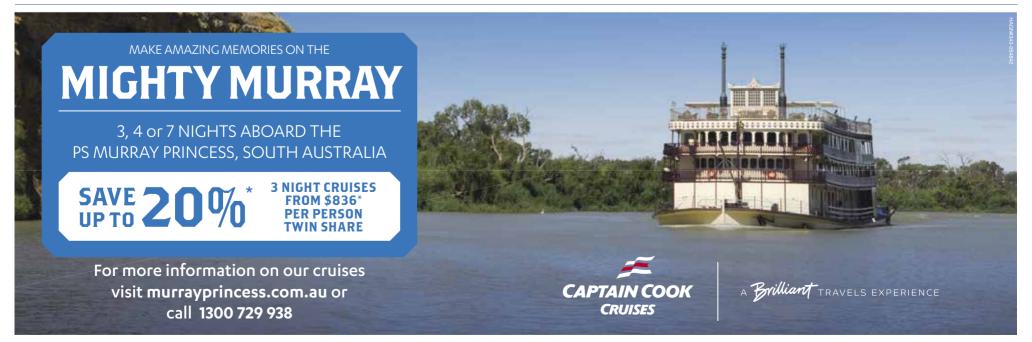


# IR BLOCK

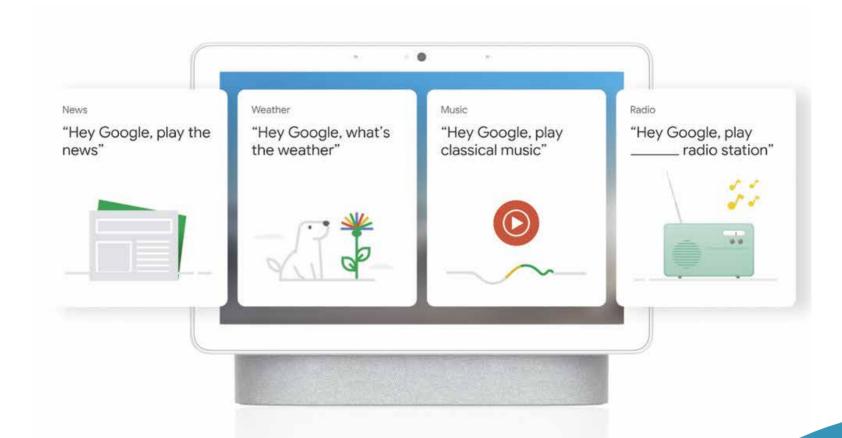
THIS is like a jigsaw puzzle. All the blocks fit together to make nine five-letter words reading across. Each word is a different colour. The mystery answer will read down the middle.



See inside the Seniors Week Events Guide liftout for the BIG CROSSWORD



# Be Safe & Stay Connected



I was very lucky to have this in my house when I had my fall. I forgot to wear my pendant but I was able to call for help right away. I could have been there for hours!

With a simple spoken phrase, you can call 000, your family and your friends.

# Google Assistant Features

- Use your voice to access the internet & watch TV.
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- Call 000 with just your voice, no wearables.
- Stay connected with video & voice calls.
- Listen to the news, radio & sports. Plus much more!

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- 4G wireless internet plan with **unlimited data**.
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